

Senior Tennis

TIMES

In This Edition - - -

Note the update of the 1990 Schedule for Outdoor Courts. There are changes so check it out right away and please save it. If you still have the schedule from the May SENIOR TENNIS TIMES, why not update it and pass it along to your friends who are tennis players but are not members of STPC. Every day is "promotion day" and new members are always welcome.

Please note we have an added site--the South Campus of Mariner School.

Notice also that we need captains at Edgewood on Thursdays and Fridays, at Edina on Tuesdays, and at Wolfe Park Mondays, Tuesdays, Wednesdays and Fridays. Call Dick Pratt at 433-3583.

BEGINNERS! We have added another location for you--Breck School in Golden Valley, with Connie Custodio instructing.

I would like to thank all of the captains we have for the indoor and outdoor schedules. I hope you will be willing to continue for the coming indoor season.

--Dick Pratt.



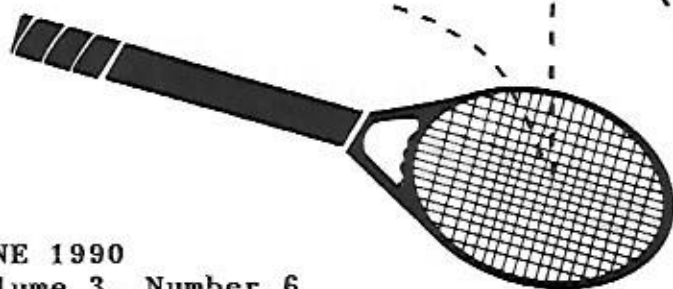
HAPPY BIRTHDAY, JACK!

Jack Dow, STPC founder, will be 84 on June 8. Jack, we all wish you a Happy, Happy Birthday. Enjoy!

FACILITIES

We are now arranging the fall and winter schedule. Basically, we will duplicate last year's schedule, but if you wish to captain a group that isn't presently scheduled at a location available to us, please let me know so we can talk about it.

--Bob Western,
735-5761



JUNE 1990
Volume 3, Number 6

TENNIS TIPS

By Virginia Owens

THE LOB: "WIMPY" STROKE?

The lob should be an important part of your singles and doubles game because it is so simple and can be so devastating if well timed and well executed. It's simple because you do not have to change your back swing, grip or swing.

If your opponent is pressuring you at the net, the lob is a weapon to use to force him back and away from the net, giving you time to move in and take the offensive. It will also tire him more quickly than if you allow him to camp at the net.

The defensive lob is valuable in "buying time" to get back into court position after you have been pulled offcourt or off balance to make a play. Lobs are also useful in changing the pace of a rally or breaking your opponent's rhythm.

In practicing the lob, observe the following check points:

1. Use same back swing as in your regular groundstroke.
2. Firm wrist on contact.
3. Slightly open racquetface on contact.
4. Follow through.

If your lobs are not deep or high enough (giving your opponent an easy overhead), try getting a little more under the ball to get more lift. Think "high and deep."

When lobbing in doubles, lob deep down the middle to take advantage of the opponent's confusion as to who should retreat and play the ball. In singles, lob high and deep to your opponent's backhand, if possible.

Do not omit the lob from your game because you do not practice it or because you feel it isn't an aggressive stroke. It may bring home the trophy. "A WIMPY SHOT? NO."

LIVING WITH TENNIS ELBOW

The Forbes magazine article was reprinted in the April SENIOR TENNIS TIMES. Here's the rest of the story, some other pointers from Dr. Robert Nirschl, assistant clinical professor of orthopedic surgery at the Georgetown University School of Medicine and Washington University's Dr. 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 (10 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.

