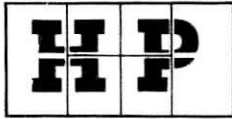


HENSMAN HERALD



Official Newsletter Of
Hensman Park Tennis Club (Inc)

OCTOBER 1988

VOL. 6 NO. 1

OPENING DAY

Our season gets under way on Saturday, 8th October. We hope as many members as possible will join us on this occasion and get 1988/89 off to a great start. Members are asked to bring a plate for afternoon tea.

SOCIAL CALENDAR

Saturday 22 October
Chicken Night at the Club

Thursday 10 November
Twilight Tennis

Thursday 1 December
Twilight Tennis

OFFICE BEARERS FOR 1988/89

President:	Margaret Napier
Vice-President:	Alec Whyte
Secretary:	Pam Smith
Treasurer:	Bob Howman
Mens Captain:	Garry Napier
Mens Vice-Captain:	Kevin Lampard
Ladies Captain:	Anne Hall
Ladies Vice-Captain:	Sue Harwood
Committee:	Bill Artingstall Norm Burkett Clem Overheu June Rundle Barbara Whitely



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SPONSORS' NEWS

We welcome **Chris Gray** as our latest sponsor — many will remember Chris from a few years back as a member of the Club. He has now gone into the tyre business in Welshpool Road, just a stone throw from the Shepparton Road turnoff, and would welcome the opportunity to be of service to members. **John Turner** has also become one of our Club sponsors, and we understand he has been busy during the winter setting up reticulation systems for a number of our members. **McHenry Dustan and Hurley** continue to enjoy the patronage of our many members and if you haven't done so already please collect your "members discount card" from the Captain's office, and buy your refreshments at even cheaper prices. **Ian Hutchison** has moved into the Millstream Shopping Centre in attractively decorated offices. **Alfred Donner** has only been with us in spirit these last few months, as he is now in Europe studying the latest trends in "Continental Cuisine". The irrepressible **Charles Picchetti** has a whole new range of delightful Art originals, prints and pottery that will give you all sorts of gift ideas. **Bill Artingstall** now operates as **Mondo Travel** in Mount Hawthorn, however he is always on hand both days of the weekend at the Club to set you up on the next dream trip. **David Armstrong** at **Bridge Settlements** is getting married in November — our best wishes David from the Hensman members. **Eric Pearce** will once again go into the new season super fit — if he isn't swishing a paint brush, he's swinging a squash racket! **Mark Devereaux** from **Melville Motors** (Vic Park branch) is a regular member of Dalkeith but looks forward to taking part again in our sponsors day — and to hearing from anybody who is the market for a car.

CAPTAINS CORNER

The coming season promises to be a challenging one. The huge increase in entries in last year's Club Championship and Handicaps require restructuring for this coming season to make them more manageable for both the organisers and the participants.

The State Grade competition has been revamped and now teams will comprise six members — thus requiring three courts instead of the two previously. Although our Club voted against the proposal a majority of metro Clubs voted to give this new format a try. We have been unable to hire the grass courts at Wesley and Penrhos this year as the South Perth Tennis Club have shifted from their old site adjoining the zoo and will not have their new grass courts ready for the start of the pennant season. The South Perth Council have asked that they be given preference with grass courts from the two colleges in this initial year. Accordingly we have hired the plexipave courts at Trinity (just off Manning Road).

Because of the larger number of players taking part in Club tennis it will be necessary to increase the numbers on our set roster and restructure the duties of the captains and vice-captains — remember "many hands make light work".

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VISITORS TO THE CLUB

At a recent committee meeting it was decided that social tennis on Saturday afternoons would be for "CLUB MEMBERS ONLY", however if you wish to bring a friend to the Club, VISITORS are always welcome on Sunday afternoons. Members would realise the reason for this as our courts are used to capacity on Saturday afternoons.

Hard work never kills anybody
who supervises it.

Facehorse: An animal that can
take several thousand people for a
ride at the same time.

Two heads are better than one,
especially if they happen to be on
the same coin.

VISITING RIGHTS

Members are reminded that they may only invite friends to play at the Club as a visitor a **MAXIMUM OF THREE TIMES IN ANY ONE SEASON**. This restriction applies to mid-week as well as weekend play and to Club time. (i.e. between 3.30 & 6.30) on the synthetic courts.

