

### Office hours

Over the festive season ETC will be open...

Thurs 24th Dec	Office closes 1200 midday
Friday 25th Dec	Closed Christmas Day
Sat 26th Dec	Closed Boxing Day
Sunday 27th Dec	Office Closed
Mon 28th Dec	Office Closed
Tues 29th Dec	Office Closed
Wed 30th Dec	Open
Thurs 31st Dec	Office closes 1200 midday
Friday 1st Jan	Closed New Years Day
Sat 2nd Jan	Office Closed
Sunday 3rd Jan	Office Closed
Mon 4th Jan	Office Closed
Tues 5th Jan	Open - normal hours resume

### Senior Team victories...

ELMWOOD 2 CASHMERE 0

As you probably know both ETC senior teams won their premier matches against the defending champions. I rushed through the records and found that such a feat had been achieved only twice before - in 1975 and 1977.

We are very proud of our athletes and their supporters. It was a real fillip to see so many ETC members at Wilding Park in support of our players. I know they appreciated you being there. As an aside I have written to the editor of the "Press" expressing my concern over the imbalance in both articles that appeared on Saturday and Monday. I am still waiting for a response.

Interclub now takes a rest for a few weeks so you can expect to see a number of the team members playing on Saturday afternoons at the Club. I am looking forward to the mixed doubles of Remi Feneon/ Gail Foster playing Johnny Gordon/ Robyn Hunt.

### ... and Sponsorship

Elmwood Tennis is delighted to announce that the Senior Ladies team is being sponsored by Jenni and Jarod Rolton of Harcourts Holmwood.

Travel costs for Felicity and Louise Oxnevad are now being met by this arrangement.

The Board of ETC would encourage members to avail themselves of Jenni and Jarods professional services should you be in the market of selling or buying a property.

This issue includes:

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### Make it click ...

Important please be aware note this...

You are welcome to use the courts over the holiday time, and the Board recognises that you may well have friends and family visiting.

A game of tennis would be a great way to get rid of the festive fat. HOWEVER, it is absolutely vital that you:

- make sure that ALL gates are locked when you leave, and
- Make sure that the windows in the changing rooms are secure.

If you are a key holder it is YOUR responsibility to secure the facility before you go home. This may mean that you have to ask non key holders to leave. My suggestion would be to advise any other players that you are leaving and make sure that they have a key to lock up.

As a Club we have superb facilities and we need to protect them.

### New faces

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

Deborah Jamison	Catharina Pettengell
Leanne Thomson	Rachel Shearer
Laura Bootham	Krishina Bredenhoeller
Michael Glubb	Angela Simpson
John Church	Tessa Ward
Ian Allso	Barry Bolton
Michael Moore	Alison Holden
Rob and Jann Smith and family	Suzie Borrius-Broek and family
Gillian Carter	Sarah Ritchie
Tony and Sarah Lawrence and family	Renjith and Angel Prabhakaran
Amanda Loeffen	

## The human foot

- 26 bones
- 33 joints
- 23 muscles
- Over 150 ligaments

This all adds up to a finely tuned machine. And what do we do with it? We stuff it into a smelly sock and then into a poorly fitted shoe. Your feet are very important to you and can affect your quality of life.



Here are a few tips for top feet.

- Feet are complex structures which may reflect your general health and well-being.
- Wear footwear that supports the foot properly, reducing the chance of injury. What you wear on your feet can affect further up your body. Don't wear the same shoes every day.
- Change stockings and socks at least once a day.
- Sometimes a small imbalance in your foot may cause problems elsewhere. If you suffer from knee, hip or back pains consider visiting a podiatrist or physiotherapist.
- Stretching your calf muscles can help to keep your feet supple and keep a good range of motion.
- Circle your feet 10 times in each direction, keeping your leg as still as possible. Straighten your toes and wriggle them around. Raise point and curl your toes for 5 seconds each, repeat 10 times. This is particularly helpful if you suffer with cramp in your feet.
- Wash your feet every day, and dry thoroughly.



- Always wear the correct shoes for each sport and surface.
- Wear only good quality, well fitting socks.
- Make sure you warm up properly before and after exercise. This can help in prevention of injury.



Talking of socks there is a brand called THORLOs which are very good... but they are not cheap.

And you can look forward to an article about the human heart in the Autumn Newsletter...



## Design Competition

The Board has decided that we should have a club flag, so we are running a competition until the end of January 2010 to select an appropriate flag.



By way of a guide line the club colours are navy blue and gold. The winner, man woman or child, will receive vouchers to the value of \$100.

The Board's decision will be final and no discussion, correspondence or judicial enquiries are allowed.

## Courtside seating

You may have noticed that some of the courtside seating is looking the worse for wear.

It has been suggested that some members might like to contribute to replacing them. An Appropriate plaque would record the generous donation so made. Please feel free to discuss this project with the Manager.

Finally the Board and Management would like to wish you a very merry Christmas, a happy and prosperous 2010 and a safe return to tennis in the new year.

Noel Curtis  
Manager

PS. If you think 2009 has been a great year for Elmwood Tennis just watch this space!!