--Richard Phalon



UPDATE

1990 SCHEDULE FOR OUTDOOR COURTS

| <u>LOCATION AND DAY</u> | <u>TIME</u> | <u>CAPTAIN(S)</u> | <u>TELEPHONE</u> |
|---|--------------------------------|---|--|
| AUGSBURG PARK (6 courts) 72nd and Blaisdell, Richfield Mon, Tues, Wed, Thurs, Fri, 6/11-10/5 | 8:00-10:00 am | Florence Habegger | 869-7918 |
| BROOKLYN CENTER SENIOR HIGH 6500 Humboldt Ave N, Brooklyn Center Tues, Thurs, 6/7 | 9:00-11:00 am | Bob Metcalf | 571-3596 |
| CHASKA HIGH (4 courts) #41 and Engler Boulevard, Chaska Fri | 8:00-10:00 am | Stan Furber | 448-4519 |
| CHIPPEWA PARK Queens Drive, Woodbury Mon, Wed, Fri, 4/30 through 9/28 | 9:00-11:00 am | Ed Conlin | 738-0041 |
| DONALDSON PARK 75th & Humboldt S, Richfield Mon, Wed, Fri | 8:00-10:00 am | Chad Sharkey | 866-7682 |
| Tues | 9:00-11:00 am | Cliff Northfield Elvin Kolstad | 869-1859 869-7277 |
| DRED SCOTT PARK Co Rd #18 & Old Shakopee, Bloomington Mon, Tues, Wed, Thurs, Fri | 9:00-11:00 am | Chuck Supplee | 888-0551 |
| EDGEWOOD COURTS (4 courts) Moundsview, S of Hwy 10 on Edgewood (south of Donatelli's Supper Club) Thurs, Fri | 9:00-12:00 noon | CAPTAIN NEEDED | |
| EDINA SENIOR HIGH 6754 Valley View Road, Edina Tues Thurs | 6:00- 8:00 pm 6:00- 8:00 pm | CAPTAIN NEEDED Jim Bernstein Charlie Kiefer | 544-0511 (day) 725-2017 (eve) 831-8514 |
| Sat, Sun | 4:00- 6:00 pm | Al Anderegg Al Holter | 377-1685 537-1843 |
| LAKESWOOD COMMUNITY COLLEGE #120 betw 694 & Co Rd E, White Bear Lake Sat, Sun, 6/9 through 8/26 | 9:00-11:00 am | Frank Beutel | 426-2440 |

UPDATE

1990 SCHEDULE FOR OUTDOOR COURTS

| <u>LOCATION AND DAY</u> | <u>TIME</u> | <u>CAPTAIN(S)</u> | <u>TELEPHONE</u> |
|--|--------------------------------|----------------------------------|----------------------|
| LONE LAKE PARK (4 courts) Shady Oak n of Bren Rd, Eden Prairie Mon, Tues, Wed, Thurs, Fri | 8:00-10:00 am | Laurene Westvedt Angie Jepson | 935-2369 933-1133 |
| MARTHALER PARK Wentworth & Humboldt, West Saint Paul Mon, Wed, Fri | 9:00-11:00 am | Marge Milbery | 455-5579 |
| MINNETONKA COUNTRY CLUB Hwy 19, 1 mi w of Excelsior, Minnetonka Mon | 4:00- 6:00 pm | Chuck Britzius | 473-3015 |
| SAINTE ANTHONY COURTS (3 courts) Silver Lake Rd near 33d, Saint Anthony Mon Wed | 8:30-10:30 am 8:30-10:30 am | Mary Kaminski Margaret Webb | 781-3271 379-1427 |
| SOUTH CAMPUS (MARINER SCHOOL) SW corner McKnight & County Road E Mon, Tues, Wed, Thurs, Fri, 6/11-9/11 | 8:00-10:00 am | Frank Beutel | 426-2440 |
| VALLEY VIEW PARK East 90th & Portland, Bloomington Mon, Tues, Wed, Thurs, Fri | 7:00-10:00 am | Cliff McMinn | 888-4989 |
| WOLFE PARK W 36th St off #100, Saint Louis Park Mon, Tues, Wed, Fri | 8:00-11:00 am | CAPTAIN NEEDED | |

LEARN TENNIS

1990 SUMMER SCHEDULE FOR BEGINNER LESSONS AND DRILLS

| | | | |
|---|---------------|--|----------------------|
| BRECK SCHOOL 123 Ottawa Ave N, Golden Valley Mon, 6/4 through 8/6 | 6:00- 7:30 pm | Instructor Connie Custodio | 824-2569 |
| WOLFE PARK W 36th St off #100, Saint Louis Park Thurs | 8:30-10:00 am | Instructors Percy Hughes Ginny Owens | 545-7696 546-9666 |
| WOODBURY JUNIOR HIGH 1425 School Drive, Woodbury Mon | 6:00- 7:30 pm | Instructor Virginia Morgan | 459-6059 |

AT-A-GLANCE

Congratulations to EVELYN MALMBERG, PEGGY MOORE and STAN MOORE, our latest grads, for having completed twelve lessons. New members, we hope you're taking advantage of the free lessons you're entitled to when you join STPC. It's another membership service.

