



May 2023

Centenary Trivia Night

The Trivia Night held on Sat, 20th May was a tremendous success. A great night of fun, 12 tables in total. There was good music, a wonderful compere, lots of members, friends and family laughing and chatting in between serious contemplation. There was one stand out table but they were challenged all along the way by two teams who ended up coming in equal 2nd the wooden spoon, or should we say the giant collection of lolly baby bottles, was awarded to a team who were only two points apart from the team who came in 11th.... so, it was close throughout the rounds and very well played by all!

A big thank you to the table organisers and everyone who came along, lovely way to celebrate our centenary year together, as well as raising several thousands of dollars that will go towards more facilities at both Pennant Hills and Midson Rd – keep watching the area between Courts 5 & 6... the new synthetic grass has now been laid replacing the boggy soil and puddles and soon a new waterproof shed will be installed to replace the very old leaking one, maybe some pot plants and courtside furniture too. The night also wasn't possible without the help from Gerry Baker, Mel Dolahenty, Barb Schultz, and Dave Cochrane.

The raffle was also drawn that night and a huge shout out goes to Kaye McIntyre for her assistance sourcing prizes and donations, to Kelley Keyes as well and to all those other members I tapped on the shoulder too!! The generosity shown to Kaye, and I was outstanding...some \$3,000+ in prizes for our Centenary year. Some in the crowd that night were lucky winners..... others have been collecting them this week. How wonderful it was to see the depth of support, a BIG thankyou to all those who bought tickets, an even bigger thankyou too to the members and pro-shop staff who went around selling them!!! Great support from all the comps, adults and kids alike, some of the social groups at both PH and MR and families of coaching students, as well as the Tennis Seniors players (who'd played a tournament earlier in the year)several thousand was raised from this, so our appreciation must go out to all the sponsors and businesses associated with North West Sydney Tennis who gave generously.... Here are some to keep in mind:-
Pennant Hills Golf Club – Hotel Pennant Hills – Fleet St at Midson Rd - Paul Toohey Coaching – Voyager Coaching – Tennis Direct – Iluka Café at Wentworth Point (Roger & Beth Barclay) – Epping Club – The Verandah – Sawyers Brasserie at West Pennant Hills Sport Club -Smashing Restrung (Wayne Hackett), Ark Finishing Touches and FDM Coaching (Kelley & Adam Keyes), Michael & Emily House and Tennis Jewels (Marina Hurst & Mary Baker), Martelli's Fruit Market at Cherrybrook – Rossi's Fresh Grocer at Carlingford. House and Tennis Jewels (Marina Hurst & Mary Baker), Martelli's Fruit Market at Cherrybrook – Rossi's Fresh Grocer at Carlingford.



North West Sydney Tennis Raffle

PRIZES AND WINNERS – Please collect your prize from the Proshop if you haven't received it yet

1. Round of Golf for 4 people plus cart – valued at \$400	1 st	Craig Smith
2. Paul Toohey Coaching Babolat Tennis racquet with balls – value at \$300	2 nd	Abi M – TNM
3. Tennis Direct - \$200 Voucher	3 rd	Stuart Morris
4. Signed Copy of Ash Barty's Book	4 th	Dean Moran
5. Voyager Coaching – 1 hr private lesson	5 th	Marilyn S – LMW
6. Voyager Coaching – 1 hr private lesson	6 th	Kirsten Graham
7. Iluka Café at Wentworth Point - \$100 Voucher	7 th	Rainer M – Tennis Snrs
8. Epping Club Rawson's Retreat Restaurant - \$100 Voucher	8 th	collected on the Trivia Night – ticket no. 3122
9. Epping Club Rawson's Retreat Restaurant - \$100 Voucher	9 th	Kim Ryder – WNX
10. The Verandah – Beecroft – \$50 voucher	10 th A	Dave Winney – TNM
10. The Verandah – Beecroft – \$50 voucher	10 th B	Herbie
10. The Verandah – Beecroft – \$50 voucher	10 th C	Rebecca Fox
10. The Verandah – Beecroft – \$50 voucher	10 th D	Debbie T
11. FDM Coaching Bombay Gin and Gin Glasses Gift Box	11 th	Enone Melville
12. Ark Finishing Touches Maxwell Williams Entertaining Gift Box	12 th	Clare Perry
13. Darlington Champagne Glasses	13 th	Clayton Sills
14. Darlington Red Wine Glasses	14 th	Dacia
15. Silver Bowl - Large	15 th	Bek Darmody
16. Silver Bowl - Small	16 th	Kelvin Lam
17. Spiegelau Beer Glasses	17 th	Karen M
18. Head Wine Gift Pack	18 th	Bev Watson – ticket no. 2040
19. Nuvono Wine Decanter with Marble Base	19 th	Michael Veitch – Tennis Snrs
20. Royal Albert China Gift Boxes	20 th	Barbie Luey
21. Subscription for 1 Year to country style magazine	21 st	Kylie McCullah
22. Martelli's Fruit Market at Cherrybrook - \$50 Voucher	22 nd	Bev Watson – ticket no. 3591
23. Rossi's Fresh Grocer at Carlingford - \$50 Voucher	23 rd	Grant Robinson – TNM
24. Sawyers Brasseries at West Pennant Hills Sports Club - \$50 Voucher	24 th	Trevor Hangin
25. Smashing Restrings - \$45 Voucher	25 th	Lachlan Onions
26. Smashing Restrings - \$45 Voucher	26 th	Bayar Tsagdar
27. Timber Cheese Serving Platter	27 th	Aaron Carney

