

Senior Tennis

TIMES

* * FROM THE PRESIDENT * *

If you forgot last month, this is the month to forward your signed application and check for your 1991 Senior Tennis Year. A renewal form is on another page. Please don't delay!

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, which includes Al Anderegg, Don Ittner, Mary Kaminski, Joyce Maul and Dick Pratt.

Written recommendations are most welcome. Please include a few words of background, community or career information, and indicate where they play tennis. This will be most helpful to the committee.

Please send your recommendations to me or to any member of the nominating committee. Verbal recommendations are welcome also, but are easier to forget if there is no pencil handy to make a reminder note.

ENJOY THE HOLIDAY SEASON, EVERYONE!

--Joe Stoutenburgh

**ATTENTION, ALL BEGINNERS ONLY
WHO ARE NOT PLAYING TENNIS WITH
ANY SCHEDULED GROUP**

There will be a special instruction and organizational session at Williston on Saturday, December 8, from 4:00 pm to 5:30 pm. Light refreshments will be served. The cost is \$1.50 per person.

Those who have signed up or otherwise notified me, let me know if you CANNOT attend. Planning purposes make this necessary.

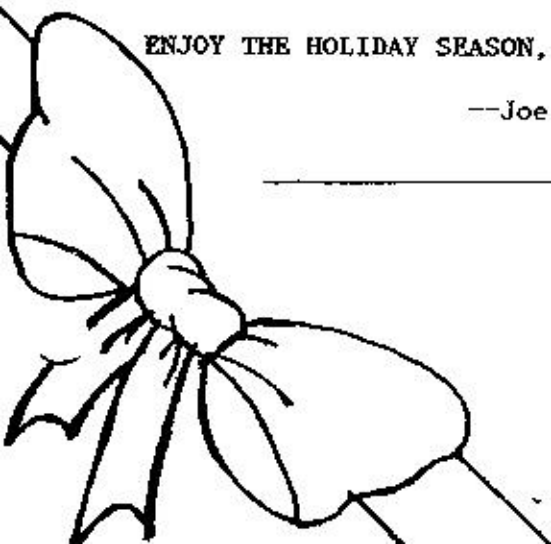
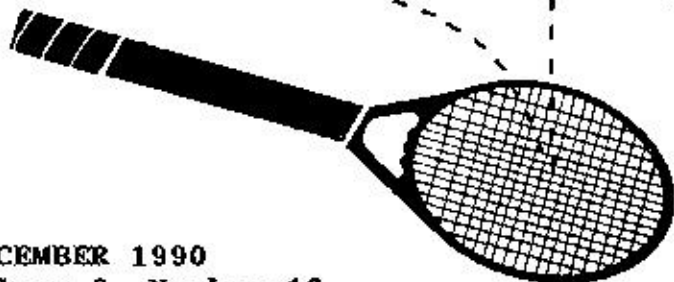
Dick Pratt, 433-3583

THANKS FOR YOUR RESPONSE, BUT...

Due to a combination of circumstances that have arisen, we have regretfully had to cancel the award that would have been given to one of our senior tennis players to go to Naples. Several names were drawn, and the persons could not go. We, therefore, decided to cancel this idea for this year.

--Jack Dow

DECEMBER 1990
Volume 3, Number 12



UPDATE

BEFORE PLAYING, CALL THE
CAPTAIN SO YOU CAN BE
PLACED ON THE REGULAR
PLAYER OR SUBSTITUTE LIST.

