

# Wednesday Wag

Redland Lawn Tennis Association  
Wednesday Ladies Fixtures



## Dinner a feast of fun

*Our Midweek Ladies and partners enjoyed a casual dinner at the Heart of Europe, Ormiston. It was a lovely opportunity for us to socialize outside of tennis. Thank you to Eleanor Lambley (Lilies) for organizing this for us. It was a very enjoyable evening.*

More pics on  
page 4.



### End of first season 2017

Our last fixture match for this season will be held on Wednesday June 7. The teams in 4th position will be finished for the season after this match. The teams in 1<sup>st</sup> position will go straight to the Final. The Semi-Finals will be played between the 2<sup>nd</sup> and 3<sup>rd</sup> teams on June 14. Players not involved in the Semi-Finals may like to come along for a social hit. Cost will depend on how long you play and players are asked to bring their own balls.

The Final will be held on June 21<sup>st</sup> and will coincide with our Cancer Council Morning Tea.

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Judith McLean

**Photographers:**

Mary Smith  
Judith McLean

**Committee Contacts:**

Mary Smith (Section 1): 3207 4241  
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## From Your Committee



### Level playing field for all

This year brought some changes to our competition by way of the make-up of teams and the number of players required to play each week, as well as new team names. Many players were changed around and the Section 2 competition was changed to three-a-side, in line with section 1. Overall, it's been a fairly successful season but more changes will have to be made. As we draw close to the end of Season 1 and in an effort to keep the Mid-week Ladies competition going, we feel it's necessary to do some more mixing of teams to make the competition more even and therefore fairer in Season 2.

This may become the 'norm' now as players come and go and levels of ability change. This will make for a healthier competition and hopefully avoid one team winning all the time or losing all the time. This is in line with most other fixture competitions within our Club. We are already aware of a couple of players who may join our ranks next season, so this will help to bring more teams up to four players. To help out, please continue to be on the lookout for new players. Encourage them to have a social hit on Mondays and Fridays. We're grateful to the Redland City Bulletin for publishing a small tennis notice for us in their Community section each week. Thank you for your co-operation in this regard.

### New players always welcome

The drive for new players is a constant for our competition - especially for pool players - because many of us like to travel, and sometimes other issues (eg family) require our attention ahead of tennis, and then there's the increased likelihood (with age) that we could have an ailment or injury that prevents us from playing. So, if you know of anyone who may be interested in playing, please invite them to join us. All players in our competition need to be members of RLTA, and contact details need to be passed on to the Committee. (A six month registration is available for people joining mid-year.)

### Quick call

Captains are constantly trying to muster players to fill-in. If you are contacted to fill in for a team, it is extremely helpful if you respond as quickly as possible.

## Kitchen roster gets the chop

You may have noticed that there is no longer a rostered team to clean-up the kitchen after each Wednesday's play. It was felt that it wasn't really necessary as our players were cleaning up after themselves ... and others from the previous day! Thank you to all for ensuring crockery is clean and put away and returning chairs to the clubhouse.

## To lunch or not to lunch?

Members have often discussed whether or not a lunch break should be taken on Wednesdays. The usual consensus has been that if one team wanted a lunch break and the other team agrees, it should be taken, as long as it doesn't interfere with the day's games being completed on time.

## Alex steps up in Keith's role

While Keith Collyer's (*right*) bright face and cheery personality still greet us each Wednesday, he has relinquished some of his activities around the Club. The weekly sweeping of the courts has been taken over by Alex Fielding. Some of you know Alex from coaching activities. We're grateful for all those who keep the Club going for our benefit. Later in the year, a major overhaul of courts 2 and 3 will occur, incorporating removal of the sand and replacing it with a better quality sand.



## Drawing in the fun

This year we introduced a bit of fun by having a monthly draw. In February, Lena Bandiera was the lucky winner of a box of chocolates; in March, Kathy Hodder won a pack of hot cross buns and some Easter chocolates; and in April, Liz Seger won a pack of Anzac biscuits and a small plant. In May, we held our annual Mothers Day raffle.

*Details of the winners are on Page 7.*

Pro Shop opening hours on Wednesday fixtures day are:  
8.30am-10.30am Any queries, please see the Pro Shop staff.

