



# HENSMAN HERALD



**Official Newsletter of Hensman Park Tennis Club (Inc.)**

FEBRUARY 1986

VOLUME 3 NO. 3

## HENSMAN ANNOUNCES ITS SPONSORS

Club President **Clem Overheu** was delighted to announce this week that arrangements have been completed for the real estate firm of **Kempe Hutchison Pty Ltd** to become the major sponsor of our Club for the period to 30th June, 1987. **Kempe Hutchison** have had a very happy and long association with our Club and it was fitting that they should take up this offer to become our major sponsor. In addition they will sponsor this year's Round Robin event which is to be held on April 13. President **Clem** congratulated **Ian Hutchison** (representing **Kempe Hutchison**) on his company's support for our Club and expressed the hope that members will continue to reciprocate with our sponsors where possible as it is only through this that we will continue to attract companies interested in getting involved with Hensman.

In addition to our major sponsor, President **Clem** announced the names of companies that have taken out a Level Two Sponsorship. **Westsure Insurance** and **Leisure Holdings** are welcomed into our club and we look forward to a close and mutually satisfactory association with both of these companies. The first of our Level Three sponsorships has been taken out by the travel company **Hilton Travel**, conducted by popular members **Bill & Margaret Artingstall**.

Details of sponsorship packages available can be obtained from **Don Patterson, Garry** or **Doug Napier, Clem Overheu** and **Dene Rundle**.

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### COMING EVENTS

#### TWILIGHT TENNIS

Wednesday, 12th March  
Sets commence 5.00 p.m.  
B.B.Q. afterwards.

#### QUIZ NIGHT

Date to be announced

#### CLUB CHAMPIONSHIPS

To be held in March — entry forms now available.

#### PROVISIONAL JUNIOR TWILIGHT TENNIS

Sunday, 23rd February — 5.00 p.m.

## IAN HUTCHISON PLAYER OF THE YEAR AWARDS

There has been great interest shown in the weekly updates of this competition for all our shield match players. **Garry Napier** is doing a great job in keeping the chart (displayed in the hall) up to date, and it will be interesting to see who the two eventual winners are.

## NEW MEMBERS

We issue a cordial welcome to the following new members who have recently been admitted to our Club: **Peter Duncan, Steven Sidons, Doug Klein, Sue Fielding, Graym Reid, John and Judy Rossi, Diane Bilney and Mike Newman.**

## BUSY MEMBERS

Pressure of work and other things have deprived us of the company of several popular members so far this season. We hope as we get under way in this second half we will catch up with **Steven Ross, Diane Nagle, Peter Reid, Jan Henderson, Warren Jones, Karen Lange, David Smith, Doug Stafford and Ken Pitcher** — come along, we're missing you!



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## PROVISIONAL JUNIORS

**Sunday, 23rd February** is the date for our Twilight Tennis function — sets will be organised from 5.00 p.m. onwards and we expect the evening to wind up around 9.00 p.m. We will be cooking a sheep on the spit for the evening meal — this is due to the generosity of **Peter Sproxton** (father of Matthew) — so there is no charge. The barbecue held on 18th December was a great success with 28 attending and thoroughly enjoying the tennis beforehand.

Congratulations to our boys 14 and 16 teams who have reached the finals of the Shield Match competition — we hope you can bring home the bacon!

Reminder that tennis will be organised each Sunday morning until the last Sunday in April. The Club Championships commence in March and provisional juniors are eligible to enter the 14s event — check with **Margaret Kingsbury** for more details.

Welcome to new member **David Mullen**. Congratulations to **Amanda Goldstein, Catriona Cameron** and **Scott Mackenzie** who are promoted to full membership of the club.

## COMPETITION SCENE

Congratulations to **Peter Overheu** on taking out the South West Championships at Bunbury recently. To cap it off he teamed with **John Turner** to win the doubles. **Alan Andersson** had a good tournament also getting to the final of the doubles. **Alan Stewart** showed that he is far from over the hill with a fighting win in the Men's Handicap Doubles. **Kelly Bevan** and **Darryl Schroeter** were runners-up in the Mixed Handicap. **Barry Tognolini** teamed with **Roger Grant** in the Fremantle Open Doubles and went down in the final to International player **Darren Cahill** and **Brad Properjohn** — but only after three hard fought sets.

## GROUNDS REPORT

The courts continue to stand up to the wear and tear very well this year, even with the recent heatwave conditions and extra use during Country Week. Crab grass is appearing again but is receiving attention.

Thanks to all those members who turned up for the Working Bee prior to Country Week, and especially to **Bob Howman** who repainted the changeroom floors.

## SHIELD MATCH

WOW! 15 teams out of the 17 nominated have reached the finals. By the time this goes to print we will know how many get through to the grand finals — we hope members will go along and support these teams as we badly need some more shields to decorate the walls now that we are displaying them inside the hall.

Check at the Club to find out what is happening this weekend.

## THIS & THAT

Congratulations to **Carolyn Tanner** on her recent engagement.

