

Senior Tennis

TIMES

ANNUAL MEETING DINNER AND BALL

Reservations are coming in for the Annual Meeting Dinner and Ball to be held Friday, April 20, at the Minneapolis Metrodome Hilton, 35W and Industrial Boulevard in Minneapolis. The social hour will be from 6 to 7 p.m., dinner at seven o'clock, and dancing to Percy Hughes' Quintet from 8:30 to midnight. The cost is \$15.95, tax and gratuity included.

Have you made your reservation for this gala event? If not, mail your check right away made out to the Senior Tennis Players Club, Inc. and mail to Joyce Maul, Treasurer, 6730 Vernon Avenue South, #207, Edina, MN 55436.

The deadline for reservations is April 10. Questions? Call Ray McGraw, 636-4329.

SUBSTITUTES, YOU'RE SPECIAL

The captains of the indoor season laud all subs, those wonderfully dependable members who made playing the fun that it was when regulars left for winter vacations.

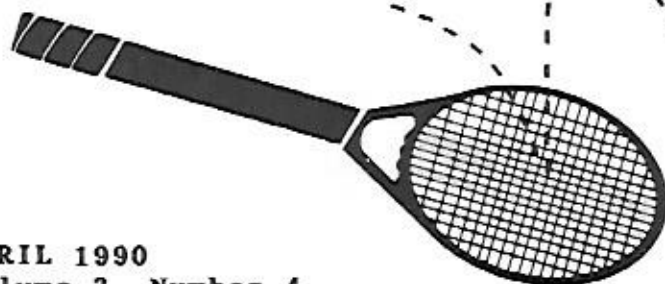
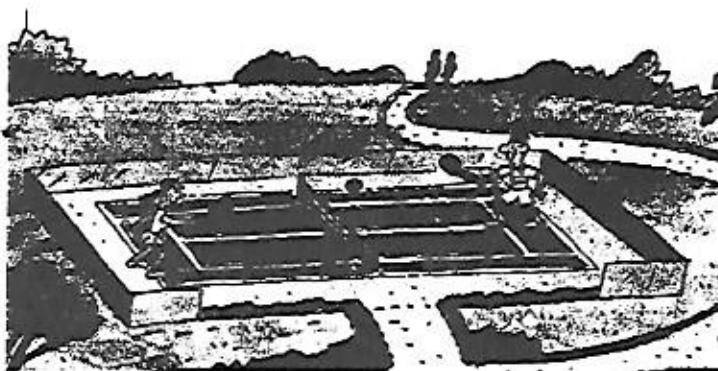
And thanks to all the regulars who were so faithful in lining up subs and letting their captains know the names of their replacements. It pays to listen when Dick Pratt speaks! His idea worked.

There were times when there were more subs on the courts than regulars so, you see, you made the lives of captains easier. Thanks again!

IT'S SPRING SO OUTDOOR TENNIS CAN'T BE FAR BEHIND

For the benefit of new members who aren't familiar with the program, playing generally moves outdoors the first week of May; sometimes it's earlier, depending on the weather. There's **NO CHARGE** for summer play, another membership benefit. Beginners' lessons, too, will be outdoors. Summer schedule locations are being developed now. Watch for the full schedule in the next SENIOR TENNIS TIMES.

At present Brooklyn Center High School teachers will be using all the courts until June 11 so we will not have the use of these. Courts will be available at Lakewood Community College from April 3 to June 9 on Tuesdays from 7:30 to 9:30 a.m. Call Frank Beutel, 426-2440.



GOLDEN AGERS GROUP BEING FORMED

The board of directors has begun plans to recognize those members of the club who have achieved the age of 80 or greater. The plans call for the creation of a special group within the club who can get together on a regular basis to play tennis. The group will be called the "Golden Agers."

All of those who have reached the golden age of 80 and express interest will be invited to a party to participate in the formation of the group, play some tennis and enjoy refreshments. Dick Pratt, our vice president, schedules coordinator, will work with them on choosing a place to play, setting up a schedule and roster, and selecting a captain.