Mid-week membership (at half the rate of a full membership) is available if people want to play regularly during the week but not on weekends.

* * * *

SOCIAL NOTES

Jan Truscott is back in town but only for a short time before taking up an appointment in Melbourne — she has been staying with **Marlene Pritchard** whilst in Perth * Congratulations to **Kerry** and **Paul Wright** on the arrival of their delightful daughter **Jessica** — all of a sudden we're inundated with Aunties ... i.e. **Andrea** and **Robyn** — to say nothing of **Grandma Dot!** * **Caroline Reynolds** was recently crowned Miss Show Girl at the Meckering Show * **Craig Ellis** has been performing well at the Black Pearl (we can't vouch for this but were told to mention it!) * **Jeannie Butcher** has 50 places booked for the Bunbury long weekend in January * Congratulations to **Michael Enriquez** who recently completed his Accountancy degree * The residents of Axford Street are breathing a sigh of relief, as life returns to normal for the first time in months!! * Congratulations to **Grant Mitton** on winning the Young Achievers award this year — and commiserations for missing out on selection in the Olympic Hockey team * **Ross Totterdell** has been late home from tennis lately and many are asking what is the attraction at the club * **Jenny Davies'** husband **Craig** is in Seoul representing Australia in the hockey * **Ken Smith** has gone prospecting for a month — we hope he returns with more than a suntan * **Kathy Cook** sends her regards to all at Hensman via **Dene Rundle** who saw her on a recent visit to Kalgoorlie * **Joan Campbell** received a nice surprise recently when a large group of friends gathered to help her celebrate an important occasion * Come to think of it, **Ken Pitcher** was equally successful in putting on a surprise birthday party for his wife **Jane** * Sorry to hear that **Lexie Goetze** is unable to join our ranks again this year * Congratulations to **Colleen** and **Kieran Ryan** on the safe arrival of their son * * **Paul Whitely** celebrated his big 0 at the tennis club on Wimbledon night * **Joe** and **Sue Cunningham** had a nice windfall during the winter months * New Secretary **Pam Smith** (who incidentally was Secretary in 1958/59) has spent a weekend in Sydney attending the farewell dinner for the Olympic Team — apparently the prize for being the winner of a Bank Visa competition * Members will be sorry to learn of the passing of **Eric Blakers**, one of our regular mid-week members.

Man, buying shrubbery, to nurseryman: "Do you carry anything that thrives on neglect?"

Jones: "How many people work in your office?"
Smith: "About half of them."

"How is the new office boy getting along?" "Well, he's very versatile, Sir. He can do anything wrong."

"Are you a clock watcher?"
"No. Business is so slow, I watch the calendar."

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ANNUAL REPORT FOR 1987/88

Vice-President **Alec Whyte** chaired a well-attended (even though half our members were on the others side of the world) annual meeting. President **Margaret** had left a written report expressing her appreciation to the many members who had contributed to the very successful season held last year. Some of the highlights of the year were as follows:

* Membership increased to an all-time high of 362 and for the first time in our history the committee instituted a waiting list for new and prospective members. * The Club championships and Handicap tournaments attracted entries nearly double that of two years ago * We were successful in winning three shields in the weekend pennant competition * Improvements to the grounds during the year included the new pergolas and lawns in the laneway, the new garden at the entrance to the Club, the playground * The hall was again maintained in excellent condition by the **Howmans** — improvements included the resanding and sealing of the floor, new P.A. system, new colour TV, hand-dryers installed in the changerooms, awnings erected over the captains room and additional kitchen cupboards installed * Our provisional junior Club continued in fine style under the guidance of **Paul and Barbara Whitely** and currently have 48 members * Our sponsorship committee raised over \$3,000 * The major event of the year was the very successful staging of the National Mutual City of Perth championships during the Christmas-New Year Break * **Karen Bucens** and **Pablo Campillos** obtained state rankings in the junior events this year and **Kerryl Chute** was selected in the Australian Young Cup team to tour France * **Randy Raux** and his team of helpers put on an excellent variety of social events right throughout the year.

HOUSEKEEPING

Members are asked to observe the following in the interests of keeping the hall and surrounds in good condition:—

- Use the bike racks.
- Wipe feet on the new mat inside the door of the Clubhouse — the sand from the synthetic courts has been having a bad effect on the floor surface.
- No dogs please.

Many thanks for your assistance.

