

Senior Tennis

# TIMES

## MESSAGES FROM THE PRESIDENT

### Annual Meeting

The Annual Meeting will be Saturday, April 22, at which time we will present the new officers. Watch for details in your April SENIOR TENNIS TIMES. We have had a meager response to our plea for names for prospective officers. Please think about everyone you know and turn in names of those you think might be interested in serving the club. We have a public relations person, but we need a president, treasurer, vice president of scheduled tennis playing, vice president of membership and a vice president of facilities.

### Computer Purchase

The club now owns a Maxar 88S, an IBM-PC clone, which will make our newsletter work more efficient and speedier. We have needed automation for a long time. The first big project is the roster which is included in this issue. SENIOR TENNIS TIMES is mailed under Postal Services bulk mail regulations and if undeliverable is discarded and not forwarded to a new address; therefore, if you move or if the listing is incorrect, please call Mary Kaminski at 781-3271 and not the membership vice president as was done in the past. SENIOR TENNIS TIMES is our main line of communication and we want you to receive it regularly. Help us keep our records current and accurate!

### Winter Tennis Vacation for 109 Seniors

We had exciting tennis and a fun time in Naples, Florida. There were ten days of hot, sunny weather and then it turned cold.

No one was ready for the low temperatures, but the fun continued. Tennis from 7 a.m. until 10 p.m., and with beach parties, bridge parties, bird-watching, dancing, dining out, boat rides and side tours, there was something for everyone. United Airlines sponsored our tennis tournaments and provided a flight ticket to anywhere in the USA for two winners, Roger Kneisl and Joe Stoutenburgh. It was great visiting and playing tennis with Don Budge, our celebrity guest.

### The French Open

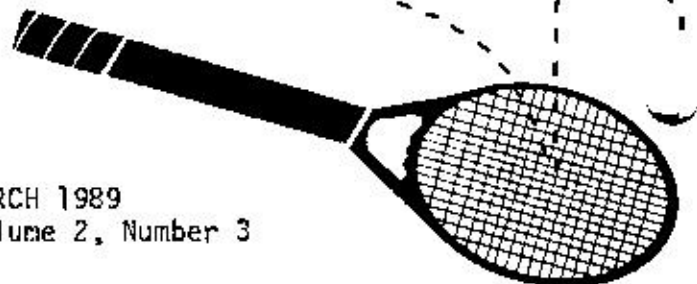
Quite a few of our seniors have signed up for the French Open, but we still have a few tickets available. If you're interested, call Jack Dow at 922-9128. I might mention that these tickets are almost impossible to get through usual channels.

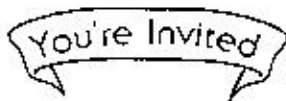
### Parties Everywhere

Our seniors are having fun at tennis parties organized by the captains--Laurene Wastvedt at Decathlon and Bill Storie at Williston--to mention recent ones. Great work! You're to be commended and thanked for your time and efforts. Keep it up!

Mandy Johnson

MARCH 1989  
Volume 2, Number 3





"TO YOUR HEALTH" PARTICIPATION

The Saturday, March 25 tennis party will be at the Hiway 100/North France Racquet Club in Brooklyn Center (535-3571) from 8 p.m. to midnight. We'll be playing one hour of doubles from 8 to 11 p.m., arranged by Ned Bunday according to player ability level. We will then have eight open courts from 11 p.m. to midnight for those wanting to continue playing.

The charge for one hour of tennis, food and beverages is \$8. You can also use the club's pools and exercise facilities. Tennis balls will be provided. If you want to come just to socialize, the cost is \$4.50. Your check is your reservation. Please make it payable to:

Senior Tennis Players Club, Inc.

and mail to:

Ned Bunday  
9309 Nesbitt Road  
Minneapolis, MN 55437  
831-7677

Please indicate on the face of your check your playing level: A, B or C. Also, if you're planning to come with someone, be sure to make a note of that to Ned so that he can schedule you in the same time slot.