Volunteers Needed!

Have you half a day to spare?

We have some work to do on re installation of some new wind breaks. It would be great if a couple of extra people could assist in this process with other volunteers.

Please let the pro shop know if available for half a day during the week or email info@northwestsydneytennis.com.au with your details.

Upcoming important events

Centenary Dates

Gala Night Dinner @ The Epping Club – Saturday 7th October

For more information: etdta100years@gmail.com

Saturday Junior Comp dates:

Term 3: July 22 – September 16

Registration for Junior Comp Term 3 open June 5

Term 4: October 14 – December 9

Additional Junior dates:

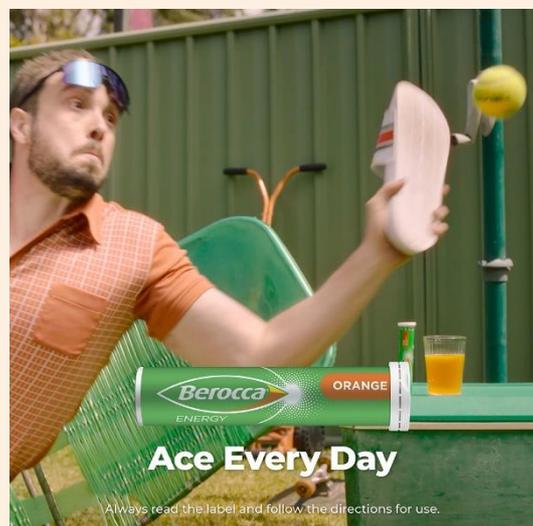
Term 2 Primary Schools Challenge:

June 17 5:30pm

(Back up date – June 24)

Junior Age Championships:

September 15-17



Upcoming Junior Calendar

Junior Age Championships



The Junior Age Championships tournament is open to all our Saturday Junior comp members. It is an age-based event with age groups from 10 and under, up to under 18 for both boys and girls.

This tournament is an opportunity to play against other NWST Saturday junior and Interdistrict players that you may have never versed on the court. Also, it's a great opportunity for continued development and acts as a pathway to playing in the Sydney Interdistrict Competition for North West Sydney Tennis.

When: the original dates from May have been postponed. The new dates are below:

Friday 15, Saturday 16 and Sunday 17 of September.

We will keep all current entries and payment in credit and apply them to the new dates, however if the new dates are not suitable for you, please contact us by return email and we will arrange a refund. Please contact the Proshop if you are unable to play.

We will be in touch with further information closer to the date.

Thanks for supporting our tournament and we will see you at the courts soon.

For more information and to register click [HERE](#)

Interdistrict

Interdistrict is back for 2023.

To register your interest in competing for North West Sydney Tennis is 2023 please fill out this form [HERE](#).

Primary Schools Challenge Term 2

Entries for the Term 2 Primary Schools challenge are open!

