

# ◆ Hensman Herald ◆

Volume 14 Issue 1

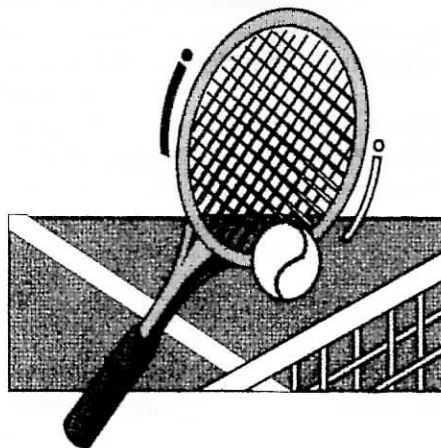
October 1996

## President's Report

Welcome to the 96/97 Tennis Season and the October Hensman Herald.

Thanks must go to Marlene Howes for this season's first (and subsequent) issue of our magazine. I have no doubt the high standard will be maintained.

Your Board shows some new faces this year. Thanks to all retiring Board members for their efforts last year, and congratulations to those re-elected and the newcomers. Unfortunately, following the Annual General Meeting, Rachel Wheeler found herself unable to fulfil the position as Ladies' Captain due to a change in her circumstances. The Board was reorganised slightly in that Debbie Napier becomes Ladies' Captain and Cec Gardiner was seconded to Social Play Chairperson. Thanks Debbie for accepting the reshuffle and to Cec for stepping in.



Remember your Board appreciates any comments, suggestions or criticism (heaven forbid) to be submitted in writing, enabling presentation and consideration at a Board meeting. Then, when applicable, any action deemed appropriate and necessary will be taken.

Please assist the Board and various sub-committees by responding favourably to requests for help with the committees, social functions, bar and tea rosters etc. Every bit of assistance helps lighten the load. Please also remember to wear your shoe tags, and that you are responsible for collecting visitors fees when you have guests playing at the Club.

Summer pennants commence shortly. Our court allocation problem remains with us. We have attempted to be

fair to all in distributing courts between social and pennant players. When teams are allocated "home venues" away from the Club we endeavour to take last year's "placements" into account. The situation is monitored closely and the allocations may be changed mid-season.

Once again it seems we will field a strong State Grade Men's team. I am sure the team will remain a competitive and worthy representative of the Club. Please support them at their matches and the organised State Grade functions wherever possible. Thanks to Ken Houston for accepting the position as State Grade Manager.

It is disappointing that we are still unable to field a State Grade ladies' team. We need to all think and work hard in an effort to rectify this by attracting extra suitable players and necessary funds. I remind members that our State Grade team/s are provided for

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**1996 Club shirts are now available in all sizes for just \$25.00 — this is a fund-raising endeavour for your Club. Your support would be appreciated.**

## President's Report cont.

separately from "normal" Club finances. The necessary funds are raised by State Grade sponsorship and special events. This involves considerable effort obviously, support to the sponsors and team by all Club member is greatly appreciated.

The grass courts have held up well. Play has been possible throughout winter - weather permitting. Thanks to Kevin Fitzgerald and Jamie Chute. Special thanks to Craig Ellis for helping Jamie initially and for being a "stand by".

**Thanks, Jamie!**

The efforts of Jamie with the gardens and the Monday maintenance gang of Kevin, Frank, Ross, John, Ken and Cliff must be mentioned.

**The courts and flower beds are looking great!**

Remember you can help maintain the courts and grounds to standard by observing court signs/instructions, disposing of rubbish, cans etc. Kevin and Jamie would appreciate any spare South Perth Council Tip passes from members, as disposal of grass clippings is a constant problem and expense.

The Board recently received a request to ban smoking in the Club hall. This is a complex issue involving members rights and it was not taken lightly. After considerable discussion it was resolved to request smokers to consider others and to smoke outside the hall wherever possible. I believe this already to be the situation and sincerely request the understanding and respect for others of both "sides" in this argument. The appropriate signage will be displayed.

Most would be aware of our grant application success. \$35,000 granted from the Ministry of Sport and Recreation, \$35,000 from the South Perth City Council, to be "matched" by \$35,000 of Club funds. \$105,000 approximately will be spent in renovations to the "facilities" end of the Club building, coaches area, public toilets and commencement of upgrading hard courts lighting (initially 2 courts). Thanks to the above mentioned authorities for acting favourably.

The renovations are about to commence. We had hoped that most could be completed during the winter season; unfortunately this was not possible because we would not commit the expense until we knew the final outcome of our application. There will be inconvenience, however by staging the work we hope to keep this to the minimum and keep facilities available. I am sure the final outcome will be worth the problems.

Future upgrading plans include improving fencing, re-roofing outside bar patio (essential), improving paving and further hard court lighting upgrade.