This party is open to club members only, and you are a current club member if your 1989 dues are paid. Please get your reservation in early--we have been forced to turn away people for past events. Reservations must be RECEIVED by Tuesday, March 21.

Ginny Owens  
(w) 546-9666  
(h) 924-9233

\* \* \*

Percy Hughes received the Jack Dow Senior Development Award at the Northwestern Tennis Association awards banquet on January 28. Congratulations, Percy.

\* \* \*

The Senior Tennis Players Club was represented at "To Your Health", sponsored by the Edina Family Chiropractic Clinic and the Southtown merchants at the Southtown Shopping Center on February 11. Grayce Aberle organized the all-day activity to promote the club and to give it exposure. Literature was handed out and questions were answered as prospective members stopped at the table.

Helping out were Leonard Aberle, Hetty Kuik, Richard Pratt, Shirley Pratt and Shirley Zumberge. Grayce is grateful for the response to her call for help with the project, and Senior Tennis is grateful to Grayce for her enthusiastic, dependable and efficient support.



TENNIS PARTY A SUCCESS

The party on January 21 at the Hiway 100 North France Racquet Club was the biggest so far--115 people. It was hosted by Shirley and Dick Pratt who secured Jimmy's Italian Kitchen (827-4035) to cater the occasion for us. There were lemon chicken wings, Italian meatballs in red sauce, baked Italian spinach, cold pasta salad, yummy breadsticks in five flavors, red grapes and mixed bridge nuts. Also, platters of cheese and crackers (yummy snackers!) brought by Goldie Glad, Blanche and Dale Johnson, and Ruth and Ernie Pederson. Thanks!

Jimmy set up the chafing dishes and the buffet and then came and took them down. We had delicious hot food, he was impressed with our club and asked lots of questions about us. He enjoyed what he saw of the group and will come again anytime. He'll welcome your calls and comments.

\* \* \*

## THERE'S NO PLACE LIKE PARIS--LET'S GO!

Regardless of the number of times you've been there, there's no place in the world like Paris with its Eiffel Tower, matchless art galleries, restaurants, nightclubs, bookstores and the trip down the River Seine. Equally true is the brightest star of the Triple Crown, the French Open tennis matches. Wimbledon and the US Open will be available again, but we don't believe the French Open will ever be available to us again. We've tried to get tickets for four years now, we've purchased, paid for and have assurance of getting 60 tickets for three days of the final week and 40 tickets for the junior tennis semifinals and finals on June 9, 10 and 11, good for all youngsters 18 and under and for high school tennis coaches.

The trip is sponsored by Norwest Banks, Northwestern Tennis Association, Senior Tennis Hall of Fame, probably the Dow Chemical Company and the leading French tennis magazine. Tennis de Francais will furnish us with ten of the French greats, such as Rene LaCoste and Jean Borotra, who will be elected to the International Senior Tennis Hall of Fame and most of whom will attend the dinner. Invited with a high

percentage of attendance will be U. S. senior tennis greats--Don Budge is the first one to tell us that he'll be there for the second annual meeting of the Senior Tennis Hall of Fame. You will be with 60 of the greatest tennis players in the metro area and invited as guests to the Senior Tennis Hall of Fame dinner meeting as well as the Executive Hall of Fame annual meeting, also to be held during that time.

So, while opportunity knocks, let's listen. Cost? Still in the negotiating stage, but it will be somewhere between \$1400 and \$1900 for the entire package, which includes the round-trip airfare, hotel, dinners and three days' tickets to the matches--probably at two different prices, economy and intermediate hotel accommodations.

With a nonrefundable down payment of \$100 per person, the first 60 will be assured tickets and reservations. We suggest you consider and act NOW if you want to be at the 1989 French Open matches. Write to Jack Dow, 5290 Villa Way, #318, Edina, MN 55436 for more information or call Jack at 920-3980. We plan on leaving June 5 and returning June 12.