SENIOR TENNIS PLAYERS CLUB, INC. 1990-1991 SCHEDULE

<u>LOCATION</u>	<u>DAY</u>	<u>TIME</u>	<u>CAPTAIN(S)</u>	<u>TELEPHONE</u>
DECATHLON ATHLETIC CLUB 7800 Cedar Avenue South Bloomington 854-7777	Mon	7:00- 9:00 am	Fred Habegger	869-7918
		10:00-12:00 noon	Glennis Englund	831-9528
	Tues	2:00- 4:00 pm	Mary Noble	825-9487
		7:00- 9:00 pm	Georgia Chapman	869-7069
		7:00- 9:00 am	Irma Bong	544-5687
		10:00-12:00 noon	Gene Philipson	454-5355
		2:00- 4:00 pm	Laurene Westvedt	935-2369
	Wed	7:00- 9:00 am	Vic Erdmann	922-0158
		1:00- 3:00 pm	Harley Wishart	894-4523
		3:00- 5:00 pm	Cliff McMinn	888-4989
	Thurs	7:00- 9:00 am	Florence Habegger	869-7918
		10:00- 12:00 noon	Phyllis Hultgren	941-3080
		7:00- 9:00 am	Gene Philipson	454-5355
	Fri	7:00- 9:00 am	Harley Wishart	894-4523
		2:30- 4:30 pm	Georgia Chapman	869-7069
7:00- 9:00 pm		Cliff McMinn	888-4989	
Sat	4:00- 6:00 pm	Virginia Heinzen	933-1613	
Sun	1:00- 3:00 pm	Mary Wenz	457-5347	
GREENWAY ATHLETIC CLUB 1300 Nicollet Mall Minneapolis 343-3131	Tues	4:00- 6:00 pm	Nick Pappas	926-2254
	Thurs	1:00- 3:00 pm	Dorothy Pitzer	926-7498
LILYDALE RACQUET CLUB 945 Sibley Memorial Hwy Lilydale 457-4954	Tues	9:30-11:30 am	Nick Pappas	926-2254
	Thurs	9:30-11:30 am	George Erickson	639-3985
MEDALIST SPORTS CLUB 1515 Brewster Street Saint Paul 646-1165	Tues	7:30- 9:00 am	Nancy Karasov	452-3172
	Wed	7:30- 9:00 am	Nancy Karasov	452-3172
NICOLLET TENNIS CENTER 4005 Nicollet Avenue Minneapolis 825-6844	Mon	1:00- 3:00 pm	Mary Kaminski	781-3271
	Thurs	9:00-11:00 am	Margaret Webb	379-1427
	Thurs	11:00- 1:00 pm	Bob Metcalf	571-3596
NICOLLET TENNIS CENTER 4005 Nicollet Avenue Minneapolis 825-6844	Mon	8:00- 9:30 am	Cliff Northfield	869-1859
		9:00-11:00 am	Allan Campbell	377-9225
		10:00-12:00 noon	Len Courtney	379-3395
		11:00- 1:00 pm	Dick Pratt	433-3583
		9:00-11:00 am	Frank McCabe	633-6319
	Tues	9:00-11:00 am	Marguerite Sutter	926-7455
		10:00-12:00 noon	Ruth VanHilst	825-0779
	Wed	9:00-11:00 am	Elvin Kolstad	869-7277
		11:00- 1:00 pm	Jim Erler	471-9750
	Thurs	9:00-11:00 am	Cliff Northfield	869-1859
		11:00- 1:00 pm	Al Mohr	722-8339
	Fri	7:30- 9:00 am	Lucille Hanzal	435-6490
		9:00-11:00 am	Jean Olson	483-6003
	Sat	3:00- 5:00 pm		
	Sun	3:00- 4:30 pm		

