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AUGUST 1987

Monthly Newsletter for
 Senior Tennis Players Club, Inc.

Editor

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 3300 East Gate Road
 Saint Anthony, MN 55418
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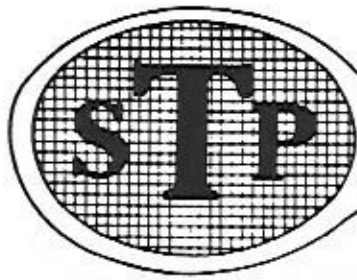
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Senior Tennis Players Club, Inc.

5200 West 28th Street Minneapolis, Minnesota 55416
(612) 922-4327 A Nonprofit Corporation

AUGUST 1987

WONDROUS WIMBLEDON

The thrill and excitement of watching the world's greatest tennis stars in action live, courts unsurpassed anywhere, hobnobbing on the fringes with English royalty, noshing on traditional strawberries and cream--those were Wimbledon '87 highlights, friends. Over 70 Twin Citians who attended through the resources of your Senior Tennis Players Club were absolutely enthralled with the prestigious event--for some, "the experience of a lifetime."

A bow to Jack Dow, the venerable netman, is in order here for his insatiable arrangements aided by a committee of stalwarts. The details involved with putting together a trip of this magnitude would tax the Internal Revenue Service, but the inimitable Dow had the knowhow to accomplish the near impossible. On the trip itself there were two people who distinguished themselves beyond the call of duty: Gen and John Bolger. They can only be described as wonderful without getting sentimental and goey.

The trip over was uneventful, bus ride from Gatwick Airport to our hotel amiable, hotel check-in frenetic--but who cared because everyone grabbed the underground (tube to the uninitiated) and headed for the jousting. The ambience of the Wimbledon grounds captured the imagination like no other tennis locale in the world. Walking by some of the old tennis greats like Ken Rosewall, Fred Stolle, Virginia Wade, Marty Riessen, Pancho Segura, John Newcombe and many more made us feel younger again as we scrambled for our seats in Centre Court and Court 1. From that point on it was tennis, tennis and tennis (we never seemed to get enough).

Want some namedropping? Cash, Lendl, Connors, Wilander, Gomez, Edberg, Zivojnovic (hardest server in tennis history), Leconte, Mecir, Curren, Noah, Nystrom, Navratilova, Graf, Sabatini, Evert and a multitude more. Poor Boris Becker was whipped before we got there and left for Monaco hurriedly to nurse his ego and money!

All, however, was not strictly tennis but rather tours of the magnificent city and its history, the incomparable British theatre, a stroll through Harrod's and the luxury of not spending because of the devalued American buck (a bonus for the men), art gallery jaunts and eating at ethnic restaurants. Haute cuisine is not an attribute of the normal London restaurant, we say politely so our Ambassador to the Court of St. James won't be recalled!

And the finale: All of us together to celebrate July 4th at London's American Club in a genteel manner so as not to disturb our gracious hosts who lost a few Revolutionary War battles to make it all possible.

One disappointment: Thinking some of us who signed up would be playing on grass courts only to discover the courts were indoors and surfaces shoddy. But we found out that Princess Di was a member and scheduled to play during our time (she didn't show) so the sting was tempered.

Wimbledon is a beautiful memory now and there are tales to be told that even Chaucer would enjoy. There's talk of 1989 for the next venture so start saving. And for those of you on the '87 tour, in the words of entertainer George M. Cohan, "you're a grand old gang."

--Norm Diamond

TENNIS TIPS

By Virginia Morgan



Doubles 10-Minute Warm-Up Drill

Spin for serve. Player who is to serve first leads warm-up drills, about 10 strokes each drill. The leader tells all players when to change to the next drill. Try to hit gently to your opponent. Practice guiding the ball and your footwork as you drill. These drills cover most strokes you'll be using.

1. Volley to volley - Players stand between net and service line.
2. Volley to ground stroke - Ground stoker stands at service line. Change. Volleyer becomes ground stoker and ground stoker becomes volleyer.
3. Lob and overhead - From service lines. Change. Lobber becomes overhead and overhead becomes lobber.

4. Crosscourt to crosscourt ground strokes from service lines.
5. Same as #4, only from base lines to base lines.
6. Service and return of serve (do not play point). About 5 serves each player. Change. Server becomes returner, returner becomes server.