## Midweek Ladies enjoy a tasty treat

From Page 1



*Above: Kath, Mary and Robyn enjoying the fun evening.*

*Ray (right) is the 'money man'. He collected from everyone before paying, and surprisingly, it all worked out... but he is a maths teacher!*



*Right: Smiles all round at this table.*



*Above: Robyn and Len.*

*Right: Angela and Doug. Certainly the portions were a good size!*



***Justice of the Peace services are available to Members on Wednesdays. Please contact Judith McLean (0407 135 375) or Gena Taylor (0427 077 636) if you require assistance.***



## 2017 TENNIS COACHING

### Term Dates

Term 1	23 January – 1 April 2017
Term 2	18 April – 24 June 2017
Term 3	10 July – 16 September 2017
Term 4	3 October – 9 December 2017

### 2017 Fees

Program	Fee (inclusive of GST)
Private Coaching	From \$70.00 per hour From \$40.00 per half hour
30 min x Red Ball	\$14.00 per class (30 min)
1 hour x Group	\$16.00 per class (1 hour)
Junior Squad	\$24.00 per class (1.5 hours)
Cardio Tennis	\$11.00 per class (1 hour)
Tennis Camp	\$130.00 for three days
Junior Fixtures	\$11.00 per week

Court Hire	Member	Non-Member
Day Rate	\$12.00	\$15.00
Night Rate	\$17.00	\$20.00

### Pro-Shop

- On-site Restringing available from \$25 per racquet.
- Check out our range of racquets, balls and accessories.
- Cold drinks, ice-creams and snacks available.
- Gift certificates for pro-shop and coaching lessons.

For further information please contact the Pro-Shop:

**Address:** Cnr Long & Smith St, Cleveland QLD 4163  
**Phone:** (07) 3821 0337 or 0423 331 123  
**Email:** proshop@adrenalintennis.com.au  
**Website:** www.adrenalintennis.com.au

## Players needed for Monday nights

Monday night fixtures are always on the lookout for new players. The evening starts at 7pm and finishes at approximately 10pm. The earlier finish may better suit some of our Wednesday ladies. If you are interested please contact Ray or Eleanor Lambley (right). Speak to Eleanor on Wednesday at tennis or phone Ray on 3245 1636/0430 935 985 or Eleanor on 0425 108 375.



## Cuppa to raise funds

Mid-week Ladies will participate in the 'Biggest Morning Tea' fundraiser for the Cancer Council on June 21st. It will be from 9.30am until 1pm. Entry is \$5. After the success of our morning tea last year, and with this charity being close to the hearts of many in our group, it was decided to hold it again this year. Much of the success of the day will depend on players' support with food, prizes, etc.



Please consider bringing a friend/s along, both men and women are welcome. Also, anyone who attends can play tennis for \$2 (normal fees will apply to our MWL competition finalists).

## RLTA news in brief

RLTA Committee Meetings are held on the fourth Tuesday of every month. If you have any ideas, suggestions or issues that you feel would improve any aspect of our Wednesday tennis or Club, please raise them with a member of our Committee – Angela, Kath or Mary.

### Club working bee

The annual working bee at the clubhouse will be held on Sunday, June 18, from 8:00am to 12 noon. If anyone can help out, even for an hour or so, it would be much appreciated. Morning tea provided and please be 'sun safe' and bring cleaning and gardening tools. Please let a committee member know if you can help.

### Are you on Facebook?

The Club committee is trying to promote the various club activities to the internal and wider communities. This will include putting news items and photos on the Club's Facebook page. If anyone has any objection to any photos we've taken at our tennis activities going on Facebook, please let Mary know straight away.

### Close calls

It's 'in' if you cannot clearly tell if your opponent's shot is in or out! The benefit of the doubt goes to your opponent. Return your opponent's ball if you are unsure of its position on the court (to be on the safe side) and either you or your partner need to make the call immediately. For doubles play, it is sometime very

difficult to judge whether a ball is in or out if you are on the far sideline and your partner is close to the ball. Remember that the ball is 3-dimensional and the surface is 2-dimensional, so from various angles, it will appear differently. These optics can mean that the ball's position on the court can appear different to every player on the court!

### Calling out the score

Another reminder! Keeping and clearly announcing the score in each game is primarily the server's job. Servers are asked to loudly call the game score when facing their opponents before serving. This avoids discrepancies and disputes about the score as it can be raised immediately with the server. It is also a good idea to record and call out the set score before the next server begins.

### Forfeit courtesy

A forfeit is a last resort if a team is unable to find a player to fill in. If a forfeit occurs, the forfeiting team should notify the opposing team captain, the Points Secretary (so they know how to allocate points, email: [rlambley@iinet.net.au](mailto:rlambley@iinet.net.au)) and the Pro Shop (because they prepare scorecards and balls for us). Also, the Pro Shop needs to be aware of court availability for hiring purposes. To help avoid forfeits, please make yourself available to fill in when rostered off for your own team.



## Mother's Day raffle winners

We run a raffle for Mother's Day in May as our main fundraiser for the year. This allows us to put on a social function at the end of the year, providing refreshments and prizes, and also provides funds for our incidental running costs.

The results were:



- 1st: Bev McLean, *left* (Bluebells)
- 2nd: Annabelle Alexander (pool player)
- 3rd: Lesley Grahame (Orchids)
- 4th: Eleanor Lambley (Lilies) and
- 5th: Di Mathams (Lilies).

Congratulations to all the winners and thanks very much to everyone who bought or sold tickets and donated prizes. While we're not out to make a lot of money, our coffers have been boosted by \$47.