I feel we can all look forward to an interesting and rewarding twelve months. I wish you and your families a great tennis year - both on and off the court.

<p><b>FLOREAT VETS T O U R N A M E N T W I N N E R S</b></p> <p>Carol Gard and R. Humphries Pam Smith and Barb Lyall Sharon Lampard and C. Dowsett Vicki Houston and B. Buckley</p>
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**ATTENTION MID-WEEK LADIES!**  
Keith Begley is introducing at Tennis Success a "Kindersport" programme which will involve 3-5 year olds on Wednesday mornings — what a great opportunity for Mums with young children to play tennis while their young children can be involved in an organised exercise programme!  
See Keith for details. Tel. 474 1214

**HENSMAN TENNIS & SOCIAL CALENDAR - TO FEBRUARY 1997**

Membership Subscriptions due	1 September
Opening Day (Provisional Tennis League Teams listed)	5 October
Junior Club Opening Day (incl. lunch time sausage sizzle)	6 October
Social Tennis	12 October
Hlawaty's McHappy Day (Juniors & Seniors) and Wilson Tennis equip. demonstration	13 October
Gala Day (Ladies' Auxiliary)	16 October
First night of Night Social Tennis	17 October
Social Tennis and Chicken Dinner 7.00 - 7.30 p.m.	19 October
Womens Mid-Week League commences	23 October
Social Tennis	26 October
Brian Gardner Sponsorship Day (Confirmed Tennis League Teams Listed)	27 October
State League commences/ Social Tennis	2 November
Junior Tennis League commences ) /Social Tennis )	3 November
Saturday Tennis League commences	9 November
Sunday Tennis League commences	10 November
Twilight Tennis	14 November
Twilight Tennis and BBQ Dinner	28 November
State League at State Tennis Centre	4 December
Finals Junior Tennis League	8 December
Twilight Tennis	12 December
WA Open at State Tennis Centre	9-15 December
Windup Dinner for Night Social Tennis	19 December
Last Tennis League prior Christmas break	21-22 December
Christmas at Hensman	21 December
Junior Hopman Cup at State Tennis Centre	26-29 December
Hopman Cup at Burswood	29 December to 5 January
President's v Captain's Challenge	11 January
Charlie's Mixed Classic	19 January
Australia Day Weekend Tournaments	25/26/27 January
Tennis League recommences	1-2 February
National Tennis Fun Day	16 February

*Youth is full of  
pleasure, age  
is full of care.  
(Shakespeare)*

**TENNIS  
SUCCESS**

**PRIVATE LESSONS FROM KEITH BEGLEY  
OR PETER LE SURF ARE AVAILABLE BY  
PHONING — 474 1214.**

**LET KEITH OR PETER CONCENTRATE OF IMPROVING YOUR STRENGTHS  
AND WEAKNESSES TO ASSIST YOUR GAME.**

**EVERY PLAYER NEEDS THIS ATTENTION TO THEIR GAME FROM TIME TO  
TIME.**

## Hensman Park Management Committee 1996/97

President	Norm Burkett	474.1832
Administrator	Auriol Heary	451.7703
Finance	Mike Howes	367.2538
Men's Captain	Ken McIntosh	332.1836
Ladies' Captain	Debbie Napier	313.3306
Social Play	Cec Gardiner	386.1865
Membership	Margaret Napier	450.3605
Juniors	John Spencer	450.1392
Sponsorship	Marlene Howes	367.2538
Social	Randy Raux	474.1832
Grounds & Hall	Kevin Fitzgerald	367.1886
Auditor	Alan Andersson	

**CLUB CLOTHING**  
**POLO SHIRTS, CAPS**

**NEW**  
**1996 SHIRT**  
**DESIGN**

**\$25.00**  
**NOW ON SALE**

**Hensman Park**  
**has a new**  
**sponsor.**  
**Physiotherapists**  
**- Mark Nodwell**  
**and Natalie**  
**Bennett-**  
**Bremner.**

### CAPTAIN'S CORNER by Ken McIntosh

Another summer tennis season is upon us and Debbie Napier and myself are looking forward to co-ordinating the Club's tennis activities. Many things will remain the same (as they have worked well in the past), but we will be initiating some new ideas and themes as the summer progresses - some are highlighted in this Newsletter. Please feel free to contact either of us to discuss any problems or suggestions you may have about tennis activities.

Debbie and I will be helped this year on the Club Ranking and Selection Committee (CRS) by Cec Gardiner, June Rundle, Leanne Davy, Randy Raux and Colin Napier.