*** You could change sides with your partner and repeat 4, 5 and 6.

Try to return to ready position after each stroke and be in a position as if you're sitting in a saddle. (If right-handed, put left hand at the throat of the racquet.)

LOOKING FOR COURT TIME?

There's an opening Wednesdays from 2:30 to 4:30 at the Arden Hills Club. Also, we can use more subs for both Mondays and Wednesdays, 2:30-4:30. People are beginning to migrate south for one, two or three months so you will be called and you will have chances to play. Call Mary Kaminski, 781-3271, to sign up.

CHANGES AT NORMANDALE

Normandale is now called Northland Fitness Center, 5250 West 84 Street, Bloomington. Please note these changes of organizers for Northland:
Tues. afternoon, Colleen Nichols, 869-0600
Wed. morning, Phil Briant, 866-6029
Wed. aft, Phyllis Hultgren, 941-3080
Thurs. morning, Barb Perry, 926-1995
Fri. morning, Flo Habegger, 869-7918
Fri. aft, Margaret Felicetta, 861-5415

SENIOR OPEN AT MEDALIST

The Senior Open at Medalist Sports Club Como, 1515 Brewster in Saint Paul is in full swing. They play Tuesday and Thursday from 1:00 to 3:00, mostly A and B players. In order to play in this Open, all you need to do is make a reservation for the day you want to come. If you can't come, no need to get a sub--just don't sign up!

So if you are looking for more tennis with a flexible schedule, try this Open. Call 646-1165 to join the fun; they welcome new players. Also, if you are still working on your game, senior drills are held at 12:00 on Tuesdays. Call 646-1165 to sign up.

Mary LeClair

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RACQUETBALL LESSONS
TENNIS LESSONS
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DOMINO'S PIZZA **TEAMTENNIS™**

It was Billie Jean King's idea. Domino's Pizza TEAMTENNIS is a league where seniors can compete in a fast-paced format. A league consists of at least 4 teams; each team has a minimum of 4 players - 2 men and 2 women, or as many as 10. Tennis players of all ages and abilities are participating. There are leagues for seniors as well as levels for beginners through advanced players.

There is no membership fee; players pay for their own tennis balls and court time. Domino's Pizza TEAMTENNIS is a grass-roots level concept that keeps competition at the local level in an 8-week season year-round.

We have 16 members ready to sign up in 3.0 and 3.5 leagues--we could use more 3.0 and 3.5 women. Plans are under way for an August 20 or 21 evening tennis when people can sign up.

Players are encouraged to pick partners for a team. Call Ed Holzacker, 890-5963; Virginia Morgan, 459-6059 or Chuck Supplee, 888-0551 with interested names and self-rating.

REALTOR

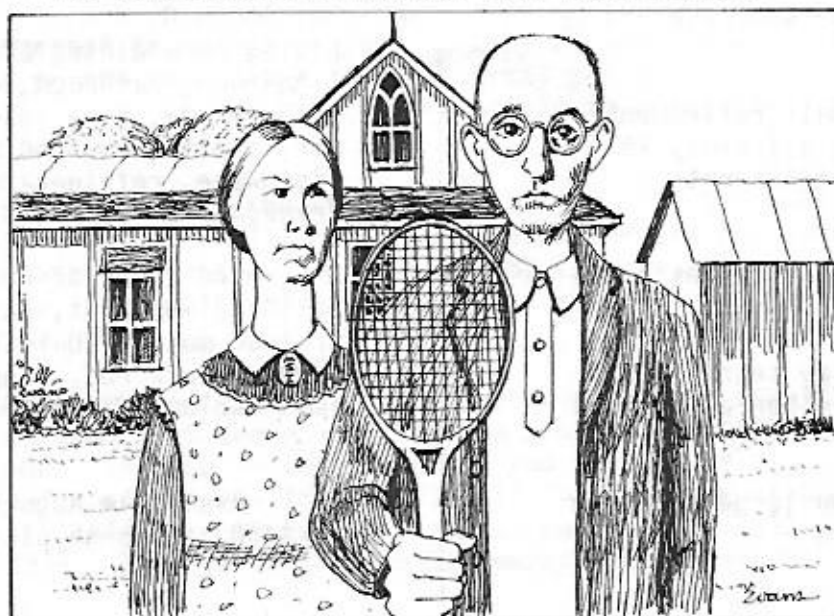
Beverlie Lyles, G.R.I., Edina Realty
Two Million Dollar Club, 3930 West 49½
Street, Edina, MN 55424. Business -
924-8754; residence - 925-5359.