## TWELVE-LESSON AWARDS

Congratulations to Lennie Arnevik, Lois Arnevik, and Lois Schurke on their achievement.

\* \* \*

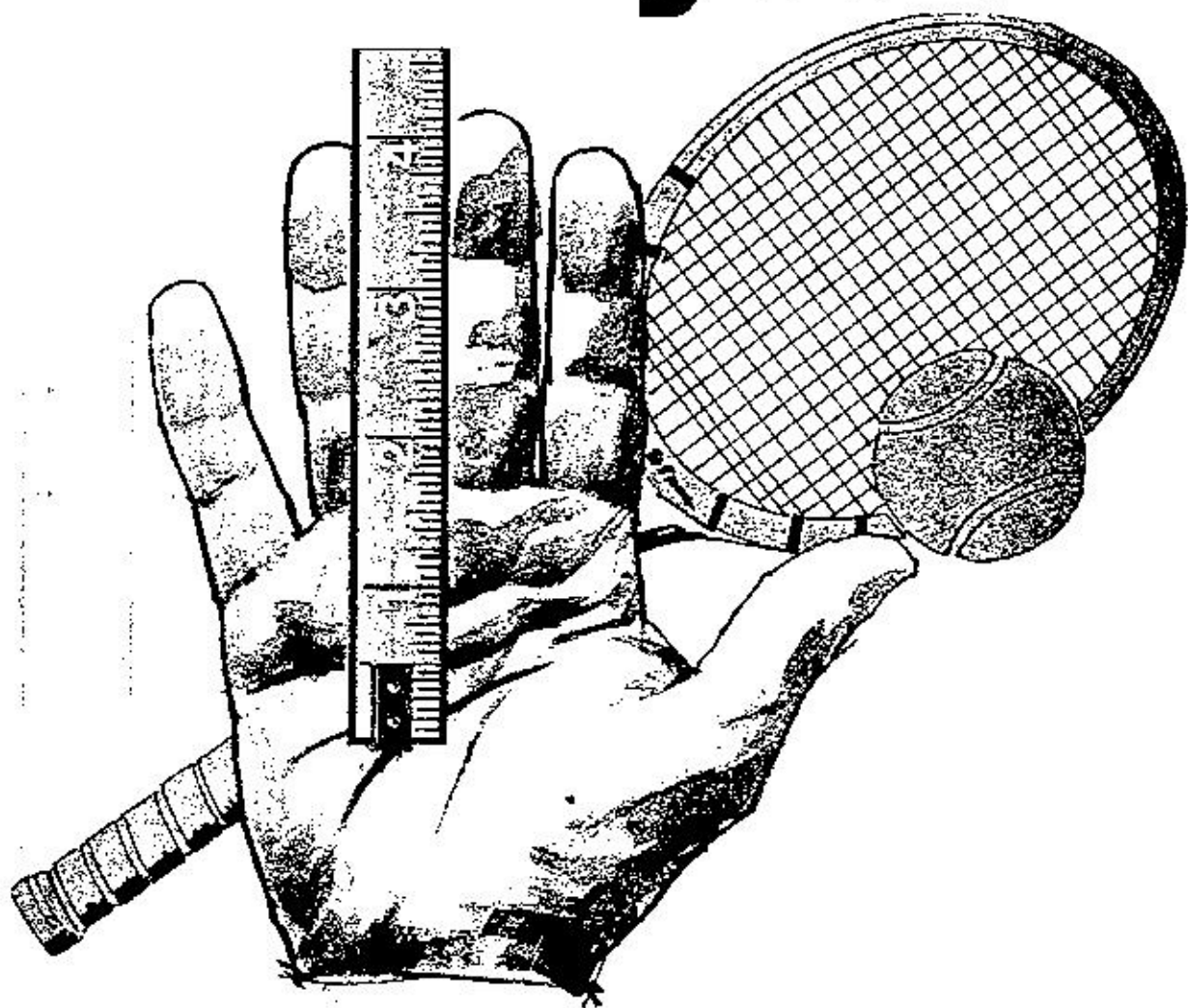
### Winning Friends

You can make more friends in two months by becoming interested in other people than you can in two years by trying to get people interested in you.