### State Tennis Centre Social Day - 21 September

As a promotion for the new State Tennis Centre at Burswood, Tennis West offered free court hire to all clubs for 1 afternoon over winter. Hensman took up this offer on Saturday 21 September. About 60 members attended the afternoon of tennis and a look over of W.A.'s new home of tennis. Unfortunately, it was most probably the windiest day this winter and this took some enjoyment away from the tennis. Winners for the day with the most games were:

**Women:** Jessie Lim  
Margaret Napier  
Margaret Artingstall

**Men:** Tony Brown  
Lee Allen  
Barry Bogaards

The 'booby' prizes for the afternoon went to Josephine Syme and Charles Brookes.

Continued page 9

**SOCIAL REPORT**

Social Committee for 1996/97 Season as at October; Auriol Heary, Gwyn Thomas, Celia Whitfield, Joan O'Boyle, Marlene Howes, Pam Gardiner. I am aware that a number of members do not wish to commit themselves to a committee, however, I appreciate the help offered by many for one or more functions. Please don't be afraid to volunteer - just see Randy.

Hope to see you all at our forthcoming social events, twilight tennis etc. There may be some restrictions and modifications to the usual due to the renovations.

Watch the Notice Board and Hensman Herald.

RANDY RAUX

**THE  
WOODWORKERY****COMPLETE KITCHEN  
RENOVATIONS  
BUILT IN FURNITURE****SAM DAVY****3 / 23 Canham Way,  
Greenwood****PH/FAX 247 3211  
MOBILE 019 111 578****GIFT OF A LIFETIME**

Jan Spencer, wife of John, who is a member of the Hensman Park Tennis Club, has been writing her "gifts" for twelve months. Those who have met John will be aware that John and Jan have recently sold their farm at Dandaragan and moved to Como - (much closer to the Club!).

"Gift" was originally John's brainchild - when Jan was looking for a business opportunity which would allow her to make use of her degree in English and talent for writing. He suggested the concept of writing people's anecdotes and reminiscences for them, so that the precious memories belonging to the family will not be lost to future generations. It had always rankled with John that, although he had repeatedly asked his father to write down, or record on tape, what he recalled of the early days on the family farm, he died without ever commencing the project.

Jan explains that this is not intended to be a formal memoir, which would be a huge project requiring much research and documentation, but rather is an informal "story telling" exercise.

"It is a win, win situation," she says. "The person I am writing about looks forward to my visits, enjoys reminiscing about his or her early life and the family has those stories documented, to keep for ever....and I love doing it. The people I have written about have been absolutely fascinating and so much fun to work with."

Jan can be reached on 450 1392 (Mobile 019 104224). She visits the person she is working with, wherever they are living and can produce multiple copies of the finished story, if required.



**ROSTERS**

Supervisor Date	Ken McIntosh Opening	Randy Raux A/Tea	Cec Gardiner Sets	Norm Burkett Bar	Norm Burkett Security
<b>Oct 5 Saturday</b>	R. Raux	Social Committee	K. McIntosh C. Gardiner	R. Raux A. Heary F. Thomas	N. Burkett
<b>Oct 6 Sunday</b>	N. Burkett	C. Whitfield J. O'Boyle	K. Smith B. Hutchinson	K. Rajapa N. Burkett	R. Raux
<b>Oct 12 Saturday</b>	K. McIntosh	I. Green M. Artingstall	N. Burkett D. Napier	R. Raux A. Heary	R. Raux
<b>Oct 13 Sunday</b>	D. Napier	C. Brookes J. Hatton	M. Hlawaty K. McIntosh	B. Bogaards C. Whitfield	B. Bogaards
<b>Oct 19 Saturday</b>	K. Fitzgerald	J. Rundle M. Napier	P. Gardiner C. Gardiner	Social Committee	N. Burkett
<b>Oct 20 Sunday</b>	R. Raux	A. Heary R. Raux	D. Bailey C. Bailey	C. Bailey P. Gruessing	K. McIntosh
<b>Oct 26 Saturday</b>	C. Gardiner	J. Lim F. Thomas	M. Howes M. Howes	M. Howes N. Ryan	G. Groves
<b>Oct 27 Sunday</b>	M. Howes				M. Howes
<b>BRIAN GARDNER DAY</b>					
<b>Nov 2 Saturday</b>	D. Napier	A. Heary F. Thomas	N. Pound N. Roberts	D. Hassett C. Gardiner	K. Fitzgerald
<b>Nov 3 Sunday</b>	K. McIntosh	P. Gardiner L. Gardiner	D. Napier C. Napier	C. Napier Doug Napier	K. McIntosh
<b>Nov 9 Saturday</b>	C. Gardiner	J. Arrowsmith P. Norcott	M. Artingstall B. Artingstall	A. Heary N. Roberts	M. Howes
<b>Nov 10 Sunday</b>	K. Fitzgerald	F. Thomas	K. Fitzgerald J. Hatton	F. Thomas N. Burkett	G. Groves
<b>Nov 16 Saturday</b>	M. Howes	J. Haley K. Haley	L. Davy G. Ivanac	A. Heary N. Burkett	B. Bogaards
<b>Nov 17 Sunday</b>	N. Burkett	B. Hutchinson	E. Carroll K. Smith	K. Smith N. Burkett	N. Burkett
<b>Nov 23 Saturday</b>	R. Raux	G. Thomas F. Totterdell	J. Arrowsmith D. Pearson	D. Pearson R. Raux	R. Raux
<b>Nov 24 Sunday</b>	D. Napier	D. Ray	D. Napier G. Napier	G. Napier W. Haley	K. Fitzgerald
<b>Nov 30 Saturday</b>	K. McIntosh	M. Howman S. Davies	A. Whyte S. Taylor	R. Raux N. Burkett	K. McIntosh