MORGAN IS CHRIS REP

Virginia Morgan is the representative of Chris Tennis Racquet. According to Virginia, who is selling three models, stability is one of Chris features. It has a unique convex throat design, less twist, more absorbing for shock and a larger, more uniform sweet spot ratio to the strung surface. The material of the frame can be all graphite or fiberglass and graphite or fiberglass and boron.

Virginia has a demo model of each, and if anyone is interested in trying it out, call Virginia at 459-6059.

TO THINK WE MISSED WIMBLEDON



SENIOR HAWAIIAN TENNIS HOLIDAY



December 03-18, 1987

Relax and enjoy two weeks on the beautiful island of Kauai! deluxe condos, sandy beaches, palm trees, flowers, pool, ocean, "fun in the sun" - in the land of grass skirts, hula dancers & tennis, tennis, tennis!!

The trip is limited to 50 people.

\$ 1,599.00 per person, double occupancy

(\$ 1,549.00 for the first 25 deposits received.)

Triple and quad rates available upon request

Price Includes:

Deluxe 1 bedroom Condo, airfare, transfers, gratuities, portorage, and court time.

Car rental, extensions, and excursions available.

Demands on Hawaii travel are heavy, so reserve your spot now!
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just bring your suitcase

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APARTMENT FOR RENT

Edina near Southdale and busline

Living room/dining area, kitchen,
1 bedroom, bathroom, good storage,
unfurnished, fireplace, central
air, appliances, including stove,
microwave, refrigerator, washer/
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On ground floor of owner-occupied
building--no kids, pets, smokers
or loud music. Quiet, mature
person preferred. Deposit and
impeccable references required.

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\$450 per month plus phone

Call Fran Anderson
924-0450 after five o'clock

NOBODY'S PREFECT

And to err is human. Just as you may have missed the misspelling of "perfect" in our headline, we let a printer's error get by in the letter all members recently were sent about the Senior Tennis Foundation. The figures of 1% to 50% of your estate for inclusion in wills should have been 1% to 3% or 5%.

Actually to most of us, considering the deductability, this is not going to amount to a great deal to our heirs. It would, however, be of help to the Club in continuing its great work after all of us are long gone.

--Jack Dow

a rose by any other name...

What's in a name? Well, a lot--and we want a catchier name for this newsletter than "the newsletter" or "the bulletin." So we're announcing a contest to name our poor, nameless one. Something catchy. Something tennis-y. Something that will look good up there on the masthead.

What's a contest without a prize? No fun, so Prince Mfg. Co. representative Roger Boyer has provided a handsome Prince tennis racquet for the winner, whose entry will be chosen by the Executive Committee on the basis of originality, creativity, and whatever other criteria they dream up.

So enter soon and enter often. Send your entries to

Mary Kaminski
3300 East Gate Road
Saint Anthony, MN 55418

and be sure to include your name, address and phone number so we can notify you without delay. The deadline is September 5, 1987.

Coming Next Issue

There have been phone calls galore as we go to press, asking for information on indoor playing so many of you already are looking ahead to the new season. That's great and part of what we're all about--to urge more and more people to commit to playing tennis regularly.

The new playing season starts in October. The September issue of our newsletter will have a complete schedule for beginners and seasoned players. We're planning to have all the how-to's for you then, which hopefully will answer all your questions about signing up.

Chuck Mercer and Al Mohr are hard at work on the new schedule, and we hear that there will be some exciting additional locations for you. So hang in there, folks, and for now if you have any ideas for additional locations, call Chuck Mercer at 866-8933 and if you'd like to be a captain or co-captain, call Al Mohr at 722-8339. Then watch for the September newsletter.

CHANGES IN COURT TIME
FOR THE BALANCE OF OUTDOOR PLAYING SEASON

Lakewood Community College

Tuesdays - 8:00-11:00 am

Thursdays - 8:00-11:00 am

Sundays - 9:00-11:00 am

(Frank Beutel, 426-2440)

Chippewa Park, Woodbury

Wednesdays - 8:00-11:00 am

(Ed Conlin, 738-0041)

In case of rain, indoor court time is available at the Phelan Health Club in the Phelan Shopping Center. Cost is \$5.00 for 2 hours. No need to call ahead--just be there.



