

# TIMES

Senior Tennis

\* \* FROM THE PRESIDENT \* \*

SORRY—TIME'S UP

This is the last issue of SENIOR TENNIS TIMES you will receive if your 1990 membership renewal application is not received by Joyce Maul by January 16.

So, if you just have put it off--please pick up your pen and send it on its way now.

## NOMINATIONS FOR 1990 BOARD MEMBERS

In April we will be electing Board members to replace those who step down after three or more years' service on the Board. I will head the Nominating Committee including John Bolger, Mandy Johnson, Ray McGraw and Marian Pollei.

Written recommendations are most welcome. They should include a few words of background, community or career information, and where their tennis is played. Send your recommendations to me or any member of the Nominating Committee.

JOE STOUTENBURGH

HAPPY NEW YEAR!

# YES!

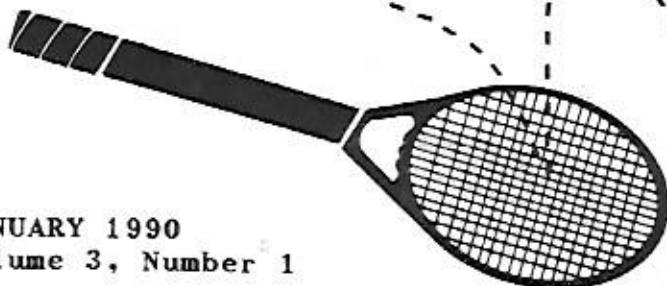
## BEGINNERS ONLY TENNIS INSTRUCTION AND PLAY

If you are a beginning player and need help with learning how to play doubles, here's a new program for you.

Join other beginners Sunday, January 14, 10 am to 12 noon at the Williston Tennis Club, 14509 Minnetonka Drive, Minnetonka (935-8638) or Sunday, January 21, 11 am to 1 pm at the Wooddale Recreation Center, 2122 Wooddale Drive, Woodbury (735-6214). Instruction will be given on court positions, scoring, strategies and anything needed to help you get started playing. This is a great opportunity for those of you taking our lessons to learn the basics of play and meet others of your playing ability.

The cost is \$4 which covers court fees, coffee and rolls. All instruction is being donated by teaching pros and STPC Board members. The \$4 will be collected at the door, but please call Ned Bunday, 831-7677 to make a reservation or Ginny Owens, (w) 546-9666 (h) 924-9233 or Dick Pratt, 433-3583. We can accommodate only 48 players.

See Bulletin Board for directions to Wooddale.



JANUARY 1990  
Volume 3, Number 1

# PARTY

## AFTER-HOLIDAYS' PARTY

The Saturday, January 27 tennis party will be at the Hiway 494-Crosstown Racquet Swim & Health Club, 6233 Baker Road, Eden Prairie (934-4137) from 8 pm to midnight. We'll be playing one hour of doubles from 8 to 11 arranged by Ned Bunday according to player ability level. We will then have six open courts from 11 pm to midnight for those wanting to continue playing. Feel free to take advantage of the club's facilities--swimming pool, whirlpools, sauna, steam rooms, walking and running tracks and exercise areas.

The charge for one hour of tennis, food and beverages is \$9. Tennis balls will be provided. If you want to come just to socialize, the cost is \$6.50. 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, C or D. 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 at the same time.

This party is open to club members only, and you are a current member if your 1990 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 January 22.

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

\* \* \*

## POST-PATTY'S DAY SENIOR TOURNAMENT

A senior tournament will be held at the Wooddale Recreation Center, 2122 Wooddale Drive, Woodbury, MN 55125 March 19-23 from 9:00 a.m. to 4:00 p.m. (You must call for match times.)

The entry deadline is March 14.

EVENTS - A and B skill levels.

Men's singles - 50 and over  
Men's doubles - 50 and over  
Women's singles - 50 and over  
Women's doubles - 50 and over  
Mixed doubles - 50 and over

Cost is \$14 for doubles team, \$9 for singles. Trophies will be awarded for first and second place. Entry forms are available at Wooddale Recreation Center, 735-6214. Contact person: Lois Nordman.

The next tournament will be the week of October 29, 1990. Following that, these tournaments will be scheduled every March and October.

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## USTA/VOLVO NATIONAL TOURNAMENT

Four STPC members qualified and in November competed for the USTA/VOLVO 3.0 national championships in Palm Spring, California. They were:

Mike Fleming  
Robert Fridgen  
George Grantier  
Charles Peterson.

The team enjoyed good tennis and had a great time even though they didn't win first place.

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## ROGER BOYER GIVEN ANOTHER WARM WELCOME

Roger Boyer held his annual Christmas drill at the Nicollet Tennis Center on December 21 with Ginny Owens and Percy Hughes. He came bearing prizes, and a good time was had by all.