**Peter Howman** has recently been promoted to Senior Master at John Forrest High School.

**Barry Bogaards** has an interesting life working on some of Perth's newest developments — Lombardos complex in Fremantle was the latest.

Have you noticed our flourishing passionfruit vine — well, it's not that long ago that green-fingers **Betty Hutchison** planted it — well done Betty.

If you're wondering why you haven't seen much of **Nola Spicer (Piper)** lately it's because Brendan's young brother Jarrad has just arrived on the scene — congrats.

Joining the ranks of expectant families we have **Judy and Alan Stewart, Mike and Anna McLean, Ian and Cathy Hutchison and Alan and Angela Bruce** — more on these in the after-winter issue.

**Zoe Goreham** became a Grandma for the fourth time recently, edging in front of **Joy Richman** whose son Tony (a member here in his youth) has announced the arrival of the third member of his family — a boy after two girls.

**Kathy Loneragan** has been transferred to Busselton — 1985 was a busy year for Kathy as she was Coach of the Girls State Under-16 team.

Did you know that **Pam Norcott** has just acquired a Bantam motorbike — she is also riding pillion in the coming Harley Motor Bike Rally at Bunbury.

**Josephine Winrow** believes in operating in a small area — she is a Sister at Concorde Nursing Home, lives up the road and has been a regular player at the Club since joining.

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# PLAYING OUT OF YOUR MIND

By Steven McInnes and Peter Boyce\*

HAVE YOU EVER felt you are not playing as well as you could be? Blame your brain. All of us know we can do better, so why is it that we don't? There are three basic reasons why you are not playing up to your ability.

1. Lack of practice.
2. Negative attitudes.
3. Self-imposed limitations.

Most people think that only lack of practice is the cause of their failure. Yet if they knew how to remove their negative attitudes and self-imposed limitations, they would be better players without any extra physical effort. In fact, mental training is being used in sport all over the world. As with other developments, Australia is one of the last countries to use it. Admittedly, some coaches have been using psychological techniques successfully, but Australians in general know little about them.

Considering the way we've been raised, it's not surprising that negative thoughts dominate our minds. From early childhood it has been a never-ending flow of "Don'ts" and "No's". Even in our adult lives we are continually reminded of what we *cannot* do.

When someone is asked, "How are you?", he will probably reply, "Not bad thanks, how's yourself?" Or, "Mustn't grumble." What he could have said was, "I feel great, how about you?" Similarly, when someone asks, "How are you playing?", a common answer is, "Oh, not bad." It is natural for that person, when he walks onto a court, to carry that negative attitude with him. When you have to hit a passing shot down the line, do you think about "not hitting it out" or "hitting it in"? There's a big difference.

If you are going to be a winner, you must have a positive attitude. Losers have negative attitudes. For you to develop your positive attitude, you must start reconditioning yourself with powerful positive ideas to replace the negative ones. What happens is that your body reacts to the information your brain sends through your nervous system. It works like this. If you are thinking a negative thought, you will get a negative response from your body. Put simply: Garbage thoughts produce garbage results on the court.

The most effective way to recondition your mind is through repeated subliminal exposure to the thoughts and ideas that you would like to have. Have you ever found yourself humming or singing along with a song on the radio? You've probably never tried to learn the song, yet you know the tune and most of the words. Through repeated exposure to the song in your car, at home, or at a party you learn it. In the same way, listening to pre-recorded positive information will improve your tennis through the development of your positive attitude. Once you start developing a genuine belief in your ability, you can do justice to your potential. Remember: Winners don't always win, but they always give themselves a chance with their winning attitude.



## QUOTE OF THE MONTH

"There is no more aesthetically appealing sight in tennis than (Stefan) Edberg gliding to the net behind his corkscrew serve to sweep away a back-hand volley in a motion that seems to unfold like a roll of silk."

— Richard Evans

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# PASSING SHOTS

In the English Channel a ship carrying red paint has collided with a ship carrying blue paint. As a result both crews have been marooned.

A retiring docker aged 65 stated that he'd never had a day's illness in his life — he always made it last a week.

It's reported that two eminent doctors who examined the ears of one of our leading politicians are concerned about what they saw. They saw each other.

Police Message — Will the person who lost eight bottles of whisky at the bus station this morning please go to the Lost Property Office by Platform 2 where the man who found them has just been handed in.

## CATERING DIVISION

**Pam Gardiner** and her team of helpers did a wonderful job of catering for the Country Week teams.

We were host to a group of promising young juniors who took part in the R.A.C. Coaching Week at the Club, and **Noreen Ince, Barbara Whitely** and **Jean Haley** did the honours in the kitchen for this event.

We have the South of the River Junior Tournament coming up April 1-5, and helpers will be required for this. Talking of catering, our Social Committee under the experienced guidance of **Dot Hickey** and **Lynn Bremner** are doing a great job of feeding the large numbers who have been turning up to the Twilight Tennis events.

Have you changed your address recently?

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## THE WINNING SPIRIT

JOHN POWERS, in his book of quotations called "Winning!", quotes several Australian coaches in various sports. Here are two useful samples . . .

Davis Cup coach Neale Fraser: "The mental aspect is tremendous in tennis. A player must be mentally strong as well as physically strong.