*If you are unable to do your rostered duty, please arrange a swap and also notify the Supervisor.*

**NIGHT TENNIS**

Now that the tennis season is upon us, we thought it might be a good idea to get it started with a night tennis competition. It will be run similar to last year's and we've decided to stick with Thursday nights. The first night will be the 17th October beginning at 8.00 p.m. and finishing at around 10.30 p.m.

The cost will be \$5.00 a night and we'll go for eight or nine weeks depending on whether the group wants a dinner at the end or not.

Numbers will be limited, so when the entry forms come out you'll need to hurry up and get them back to me or you'll miss out.

If anyone has any ideas on how the competition could be changed a little from the previous seasons, please let me know. I'm open to suggestions (within reason).

That's all for now. Ken McIntosh has probably covered everything else.

Thanks.

DEBBIE NAPIER (Ladies' Captain)

**BRIDGE SETTLEMENTS**

**YOUR LOCAL SETTLEMENT AGENT**

All Conveyancing and Property Settlements  
Specialising in Private Sales

Contact: **David Armstrong**

**PHONE: 367 4197**  
SUITE 5, 83 MILL POINT ROAD  
SOUTH PERTH

**ROSTERS (Continued)**

Supervisor Date	Ken McIntosh	Randy Raux A/Tea	Cec Gardiner Sets	Norm Burkett Bar	Norm Burkett Security
<b>Dec 1 Sunday</b>	C. Gardiner	Marlene Howes	J. Haley K. Haley	M. Howes K. Smith	M. Howes
<b>Dec 7 Saturday</b>	K. Fitzgerald	M. McCrow S. Apostolou	S. Lampard N. Burkett	R. Totterdell S. Lampard	B. Bogaards
<b>Dec 8 Sunday</b>	M. Howes	Josephine Syme	S. Apostolou N. Burkett	S. Apostolou N. Burkett	G. Groves
<b>Dec 14 Saturday</b>	R. Raux	M. M-Hobbs M. Schooland	K. Smith K. Zeeb	A. Whyte L. M-Hobbs	N. Burkett
<b>Dec 15 Sunday</b>	N. Burkett	C. Brookes	H. Anich I. Anich	A. Heary N. Roberts	R. Raux
<b>Dec 21 Saturday</b>	D. Napier	<b>XMAS A/TEA</b>	C. Gardiner	<b>XMAS FUNCTION</b>	K. Fitzgerald
<b>Dec 22 Sunday</b>	K. McIntosh	F. Thomas	P. Dalton N. Burkett	P. Dalton N. Burkett	K. McIntosh
<b>Dec 28 Saturday</b>	C. Gardiner	D. Dalton N. Brinsden	L. Gardiner D. Hassett	J. Bonser K. Williams	M. Howes
<b>Dec 29 Sunday</b>	K. Fitzgerald	L. Zaubmayr	C. Brookes P. Butcher	N. Burkett K. Fitzgerald	B. Bogaards

*Please check for your rostered duty and arrange a swap if you are unavailable and advise your Supervisor.*

### Tennis...."You're gonna love It!"

"You're gonna love It!" — is the slogan which Tennis Australia and Tennis West is promoting for its advertising campaign in a bid to attract increased interest and membership to tennis and tennis clubs and the State Tennis Centre.

A recent seminar conducted by Tennis West and held at the State Tennis Centre was attended by Ken McIntosh, Debbie Napier, Doug Napier, Keith Begley and Marlene Howes. The seminar offered clubs participating in the seminar a wide range of ideas in respect to obtaining financial grants for clubs; junior development; the changes in Local Government and the impact this may have on accessing finance for clubs. Tennis West also outlined plans for attracting sponsorship for the advantage of all clubs.

Delegates from clubs were given the opportunity to participate in group discussions and network with other club delegates on various issues which are presently confronting tennis club and will impact further in the future.