* * *

Dick Pratt has received eight responses from club members who are 80 or more for the creation of a special group within the club, the "GOLDEN AGERS." These were all from men. We would like to hear from the women, too. Respond by completing the form below.

GOLDEN AGERS FORMATION PARTY

Yes, I'm interested in joining the Golden Agers.

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

* * *

BLOOMINGTON SENIOR SPORTS-A-RAMA. This year the dates are July 27 through August 3, with many sports events plus men's and women's doubles tennis competition. Winners in all age brackets are eligible for entry in the National Seniors Sports-A-Rama in June, 1991. For entry blanks, call Chuck Supplee, 888-0551, or the Bloomington Park Board, Jeff Stottlemeyer, 881-5811.

May 10 was the kickoff of a radio show, "A Whole Lot of Living Goes On," on KFAI-90.3 FM. O. D. Smith (Smitty) cohosts the show with his friend, Bill Wade, every other Thursday for a half-hour from 12:30 p.m. Smitty is Chairperson of RSVP of Senior Resources for Hennepin, Scott and Carver Counties, and the show is sponsored by the Minnesota Historical Society. Have a great run, Smitty!

* * *

AUGUST TENNIS CAMP, RIVER FALLS, WISCONSIN
The weekend Senior Tennis Camp starting Friday morning, August 10, through Sunday evening, August 12, still has openings. This camp, especially planned for seniors who can be away from home only a minimum number of days, will be a great adventure.

* * *

FLORENCE AND BOB BOUGHTON CELEBRATE THEIR GOLDEN ANNIVERSARY

Florence and Bob Boughton of Edina were honored at a surprise luncheon May 9 at the Decathlon Club by their tennis friends. The celebration was complete with a cake, bells and a card. Florence and Bob say a sincere big "thank you" to Leona and Elvin Kolstad and to Betty and "Murph" Murphy for planning the surprise.

* * *

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-PAID AD-

Genevieve Chapman, 83, of Minneapolis died April 15. "Chappie" joined STPC in 1986 and had a zest for life that was contagious, if you spent any amount of time with her. She thoroughly enjoyed outdoor sports, especially tennis.

The Nicollet Park Tennis Center became her "home away from home" during the tennis season. This was before indoor tennis came to Nicollet. Chappie was an excellent player in both singles and doubles, and played with many of the better players at Nicollet. During the late 50s and early 60s, she taught beginning tennis at the Downtown YMCA. She always found time to help you better your game and would tell you that she also was having fun because "it gives me a chance to practice, too."

* * *

Don Ittner, our Vice President, Public Relations, came up with a gem of an idea. Has some nice thing happened to you on the courts that was a real boost to your morale in trying to be a better player? Did your partner or your friend on the other side of the net say or do something that made you relax, thereby causing you to play better and, by golly, you were so good you hit the ball just right and it landed exactly where you wanted it to be? Did you feel as if you were finally showing the world you're getting the hang of your racquet? It's moments like these that make us come back to try again.

We're looking for a ~~SENIOR-OF-THE-MONTH~~ who practices ~~COURTLY COURTESY~~, the kind of player we should all strive to be, a gentleperson.

Call me with names and the story. We'll print it.

Mary Kaminski
781-3271

Up Close and Personal: Mary Kaminski

By Don Ittner

Mary Kaminski began playing tennis when she was in high school in Bloomfield, New Jersey. "We played on grass courts, but without instruction," Mary said. "You really couldn't call it tennis. We just played and had fun trying to keep the ball going. I didn't take up the game again until I was getting ready to retire."

One of Mary's objectives when she retired was to fill her time with something she liked to do, and to do those things she never had time to do when she was working. Most important, she wanted to maintain her good health. One day, Mary's daughter, Nancy, came to her with a newspaper story about the Senior Tennis Players Club and Jack Dow. Nancy said, "Gee, Mom, here's something you ought to get into. They sound like fun people...and really into something lively."

Mary joined STPC in October, 1984, six months before her retirement. She took lessons in the Northeast Junior High gym that fall and winter, then decided on a winter vacation with Jack Dow's group to the World Tennis Center in Naples, Florida. As a new member she didn't even know her condo roommates, but soon discovered that everyone made her feel welcome.

