

## Senior Tennis

# TIMES

### MESSAGES FROM THE PRESIDENT

#### Executive Committee Meetings

Our thanks to Bev Lyles for making it possible to hold executive committee meetings in the Club Room of the beautiful Vernon Terrace of Edina. The next executive committee meeting will be held there on Thursday, September 8, at 7:00 p.m.

#### Senior Options

Be sure to visit our booth (#408) at the 4th Annual Senior Options Expo October 28-29 at the Saint Paul Civic Center. Virginia Morgan and her committee are setting up the booth and will also be demonstrating various tennis techniques on the stage in the center of the Exhibition Hall on Saturday, October 29, from 9:30 to 10:30. Percy Hughes will be the narrator.

#### Join Us at the Conventions

As a member of the Metropolitan Senior Federation, our club is entitled to 50 voting delegates at the Senior Federation annual conventions during Senior Options at the Saint Paul Civic Center October 28-29. The Metropolitan convention is Friday, the 28th, from 9:00 a.m. to 12:00 noon. Among other items on the agenda will be debates and action on current senior issues and the Andy Rooney luncheon at which delegates will have priority seating. On Saturday, October 29, from 9:00 a.m. to 1:30 p.m. the Minnesota convention items on the agenda will include Minnesota legislative issues, a keynote speech by Ann Landers and an Alice Faye luncheon.

The fee for either one of these days is \$9 for members (includes one convention, 2-day

pass to the Expo and one luncheon) or \$17 for both days (includes both conventions, 2-day pass to the Expo and both luncheons). If you would like to be a delegate, you will need to register through our club. If you are interested, please make your check for either \$9 or \$17 to the Metro Senior Federation and send it to:

Mary Kaminski  
3300 East Gate Road  
Saint Anthony, MN 55418

no later than October 7.

Expo admission (on your own) is \$5 at the door and \$4 in advance. If you are not a delegate and would like Expo ticket information or a brochure, call Metropolitan Senior Federation at 645-0261.

#### Mankato Tennis Camp

In the July SENIOR TENNIS TIMES the announcement was made that the executive committee had voted to turn over the Mankato Tennis Camp project to Chuck Supplee as his private venture. This in no way minimizes the value of attending the camp. It is a worthwhile, well run project, and those who attend are unanimous in their praise.

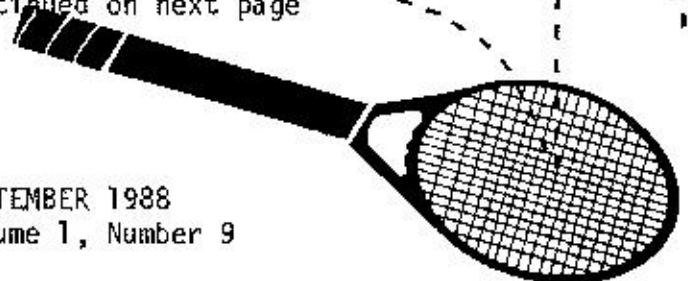
Our thanks to Carolyn Collins for turning over the unused portion of her tennis camp fee to the Senior Tennis Players Club.

#### Is This You?

A way to get the most out of your membership in our tennis club is to volunteer.

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MESSAGES FROM THE PRESIDENT

We are building a file of names of volunteers and they will be called on for various privileged fun things to do as well as necessary chores, such as telephoning. Some of the fun jobs are:  
1) Acting as students for the practical tests to certify professional tennis teachers. This means you get a tennis lesson free. 2) Acting as hosts and hostesses for parties or other functions of the club. 3) Being photographed for promotions and advertising. 4) Representing the club at special tennis events, such as Senior Options, Tennis and Life Camp, etc. 5) Helping with Urban Junior Tennis during the summer. 6) Helping to prepare participants in Special Olympics. Be a volunteer and call in your name to Trudy Hughes, 721-2039.

Mandy Johnson

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CONGRATULATIONS!

Clyde Hanson  
Barb Hicks  
Ernie Pedersen  
Ruth Pedersen  
Kay Stedman

for having completed twelve lessons. A reminder to all beginners - please notify your instructor when you have completed twelve lessons.

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Are you one of the new members that joined after March 1, 1988 and have no roster? If you would like one, call Grayce Aberle, membership vice president, at 938-9097 and she'll mail one to you.