Dick Pratt has received only six responses--have they all gone south for the winter? Hopefully those who have will be returning soon and will respond by filling out the form below and returning it to Dick. Encourage the Golden Agers in our club that you know to sign up.

GOLDEN AGERS FORMATION PARTY

Yes, I'm interested in joining the Golden Agers. Please call me with the date, time and place.

Name _____

Address _____

City _____ State _____ Zip _____

MAIL TODAY TO:

Dick Pratt, Vice President
Senior Tennis Players Club
12080 Lakamaga Trail North
Marine-On-St. Croix, MN 55047

A THANK YOU TO CONNIE CUSTODIO AND DICK PRATT

The Fridley Middle School students thank Connie and Dick for coming to school and conducting a minicourse in tennis! There were 30 seventh and eighth graders in the class--some novices and some who've had some tennis experience. It was a busy afternoon as they practiced shots and vied with each other in a contest. Another fine example of our seniors, members and instructors, contributing their time and talents. Thanks, Connie and Dick!

1990 TENNIS & CRUMPETS MIXED DOUBLES TOURNAMENT

In its 15th year, this popular mixed doubles tournament is sponsored by the Methodist Hospital Foundation and will be held on May 19. Proceeds from this year's event will go to the hospital's new Bone Marrow Transplant Program.

Matches will be played at both the Northwest Clubs and the Flagship. The championship rounds and players' lunch will be at the Crosstown Racquet Club; an evening banquet will be held at the Decathlon Athletic Club.

Levels of Play: Championship, Senior, AA, A, B and Novice.

Entry Fee: \$60 per person for both the tournament and banquet; \$35 per person for tournament play only; \$25 per person for the banquet only.

The deadline for entry is May 7, 1990. For entry forms call the Methodist Hospital Foundation, 932-5023.

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TENNIS TIPS

By Virginia Morgan

Rather than aiming for lines when hitting a ball to the opponents' court, aim about 12 inches in. It gives you a better margin for error.

Be sure to learn and practice the 12-point tie breaker. Also when practicing, hit crosscourt--four players can hit at the same time in doubles, and this is the usual return.

Hybrid stringing is one kind of string used for the main strings (up and down) and a different kind of string used for the crosses; sometimes a different tension is also used.

It sure seems like there's a lot to think about during a tennis game; e.g., the score, which side you're playing, who's serving, knowing where all three balls are, forgetting past errors, planning the next point, concentrating, watching the ball, using strategy, and communicating when necessary with your partner.

A "Hawaiian" tie breaker is usually used when your court time is up and the score is tied. Either side spins a racquet, the opposite side chooses "up" or "down." The winner serves. Usually the better server serves--if in doubt spin between you and your partner to see who serves the point. The receivers have a choice of who is to receive. If in doubt, again spin to see who receives the serve. The side which wins the point wins the match.



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 Nico!let 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

LIVING WITH TENNIS ELBOW

If you're shading the long side of 30 and play tennis a couple times a week, you're an even money bet to be zapped at some point by tennis elbow. The older you are, and the more often you play, the likelier the injury.

But even if you never touch a tennis racket, don't feel smug. This breed of tendonitis, thought to be the product of microtears in tissue winched beyond endurance, afflicts violinists, sculptors, dentists, computer punchers, gardeners and home handymen. Bowlers and golfers suffer it, too.

"It all comes from exerting too much force on a joint that wasn't designed to do what people supposedly in search of leisure ask it to do," says Dr. Richard C. Lehman, assistant research professor at Washington University School of Medicine in St. Louis and medical director for the Missouri Valley juniors tennis program.

There are ways to tilt the odds in your favor. Start by learning the enemy. Pain, often after years of play, is the obvious tip-off. Left to run its course, tennis elbow can get so hot that even the most stoic of baseliners can't take the agony of gripping a racket. No mistaking the diagnosis there. What it reflects is the weekend warrior's headstrong resistance to listening to what his body is saying.

The onset of this tendonitis is often more insidious--a slight, bearable ache that grows. At first, it might seem inconsequential--as, for example, when switching to a new racket that is either too tightly strung or so stiff that it magnifies the impact of repeated force on the elbow.