The opportunity was also provided for delegates to express opinions on the expectations of clubs from Tennis West.

MARLENE HOWES

#### State Tennis Centre Seminar

Wednesday 11th  
September 1996

### MEMBERS COURT ACCESS - SUMMER SEASON

#### Grass Courts

All day Wednesday, Thursday, Saturday and Sunday. Juniors have priority Saturday and Sunday mornings. Tennis Success have eights courts on Saturday morning. See notice boards on north and east Club house walls for further details.

#### Synthetic Hard Courts

Saturday	5 courts	12.30 p.m. - 6.30 p.m.
Sunday	4 courts	12.30 p.m. - 2.00 p.m.
	5 courts	2.00 p.m. - 6.30 p.m.
Monday	2 courts	3.30 p.m. - 6.30 p.m.
Tuesday	2 courts	3.30 p.m. - 6.30 p.m.
Wednesday	3 courts	3.30 p.m. - 6.30 p.m.
Thursday	3 courts	3.30 p.m. - 6.30 p.m.
Friday	2 courts	3.30 p.m. - 6.30 p.m.

At all other times the synthetic hard courts are controlled by Tennis Success and hire fees may be chargeable. See Notice board on southern end of Clubhouse which explains when court hire fees are payable.

#### REMINDER TO MEMBERS - SYNTHETIC HARD COURT HIRE CHARGES - SUMMER

\$6.00 per hour before 5.30 p.m.

\$11.00 per hour after 5.30 p.m.



**CAPTAIN'S CORNER (Cont.)****NTRP RANKINGS**

The Club Ranking and Selection (CRS) committee is working towards allocating (by mid-October) every Club member with a National Tennis Rating Programme (NTRP) rating to enable their relative standard of play to be recognised. This rating will be used as a guide for social tennis sets (especially if the computer is tried again) and selection of groups on the Club's special event days. It is also useful for members when they enter Tennis West sanctioned tournaments. A listing will be kept in the Captain's office.

Any member requiring an explanation of the system or wishing their given NTRP rating to be revised should see Debbie Napier or myself.

**CLUB SERVICES QUESTIONNAIRE**

Many members have completed and returned the questionnaire about the Club's services to its members. Our research team has just started collating the results and many interesting responses and suggestions have been noted. We hope to have completed our analysis and presented a report to the Board by early November.

If you have not yet sent in your questionnaire, it is not too late and we would be pleased to have your responses. Extra copies are available from the Captain's office. The closing date has been extended to the 27th October.

KEN McINTOSH

# BRIAN GARDNER

Authorized Dealer for

**HOLDEN****SUZUKI****RENAULT****VOLVO**

"Don't Pay Thru The Nose"

See Club Member

**KEN HOUSTON**

Mobile: 018 950 958

**HONDA****SAAB****SUBARU****DAIHATSU**

**NEW AND USED CARS**

1308 - 1324 Albany Hwy, Cannington W.A. 6107

Telephone (09) 451 2333 (09) 356 0655 Fax. (09) 458 9144

**MARK HLAWATY'S McHAPPY DAY - SUNDAY 13 OCTOBER****JUNIORS 9.30 A.M. TO 12.00 NOON****SENIORS 1.30 P.M. TO 5.00 P.M.**

Please register by 9.15 a.m. or 1.15 p.m.

This is a novelty tennis fun day where all proceeds will go to the McDonald's McHappy Charity Fund. It will be run with the support of McDonald's Canning Highway, South Perth.

**\$2.00 ENTRY FOR JUNIORS****\$4.00 ENTRY FOR SENIORS****CHARITY DAY!****MARK  
HLAWATY'S****McHAPPY DAY  
13 OCTOBER  
AT 1.15 P.M.**

- Mark Hlawaty will be attending to make sure everyone has a fun day
- Tennis Success will have a display of Wilson tennis gear
- Each social set will have its own set of novelty fun rules - be there to find out
- Novelty prizes from McDonald's to be won
- Serving at target competition - can you beat Mark?
- Lucky spots on tennis courts etc.
- A chance to win one of Mark's many broken racquets
- Raffles and spinning wheel draws
- Please bring a plate for afternoon or morning tea
- BYO barbeque in the evening

**MEMBERSHIP REPORT**

Though it is early in the season there have been quite a few enquiries regarding membership of the Club.

New members welcomed at the September meeting were:

**Fiona Collett, Tu Ho and Alan Lee**, while **Fay Williamson** transferred back to playing mid-week member. We hope to see them at the Club regularly enjoying the tennis and facilities we have to offer.

Unfortunately we have also had resignations from **Marian Kiely** who is planning to travel around Australia, **Christiane de Bissy** and **Trevor Preston**, due to health problems.