UPDATE

SENIOR TENNIS PLAYERS CLUB, INC. 1990-1991 SCHEDULE - Continued

<u>LOCATION</u>	<u>DAY</u>	<u>TIME</u>	<u>CAPTAIN(S)</u>	<u>TELEPHONE</u>	
NORTHLAND FITNESS CENTER (So) 5250 West 84th Street Bloomington 831-2660	Mon	9:00-11:00 am 1:00- 3:00 pm	Marian Versen CAPTAIN NEEDED	929-9643	
	Tues	9:00-11:00 am 1:00- 3:00 pm	Dorothy Schlichting CAPTAIN NEEDED	920-0965	
	Wed	9:00-11:00 am 1:00- 3:00 pm	CAPTAIN NEEDED CAPTAIN NEEDED		
	Thurs	8:30-10:00 am 10:00-11:30 am	Barb Perry Cleora Feuk	926-1995 544-2991	
	Fri	9:00-11:00 am 1:00- 3:00 pm	CAPTAIN NEEDED CAPTAIN NEEDED		
	Mon	9:00-11:00 am	Frank Beutel	426-2440	
	Wed	9:00-11:00 am	Marianne Davidson	731-8790	
	PHALEN TENNIS CLUB 1151 Barclay Street Saint Paul, 774-2333	Mon	9:00-11:00 am	Frank Beutel	426-2440
		Wed	9:00-11:00 am	Marianne Davidson	731-8790
	SAINT PAUL INDOOR TENNIS CLUB 600 DeSoto Avenue Saint Paul, 774-2121	Mon	1:00- 3:00 pm	Stuart Cameron	774-2121
Thurs		1:30- 3:30 pm	Stuart Cameron	774-2121	
WHITE BEAR RACQUET & SWIM CLUB 4800 White Bear Parkway White Bear Lake, 426-1308	Fri	8:30-10:30 am 2:30- 4:30 pm	Howie Eckstrom Al Braasch	433-3838 484-1170	
	Williston Club 14509 Minnetonka Drive Minnetonka 935-8638	Mon	9:00-11:00 am 11:00- 1:00 pm	Pete Robinson Harold Krantz	935-0644 935-6656
WILLISTON CLUB 14509 Minnetonka Drive Minnetonka 935-8638	Tues	8:00-10:00 am	George Frost	866-8552	
		8:00-10:00 am	Don Schierman	470-9144	
		9:00-10:30 am	Kit Peterjohn	474-0154	
		10:00-11:30 am	Henry Flesh	546-7317	
	Wed	10:00-11:30 am	Adeline Levin	937-1709	
		9:00-11:00 am	Pete Robinson	935-0644	
		11:00- 1:00 pm	Harold Krantz	935-6656	
	Thurs	1:00- 3:00 pm	Bill Storie	428-2052	
		7:00- 9:00 am	Don Schierman	470-9144	
		10:30-12:00 noon 3:00- 4:30 pm	Margaret Jenkinson Vern Backes	473-5243 949-2102	
	Fri	8:30-10:30 am	Pete Robinson	935-0644	
		9:00-10:30 am	Doris Lizee	474-8245	
		11:00- 1:00 pm	Harold Krantz	935-6656	
		1:00- 3:00 pm	Don Schierman	470-9144	
		1:00- 3:00 pm	Bill Storie	428-2052	
	Sat	9:00-11:00 am (Women)	Shirley Pratt	433-3583	
			Mary McNeil	545-7142	
		Joyce Hautman	545-4051		
2:00- 4:00 pm		Chuck Britzius	473-3015		
4:00- 6:00 pm (Women)		Rosalyn Bernstein	544-0511		
Renee Wagner		926-9718			
Sun	1:00- 3:00 pm	Bill Storie	428-2052		
	4:00- 6:00 pm	James Adams	545-8578		

(SEE NEXT PAGE FOR WOODDALE)

NOTE: SOME LOCATIONS LIST
"CAPTAIN NEEDED." PLEASE
VOLUNTEER BY CALLING DICK
PRATT AT 433-3583.

UPDATE

WOODDALE RECREATION
CENTER
2122 Wooddale Drive
Woodbury
735-6214

Tues	9:00-11:00 am (Drill followed by play)	Lois Nordman
Fri	9:00-11:00 am (Open play)	Lois Nordman

735-621

735-621

LEARN TENNIS

BEGINNER LESSONS AND DRILLS 1990-1991 SCHEDULE

<u>LOCATION</u>	<u>DAY</u>	<u>TIME</u>	<u>INSTRUCTOR</u>	<u>TELEPHO</u>
NICOLLET TENNIS CENTER 4005 Nicollet Avenue Minneapolis 825-6844	Thurs	9:00-10:30 am	Percy Hughes Ginny Owens	545-76 546-96
NORTHLAND FITNESS CENTER (South) 5250 West 84th Street Bloomington 831-2660	Wed	5:30- 7:00 pm	Ernie Greene	488-6
WILLISTON CLUB 14509 Minnetonka Drive Minnetonka 935-8638	Mon	5:30- 7:00 pm	Connie Custodio	824-25
WOODDALE RECREATION CENTER 2122 Wooddale Drive Woodbury 735-6214	Mon	6:30- 8:00 pm	Virginia Morgan Lois Nordman	459-60 735-62

ANNUAL CHRISTMAS DRILL BY ROGER BOYER

All members are welcome to come to the Nicollet Tennis Center on Thursday, December 20, from 9:00 to 10:30. Roger Boyer, the Prince representative for this region, will hold his annual Christmas drill together with Ginny Owens and Percy Hughes. There will be prizes.