When: June 17 5:30pm

(Back up date – June 24)

Where: Pennant Hills Park

[Register HERE](#)

Reminder – Tennis Etiquette on the Court

1. Smile and be considerate of others on the court.
2. Please arrive in a timely manner for tennis and be ready to enter the court at the agreed starting time.
3. Quick change over between sets.
4. When making line calls if you are not 100% sure of the correct call, you should give your opponent the benefit of the doubt.
5. The server should call the score before each point. This helps mitigate disputes. At change of ends the score should be agreed upon and also at the conclusion of the set.
6. If your opponent misses their serve by a large margin, don't return it and take practice swings. Instead, block the ball to the side or the back of the court.
7. If two opponents are at the net and the ball is popped up please do not take aim at your opponent. Either hit it at the open court or at your opponent's feet.
8. Male players are not to drive the ball directly at the female if at the net.
9. Think before you speak.
10. Support others.....some may not have such a good day!
11. A fair way to think about all of these things is do to others as you would like done to you.
12. We play in a competition, but it is not Wimbledon. Remember we are also all out for some exercise and an enjoyable time at tennis. Enjoy the camaraderie and friendship of each other.
13. Tennis is the winner.

Upcoming Tournaments

Annual Grade Tournament

The 2023 Annual Grade Tournament will be open to existing and past members to celebrate the Centenary Year and will be held during the September/October school holidays.

Location: Pennant Hills Tennis Centre

Details will be posted on our websites [Centenary page](#) when confirmed.

If you require more information, please email David Cochrane - etdta100years@gmail.com

A WORD FROM OUR COMMUNITY PARTNER'S

Plus Fitness (Thornleigh and Turramurra)

Our Fitness partners! Keep an eye out around the club houses for flyers from Plus Fitness, based at Thornleigh and Turramurra. Plus Fitness Thornleigh and Turramurra provides access to premium facilities around the clock. Whether you're a shift worker, working from home or at the office, you get to work out on your terms, whenever you want. Our Plus Fitness gyms have been custom designed, with top-of-the-line equipment, to help our members achieve a diverse range of goals. Whether you want to improve your sport, build strength, or trim your waistline, we've got you covered. Our Personal Trainers are a team of highly motivated exercise professionals who will help rejuvenate your training & give you guidance. Starting from just \$16.95 a week, Plus Fitness Thornleigh offers high quality gym facilities, with 24/7 access and a supportive training environment. No lock-in contracts available.

Give them a call if you want to get that bit fitter!

Fleet Street Merchants

Special offers from Fleet St Merchants on at the moment:

Winter is with us, so it's lovely red wine and dark ales!! Chateau Tanuda has a full range of Cab Savs and Shiraz.. And if you buy a bottle you'll go into the draw for a premium wine fridge full of their wines valued over \$1000.

And we've partnered with local brewers Ekim and Whale Rock on their ranges, they have Pale Ales's Rocky Road Porters and big IPA's Tastings every Friday night.... **And all NWST members receive a 10% discount on all purchases over \$50. And 10% off for buying three bottles of wine...**

#shoplocal and visit Fleet St Merchants on the corner of Boronia Ave and Midson Rd Epping.



Tennis Ranch

Remember @ Tennis Ranch as a member you can receive a discount so don't forget to mention you are from NWST. Worth the trip down Victoria Rd to the Gladesville store.



The link between financial health and your general wellbeing

We often attribute things like diet, exercise, and mindfulness to maintaining good physical and mental health. But did you know that your finances can impact your health and wellbeing too? Learn why it's important to consider financial health as part of a holistic wellbeing approach.

What is financial health?

Financial health generally relates to your ability to cover current, future, and unexpected expenses. Are you covering your day-to-day expenses comfortably? Do you have your superannuation in order for the future? And have you protected your income with insurance? These things — as well as your savings, expenses, and any investments and debt — will all contribute to the state of your financial health.

How does financial health impact your wellbeing?

The state of your finances can directly link to your levels of stress. If you're struggling, under pressure, or concerned about your finances, you may see flow-on effects on your physical and mental wellbeing. If prolonged or unmanaged, stress may lead to other conditions like anxiety, insomnia, migraines and even digestive issues. Money problems may also lead to unhealthy coping mechanisms like poor eating habits.

Unfortunately, if physical or mental health issues present due to financial stress, treatment can often be unaffordable, and unhealthy cycles can develop. Therefore, it's important to take a preventative approach and include your financial health in your self-care habits.

