

A quick word from the office ...

The leaves are falling, daylight saving has finished and certainly it is cooler in the mornings so summer must be over.

What a great season for Elmwood Tennis!!

Congratulations to all of you and again thanks to all those family and friends who supported our players young and old throughout the season. A special thank you to all the coaches, who put in a huge effort with our junior members.



Working in the background has been Mel McGowan who, as junior administrator, made sure that the junior teams are well organised and players and parent made welcome at the Club.

An enjoyable function for the Men's and Women's interclub teams was held at No4 at the end of April and it was good to see all the players together.



The construction of the balcony is near completion and an opening function is planned – we will forward details shortly. Thanks to Ashley Forbes

and Brian Smith the old courts have been sold and taken away.

The 84th Annual General Meeting of your Club will be held on the 8th July 2009 commencing at 7.30 pm. Whilst these meetings are not normally a laugh a minute, it is important that you make the effort to be present to take the opportunity to comment either positively or negatively about the way your club is progressing. Elmwood Tennis is entering an exciting era and changes are bound to occur so this is your chance to be part of those changes.

As winter approaches night tennis on Tuesday will cease from the end of April, recommencing in September. Also for you safety, morning tennis will start 30 minutes later from May to enable to frost to melt!

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Easter Seniors' Doubles Tournament

With 58 entries on Friday and 32 on Saturday a big team of ETC Members contributed to making this tournament a great success.

- 🍂 Viv Wright and Gill Cain won the Ladies Doubles consolation plate,
- 🍂 Alex Fu and Dick Pearson the Men's Doubles Green Section,
- 🍂 Terry Mooney and Marty Searle the Red Section,
- 🍂 Mark Gilmour and Geoff Roper the Blue section.

On Saturday:

- 🍂 Ashley Forbes and Jane Brosnahan won the Mixed Red Section,
- 🍂 Warren Edgecumbe and Jenny Gamble the Green Section,
- 🍂 Alex Fu and Ai Ling Wei the Red Section Plate and
- 🍂 Dave Giles and Angela Bearpark the Green Section Plate

To Noel Stevens and Dave Giles for the faultless running of both days, and Annie Newell and her wonderful group of helpers for putting together all the yummy food for both days, a special thank you.

The Tennis Shoe

A good pair of quality tennis shoes is important for a good tennis match. Sneakers for instance are not advisable, and sorry Warren those canvas ones are out.

Tennis shoes have been specifically structured and designed to protect you from possible injury and to provide support for the various tennis moves.

When buying shoes you need to consider the court surface that you primarily play on, and your feet's specific characteristics and requirements to ensure comfort and fit. The toe area should be covered with additional protection, as most players have a tendency to drag their toes during tennis moves most especially when serving. Most tennis shoes are well equipped with the latest technology providing cushioning and support. Make sure that you allow about half an inch or 10 to 15 mm from your toes to the end of the shoe to give your toes some room for movement.

Tennis shoes are now used extensively in other sports such as basketball and athletics. A bit more expensive than normal shoes, tennis shoes require extensive care to last for longer. Here are a few handy hints on how to care for your shoes.

Clean is keen:

When it comes to tennis shoes, *clean is keen* should be the motto.

Try your best to keep your tennis shoes from getting dirty.

Regular cleaning is a must – weekly washing and a thorough drying will help keep your tennis shoes clean.

Deodorize your tennis shoes

Keeping your shoes from smelling can be arduous. A good and inexpensive way to dry your shoes in the sun.

Baking soda sprinkled in the shoe will absorb moisture and help prevent that smell.

Rubbing an alcohol spray or using an anti-fungal foot spray works well.



Tips for machine washing:

Washing your shoes in a machine helps rid them of that smell. Always use warm water washing. Quality brands won't suffer any damage and if you are concerned just pop your shoes in with a towel wash. Make sure you remove the laces and insoles - dry them in the sun or in a well ventilated area at room temperature. *Don't* stuff your shoes with newspaper - use a white paper towel. Store your shoes in a dry, cool place and use wooden or plastic shoe shapers to help maintain their shape.

Junior Club championships

Sixty six boys and girls enjoyed competition tennis on 8th and 15th March 2009.

The success of the days were due, in part, to the contribution of supportive parents and Terry Mooney and his team of Al Hawkins, Glenda Hutchinson and Kenta Naka.

Elmwood Tennis club junior champions are:

	Singles	Doubles
Boys 10s	Fong Fu	Fong Fu and Reid Edmond
Girls 10s	Emily Wium	Emily Wium and Katie Hunt
Boys 11s	Jack Tiller	Teddy Rose and Sam Bushell
Girls 11s	Josie Grenfell	cancelled
Boys 12s	Young Il Baek	Jonathon Hutchinson and Jack Tiller
Girls 12s	Lucy Clay	Lucy Clay and Georgie Andrews
Boys 13s	James Campos	Young Il Baek and Cameron Page
Girls 13s	Emily Page	Cassidy Hart and Annie Withington
Boys 14s	Henry Smit	Laurence Gresham and Toby Cooper
Girls 14s	Siobhan Van Kasteren	Siobhan Van Kasteren and Emily Doyle
Boys open	Kenta Naka	Kenta Naka and Daiki Naka
Girls open	Yui Fu	Yui Fu and Amelia Page

Senior Club Championships

In the Men's singles **David Averill** def. Kenta Naka 6-2, 6-3, while in the doubles **Ashley Forbes and David Averill** def. Kenta Naka and Terry Mooney 7-5, 6-2



In the Women's singles **Yumiko Yoshikawa** (pictured) def. Lauren Tyler-Harwood 6-3, 1-6, 10-8. In the doubles **Vivian Wright and Gill Cain** def. Cathy Maasch and Yumiko Yoshikawa 6-2, 0-6, 16-14.