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## TENNIS TIPS

By Virginia Morgan



ARE YOU HAVING TROUBLE RETURNING A FAST HARD-HIT SERVE?

You could back up so you have more time to react or shorten your back swing and take the ball on the rise (like a half-volley) or use a slice return. Hitting a ball on the rise (which would be similar to a ballplayer fielding a grounder) gives a moment of surprise to the opponent and not as much time to respond.

\* \* \*

"LET'S PLAY FIRST BALL IN".

In social tennis, if this is agreeable to those playing, it's acceptable. If you want to play "NO ODD" and it's o.k. with everybody, it's acceptable. In a sanctioned tournament when you are required to be a member of the USTA, it is not acceptable.

\* \* \*

When you hear of a 10- or 8-GAME PRO SET, that's whatever the pro decides to make it. (I've played in all of the above and go with what the majority does.)

Instead of "Read Opponent's Lips," "Read Opponent's Racquet."

\* \* \*

IS THE BALL "IN" OR "OUT?" Why not use the same signals a linesperson uses?



In tennis it's "FAST FEET, SLOW HANDS." Use short steps like a boxer - for better balance, direction and momentum.

\* \* \*

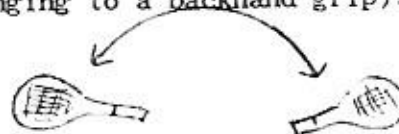
When your BALL ACCIDENTALLY GOES TO AN ADJOINING COURT, raise your racquet. Then the retriever will know to whom it should be returned.

\* \* \*

If you're the server and the other players AREN'T SURE YOU HAVE TWO BALLS, hold them up to show everyone. Should you have only one, hold it up and say "need one."

\* \* \*

CORRECTING A "WINDSHIELD-WIPER" backhand stroke (hitting the forehand and backhand on the same side of the racquet, usually not changing to a backhand grip).



The disadvantages of the windshield wiper are: You could block your vision; it's harder to return and dig out a low backhand volley.

When returning a forehand, aim palm and four fingers towards the target. When returning a backhand, at the moment of contact aim knuckles and rings on your fingers towards the target.

\* \* \*

NEVER return a ball to the server unless you have her/his attention, and then return balls one at a time. If two players are returning balls, the person further away returns first.

\* \* \*

SOMETHING TO KEEP IN MIND WHEN PLAYING. This thought was submitted by a reader: "In playing doubles, we're out there to have fun and to get exercise, not to compete. All too often the name of the game is to win, the net result being that a very high percentage of the balls are hit to the weaker player, thus depriving the stronger partner of his share of the fun and exercise."

\* \* \*

## UP CLOSE AND PERSONAL: Virginia Owens

**Birthplace:** Grey Eagle, Minnesota, one of eight children, fifth girl born in a row.

**Family:** Husband, Bob, married 36 years, two daughters, Carla and Lynn, three grandchildren.

**Schooling:** Grey Eagle, MN and Normandale Community College, Bloomington, at age 40.

**Nicknames:** "Gin" or "Ginny."

**Working on:** Adding the fun and challenge of tennis to as many lives as possible. I've enjoyed it so much--it has added such a dimension to my life.

**Nobody knows:** I've never bleached or colored my hair in my entire life.

**I'd give anything to meet:** Mikhail Gorbachev.

**I've never been able to:** Find enough leisure time to read all the books and magazines that I have accumulated.

**The one thing I can't stand is:** Someone publicly embarrassing another human being.

**A really great day to me is:** Being with my family and friends at our cabin in the Northwoods on Second Crow Wing Lake in Park Rapids.

**Major accomplishments:** Passing the U. S. Professional Tennis Association certification test to become a tennis teaching professional at age 54. A year later I was given the USPTA Rookie-of-the-Year Award, voted on by other regional teaching pros and given to the one contributing the most to tennis within 1-1/2 years after passing the test.

**Favorite childhood memory:** Fishing with my father standing on the frozen lake in winter (no fishhouse) and in the summer rowing the boat while he cast (no motor). I continued to fish with him until he died at age 83.

**I knew I was a grown-up when:** I graduated from high school at age 17 and my parents asked me to move out because they had three more children to support.

**My personal hero is:** Dr. Arthur Rouner, senior preaching minister at the Colonial Church of Edina.

**If I've learned one thing, it is:** I can't be everything to everybody.

**My first job was:** At age 14 working in a drug store in a farming community of 400.

**The best years of my life were:** Right now. Healthwise, etc.--all is wonderful!

**What I like best about my job:** As personnel director for the pro shops and pro shop office manager for Northwest Racquet Swim and Health Club, I like the opportunity to daily meet and work with a large number of fine people.