Ways to improve your financial health

There are a few ways to stay on the front foot with your financial health. The first step is to gain awareness of where you're at financially. This might involve mapping out your savings and debts while considering how much you spend and on what. This leads to budgeting, which can help ensure you're not spending beyond your means and can help you set and achieve savings goals.

You could also consider adding an emergency buffer to your savings plan. Having a few months' worth of salary put aside can help you cover any unexpected costs that may arise. Insurance plays an important role here too. If you become too sick or injured to work, or if you were to unexpectedly pass away, insurance can provide a financial safety net for you and your family.

There are many other ways to keep financially healthy, like managing your debts efficiently and investing wisely to make your money work harder for you. Feel free to reach out to me for a review of your financial health at any time.

Any advice is general in nature only and has been prepared without considering your needs, objectives or financial situation. Before acting on it you should consider its appropriateness for you, having regard to those factors. Before making any decision about whether to acquire a financial product, you should obtain the Product Disclosure Statement.



TAG Financial Pty Limited

This advisor is an Authorised Representative of KDM Financial and Estate Planning Pty Ltd
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Trust Attention Guidance



Tax (financial) adviser
25142492

Gerry Baker
Financial Adviser & Director

The
VERANDAH
BEECROFT

Taste. Vote. Win!

ROASTED DUCK BREAST \$25

Celeriac Fondant & Puree, Enoki Mushrooms, Bronzed Fennel,
Furikake Spice, Blood Orange Reduction



- 1. Taste** OUR PERFECT PLATE AND KEEP YOUR RECEIPT
- 2. Vote** FOR US VIA OUR QR CODE
- 3. Win** A \$100 DINING VOUCHER DAILY OR A 'FOODIE GETAWAY' FOR TWO WORTH UP TO \$3,500

T&C's apply, visit www.perfectplate.com.au. Club Comp: ends 11:59PM AEST 19/05/23, open to ClubsNSW member clubs, max 1 entry per eatery/restaurant per club, winners announced 01/08/23. Patron Comp: starts 9:00AM AEST 30/05/23, ends 5:00PM AEST 09/07/23, open to AU residents 18+, retain receipt/s, max 1 vote per person per eatery/restaurant, winners announced 01/08/23. Random Draw: winners announced 01/08/23. Entry free. Promoter: ClubsNSW (ABN 61 724 302 100).

www.theverandahbeecroft.com.au

Voyager Coaching

Voyager Tennis would like to offer our adult Members one free cardio tennis session. Contact Gourav from Voyager Tennis on 0415 158052 and mention this ad and you will receive a free trial Cardio tennis session.

Times available are:

- Monday
 - 7am – 8am
 - 8am – 9am
 - 9am – 10am
- Tuesday
 - 7am – 8am
 - 8am – 9am
 - 9am – 10am

Voyager also offer Specialised Doubles coaching focusing on net play, doubles tactics and communication. They can also tailor a session to suit your individual needs. Please contact Gourav - Mobile: 0415 158 052

Email: Gourav@voyagertennis.com



Social Tennis!

And don't forget Sunday afternoons 3-5.30.

Great group coming along but we are always looking for more players! Parents we encourage you to come and bring your children along (10 years +)

Everyone is welcome! – so come along and tell your tennis friends!

Weekend Wildcards@NWST

WhatsApp group



New bench sets!



Thank you to Andy Phelan and Andy Kleiberg for installing two new benches onto courts 7 and 8.

Thank you for all the positive feedback regarding the benches, we look forward to installing more infrastructure for member use around the courts soon!

Facebook Reminder



For all members who are active on Facebook, please remember to like our page – [North West Sydney Tennis](#)

If you see any of our content, don't forget to tick the like button and click share. We are only getting a small amount of traction, liking and sharing only increases the amount of traction we receive!

Midson Road Update

Parramatta council have recently demolished and are in the process of replacing our coach's and maintenance shed area. As it is deemed a construction zone, they have supplied a temporary club house and toilet facilities for our players use.

Thank you to our members who play there and our coaching partner, Paul Toohey coaching, for their support and patience in this process. We expect to be back to our normal facilities by the end of June. And thank you to Parramatta Council for their support and input in this project.



Contact Us



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Pennant Hills Park



[@northwestsydneytennis](#)



We acknowledge and pay respect to all Aboriginal peoples, the traditional custodians of this land.