Mixed doubles **Yumiko Yoshikawa and Kenta Naka** def. Glenda Hutchinson and Terry

Mooney 6-2, 6-2.

Thanks to Michael Averill for his organising these events and to all those members who entered into the spirit of the Club Championships.

It's worth being vigilant

Prostate cancer

Prostate cancer, a malignant tumour of the prostate gland, occurs mainly in men over 50 years.

The prostate is a small gland, normally about 4 cm across, found only in men. It sits just below the bladder and surrounds the top part of the urethra.

Although prostate cancer does not exhibit any symptoms in its early stages, there are signs that may indicate you have a prostate problem. They do not mean that you have prostate cancer – in fact 90% of men who have a problem with their prostate, do not have cancer.

The signs to look for include:

- ✓ A Week urinary stream
- ✓ Difficulty starting urination
- ✓ Frequent urination
- ✓ Difficulty postponing urination
- ✓ Waking frequently at night to urinate
- ✓ Stopping and starting while urinating
- ✓ Pain or burning on urination

Approximately 10% of men will get prostate cancer and about 4% will die as a result. American and Swedish studies have shown that early diagnosis and treatment reduces the number of deaths.

If you have a family history of prostate cancer, you are at greater risk than other men and it would sensible to have an annual check up from the age of 40. All men should consider being checked for prostate cancer annually from the age of 50.

You can be checked by having a Digital Rectal Examination (DRE) or by a PSA test, a simple blood test to measure the level of Prostate Specific Antigen in the blood. If prostate cancer is detected, treatment may include surgery, radiation treatment, hormone therapy, or a combination of these.

The causes of prostate cancer are not fully understood, but regular exercise, maintaining a healthy weight and eating less red meat, may lower your risk.



Thanks to the Prostate Cancer Foundation of New Zealand and the Cancer Society of New Zealand for information for this article.

New faces

The Club extends a warm welcome to the following new members:

Andrew and Melinda Bramwell and family	Marney Price
Steve and Amanda Smith and family	Tessa Ward
Jacqui Gaynor	Hamish and Jill Evans and Family
	Stu McLeod

The Courts are busy...

As the new developments take place at the club, it's timely to reflect on where we have been and where we are now.

Elmwood Tennis Club has always been a marvellous facility but just three years ago had become a rather sad and dismal place.

I use the analogy of an aeroplane to describe the club. The courts and clubhouse are the frame work of the club just like the framework of an aeroplane and as fancy and modern as that may be, without members and usage i.e the material to cover the fuselage and wings, this bird just ain't goin to fly.

Well we are flying, in fact we are soaring. Membership and usage have climbed dramatically thanks to the very hard work of your Manager and Board. The place is vibrant. Many members will not be aware of the club usage outside of the times they attend so here is a breakdown to demonstrate this.

Mondays	Out of town groups
Tuesdays	Mornings 6-8 courts social tennis. Evenings 2-3 courts social tennis
Wednesday	Mornings 4 courts social tennis, plus Women's interclub 4 courts
Thursdays	Mornings 3 courts social tennis Evenings Junior team coaching (Summer)
Fridays	Mornings 8-9 courts men's tournament
Saturdays	Mornings 9 courts junior interclub and coaching (Summer) Afternoons 9 courts plus sitouts Senior social tennis
Sundays	Private members bookings

Interspersed with these times are many other court bookings – for Terry Mooney Coaching (private lessons) school bookings (e.g. St Andrews) and of course the many privately organized games for members.

Manager Noel will tell you if you want a court you had better book it, as court availability on a casual basis can no longer be guaranteed.

Now is a great time to belong to Elmwood Tennis.

Many Happy Returns (of service)!
Dave Giles, Club Captain

Elmwood Interclub results

The following Elmwood teams have performed with distinction in the Interclub Competition.

Boys 12s Div 1	Girls 12s Div 2
Girls 10s Div 1	Girls Challenger 2
Girls 10s Div 3	
Men's Div 1	Women's Div 2



Elmwood's Girls were (narrowly) second qualifier in Division 1, but beat Cashmere in the Girls 10s Final. Above are Alex Summerfield, Grace Partridge, Isabella Forbes, Charlotte Lee (Emily Wium and Katie Hunt were away for final day)



Elmwood Boys team won the Boys 12s Division 1 final, after completing the rounds with an impressive 132.5 points, 36 points clear of runners up Burnside Park.

Tom McGowan, Jack Tiller, Nick Chidgey, Jonathan Hutchinson and Cameron Thomson (who was away on finals day)



Pictured above are winners of the Men's Div 1; Ashley Forbes, David Averill, Terry Mooney, Kenta Naka, Marty Searle, Michael Averill.