*Above: (l-r) Di, Eleanor and Lesley.*

## First aid help always on hand

If an injury occurs, it can be assessed and basic First Aid provided. The First Aid Kit is located on the servery counter in the kitchen. The following is sourced from ABC First Aid Guide 2013:

### Soft Tissue Injury

**Sprain:** Over-extension of a joint with stretching and tearing of ligaments

**Strain:** Over-stretching of muscles and tendons with tearing of muscle tissue or tendon fibres.

#### Signs and symptoms

Pain, Tenderness, Restricted movement, Discolouration, Swelling.

#### Soft Tissue Management: Do no HARM.

No Heat; No Alcohol; No Running; No Massage  
R.I.C.E.R. -

- **Rest:** Rest casualty and injured part. This prevents further damage and reduces bleeding.
- **Ice:** Reduces pain, fluid and swelling by constricting blood vessels. Apply wrapped ice pack for 10-20 mins; do not place ice directly on skin. Ice pack or frozen peas can be placed over a bandage. Continue to cool injury three times a day for 2-3 days after the injury.
- **Compression:** Apply a firm supporting bandage to injured part. This restricts movement of injured part and reduces bleeding and swelling.
- **Elevation:** Raise injured area above the level of the heart if possible. This slows the flow of blood and reduces swelling.
- **Refer:** Refer casualty to a doctor in case there is other injury. **Record** incident.

#### FIRST AID

- Control external bleeding or cover wound (if relevant)
- Remove rings from fingers – swelling likely
- Support or Immobilise + R.I.C.E.R.
- Medical Assistance: X-rays are the only sure way of diagnosing the type of injury
- Monitor Vital Signs (Conscious state, pulse, breathing, skin, pupils)

## Build your tennis strength with lunges

We are very fortunate to have Andy Jeffery from AJ CrossFit & Personal Training at Cleveland and Carina assisting with our articles on exercises. Andy has years of experience as a fitness coach and has kindly offered his expertise to us. Visit his website to learn more: [www.ajcrossfit.com.au](http://www.ajcrossfit.com.au)

### *Alternating Walking Lunges*

#### **Benefits:**

Hip and knee strength, balance, hamstrings, lower back. (It will warm-up legs, butt and abs!) This exercise is not for you if you have knee or hip issues, however, it can be modified if you have these issues.

**Important:** Maintain an upright, neutral spinal position throughout this exercise.



Start with feet shoulder-width apart, on the sideline of the court, hands on hips. Take a big step out with your right leg, bending your knees as you go and your left knee touches the court. Your right knee should form a 90° angle (or as close as possible). Do not over extend your knee past your toes. Stand up by pushing through your front heel, keeping your back straight and bring your left foot to your right foot. Repeat by stepping forward with opposite leg. Work your way across the court and back.

**Modification:** Only sink as far as you can toward the court. Use a broomstick or similar to assist with balance and help you to stand up.

### **Handy Hint** *(From Helen Grant)*

Add an extra 1 teaspoon baking powder to the self raising flour (usually 2 cups) when making scones. This helps them to rise nicely.

### **Group tennis training on offer**

There are adult group tennis training sessions available on Monday evening (7-8pm) and Wednesday evening (6-7pm). Team training is also available at a time arranged to suit you and your team members. Please contact staff at the Pro Shop for further information.

This is a basic low-fat, low-sugar recipe for muffins which can be varied very simply. I have used low fat, coconut or almond milks (from Judith).

## Muffins

### Ingredients:

90g butter

½ cup raw sugar

1 egg, lightly beaten

2 cups self-raising flour

¾-1 cup milk

1 – 1 ½ cups well-drained fruit, mashed banana, grated carrot, whatever!

Coconut, nuts, choc-chips, etc can also be added.

### Method:

1. Cream butter and sugar.

2. Add egg, beat well.

3. Add flour and milk, alternately.

4. Mix in fruit, etc.

5. Put into a 12 cup muffin pan or a 24 cup patty cake pan.

6. Bake in a hot oven, 200°C, for 15-20 minutes.

Variation: 2-3 chopped pears, 1 teaspoon cinnamon, 1 teaspoon ground ginger, ¼ cup ground almonds and top with a sprinkle of flaked almonds.



## Salami Slice

### Ingredients:

2 eggs

250g Jatz, crumbled

2 tablespoons butter

1 onion, finely chopped

125g salami, chopped

¼ cup milk

½ capsicum, finely chopped

1 teaspoon dry mustard

½ cup grated cheese

paprika, to sprinkle

### Method:

1. Heat butter and add onion and capsicum, fry gently.

2. Put Jatz into a bowl and add onion, capsicum and seasonings and salami.

3. Beat eggs and milk. Add to other ingredients.

4. Grease a lamington tray and press in mixture. Top with cheese and sprinkle with paprika.

5. Bake in a moderate oven for about 20 minutes.