TENNIS TIP

By Ginny Owens

Show Your Sole for Deep Ground Strokes

Do your groundstrokes consistently fall short in the other court, and is your hitting arm starting to give you a slightly painful message? If so, you're probably relying only on arm strength to send your drives deep.

To get depth, you must step into your shots so your body weight is moving forward. Here is an easy way to check your weight transfer: During practice, freeze on your follow-through. The heel of your back foot should be lifted slightly off the ground so someone behind you can almost read the shoe size on the sole of the shoe. Keep the toe anchored, but "show your sole" for depth on your ground strokes.

STPC MEN'S TEAM MAKES SECTIONAL
IN USTA/VOLVO TENNIS LEAGUE

The only senior 3.0 men's team competing in the Sectional tournament is the team captained by Harley Wishart and co-captained by Chuck Supplee. Team members are: Duane Bucholtz, Ned Bunday, Bud Ehlers, Kearney Frantsen, Fred Hermann, Ed Holzacker, Rudy Reznicek, Gene Roeder and Jerry Stalwick.

The Sectionals begin Friday, August 7, at 5 pm at the 98th Street Racquet Club and Nicollet Tennis Center and continue on August 8 and 9. The team is eagerly looking forward to competing in the Sectional, and further. Let's cheer them on!

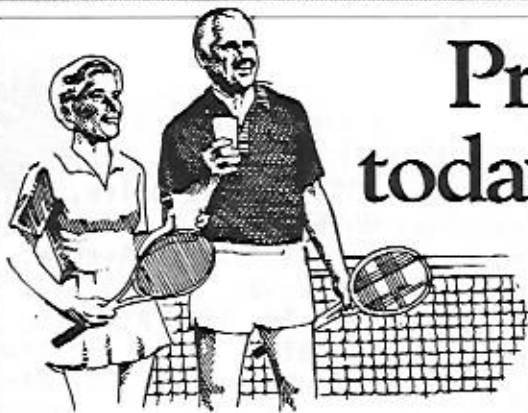
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MUSINGS OF A VOLVO CAPTAIN--The Volvo League season is over as far as local play is concerned. There were six men's teams and three women's teams with 100 Senior Tennis Players Club members participating.

Playing in a league was a "first" for many, and in the beginning there was trepidation about how it would go. For the captains, there were meetings to go to, lots of material to read, forms to fill out, phone calls to make, schedules to prepare and balls to buy; for the teams, rules to review, lots of questions to ask, how good are we at singles with players 20 and 30 years younger, etc., etc. Well, those matches turned out to be funtimes--maybe not at first, but when the last day came around the general feeling was, "I'm really going to miss this." Our game improved, we met great people and played at clubs all over the Twin Cities.

Percy Hughes promises an early start for next year's program and promises that there will be coaching. Those of us who pioneered this effort look ahead to '88 and in one voice say loudly to the teams who beat us, "WAIT TILL NEXT YEAR."

--M.J.K.



Professional help today for a worry-free tomorrow.

None of us likes to imagine a time when we may not be able to care for ourselves, or make our own financial decisions. We certainly don't want to think about some day when we won't be around at all.

Yet we have a nagging feeling that we should prepare for the future.

WILLIAM S. GLEW & ASSOCIATES can help. We are attorneys who together have over forty years experience in working with individuals like you to plan the effective and satisfactory distribution of assets. We will apply a professional understanding of the latest tax laws and other legislative decisions to your unique economic and family situation, helping you to be in control of your own future.

Call to arrange a no-obligation consultation. Together we can plan for a worry-free tomorrow.

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YES, NEW MEMBERS ARE ALWAYS WELCOME

Ask people you play tennis with...ask your neighbors.... ask your friends who belong to clubs...ask them to join the Senior Tennis Players Club and benefit from all the advantages of membership. To make joining convenient, here's an application for you to pass on.

SENIOR TENNIS PLAYERS CLUB, INC.
5200 West 28th Street
Saint Louis Park, MN 55416

If you are at least 50 years of age, improve your mental and physical health by joining the Senior Tennis Players Club, Inc. Meet and play regularly with other seniors, make new friends and keep active. FUN - EXERCISE - seven days a week in 8 or 10 local areas. Free courts in summer, low cost indoors in winter. Play tennis with beginners, average players or super players. Average age 63 years; couples, single men and single women.

"EXTEND YOUR ACTIVE AND ZESTFUL YEARS"

Membership Application

Please enter my _____ our _____ names as members.