—Dale Carnegie



# what grip size is right for you?



Measure the distance from your long palm crease, to the tip of your ring finger. If the measurement comes out to 4¼ in., for example, then that's your correct grip size!



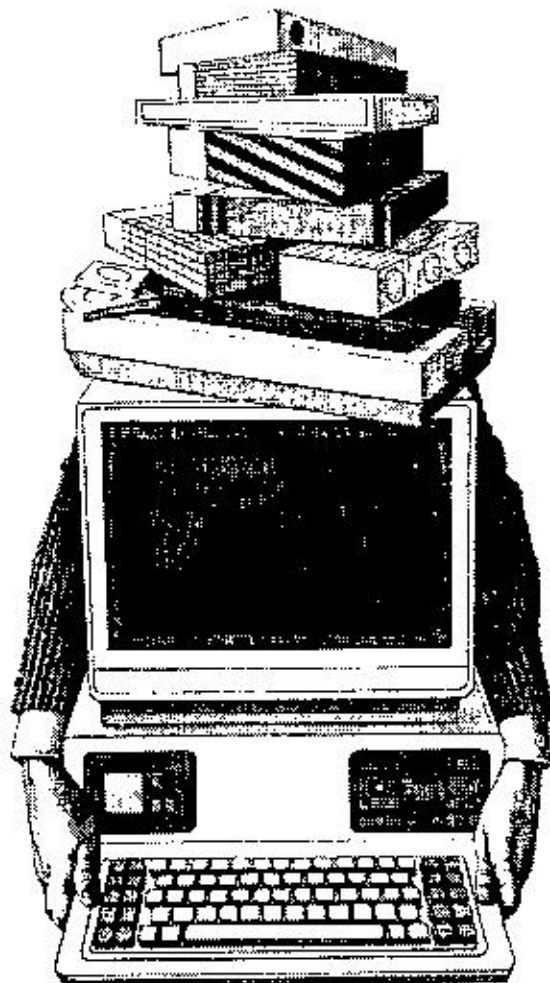
## TO OUR READERS

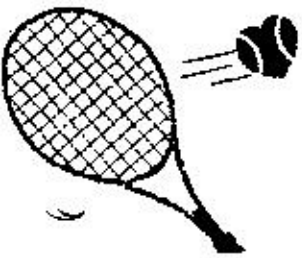
Observant STPC members will detect a big change in this issue of SENIOR TENNIS TIMES. Most of it was done on our new computer. I couldn't have finalized this issue so soon after two carefree weeks in Naples, Florida without the invaluable help of my "in-house consultant," my daughter, Nancy, who is my mentor in computerese.

Please check your listing in the roster and if it isn't accurate, call me at 781-3271 and I'll correct the record. We do want you to get SENIOR TENNIS TIMES each month properly addressed.

Thanks!

Mary Kaminski,  
Your Editor.







## TENNIS TIPS

By Virginia Morgan

Anticipation is watching how and where the opponent is going to return the ball. Try to observe if he turns his hips, his shoulders? Is he taking a big back swing? This could mean a fast return.

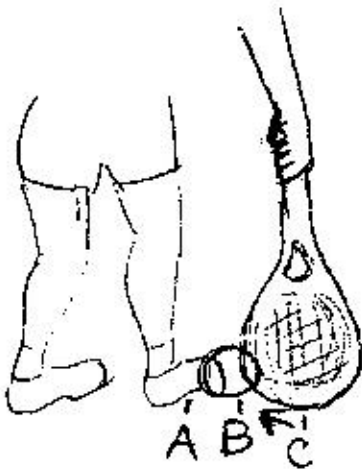
If the opponent strikes the ball "low to high"  the ball will have top spin. When the ball is hit "high to low," this is a slice or back spin . This is done by taking the racquet about as high as your shoulder and slice or brush the back of the ball as the stroke is forward.