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WANTED FOR OUR BOOTH AT SENIOR OPTIONS

Needed are the following items for our booth (#408) at the Saint Paul Civic Center October 28-29:

VCR  
TV monitor  
Tall stand  
10x10 floor covering  
Two chairs

If you can lend any of these items, please call me at 459-6059.

Everyone is invited to come and see the Senior Tennis Players Club demonstration at 9:30 Saturday morning, October 29. Show hours for the Expo are Friday, 10:00 a.m. to 7:00 p.m. and Saturday, 9:00 a.m. to 5:00 p.m. Besides the exhibits of over 300 booths, you can have the time of your life with Andy Rooney, Ann Landers, Alice Faye, Carmel Quinn, Geritol Frolics, entertainment, political debates, seminars, celebrity travel auction, The Swinging Ambassadors, a style show and a job fair.

Parking is available at the Civic Center for \$4 and at Galtier Plaza on Saturday for 75¢. A free shuttle service is provided from Galtier Plaza.

Mark your calendars!

Virginia Morgan

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FROM CHUCK SUPLEE AND STAFF OF THE MANKATO TENNIS CAMP

On behalf of Carolyn Collins, Mankato Tennis Camp takes pride in donating \$20 to the Senior Tennis Players Club. We also would like to take this opportunity to thank all the participants for their enthusiasm and high spirit of camaraderie. Hope to see them all next year.

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## IT'S TIME TO REGISTER FOR THE 1988-89 INDOOR PLAYING SEASON



### HOW AND WHEN DO I SIGN UP?

Permanent court time reservations are being accepted NOW for the indoor playing season which starts in September for some courts, October for others, and generally ends in April, 1989. Check the schedule on another page of SENIOR TENNIS TIMES, select the location, day and time that suits you best, and call the captain.

### WHAT WILL THIS COST ME?

The cost for permanent court time varies by location, but averages \$4-\$5 per member for two hours, which is 40%-50% less than the usual cost. And without the hundreds of dollars in membership fees.

### WHAT HAPPENS IF I TAKE A VACATION OR A TRIP OUT OF TOWN OR IF I HAVE AN EMERGENCY AND CAN'T KEEP MY COMMITMENT?

Players with permanent court time must be prepared to provide a substitute if they cannot play during their committed time. When you line up a substitute, be sure it is understood that if they don't show, you are responsible for payment of the court fee and you face the disappointed players who counted on that fourth person for doubles.

### WHAT IF I'M NOT INTERESTED IN A WEEKLY COMMITMENT, BUT WOULD LIKE TO PLAY NOW AND THEN?

If you don't care to sign up for permanent court time, call the court captain NOW and sign up as a substitute. Substitute lists (and they're important) are furnished regular players, substitutes are in demand, it's likely you will be called.

### I STILL HAVE QUESTIONS. WHO ANSWERS THEM?

Court captains can give you details on starting dates, fees, rotation of playing, etc. Just remember, every location and every captain doesn't operate the same.

### I'M NEW IN THE CLUB AND WAS TOLD I AM ENTITLED TO FREE LESSONS. TRUE?

Yes! An important objective of the club is to encourage more people over 50 to learn tennis. New members are entitled to 12 free sessions of tennis instruction. A nominal \$1.50 fee is charged for the courts each time you show up.

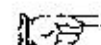
### WHERE ARE THESE SESSIONS HELD?

A schedule of lessons and drills is listed elsewhere in SENIOR TENNIS TIMES. You don't have to register or commit to an entire season--just pack your racquet and show up. Balls are provided. If you have questions, call the instructor listed--the instructor will be glad to talk with you.

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Senior Tennis Players greatly appreciate the dedicated service of Bob Torbert and all who have helped him at Wolfe Park to make the courts playable this summer.