I would just like to remind you that we welcome enquiries from prospective new members. Invite your friends down to the Club as a visitor (\$6.00 fee) and encourage them to be part of Hensman Park.

MARGARET NAPIER

**CRECHE  
SATURDAY**

**\$5.00 FOR FIRST  
CHILD  
\$3.00 EVERY CHILD  
THEREAFTER**

**2.00 P.M. TO 5.00 P.M.**

**BRIAN GARDNER DAY**

**SUNDAY 27 OCTOBER 1996**

**12.30 P.M. Registration**

**\$500 IN PRIZES TO BE WON**

**Be a Part of the First Big Tennis Event at Hensman Park for the 1996/97 Year**

The format is very simple

Enter as a team of 4 - made up of 2 men and 2 women. You will alternate playing mixed doubles and mens/ladies doubles.... and be guaranteed at least 2 hours of tennis for the afternoon.

At the end of the day, there are \$500 in prizes to be won. The State League team will be playing for the afternoon. They will be mixed in with the sets so it could be your chance to match it with Mark Hlawaty or Ashley Burton!

There will also be a sumptuous afternoon tea provided with savouries available at the bar after play has concluded. For those with the courage and a couple of dollars, the State League boys will cook up a sausage sizzle.

**Enquiries can be directed to Colin Napier 313 3306 or Ken Houston 368 1411-**

**ENTRY FORM**

NAME:	PHONE:
NAME:	PHONE:
NAME:	PHONE:
NAME:	PHONE:

**Please tear out this Entry Form and return to Ken Houston or Colin Napier to ensure your entry into the Brian Gardner Day event.**

Your entry forms along with your \$48.00 per team (\$12.00 per person) entry fee can be lodged at the Club or can be sent to 17 Hovia Terrace South Perth 6151 by 20 October.

**PS Visitors are welcome to play... in fact, this is the perfect day to invita a friend to Hensman to show what a great club we are.**

**PSS If you can't find a full team but want to play, just tell us and we can organise a team for you.**

## STATE LEAGUE

Well, the start of another year with the hope of an even better result in store.

Mark Hlawaty (and Peta) are moving to Henley Brook to share a house with friends and Mark has promised us that with a change of scenery comes a renewed enthusiasm for a flat for 1996/97.

Ashley and Carolyn are settling into married life although Ash is a bit of a worry being seen in various different Docker outfits. He promises that its only because they are free and will only be worn whilst practising.

Casey Blanchard has had a busy winter practising hard for an early start to the season. Was that Billy that was seen sneaking out of a jewellers the other day? More to follow.

Mark Williams has also been practising hard of late and we all feel that this is going to be a really big year for him. (Not that last year wasn't).

Col and Debbie are on a special diet at the moment. We're not sure if that's because their cooking has been a bit astray, or whether they've just got sick of takeaways. Anyhow they've both been practising hard and Col is all "psyched" up to consider every month to be February.

Jeremy Muir has just come back from a trip to Japan. We're not sure if it was girlfriend No. 1 or No. 2 he was visiting (or both) but it seems girls, that a sure way of making the trip is to get yourself involved with Jeremy and then who know's what!

Anthony Hall has been working hard, concentrating more on new means of transport although he's 0 - 1 in the go-cart Tests.

Jason Grogan is currently recuperating from a very nasty fall from his bike. It appears he won't be playing this season, which is a great sham but we all join in wishing him well and a speedy recovery.

The season is not far away and this year we are hoping the crowds will turn up for support to see some more thrillers like last year!

.....and DON'T FORGET the "Brian Gardner Day" on 27th October. You need a four person team (2 men, 2 ladies) and please name your team.

A prize for the most original name!

If you can't make up a whole team, still enter your name(s) 1, 2 or 3 and we will make up a team for you. One chance in four of winning a prize!

Wishing you all the best for a great season.

**KEN HOUSTON**  
STATE LEAGUE MANAGER

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*The State  
League team  
depends on  
your support!*

*Please come  
along and enjoy  
the Brian  
Gardner Day -  
Sunday 27  
October*

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## TIPS ON TENNIS ELBOW

What is Tennis Elbow? Tennis Elbow is the inflammation of the boney prominence on the lateral aspect of the elbow and the forearm muscles which attach to this part of the bone.

**Symptoms:** There is often tenderness of the forearm muscles and pain when extending the wrist and fingers or turning the forearm.

**Causes:** Tennis Elbow is most often caused by sustained and/or repetitive use of the muscles which extend the wrist and turn the forearm during forehand and backhand strokes. In some cases tennis elbow can arise when the neck joints are stiff causing impingement of the nerves that supply the forearm extensor muscles and therefore refer pain to this area.