Continued on next page



Continued from last page  
Virginia Owens

Ginny was a fulltime Mom until her children's high school years. She worked a parttime job selling laboratory services to veterinarians, then changed employment to work parttime for the Northwest Racquet Swim & Health Club. That was ten years ago; Ginny is still working for Northwest, but in a fulltime capacity.

Ginny's daughter, Lynn, played tennis for Edina East all through high school which sparked Ginny's interest in the game. She first played tennis as a Normandale Community College student at age 42. It seems that she always played at six o'clock in the morning and always with men.

She met Percy Hughes at Northwest Racquet where he played tennis with some of the men she met on the courts. Percy helped Ginny with her game, critiqued and worked with her, and as her mentor encouraged her and was her sponsor for the certification test.

Percy introduced Ginny to Jack Dow in 1955 and five years ago when she became eligible she joined the STPC and was made an honorary member. Her service to the club the last three years is well known. As Vice President, Activities, the tennis parties she has managed have added much to the enjoyment of many. Ginny's enthusiasm, ability and unselfish giving of her time to our club, when there seemed to be no time to give, have endeared her to all of us. Indeed, Ginny Owens has helped ensure the success of the Senior Tennis Players Club.

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#### WHITE BEAR NEW CAPTAIN

Al Braasch announced that Bob Bonne is the new captain at the White Bear Racquet & Swin Club on Fridays from 8:30-10:30 a.m. Bob's phone is 426-5297.

\* \* \* \* \*



The latest grads completing twelve lessons are:

Phil Durkee  
Chuck Lampright  
Jackie Leonhart  
Paul Leonhart  
Anna Luckes  
Ed Potter  
Volly Potter  
Gordon Strand  
Kelly Strand  
George Swenson  
Dick Webster

Congratulations!

New members who have completed twelve lessons, be sure to tell Percy Hughes or call him at 545-7696.

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#### PERCY HUGHES FEATURED IN CONCERT

Senior tennis favorite Percy Hughes will be a featured performer in the Twin Cities Jazz Society's Second Sunday Concert, "Brass and Strings," at the Emporium of Jazz in Mendota January 14, 3-6 p.m. Percy (on saxophone and vocals) will be appearing with an all-star line-up, including the Red Wolfe Quartet and jazz violinist Bruce Allard. Admission is \$3 TCJS members, \$4 nonmembers, and free to those joining TCJS at the concert. For further information, contact Jane Donahue at 633-3134 or the Emporium of Jazz at 452-1830.

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## bulletin board

### ATTENTION, INDOOR-SEASON CAPTAINS

All captains who have not sent their lists of players and substitutes to Dick Pratt, please do so this month. His address is:  
12080 Lakamaga Trail  
Marine-on-St. Croix, MN 55047  
433-3583

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### DIRECTIONS TO WOODDALE RECREATION CENTER

From 494 North, exit at Valley Creek Road. Turn left, cross back over the Freeway to the traffic light, Wood Lane. Turn right on Wood Lane for a short distance to Wooddale. Turn right on Wooddale, follow it around the curve down to the Recreation and Tennis Center on the right side of the road.

From 494 South, exit at Valley Creek Road to the traffic light, Wood Lane. Continue as above.

\* \* \* \* \*

### SUBSTITUTES NEEDED

Substitutes are needed for the winter vacationers. Add your name to the list by selecting a convenient time and location. Call the captain, as listed in the October SENIOR TENNIS TIMES. It's a great way for new members to start playing and making new friends.

\* \* \* \* \*

### SUBS WANTED AT DECATHLON

There are openings for these time periods:  
Tuesdays, 9-11, women, Laurene Wastvedt,  
935-2369  
Wednesdays, 11-1, mixed, Laurene Wastvedt,  
935-2369  
Thursdays, 10:30-12:30, mixed, Ginny  
Heinzen, 933-1613

\* \* \* \* \*

### A HELPFUL HINT FOR CAPTAINS

Harley Wishart had an idea for his group that was fun--a tournament. Other captains may want to try it to add interest to the indoor season. Here's how it went.

For three consecutive weeks, each player noted on a chart the number of games won for each time period played. Just for the first set. Sometimes a second set is started before players change courts--don't count beyond one set. If a regular player had a sub filling in, the sub logged the games won on behalf of the regular.

After three weeks, the winner was the one with the highest total score. It's that simple. With everyone sharing the expense, you could celebrate with a prize and a pizza party.

Try it! Your Editor did after hearing about it from President Joe. Our Medalist Club Monday group just finished, Walt Kofski won the prize of two cans of tennis balls, and we had a celebration at my home, even though the champion was not there. He was home with a virus and his sub Cliff Green was the perfect sub who scored a perfect 6 for each of the three sets. It was fun--the enthusiasm of the group made it all worthwhile.