TENNIS TIPS by Percy Hughes

BACKHAND VOLLEY: LEAD WITH YOUR ELBOW

Yes! Lead with your elbow! According to one of tennis' most aggressive serve-and-volley players, Billie Jean King, upon studying a lot of photographs of the best volleyers in the game, notice that when they hit backhand volleys, the elbows of their racquet arms were always out, away from their bodies.

This arm position makes a lot of sense, if you think about it. It enables you to meet the ball sooner and punch it back across the net with greater pace and accuracy.

Experiment a bit during practice or when taking lessons. You'll soon discover that the closer you keep your elbow to your body, the weaker your backhand volleys will become. Concentrate on getting your elbow in front of you to meet the ball. Your volleys will quickly become a lot crisper.

Do not confuse these mechanics with ground stroke mechanics—they're not the same.



sponsored professional baby sitters from Germany who would also cook and clean. Univac was looking for mathematicians, so I became a computer programmer and compiler specialist. I retired in 1982 after 26 years of service."

Ruth returns to Germany about every three years to see friends and relatives. Her next visit is in February when she looks forward to seeing her five remaining brothers and sisters. Her relatives encourage her to stay in Germany, but she's hesitant. She's deeply involved in religious work, and all her contacts and resources are in Minneapolis.

Much of Ruth's time is spent in reading, studying and translating. Four rooms in her home are lined with books, most of which are on religion. "From all of the many, many studies that I have done," she said, "the work of spiritual leader Da Free John has compelled me to spend the rest of my life in study and work rather than doing things for my own personal enjoyment." Ruth explained, "Up to 1986 Da Free John was both teaching and writing. He has completed 40 books. Now



GREENWAY ATHLETIC CLUB NEEDS REGULARS

Tennis playing has resumed at the Greenway Athletic Club. Regulars are needed for Nick Pappas' group on Tuesday mornings from 9:30 to 11:30. Also, if you'd like to be on his sub list, Nick will be glad to take your name. Call him at 926-2254.

Up Close and Personal: RUTH VAN HILST

Ruth Van Hilst started playing tennis at age 16 in her hometown high school in Jena, Germany, about 140 miles southwest of Berlin. She had played about a year when she moved to Kiel, Germany, just across the bay from Denmark. She joined a tennis club the first year she lived there, but there was no youth program with free lessons, as was the case in Jena. Unfortunately, no one bothered to introduce her to any of the members, and she was too shy to introduce herself. Consequently, she never played in the year she belonged to the club so she dropped out and didn't pick up a tennis racquet again until many years later in Edina in 1954--married with two children.

"There were tennis courts close by, but my husband hadn't played much tennis, and I could easily beat him," Ruth said. "He didn't like that, so we just hit the ball a few times, and that was about it."

Bloomington
831-2660

WILLISTON CLUB

14509 Minnetonka Drive
Minnetonka
935-8638

Mon

5:30- 7:00 pm

Connie Custodio

824-256

WOODDALE RECREATION CENTER

2122 Wooddale Drive
Woodbury
735-6214

Mon

6:30- 8:00 pm

Virginia Morgan
Lois Nordman

459-605

735-621

"I also played at Nicollet and got involved in team tennis," Ruth said. "At first it was hard to find partners, but once I was introduced to some other team tennis players it was easier. I started in their house church leagues and then advanced to regular team tennis, playing other clubs. Those days I played five days a week and sometimes twice a day. I wanted to keep up my physical condition in order to be a good partner and to improve our chances of winning team tennis trophies. I still play five days a week, but never more than once a day." Based on the number of trophies in her home, Ruth was successful in her efforts.

During World War II, Ruth was a student at the University of Berlin, where she earned a degree in mathematics. Her husband-to-be lived in Amsterdam. One day, he was picked up on the street by the Germans and sent to Jena to work in a factory. Ruth was one of many German students who were

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Continued from last page
Ruth Van Hilst

came through. I told him that he had better go, that this was his chance, and he did leave. With a baby on the way, I had to find a way to work at home. I accepted a job doing translation work and I was able to earn enough to support my mother-in-law and myself.

"In 1954 we decided to emigrate to America from overcrowded Holland, and my husband accepted an offer from Honeywell, choosing Minneapolis over Boonton, New Jersey. Both of us had always hoped to live in Los Angeles but once we got to Minneapolis, we didn't want to leave.