TREASURER'S REPORT

The main items from Treasurer Bob's excellent financial report were as follows:

Income	000s \$
Subscriptions	29
Tournaments	11
Lease — Club Coach	9
Bar & Kitchen Profit	9
Pennant & Visitors Fees	4
Interest	3
Sponsorship	3
Hall Hire (net)	2
Sundry	4
	74
Expenses	
Greenkeeper	11
Repairs & Maintenance	7
Balls	3
Interest — Debenture Holders	2
Electricity	2
Printing & Postage	2
Pennant Fees	2
Sundries	8
	37
Operating Surplus	37
Capital Expenditure	12
Surplus After	25

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No question about it, as we age, our younger opponents have a definite advantage. Tendon and muscle scars from old injuries, touches of joint arthritis, slowed reflexes, diminished strength and lost flexibility all take their toll. Stiffness and soreness make covering those wide shots difficult, the low volley impossible, and fleetness of foot a thing of the past.

Despite it all, there is a bright side. With seniority generally comes mental and emotional control, experience against a variety of opponents with a repertoire of solutions meticulously developed. The keys to winning as a senior are to accentuate the positive and eliminate the negative. Let's first take a look at the negative.

Slowed Reflexes

It is true that our reflexes slow up as we age. Not, however, as much as is commonly thought. Disregarding actual neurological problems (such as polio, multiple sclerosis, etc.) common maladies that could predispose a person toward slowed reflexes include vitamin deficiency, sugar diabetes, and excessive alcohol intake. These problems are not usually present in serious tennis players and, if so, are controllable through proper nutrition, medication, or simple restraint.

A major problem is loss of visual acuity which tends to diminish in the 40s. Inability to track the ball early creates extreme difficulty even with the quickest of reflexes. I suspect the so-called slowed reflex in the 40s and 50s is more related to vision than to reflex.

Containing Arthritis

Stiff, swollen, and sore joints will do nothing for your game. The most common problem is osteoarthritis (wear-and-tear mileage on the joints). The problem areas are the knees, back, neck, and shoulder. The knees are statistically the most troublesome, and the arthritis is often related to some prior injury (such as a cartilage tear or ligament rupture). Prior injury often results in residual scar or weakness. The initial control of symptoms in an arthritic joint, therefore, is a thorough examination to detect prior weakness or inadequacy. If these are present, a proper rehabilitative exercise program will often keep you pain free on the tennis court.

Intermittent use of low risk anti-inflammatory agents such as buffered aspirin (or the newer physician-prescribed anti-steroid agents such as Motrin) can be of substantial help. Warm up thoroughly before play with light jogging or calisthenics. Massage stiff parts or even use a heating pad or take a hot bath if available. Protect arthritic joints with additional supports or braces. Ice any swollen or inflamed area after play.

Body stresses should be kept to a minimum (such as eliminating excess back arch or twist or neck strain by proper service motion and ball toss out in front). Let the tough balls go by and compliment your opponent.



Other Exercises

Tennis is a wonderful sport, but like all sports, it is not perfect regarding overall exercise needs. Indeed, it is important to pursue supplemental exercise to prevent injury and insure continued enjoyment and competitive success. The concepts of fitness include musculoskeletal strength, endurance, and flexibility as well as aerobics.

A light weight-lifting program with dumbbells (see WT March) will go a long way toward protection as well as consistent performance when that third set rolls around. If an old injury or arthritis has occurred, a gentle flexibility program will enhance performance and minimize injury potential. In addition, specific rehabilitative strength training of muscles around previously injured and arthritic joints will deter aggravating

instability, swelling, and pain.

Aerobics is an additional concern and should be tended to as well. Since the aging process tends to take its toll on the legs, aerobics through additional running is likely to be troublesome. Brisk walking (15 minutes per mile pace), however, will do a good job if sustained for 30 minutes, three times per week. Other good aerobics programs that protect the legs include exercise bicycles, swimming, and exercise rowing machines. Caution: Check with your doctor before undertaking any exercise program.

Warm Up

Older muscles, tendons, and joints require plenty of tender loving care. Adequate warm-up is a key element in controlling pain and injury and improving performance. Tightness and stiffness are often relieved by heat. Take a nice warm bath or shower, sauna, or use a plain old heating pad before a match. A good massage or rubdown of a sore part is often beneficial. Wear adequate warm-up clothes and limber up slowly in the pre-match activities. Keep your warm-up clothes on until you break out in a light sweat.