**Treatment:** The best treatment is prevention by adequate stretching immediately before and after playing tennis. To stretch this region stand with your arms by your side, with the arms extended behind you and the elbows straight and palms facing backwards. Bend the wrist and fingers as much as you can and hold this position for 20-30 seconds, then repeat. You should feel this stretch along the forearm and wrist.

However, once you have Tennis Elbow the best treatment is:

- (i) stretching 3 times a day, plus before and after tennis;
- (ii) ice packs over the painful area for 15-20 minutes at a time;
- (iii) physiotherapy - which often involves ultrasound, interferential therapy, deep tissue massage and elbow and neck mobilisation, where necessary
- (iv) decreased tennis court time

## NATALIE BENNETT-BREMNER SPORTS PHYSIOTHERAPIST

## GOSSIP

- Jason Grogan was knocked off his push bike and was in Intensive Care and is now recovering.
- Best Wishes Jason.
- Mark Williams hockey team lost the grand final on a penalty shoot out.
- Geoff Ivanac and Natasha Brinsden have just spent 3 weeks in Vietnam.
- Debbie Napier's branch of Westpac (Canning Bridge) was held up on 19th September by 3 men wearing balacavas and carrying shotguns.
- Lynnette Gardiner and David Hassett are now happily married.
- Rumour has it Cec Gardiner walked home from the Grand Final of the WAFL while wife Pam was catching up with Joan Campbell over a quick? telephone call
- Alec Whyte was rescued recently by Doug and Margaret Napier's daughter Robyn, when his vehicle developed an unroadworthy malfunction just outside of the town of Kojonup. Alec enjoyed
- Robyn & husband Roy's hospitality while his vehicle was repaired and was most grateful to the Hensman network.
- Dene Rundle looked somewhat embarrassed explaining how June wasn't really surfing the channels for "blue" movies in their hotel room on their recent trip away.

## PERTH PHYSIOTHERAPY CENTRE

Manipulative  
Physiotherapist

Sports  
Physiotherapist

### Mark Nodwell

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Grad. Dip Man. Therapy

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## FOR ALL SPORTING INJURIES



## TENNIS BALLS FOR MEMBERS

The Club has made a special deal with Slazenger/Dunlop and Slazenger Balls will be used exclusively for the next 12 months.

As a reminder to Club members, listed below are the times or conditions under which the Club provides balls for the use of members. **AT ALL OTHER TIMES** members must supply their own balls.

- Wednesday morning Social Tennis: 9.00 a.m. to 12.00 noon
- Saturday afternoon Social Tennis: 1.30 p.m. to 5.00 p.m.
- Sunday morning Junior Tennis: 9.00 a.m. to 12.00 noon
- Sunday afternoon Social Tennis: 2.00 p.m. to 5.00 p.m.
- Members may continue to use the Saturday and Sunday social play balls after 5.00 p.m. but must return them to the Captain's office when they have finished play.
- Social Twilight Tennis evenings
- Club Tournament
- Any special event days (e.g. Charlie's Day, Ian Hutchison Day)
- Tennis league teams are provided with new balls for all their home matches. The cost of the balls is covered by their Tennis League fees. Therefore they may retain the balls for Team practices. (Team captain is responsible).
- The cost of balls for State League teams is reimbursed from the State League Fund
- Any used balls no longer required by Tennis League teams should be returned to the Club Captain so they can be resold.
- If available, second hand balls may be purchased from Club Captain at a price of 75 cents, 50 cents or 40 cents each, depending on quality.
- Most of Hensman's used balls are sold to Tennis Success for coaching balls.

*Times and  
conditions of  
tennis ball  
availability*

## JUNIOR DEVELOPMENT

Hensman Park's Juniors are looking forward to their official Opening Day on 6th October at 9.00 a.m. until 12.00 noon.

Social tennis and a "get to know you" will be the theme for the morning's tennis followed by a "sausage sizzle" and drinks.

Junior pennant teams are now being selected, so if any Juniors are keen to play pennants they should contact John Spencer (450 1392) or Keith Begley (474 1214) at the Hensman Park Tennis Club, preferably before the 7th October. Pennants cater for twelve and under, fourteen and under and sixteen and under - boys and girls.

As Junior Development person at Hensman for 1996-97 I am keen to meet as many parents of children interested in playing tennis as possible.

An interesting program has been planned for the coming season and this will be outlined at the official Opening Day on the 6th October. Hope to see you there!

JOHN SPENCER

## BUMPING BOARDS (1 MAY 1996)

### Provisional Rankings

The various bumping boards were reassessed based on results of the 1996 Club Championships and to a lesser extent performances over last year's Summer Tennis League. Advice was sought from several Club members when determining player rankings. The listed rankings were approved by the Board of Management on 4 June 1996.