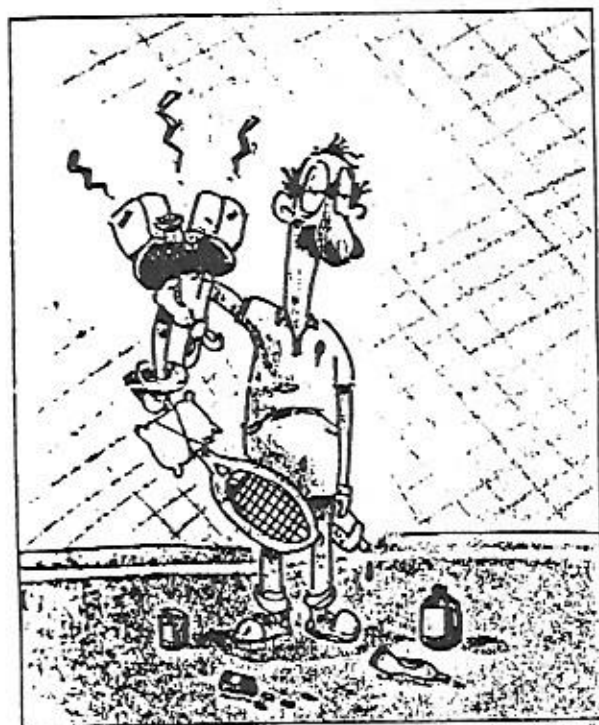
The pharmacopoeia, of course, is full of remedies--unguents like Tiger Balm and Ben-Gay; warming sleeves and counterforce braces; ice treatment and heat treatment; acupuncture and massage; ultrasound and the whirlpool bath; prayer and the surgeon's knife.

All of those things can help, but none

is a cure. Inflammation tends to crop up at one of three points--the side of the elbow nearest the body ("medial"), the side away from the body ("lateral"), and at the tendon in back of the joint.

Other ailments, like arthritis, can complicate the picture, but the pattern runs so true that specialists like Dr. Robert Nirschl, an assistant clinical professor of orthopedic surgery at the Georgetown University School of Medicine, delight in working backward from the sore spot to the flaws in stroke production that made the joint vulnerable to damage in the first place.

Lateral involvement, says Nirschl, is about seven times more common than at the side nearest the body. Among the most likely causes: backhand hits off the rear foot, serves hit with too much wrist. The culprit on the medial side: late forehand hits. The comparatively low incidence of tennis elbow on the pro circuit (per hours played) underscores the importance of technique. Most recreational players, says



Hank McDonald

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Living with tennis elbow

Nirschl, tend not to get enough body motion into their strokes. The result is an overload on the small arm and shoulder muscles, with predictable results, particularly on fast, hard-surface courts. Ouch! The moral: Working with the club pro to improve form can help keep you off the disabled list and prevent a recurrence if you do get hurt.

If you are hurting, don't temporize. The first step: rest, apply ice and take whatever anti-inflammatory medications your doctor prescribes.

When you've quenched some of the initial heat, start on the standard exercises-- wrist curls (see box)-- designed to promote healing. Robert Nirschl urges the same exercises as a precaution. "People get hurt because they've got their priorities wrong," says Nirschl. "You can't play tennis to get in shape; you get in shape to play tennis."

Exercising the demon

Wrist stretching--place palms together, raise your elbows, push hands together, hold for ten seconds. Relax and repeat ten times.

Place back of hands together, lower elbows towards floor, push hands together. Hold for ten seconds, relax and repeat ten times.

Forearm stretching--sit on stool, rest arm on table and, with the opposite hand, pull your tennis hand up to a 45-degree angle. Hold for ten seconds, then repeat ten times. Repeat by easing palm of hand back to body.

Strengthening--starting with light barbell (1-3 lbs), slowly flex wrist up and down, palm up and palm down, hold at top and bottom of motion for one second. All exercises should be done at least once daily, preferably more often. R.P.