Joanne Labernik



# LEARN TENNIS

## BEGINNERS LESSONS AND DRILLS 1988-1989 SCHEDULE

<u>Location</u>	<u>Day</u>	<u>Time</u>	<u>Instructor</u>	<u>Phone</u>
Wooddale Recreation Center Beginning October 1	Monday	6:30 - 8:00 pm	Virginia Morgan	459-6059
Medalist Sports Club Beginning October 18	Tuesday	12:00 - 1:00 pm	Mary LeClair	646-1165
Northland Fitness Center Beginning September 26	Tuesday	6:00 - 7:30 pm	Jeff Lowe	729-5955
Club Williston Beginning September 12	Tuesday	5:30 - 7:00 pm	Connie Custodio	824-2569
Nicollet Tennis Center Beginning September 12	Thursday	9:30 - 11:00 am	Percy Hughes Sinny Owens	545-9184 546-9666



"WHAT I DID ON MY SUMMER VACATION"

The 1988 Minnesota Senior Olympics were held in Duluth August 12-14. Our people finished and qualified for the 1989 United States National Senior Olympics to be held in June, 1989 in Saint Louis, Missouri:

PHIL BRIANT, LEWIS PETERSON - Silver Medalists, tennis singles.  
DUGE ENSWEILER, LOIS THOMPSON - Gold Medalists, mixed doubles.  
BETTY SWANSON, LOIS THOMPSON - Gold Medalists, women's doubles.  
DUGE ENSWEILER, STOCKTON SHAW - Silver Medalists, men's doubles.

\* \* \* \* \*

Winners in the Annual Bloomington Senior Sports-A-Rama held July 29-August 5:

IRMA BONG, BESS MARMAS - First place, women's doubles.  
LOIS BUNDAY, JOYCE HERMANN - Second place, women's doubles.  
JIM LAW - First place, kids under 65.  
GERALD STALWICK, DICK CHAMBERS - Second place, kids under 65.  
GENE GIBSON, MATT LITTLE - First place, men over 65.

This event served as a qualifier for the 1989 United States National Senior Olympics.

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Harley Wishart's team made the USTA/Volvo National Playoffs, will continue to practice their strokes before traveling to Seabrook Island, South Carolina September 29-October 2. Team members are Duane Buholz, Dick Chambers, Bob Clarity, Kearney Frantsen, Fred Hermann, Ed Holzacker, Sam King, Matt Little and Rudy Reznicek.

\* \* \* \* \*

Betty Jensen's mixed doubles team took first place in the Domino's Pizza summer league and were awarded pins and T-shirts. The team name - "The Minnetonka Mixers."

Members of the winning team are: Dennis Christenson, Betty Jensen, Jerry Jerome, Lorraine Jerome, Donna Lucker, Lenore Wastvedt and Paul Weinreis.

\* \* \* \* \*

Al Faulkner and Walt Steinberg competed in the table tennis tryouts during the Bloomington Senior Sports-A-Rama and qualified for the '89 United States National Senior Olympics. They were awarded medals on August 5 at the Bloomington Armory. Al, the Gold Medalist, was State Champion in the Table Tennis Esquire Division (over 50) three times--in 1973, 1975 and 1978. Walt, the Bronze Medalist, was State Champion in the Senior Esquire Division (over 60) in 1975, 1976, 1977 and 1979.

\* \* \* \* \*

Frank Perry shot a hole-in-one on the 158-yard seventh hole at Midland Hills Country Club. It was Frank's second hole-in-one in his lifetime. He has been golfing an average of 100 rounds per year for 30 years to get the coveted second ace.

\* \* \* \* \*

Chuck Mercer caught a 65-pound salmon while vacationing in Alaska.

\* \* \* \* \*

Emily Day was selected as the "Gene Jacobsen Citizen of the Year" by the Richfield Human Rights Commission.

\* \* \* \* \*

Radio Station KSJN was interested in what seniors do with their time and broadcast their interviews at Wolfe Park during National Tennis Week of Frank Evans, Mandy Johnson, Audrey Petri, Bob Torbert and Don Zinn.

\* \* \* \* \*

WAY TO GO, FOLKS!

## SENIOR TENNIS--IT'S SAVING LIVES IN MINNESOTA

There's a little-known senior tennis league in Minneapolis that's literally saving lives and Jack Dow, 81, is living proof of it.

Dow, the founder and former president of the area's most progressive senior tennis league, the Senior Tennis Players Club, Inc. began playing tennis 65 years ago. Tennis, he says, has helped him weather such ailments as asthma, emphysema, an aneurism, a double hernia and a tumor. And despite the fact that he was declared legally blind in 1978, he still plays three to four times a week.