"I try to keep them up, keep them confident. I keep them positive — thinking about the next point, not the one they've just lost. I tell them, 'There's nothing you can do about the point or the game that's gone — nothing. It's in the book. It's gone. Now just think about the next point. And don't relax. Don't argue. Don't get uptight about things.'"

Football coach Ron Barassi: "Nearly everything in life that goes wrong with you is *your* fault! I believe that. Nearly everything. And even if it's not true, you're still better off to believe it's true and work on it. That's better than saying: 'It was someone else's fault . . . he did this . . . something happened . . . it wasn't my fault.' Instead of that, say to yourself, 'It was *my* fault, and how can I stop it happening again? How can I do better? Anything — *anything* — is better than to unload the blame off yourself onto somebody else or something else.'



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## WHO'S JOB IS IT ??

This is a story about four people named Everybody, Somebody, Anybody and Nobody. There was an important job to be done and Everybody was sure Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that, because it was Everybody's job. Everybody thought Anybody could do it but Nobody realised that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

## SYNTHETIC COURT DEVELOPMENT

A partial grant has been offered by the Department of Sport & Recreation towards conversion of our courts to synthetic grass.

Negotiations are underway with the South Perth City Council re the next step to take — once these have been clarified members will be advised of the options open to us as a Club and a decision made about our future. It appears unlikely that the full complex could be converted with the reduced grant.

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# COMINGS & GOINGS

**Virginia Saunders** recently visited the Maldives in search of the three Bs and came home happy with two out of the three!

**Frank Sweeney**, a member on leave of absence, was home recently for a holiday from his dentistry work in London.

Heading south to the cooler parts have been the **Haleys** and also **Lynn Bremner**.

The **Rileys** made a late dash to South Australia for the Australian Veterans Carnival.

**Margaret Napier** and **Gwyn Thomas** performed well in the over xx doubles — come to think of it Margaret wasn't doing a bad job of wine tasting during a tour of the Barossa Valley on her day off!

**Doug Napier** and **Dene Rundle** were members of the Over 45 Veterans team which went through the week undefeated only to lose the final to South Australia.

**June Hatton** joins the ranks of the overseas travellers with a visit to New Zealand.

**Phil Searle** (who is having 12 months leave from the Education Department) leaves on March 22nd (not unaccompanied) for an extended stay in U.K and Europe.

**Rob Murton** played host recently to friends made during last year's stay in West Germany.

**Charlie Pickett, Sue** and **Kevin Harwood, Wayne Boston, Auriol Heary, Louise De Josselin, Janet Campbell** and **Jeannie Butcher** went off to Bunbury for the long weekend in January — they had a ball but there were too many sailors around for Charlie's liking we hear!

## FROM THE MINUTES

Consideration being given to acquiring a table tennis table for use in the hall.

New rubbish bins have been purchased for use inside our hall.

**Gwyn Thomas** has been appointed to fill the Ladies Captain position in **Kath Cooks** absence.

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## KEMPE HUTCHISON ROUND ROBIN

Mark in your diary **Sunday, 13th April** for this great social day. Entry forms will be available shortly — remember to line up your teams of four now.

This year there will be a prize for the members of the winning team, in addition to the fabulous prizes available to the winners of the various divisions of the doubles events.

## SOUTH OF THE RIVER JUNIOR TOURNAMENT APRIL 1-5

It is 25 years since our Club inaugurated this tournament to encourage youngsters and we are delighted to have the opportunity to stage it during the school holidays at the end of the first term. Previously it has been held in late May under the old school holiday system, and it is felt this year's should be very popular with the warmer weather expected at this time. Entry forms are available and we encourage every member to promote this event with any junior players you contact.

The tournament is being sponsored under the **McDonalds** scheme for Junior Tennis Development and we are indebted to this organisation for their support, which amounts to \$1500. **Masters Dairy** are a subsidiary sponsor and we thank them along with our advertisers **Town & Country Building Society, Anchor Nissan (Bill Cocks)** and **Slazengers**.

## FINANCES — MESSAGE FROM GURU BOB HOWMAN

Subscriptions received so far total \$16,500 which is nearly up to our budget. Country Week catering profit was \$342, and the bar profits plus court hire will give a total for the week in excess of \$1200. The court hire from the recent Catholic Carnival was \$528 and from the R.A.C. Week \$627.

## SPONSORSHIP COMMITTEE REPORT

There has been a lot of activity by this committee during the past two months and elsewhere in this bulletin details are announced of new sponsors supporting our Club. Arrangements are in hand for a handsome "SPONSORS BOARD" to be acquired and displayed in the main hall.

A big tennis event is planned for October wherein our Club will host a one-day tournament involving the America's Cup personnel and other celebrities — it is still in the planning stages but more details will be announced once finalised. Preparations are in hand for the fourth annual Kempe Hutchison Round Robin to be held on Sunday, 13th April.

— Cheque received recently for our half-yearly commission from **Town & Country Building Society** amounting to \$289. Members are urged to quote our Agency Number when opening accounts or investing funds with this Society.

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