Best of all, watch the direction the face of the racquet is pointing as it makes contact with the ball because that is the direction it will go.

### Half Volley

If the ball is coming close to you and you don't have time for a good forehand or backhand return, don't let it bounce and take steps backward to return it because then your weight isn't going forward. Once the ball bounces, it picks up speed. Learn the half volley and stroke the ball on the rise. This is done by stroking the ball a few inches from the ground. Don't forget to bend the knees, keep racquet parallel to the ground and shift weight forward as you stroke the ball and follow through.

\* \* \*



### ONE WAY TO PICK UP A TENNIS BALL

Up together (A, B and C) about 14 inches.

Drop ball, when it bounces up, hit ball to ground and when it bounces up, catch it!

\* \* \*

HAVE YOU WANTED TO HAVE YOUR DOME PICTURE FRAMED? Chuck Weber, 537-3370, will take care of the details for you. Please bring your picture to our next party on March 25, if you're going, at HiWay 100 North France Racquet Club.

\* \* \*

# MyrMar

LODGE & VILLAS  
on Lake MilleLacs

Route 2, Box 322  
Aitkin, Minnesota 56431

## PERCY HUGHES/MYR MAR TENNIS CAMP

June 6th - 9th, 1989

### RESERVATION FORM

Check in any time after 12 noon on Tuesday, June 6th. Check out time is any time before 11 A.M. on Friday, June 9th.

All rooms are furnished with at least two beds. Please indicate with whom you will be sharing a room or if willing to have someone assigned. Otherwise add \$50 to the total package price for single occupancy.

Please enclose a \$50 deposit per person with each reservation. Balance will be due upon checkout on June 9th, 1989.

Name/Address:

Sharing with:

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Phone \_\_\_\_\_

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\$159.00 per person (Double Occupancy)  
All taxes and tips included

Mail check to MyrMar Lodge & Villas on Lake MilleLacs

Guest pros are going to be Connie and Roger Boyer who have been such good friends of the club. More information to come. Call Percy Hughes with questions at 545-7696.

SHAPE-UP

WITH  
RAINBOW FITNESS

at

EDINBOROUGH INDOOR PARK  
7700 York Avenue S.  
Edina, MN 55435

HYDRO-FOLLIES

Who: Seniors - celebrate with this  
water movement class  
When: April 3 - May 12, 1989  
Time: 1:30-2:15 pm, Tuesdays/Thursdays  
Cost: \$3 per class  
\$30 for 12-class package

Registration at Edinborough Indoor Park  
or call 920-3317/546-2650

BOBEN LEE c/o MERRILL LYNN READY  
16195 Wagner Way, Eden Prairie, Mn 55344

YES! I'd like to know the value of the real estate I own! Please provide me with a FREE Market Analysis. I understand there is no obligation on my part.

I am interested in selling my home  Tell me about investment property.  
 I am thinking of buying a new home  I am planning to relocate to  
Please enclose the name of your property if there will be two brokers.

My name is \_\_\_\_\_  
 My address \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ Best time to call is \_\_\_\_\_