Dues for July to December - \$6.00
Dues for January to December - 12.00 (couples \$20)

Print Name _____ Spouse's Name (if joining) _____

Street Address _____

City _____ State _____ Zip _____

Phone (home) _____ (work, if desired) _____

Signature(s) _____

Former or Present Occupation _____

Please circle skill level(s) Name(s) _____

A	Good Player	A
B	Average	B
C	Beginner	C

MAKE CHECK PAYABLE TO:
Senior Tennis Players Club, Inc.

MAIL TO: John Crow
2205 Unity Avenue North
Golden Valley, MN 55422



10 Years Younger

Scientists demonstrate conclusively that the effects of aging can be slowed considerably.

My family and friends say these products have done wonders for me, and I agree. Developed by a neurosurgeon from Tucson, who has a strong background in biomedicine and pathology and is a leading consultant in the biomedical field. He has published hundreds of papers, largely on collagen; from brain surgery sponges, to burns and skin care. As a researcher, he's not one to tread in the footsteps of others.

On our video tape, he says he considers the Collagen Fluid (CF), 75% pure collagen and 25% glycerin AND Youth Factor (YF), to be the pinnacle of his 35 years of collagen research and also that these products are far ahead of comparables. His collagen masks and sheets (100% pure dehydrated collagen) are also the finest quality.

You'll notice the difference in your skin, usually within a few days. Your skin will be smoother, develop a glow some say, feel more supple and the wrinkles will become less noticeable. But more importantly, you'll keep your current skin texture longer, with less skin deterioration. The first bottle may go quicker, but normally the CF and YF should last several months, unless one uses them on hands and arms too, as some are doing.

IMPROVE ENERGY AND STAMINA

A St Paul tennis player, who in May was presented her trophy by Arthur Ashe, said she owes her greatly improved tennis game to Crystal Energy water (CE).

Tennis World magazine, May 1987, has an excellent article that places heavy emphasis on water as the ONLY proper drink during play. Titled: "Sweat, How Sweet It Is"; I have included a few of the important comments on water, as follows: "Sweat is primarily water, ... only water must be replaced during, as well as before and after play. A water loss of just 3% of total bodyweight may diminish performance and provoke heat illness. As you sweat, fluid is lost...blood thickens...tougher for heart to pump. The most effective defense against heat is adequate hydration. Drink a cup of water every 15 minutes during the match. Bottled water generally tastes better and is freer of impurities. Stay away from carbonated water."

We've had our own water distiller 14 yrs, in preference to drinking Mississippi sewage. Since 12/85, I have been adding CE to our distilled drinking water. Many of my physical fitness measurements have improved considerably, which I can only relate to the CE.

Patrick Flanagan, PhD, at age 17 named one of the top ten young scientists by LOOK Magazine in 1962, was given decades of Dr Henri Coanda's research related to anomalous water. Flanagan spent two more decades perfecting this very low surface tension, high zeta potential wa-

ter. Flanagan's book, "Elixir of the Ageless", is a partly technical, but very good book on water and health.

Surface tension is related to molecule size and assimilation. The lower the surface tension (ST), such as alcohol, the quicker the assimilation. The ST of tap, well, bottled, distilled water is about 73 dynes. The body needs 55 dynes, alcohol is 40's or lower, CE is 55-65, thus CE helps the body rehydrate more quickly. This is the simplest benefit of Crystal Energy water.

Mixing 1 oz of CE to a gallon of distilled water, drinking 2 glasses per day, a 4 oz bottle of CE is a month's supply. However, after a week or two, CE may become your tennis game drink, at full or half strength. One active STP member says she has had superlative results with CE and distilled water. The colloidal (sub-microscopic) minerals in CE are minimal (4 mg/liter) and are all USP food grade, organic source.

Dr. Flanagan has recently developed two super Colloidal Mineral Gels; Plain for skin problems, from sunburn to blemishes and Mentholated for strains and sprains.

Six week Money back guarantee on a³³ of the above products.

SUMMER SPECIAL THRU 8-31-87

	Regular	Special
Collagen Fluid 1 oz	\$39.50	\$34.00
Youth Factor 3.4 oz	45.00	38.00
Crystal Energy 1 oz	15.00	12.50
Colloidal Min. Gel 4 oz	19.95	16.00

Al Holter, phone 612-537-1843
4366 Xenia Ave N., Crystal, MN 55422