A good warm-up routine on the court is to start by hitting easy overheads until sweating lightly. The forward and backward movements get things circulating and the overheads limber up the shoulder. After you are in light sweat do some gentle stretching of shoulder, back, hamstrings, and calf, then proceed with the remainder of pre-match groundstrokes, volleys, and serves.

Protection

In addition to rehabilitative strength and endurance training, vulnerable or previously injured and weakness areas can be protected by bracing, cushioning, and technique modification.

Bracing and cushioning are especially helpful in the leg and foot areas. If leg swelling is a problem, use of elastic stockings or elastic wraps can be helpful. Tender knees often appreciate support. Depending upon the problem this could include elastic wraps, Neoprene supports, or more formal knee cartilage and ligament braces. Runner's knee or patellar tendinitis often benefits from kneecap control braces or a patellar tendon counterforce brace.

BY ROBERT NIRSCHE, M.D.

TRAVELLERS

We have been inundated with cards from overseas in recent weeks and all seem to be enjoying themselves * **Nick Roberts** spent a very interesting few days in and around Cairo before going onto the continent * **Paul Whitely** had a brainwave to hire a van and drive through France and apparently found the traffic "est terrifier"! * The **Vieles** in Holland have played host to the **Inces, Whitelys** and **Gardiners** * Incidentally, wasn't that a nice shot of Cec as he traversed the slopes of the Alps in his altogether * **Mary** and **Brian Butler** have shot off to Hong Kong for a break * **Norm Burkett** and **Randy Raux** will be in Melbourne for the V.F.L. grand final — as will **Clem Overheu** * The **Fields'** overseas jaunt stopped at Rottneest this year * **Jim Syme** is in England on holiday and we gather **Fay Williamson** is taking in London on her way to Canada * **Shirley** and **Jim Davies** are touring England and Wales * **Kevin Fitzgerald** is visiting his beloved Kimberleys for a couple of weeks * **Doug** and **Margaret Napier** were there for the fabulous semi-finals day at Wimbledon * **John** and **Noreen Ince** were in Dublin to join the **Whitelys** for the wedding of the year, I wonder if John and Paul donned their top hats for the occasion?

We all look forward to their return and to viewing the snapshots — with a bit of luck they may even put on a slide evening(!)

Coralie and **Dennis Ford** and family have spent a delightful two weeks in Phuket * **Lynn Bremner** has just ducked off to Expo before it closes * Poor old **Fred Donner**, wanting to get away from it all, booked into a place at Coolangatta — only to be greeted by the Rundles on his first evening. Apparently he needed the driving skills of **Graeme** to get him home from a night out at the fabulous new Jupiters Casino on the Gold Coast.

VISITORS FEES

Members who invite a visitor to our Club are reminded that they are responsible for payment being made to the Club — appropriate follow-ups will be made where payment has not been made. The fee of \$5.00 for seniors and \$2.00 for juniors is similar to most clubs, and is very reasonable. The visitors name is to be signed in at Coach **Keith Begley's** office during his hours and payment left with Keith or his staff — at other times the visitors fee is to be placed down the ball chute outside the captain's room.

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WORLD YOUTH CUP

This event is to be held at King's Park between 16th and 20th November, when we will be host to the world's top 16-year-old juniors. Sixteen nations of boys and girls will be competing for world supremacy in this prestigious Cup that is sponsored by NEC. Juniors willing to be ball boys and girls during that time should contact **June Rundle** at the Club. There is no admittance fee and there promises to be excellent tennis from players who in a year or two could well be playing in the top 20 in the world (e.g. **Andre Agassi** — the 18-year-old American). **Jason Stoltenberg** who performed so well in the U.S. Open represented Australia in this event last year — so "be there" and support Australian tennis — remember Australia are the defending nation in both boys and girls and we need large crowds to cheer them onto another victory.

NEW MEMBERS

A big welcome is extended to the following new members

Stephen Fletcher, Phil Hevron, Marie & Tony Connolly, Len Cannell, Mark Cheveralls, Shaun Holloway, John Walkden, Joan Birch, Marie Creighton, Jan Hart, Erica Herron, Rhoda Hinds, Steven Wilson, Sharon Palmer, Drew Phillips, Darren Patten

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