-Paid Ads-

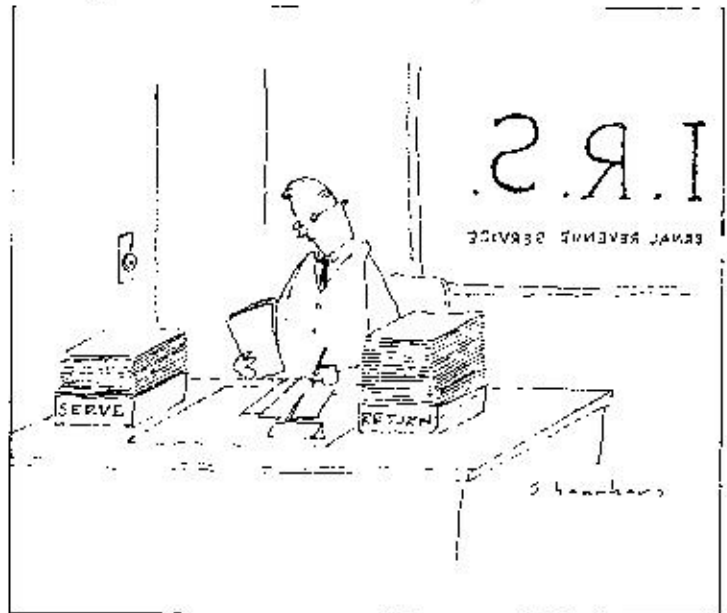
FLASH! FRIDLEY MIDDLE SCHOOL HAS A TENNIS CLINIC CONDUCTED BY SENIOR TENNIS INSTRUCTORS!

Some of our Senior Tennis instructors and members volunteered their time and talent to conduct a minicourse in tennis at the Fridley Middle School January 25. The school has a program of minicourses for the day. Two members, Kay Stedman and Shirley Pratt, work there and organized this class. Our instructor, Jeff Lowe, led the group and was assisted by Dick Pratt. Virginia Morgan arranged for tennis balls and hoppers and printed handouts for the students. A lively good time was had by all, and there were even some of the 35 students who could manage the ball and racquet by the end of the two-hour session.

Thanks, Senior Tennis, for your volunteer efforts!

\* \* \*

Drop Shots Danny Shanahan





## SENIOR - USTA/VOLVO TENNIS LEAGUE

FIRST TIME SENIOR PROGRAM OFFERED NATIONALLY FROM THE USTA

For players 55 years old and up, 2.5 and 3.0 NTRP skill levels.

Both men's and women's leagues.

Each team will have three doubles matches.

Summer League, May 15-July 22, 1989.  
(Approximately one match per week.)

Special senior clinics will be offered to participants.

Local league winners have the opportunity to go to a USTA/Volvo tennis league national championship to play other seniors from across the country.

### HOW TO PLAY IN THE LEAGUE

1. Get an NTRP skills rating. (See Percy Hughes or come to our rating clinic March 18, 3:00 p.m.)
2. Put a team together of tennis friends of the same skill level or sign up individually.
3. Must be a member of the USTA. League fee, \$12, waived to \$8.

For more information call Dick Pratt at 433-3583, Senior League Coordinator.

Let's make a great senior showing here in the Northwestern Section and set an example for other sections in senior tennis!

Ed Brehm of Edina died January 20 after a long illness. It was Ed who won the Name the Newsletter contest over a year ago with his entry, and we will always remember him for his valuable contribution to the club. All of us extend sincerest sympathy to his wife and member, Myke, to their sons and daughters and seven grandchildren.

### MEMBERSHIP COUNT

As of March 1, we have 1143 members.

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

March, 1989

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

**New!**  
**MEMBERSHIP ROSTER**

Mary M. Dulebohn  
1320 Westwood Hills Road  
Minneapolis, MN 55426

1988-89

Directors

Ruth Copeland  
Jim Moran  
Percy Hughes  
Donald W. Ittner  
Virginia Morgan

Founding President

H. Jack Dow

Executive Committee

Mandy Johnson, President	922-4327
June Mohr, Treasurer	722-8339
Ruth Hanold, Secretary	926-4556
Trudy Hughes, Asst to the Secy	721-2039
<u>Vice Presidents</u>	
Grayce Aberte, Membership	938-9097
John Bolger, Parliamentarian	869-5972
Ned Bunday, Tournaments	831-7677
Norman Diamond, Public Relations	823-2531
Mary Dulebohn, Historian	545-7142
Mary Kaminski, Newsletter	781-3271
Charles Mercer, Facilities	866-8933
Al Mohr, Scheduled Tennis Playing	722-8339
Virginia Owens, Activities	927-5525

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