Some other pointers from Nirschl and Washington University's Richard Lehman:

Racket size. Midsize tennis rackets (90 to 110 inches) offer the best combination of hitting surface and control. The higher torque on Jumbos (110 inches plus), says Nirschl, "appears to aggravate tennis elbow symptoms."

Racket material. Graphite composites (usually fiberglass) seem to do a good job of damping vibration and resisting torque. Nirschl says metal rackets offer power and mobility, but he rates them as less good on shock absorption and vibration.

Racket weight and grip size. Light (12 to 12-1/2 ounces) rackets are best for the club player, and grip size is crucial. The measurement in inches from the second crease of the palm to the tip of the ring finger equates with the number on the grip--an average of 4-1/2 for men, 4-1/4 for women.

Racket stringing. A couple of pounds below the manufacturer's minimum recommended tension is best for ailing elbows. Nirschl thinks good-quality nylon provides enough cushion. Lehman holds that gut stringing is more protective.

Braces. Nonelastic muscle supports help to absorb overloads. Most major sporting goods stores offer such a variety of supports that it is hard to make an informed choice. Pick your orthopedist's brain. Robert Nirschl has designed lateral and medial braces that are sold through Medical Sports, Inc., P.O. Box 7187, Arlington, Va. 22207 (703-525-8600).
--Richard Phalon

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ALL NEW SENIOR TENNIS CAMP
AT RIVER FALLS, WISCONSIN

The tennis camp formerly held at the University of Minnesota, Mankato, will be held this year at the University of Wisconsin, River Falls. There will be three sessions in August for all levels of play. The session price includes all meals, great coaching, workshops, station drills, and organized or individual play under the professional leadership of Connie Custodio. The campus pool facilities, and hiking and biking trails are available for your enjoyment. River Falls is a beautiful town to explore!

Session prices are based on double occupancy. Single rooms are \$3 extra per night and air conditioning is \$3 extra per night. Only a limited number of participants will be accepted for each session, so get your registration in soon! Please indicate which session(s) you want to attend, and your preference for double or single occupancy, and whether you want air-conditioning or not.

- - - - -REGISTRATION- - - - -

Session 1: August 6-9	\$159	<input type="checkbox"/> A/C	<input type="checkbox"/> Single	<input type="checkbox"/> Double
Session 2: August 10-12	\$91	<input type="checkbox"/> A/C	<input type="checkbox"/> Single	<input type="checkbox"/> Double
Session 3: August 13-17	\$198	<input type="checkbox"/> A/C	<input type="checkbox"/> Single	<input type="checkbox"/> Double

Attached is a check for \$50 payable to Senior Tennis Camp as a down payment. I(We) understand that 20% of this down payment will be retained as a service fee if circumstances prevent me(us) from attending.

WAIVER AND INDEMNITY AGREEMENT

Acceptance of my entry in these events is without responsibility of any kind by the Senior Tennis Camp. I do hereby for and on behalf of myself and my heirs and legal representatives release and forever discharge the Senior Tennis Camp and Staff from any and all claims, demands and injuries, howsoever arising, and all such claims are hereby waived and released, and I covenant not to sue.

In agreement _____

Signature of Participant

Telephone _____

Address _____

Please mail registration and payment as soon as possible to:

Chuck Supplee
5144 Balmoral Lane
Bloomington, MN 55347
Telephone: 888-0551

UP CLOSE AND PERSONAL: Joe Stoutenburgh



JOSEPH S. STOUTENBURGH begins his second year of a two-year term this month as President of the Senior Tennis Players Club. A 17-year veteran of the United States Navy, Joe joined the club in 1986 when Charles Putman, former submarine commander, encouraged him to join. The next year, Joe and his wife, Sally, made the trip to Wimbledon with others from STPC and last year they were at the World Tennis Center in Naples, Florida, also with others from the club, where Joe won one of two tournaments.

Joe was a year old when his father died. His stepfather, Rear Admiral Daniel W. Harrigan, was a naval aviator, which fact kept his family moving to Navy airbases across the country. Joe graduated from Coronado High School (California) where he was involved in track, and also played tennis, but not competitively.