Mary took Percy Hughes' weekly drills at Wolfe Park and the Nicollet Tennis Center, and finally signed up as a regular at Nicollet. Mary said that even though she was a beginner, the members were tolerant, helpful and friendly. "I just kept playing and playing, taking advantage of the drills and lessons and the tennis camps," she explained. "Now, after over five years in the club, I really feel at home on the court. I've learned a lot about the game and our members are fun. I play twice a week yearround, and love every minute."

Mary calls herself a lifetime volunteer. She just has to be busy, but will not commit to something if she doesn't have the time to do her very best. She

volunteered to help with the newsletter and Jack Dow immediately named her editor, a position she has held for the last five years. She likes the job because it keeps her directly involved in club activities and in touch with the members. If they want to know what's going on or have questions, they call Mary. She loves it.

After high school, Mary attended a private secretarial school to take advanced business courses. She'll never forget shorthand for she was invited back to teach it on a private basis and she had to know all those Gregg rules thoroughly.

During World War II Mary was assistant town clerk in her hometown of Bloomfield, New Jersey, where she met and married her husband, Charles. She was involved with town council meetings, ordinances and licenses. Mary loved the job because she was dealing with the people she knew and grew up with. As was the tradition in those days, she "retired" from her job to raise their son, Charles, Jr. and their daughter, Nancy. Her husband was working days and going to school nights. "It seemed like forever," Mary said, "but it was all worthwhile when he was awarded his engineering degree at age 40."

In 1963 Mary's husband accepted a position in Honeywell's aerospace division, and the Kaminskis moved to the Town Cities. Her volunteerism surfaced once again when her daughter joined Camp Fire. From 1963 through 1972 she moved through 12 grade levels as a volunteer leader and held many positions from "Leader, Third-Grade Blue Birds" to "President, Minneapolis Council."

In 1971 Mary decided that volunteering is fine, but with a son headed for the U of M Dental School, she had better put her energies back to work to supplement the family income. She was hired by Land O'Lakes as a secretary. Her boss encouraged her to join the Administrative Management Society as the first step towards moving into management. In 1978

Continued on next page

Continued from last page
Mary Kaminski

she successfully passed the tests to become a Certified Administrative Manager (C.A.M.). This was a milestone in Mary's professional life for though she studied a number of courses at Seton Hall College in New Jersey, she was not degreed. Mary was involved with computer projects; one of her assignments was editing a special newsletter entitled "Computing Tymes." She held many positions in her eight years of membership in AMS, including serving as president of the Minneapolis-Saint Paul Chapter. She retired from Land O'Lakes after 14 years of service.

Mary has used vacation time to visit Poland, the country of her parents. She is very proud of her roots and proud to be Polish. She toured the important cities and visited with her relatives, whom she knew only through letter-writing. Since her visit, several of her relatives have migrated to Toronto and New York. Now her visits are more convenient and frequent.

"I think all things in life happen for a reason," Mary said, "and I've been blessed all my life because I had help within myself through any crisis. The biggest tragedy in my life was in 1981 when my husband died. A month after he passed away I was elected president of AMS. That was a very busy job. It saved my sanity that year because I had no time to think about myself and my loss. Fortunately, I have never felt totally depressed. By nature, I'm a happy person."

When asked about the future, Mary said, "I'm pleased with my life right now. I would like to hang onto my health, enjoy my children and grandchildren, my friends, my home and my church (very important to me) and continue to enjoy tennis and maybe a little golf. I sing in the church choir and intend to stay in it forever. In fact, that's how I met my husband. We both sang in the choir back in New Jersey."

When asked if she would change anything in

the Senior Tennis Players Club, given the opportunity, Mary replied, "I don't think we need to change anything! I would just like to see more and more seniors in it because of what it has done for me. Playing tennis, getting involved with the club, serving on the board and doing the newsletter has really filled my daytime hours and kept me healthy, in good spirits and happy."

"I've been very fortunate because I have never really known loneliness," she said. "It seems to happen to so many seniors, but with 1378 friends in STPC, there's no excuse to be lonely or unhappy. I thank Jack Dow, the founder of the club, and all those great people who have been such an inspiration to me with their support and encouragement."



When asked if she would change anything in

Mary McNeil
1320 Westwood Hills Road
Minneapolis MN 55426

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JUNE 1990

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

1990-91

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H. Jack Dow

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SENIOR TENNIS TIMES
Is a monthly newsletter
Published by and for the members of the
Senior Tennis Players Club, Inc.
7449 West Shore Drive
Minneapolis, MN 55435
612-927-6915
A Nonprofit Corporation

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