Captains, if you tried something unique and it worked and was fun, how about sharing your ideas with the rest of us by writing to Your Editor.

MJK

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### CONGRATULATIONS, LOIS BUNDAY

Lois Bunday and Brian Christensen, one of the Decathlon pros, won the annual Pro-Am Matched Doubles at the Decathlon Club on Saturday, December 16. Yea, Lois!

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# CLASSIFIEDS

## EXPERIENCED TAX SERVICE

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## PARTY ENTERTAINMENT FOR YOUR GUESTS

Molly Culligan performs her 1-person tender & hilarious NOSTALGIA ALLEY based on UofM philosopher Keith Gunderson's 3142 Lyndale Ave S, Apt 24. \$100. 925-0129.

## PALM ISLAND RESORT

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474-8732 471-9813

The Sunsets Alone Are Worth The Price.

## EPA: Indoor air pollution is widespread 'Sick building' problems land at agency front door

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3. Filtration

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Three processes are integrated in the unique product.

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Millions of free-electrons are emitted in a high frequency field of energy by the EPS. This field combats pollutants and balances ion depleted air caused by air pollution. Also helps control static electricity.

You'll breathe the difference revitalized air makes as polluted air is restored to its natural state. Like right after a thunderstorm... the air is crisp, and refreshing. The FMC 440 is like having a miniature thunderstorm operating under precisely controlled conditions.

#### PURIFICATION SYSTEM (440 & 330)

Energized oxygen molecules are continuously "pumped out" into the air from the activated oxygen chamber. These molecules are ready to seek

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- Portable
- Roll around castors
- Heavy duty dual blower
- Energy efficient to operate
- Virtually maintenance free

- Plugs in 110/220 v outlet
- One year warranty
- Made in U.S.A.

#### TYPICAL USES

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- Large conference rooms



FMC 440

out odor causing contaminants. Unlike chemicals, which only mask odors, the energized oxygen will actually oxidize (destroy) odors... so they can't return. Even musty odors caused by mold, mildew or fungus, are eliminated.

Harmful gases like carbon monoxide, formaldehyde, and certain others, are neutralized. The adjustable purification dial allows precise output for desired comfort level.

#### FILTRATION SYSTEM

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#### SPECIFICATIONS

Power	120V
Watts	180
Weight	45 pounds
Blower	320 CFM
Dimensions	22" x 22" x 12"
Area	up to 4,000 sq. feet



FMC 330

#### FILTRATION SYSTEM

The long-lasting triple filtration system controls small airborne particles and gases, to keep the space-age electronic components clean. This insures maximum efficiency.

The model 330 is easy to use. Just place in a central location, such as a den or living area, on a table top or shelf. Weighs only 20 lbs. Measures 13" x 9" x 11". There are no chemical to add no messy cleaning required.

The adjustable louver directs airflow from the Whisper® quiet fan. A handrubbed, solid walnut cabinet is beautifully finished to enhance any decor.

The model 330 is the most advanced and most complete air purification system on the market today. Let the newest electronic technology create a more healthful environment in your home with a constant flow of invigorating mountain-fresh air.

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Power	120V
Watts	30
Weight	20 pounds
Blower	70 CFM
Dimensions	9½" x 13½" x 11"
Area (Home)	2,000 sq. ft.
(Office)	1500 sq. ft.

A & J Holter Enterprises

4366 Xenia Avenue North  
Crystal, Minnesota 55422  
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# LEARN TENNIS

## BEGINNER LESSONS AND DRILLS 1989-1990 SCHEDULE

<u>LOCATION</u>	<u>DAY</u>	<u>TIME</u>	<u>INSTRUCTOR</u>	<u>TELEPHONE</u>
NICOLLET TENNIS CENTER 4005 Nicollet Avenue Minneapolis	Thurs	9:00-10:30 am	Percy Hughes Ginny Owens	545-7696 546-9666
NORTHLAND FITNESS CENTER 5250 West 84th Street Bloomington	Tues	5:15- 6:45 pm	Jeff Lowe	729-5955
WILLISTON CLUB 14509 Minnetonka Drive Minnetonka	Mon	5:30- 7:00 pm	Connie Custodio	824-2569
WOODDALE RECREATION CENTER 2122 Wooddale Drive Woodbury	Mon	6:30- 8:00 pm	Virginia Morgan Lois Nordman	459-6059

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To Our Readers,

May 1990 keep you happy,  
healthy and on the  
the tennis courts!

Your Editors,  
Mary Kaminski  
and  
Mary Noll





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

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Senior Tennis Players Club, Inc.  
7449 West Shore Drive  
Minneapolis, MN 55435

1989-90

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H. Jack Dow

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