"I call the game 'hard breathing exercise.' I'm supposed to use a Cortisone inhaler to keep my lungs clear, but since I play tennis often, I haven't had to use it in four years," says Dow. "I organized the Player's Club for one purpose and that was to get seniors playing tennis with each other instead of sitting at home deteriorating."

Dow was an entrepreneur in his prime, owning a wholesale lumber company, several retail companies, two investment companies and several other smaller businesses. His organizational skills made him the perfect man for setting up a senior tennis league that encompasses the entire Twin City area.

"There seems to be some unwritten law that says once a person hits 60 years of age, he's supposed to give up sports. That's just ridiculous. I'm actually enjoying the game more now than I ever have in my life. I can still pick up moving objects that are 10 to 15 feet away, but I do miss a lot more balls than I used to," says Dow. "Sometimes I just put my racquet out where I think the ball is going to be and I make contact."

During the time he's not playing in the league, Dow is opening chapters in other U. S. cities including New York, Los Angeles and Ft. Lauderdale. He plans to expand the club to 50 cities in only five years. He also hopes to see the

membership rise to 5,000 in five years and to 10,000 in 10 years.

"There's a great need for the program to spread because many of the 1,200 members are still in their fifties and do quite a bit of traveling. They would enjoy being able to play in the league whenever they visit a city on business."

The club also takes trips of its own to Wimbledon, the U. S. Open and the World Tennis Center in Naples, Fla. Nearly 90 people went to Naples and the waiting list for next year's trip has already been started.

"There are some very big ex-executives in our league playing with some middle to lower class people, but they don't take any notice--and they would otherwise," says Dow. "The game has some kind of mystique that crosses all boundaries. One league player has had twin hip replacements, one's got a wooden leg, at least a dozen are playing with pacemakers and I'd hate to tell you how many heart attack graduates there are in the club."

By the time Dow realizes his dream, he'll be 91 years old. Which suggests an idea. Maybe the best way to "fire up" tennis is just to pay Jack Dow's medical bills.

Reprinted permission Tennis Buyer's Guide from the May 1988 issue.

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Jack Dow

## TENNIS TIPS

By Ginny Owens

### Line Up Your Toes for Better Service

Being able to place your serve is a first step in taking command of a point. To be able to serve to your opponent's weakness and to vary your serves to the forehand, backhand or to the body gives you the advantage of keeping your opponent guessing.

There's a simple but effective method to help control placement of your serve: Check the position of your feet as you prepare to serve. They should be about

shoulder width apart. Now as a part of your pre-serve ritual, draw an imaginary line across the tips of the toes of both shoes. This line should point to your target in the service box and along the intended flight line of the ball. Adjusting the angle of the rear foot will help determine if the serve will be to the alley or to the T. Experiment with this. It's fun, and I think you'll be rewarded with better serve placement.

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for Seniors**



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### AD RATES

Effective October 1, 1988

Full page . . . . . \$75  
One-half page . . . . . \$50  
One-quarter page . . . . . \$30  
Classified ads, maximum of  
4 lines and available to  
members only . . . . . \$10

Call Mary Kaminski, 781-3271

### IN MEMORIAM

Jerry Molosky, 66, of Bloomington died August 19 of a heart attack. His achievements in high school coaching were well known during his impressive career in Bloomington. After retiring in 1984, he continued to be involved in adult physical education, The Senior Tennis Players Club, and especially the many members who will miss playing tennis with him, extend sympathy to his wife, Antonia, and to his son, daughters and grandchildren.

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Mary Dulebohn  
13230 Westwood Hills Rd  
Minneapolis MN 55426

Nonprofit  
Organization  
U.S. Postage  
PAID  
Minneapolis, MN  
Permit No. 3270

Senior Tennis Players Club, Inc.  
5200 West 28th Street  
Minneapolis, MN 55416

1988-89

Directors

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Virginia Owens, Activities 927-5525  
Chuck Supplee, Special Projects 888-0551  
Jack Thommen, Volunteer Services 338-2267

SENIOR TENNIS TIMES  
Is a monthly newsletter  
Published by and for the members of the  
Senior Tennis Players Club, Inc.  
5200 West 28th Street  
Minneapolis, MN 55416  
612-922-4327  
A Nonprofit Corporation

Editor  
Mary J. Kaminski  
3300 East Gate Road  
Saint Anthony, MN 55418  
781-3271  
Associate Editor  
Mary C. Noll