Unfortunately, some Club Championship results can be interpreted a number of different ways and do not establish, for example how far a person should be promoted. However, after discussions with various Club members we believe we have listed a FAIR set of player rankings. Where doubt still exists a player's position has been marked as "p" for provisional.

Those players marked "p" and nominating for Summer Tennis League must play grading matches immediately after 1 October 1996 to confirm or establish their correct position. Debbie or I will advise all players of their grading matches by 30 September 1996.

Players may also issue their own Challenge Matches after 1 October. Please refer to the Club's "Challenge, Grading and Bumping Board Rules".

*The overall aim of the Bumping Boards is to have all players in the correct order in the correct team for the start of the 1996/97 Summer Tennis League season. Grading and challenge matches in October will be used to achieve this. Therefore all players must ensure they are prepared for tennis by 1 October.*

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## SUMMER TENNIS LEAGUE TEAMS

All teams will be selected by the "Club Ranking and Selection Committee", who will use a 2 step process. Provisional teams will be listed in early October based on the existing Provisional Bumping Board and after assessment of the results of all "October" Grading/Challenge Matches, final team selections will be made at the end of October. All teams must be based on Bumping board Rankings as per Tennis West rules.

To play in any of the Summer Tennis League competitions you must be listed on one of the Club's Bumping Boards. If you wish to nominate and aren't currently listed please contact Ken McIntosh. Grading matches will be organised for new members, juniors and existing players with provisional Bumping Board positions from late September to late October.

This year Tennis West has offered three new competitions, 0/35's, 0/55's and mixed. It is hoped that Hensman will be able to nominate some teams in these divisions this year. Refer to the Tennis League Notice Board or see Ken McIntosh.

We plan to list the PROVISIONAL Summer Tennis League on Club Opening Day, 5th October.

*New  
competitions  
this year -  
0/35's, 0/55's  
and mixed.*

**Age appears to be best in four things - old wood best to burn, old wine to drink, old friends to trust and old authors to read.**

**(Francis Bacon)**

## SPONSORSHIP

We welcome a new sponsor this year, **Mark Nodwell - Physiotherapist**. Mark has recognised the need of many players for physiotherapy treatment and has generously offered to become a sponsor of this Club. In addition, Mark's associate - Natalie Bennett-Bremner, a Sports Physiotherapist - will attend the Club on our special days to provide advice or treatment where necessary.

A number of our sponsors have not renewed their commitment to sponsor Hensman this year.

The Club depends on the generosity of businesses to maintain the current standards we are able to offer Club members, both in facilities and in maintaining fees and other costs at a reasonable level.

A number of our current sponsors provide services which are in demand from time to time by members and the Committee encourages members to utilise the services offered.

When utilising the services of our sponsors, the Committee suggest that members identify themselves as being from Hensman Park Tennis Club as in some cases discounts are offered to members.

The new Club shirts for 1996 are now available at a cost of \$25.00. These shirts have been specially made and designed for the Club. This is a fund-raising venture for the Club and your support in wearing the Club shirt would be appreciated.

MARLENE HOWES

## WINTER TENNIS LEAGUE RESULTS

Five Senior and four Junior Tennis league Teams competed in the Winter Tennis League Competition. Unfortunately, only two teams made the Grand Finals but were both unsuccessful on the day.

However, congratulations are extended to those teams for getting so close. It was a frustrating season for all players with the above average number of wet days this winter.

Final team placings were:-

Mens.	Sat.	Div. 1	5th
Mens	Sat.	Div. 4	3rd
Womens	Sun.	Div. 1	2nd
Womens	Sun.	Div. 2	4th
Men's	Sun.	Div. 2	5th
Boys	14/U	Div. 1	2nd
Boys	14/U	Div. 3	5th
Girls	16/U	Div. 2	3rd

## RESULTS 1996 STATE VETS CHAMPIONSHIPS

Over 55 Mixed Doubles State Champions

Jenny Massey and John Spencer



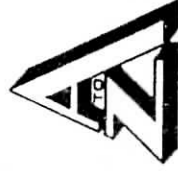
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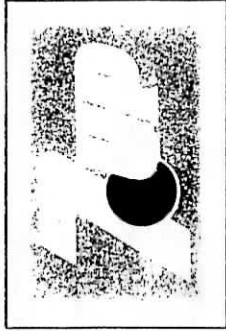
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**STATE LEAGUE FUND**

Our State League Team is funded by activities such as the Brian Gardner Day, raffles etc. We welcome support from our members at these events

We would also appreciate any financial support that members may wish to offer the State League Fund. Should you be in a position to offer such a commitment, this return slip is for your convenience.

Name: \_\_\_\_\_ Donation: \_\_\_\_\_



Alec Whyte  
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