He won a scholarship to the Massachusetts Institute of Technology with the intent of becoming an aeronautical engineer. During his freshman year, he played his first intercollegiate tennis. He transferred to the Naval Academy in 1942 where his only competitive sport was varsity track. His best performance in the 100-yard dash was

9.8 seconds; he came in third. Joe graduated in 1945, and his first assignment was on the USS Minneapolis, a heavy cruiser. All he had to do was find it. Wartime security was very stringent. He was not told the location of the ship, so Joe began a step-by-step search. Literally. From Okinawa where fighting was still in progress, to the Philippines and finally after a month, he connected with his ship.

The USS Minneapolis was the first Navy ship into North China after World War II, where Joe says he did "a lot of growing up". After anchoring, the Executive Officer and Ensign Stoutenburgh started ashore in a small boat. They were greeted with a hail of bullets from the hills. A quick u-turn and they were back on ship. The Captain ordered the ship's 8-inch turrets to bear on the hills. Joe and the Commander tried again and this time they received a friendly greeting on the shore. Joe said, "They got our message."

While in the Navy Joe qualified for training at M.I.T. and graduated in 1948 with a BSEE (electronics degree) and was assigned to the aircraft carrier USS Roosevelt. Joe's wife, Sally, came into his life when the Roosevelt was in Norfolk, Virginia. She lived in New York and was visiting a friend whose husband was in the Navy in Norfolk. Both women were invited to dine on the Roosevelt. Joe just happened to meet Sally while she was on board. A year later (1951) they were married.

His Navy career included modifying and updating World War II submarines, teaching electronics at the Naval Academy, and in 1957 after promotion to Lieutenant Commander and transfer to Washington, D.C. Joe became project officer in the Bureau of Ships on the design, development and implementation of a new Naval Tactical Data System (NTDS) which would become the backbone of the command and control system of the Navy. Joe completed the challenge successfully and was awarded the Legion of

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Joe Stoutenburgh

Merit for his part in the development, the highest peacetime award given. The system continues to serve the fleet today.

In 1962 after 17 years of service, Joe resigned from the Navy as a full Commander. He went to work for Clint Murchison, his roommate at MIT when they were freshmen. Murchison, among other things, owned the Dallas Cowboys.

The Stoutenburghs' nomadic life stopped when they settled in Edina and they've remained in their Edina home for the last 26 years. Although five of their six children were born outside of Minnesota, all six graduated from Edina High School. Joe entered the corporate world, first at Sperry Univac, then as president and chairman of the board of the Atron Corporation, and back to Sperry as vice president of systems engineering.

Joe had open-heart surgery in 1984 and a Pacemaker implant. A year later he decided it was time to retire and start doing the things he had put off so long. Joe plays tennis Saturdays at Normandale and Thursdays at the Decathlon Club. He learned golf since he retired (made a hole-in-one, too) and is a director of the men's club at Braemar. Joe plans to update technology once again--this time with a Pacemaker replacement. It should help him to get to those cross-court smashes and allow him to walk a full 18 holes at Braemar. When he isn't playing tennis or golf, you will find Joe at work on his computer with more new plans for the Senior Tennis Players Club.

IN MEMORIAM

Annette Paquette, age 71, of Saint Louis Park died at her home in February of cancer. A member since 1984, she played tennis at the Decathlon Club and in the summer at Augsburg. Her friends remember the good times they had at her home after tennis. We extend our sympathy to her husband, Walter.

Phyllis Timberg, age 65, of Excelsior died in March. Her travel agency organized trips to Palm Island for interested members; a group was in Florida at the time of her death. To her sons, daughter, their families, and to her dear friend, "Sis" Johnson, we extend our deepest sympathy.

George Richter, 78, of Hudson, Wisconsin joined the club in December. He started right in substituting at the Medalist Club with the Wednesday group and enjoyed playing. George died on March 15. We extend our sympathy to his wife, Wilma, and to his sons, stepdaughter, stepson and their families.

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.

-PAID AD-

Mary McNeil
1320 Westwood Hills Road
Minneapolis MN 55426

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Senior Tennis Players Club, Inc.
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Minneapolis, MN 55435

1989-90

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H. Jack Dow

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