"We rented a small home in Edina; Mike was five months and Anke was two years old. My mother-in-law came with us to help. After two years, we bought a larger home on 50th and Stevens, where I still live. I went to work for Univac, and we sponsored professional baby sitters from Germany who would also cook and clean. Univac was looking for mathematicians, so I became a computer programmer and compiler specialist. I retired in 1982 after 26 years of service."

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he sits in meditation (darshan) and still does some writing. People all over the world have discovered him and want to read his books. Therefore, there's a big push to translate them in many languages. I'm helping to translate his books into German as my contribution. This is my interest and my work. Tennis is my fun, and visits from Anke and Michael each year are my joy. Next year, I'm planning to visit them both in their homes in Seattle."

-Don Ittner



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IT'S TIME TO RENEW YOUR MEMBERSHIP IN THE SENIOR TENNIS PLAYERS CLUB

Please complete the membership renewal form and sign the Membership Conditions below. Send the completed form with your check to Joyce Maul, Treasurer, by no later than **January 2, 1991**. If you joined the Club in October, November or December of 1990, you are paid up through 1991, so please disregard this notice.

Senior Tennis Players Club, Inc. 1991 Membership Renewal

(Please Print)

Please enter my our name(s) as member(s). I / we have read and signed the membership conditions below. The enclosed check includes the following:

\$15 per person for ___ member(s) \$_____

Date _____

Name (#1) _____

Name (#2) _____

Address _____

City _____ State _____ Zip _____

Telephone _____

**MAKE CHECKS PAYABLE TO SENIOR
TENNIS PLAYERS CLUB, INC. MAIL TO:**

Joyce Maul, Treasurer
6730 Vernon Avenue #207
Edina, MN 55436
Telephone: 933-8146

TENNIS SELF RATING

(#1) Beginner Intermediate Advanced Expert

(#2) Beginner Intermediate Advanced Expert

1991 Membership Conditions

As a condition to my application, I agree to participate at my own risk in the activities of the Senior Tennis Players Club, Inc., which may include tennis lessons, clinics, weekly scheduled tennis, social events and any scheduled tennis trips or extra activities. Further, I waive and release the Senior Tennis Players Club, Inc., a non-profit organization, and its officers and members providing services on behalf of the club and all claims for damages due to injuries that I may incur as a result of my participation in any of these events.

Signature (#1) _____ Signature (#2) _____

Please read and sign these Membership Conditions

THE DOW COMPANY

LAST CALL FOR THE OLDEST, LARGEST AND MOST
SUCCESSFUL WINTER GET-TOGETHER OF
SENIOR TENNIS PLAYERS IN THIS AREA

Over 115 senior tennis players had the winter trip of
the year in 1990.

1. Most compatible, friendly and fun-loving group of people from this area.
2. Low cost is an added factor.
3. Free membership in the World Tennis Center private club, Naples, Florida, during your stay.
4. Free access to the health club with all privileges, including Jacuzzi tub, weights, running machine, etc.
5. Free use of the club's dining room with good food at reasonable prices and dining by the pool. Free use of the swimming pool.
6. Unlimited use of tennis courts day and night at no charge.
7. Several marriages have resulted. Florida and romance are synonymous! Always attending are single women and men.
8. Tournaments and prizes for all levels of play.
9. Six golf courses nearby, and also 20 or 30 famous restaurants. Jump in your car with others and go, or see and visit many interesting places.
10. The month of February in Florida is sunny and warm during the day and cool at night--the best weather.
11. Cocktail parties, bridge and other activities.

\$520 per person for two weeks; \$820 per person for a full month. Call 922-4327 for further information and reservations.

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ST. LOUIS PARK, MN 55416

(612) 926-1520

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Cycle, Darlyn
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Donnay, Dunlop,
Ellesse, FILA, Fred
Perry, Gift Items,
Gamma, Head
Sportswear, Keddie
Kreations, LeCoq-
Sportif, Lily's of
Beverly Hills, Penn,
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Rossignol, SAI,
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Tacchini, Slazenger,
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Timandra, Thor-Lo,
Tretorn, Walker
Hats, Wilson, Wim-
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much more.

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ADDRESS _____

CITY _____ ZIP _____

PHONE _____ AGE _____

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6405 Indian Pond Circle
Edina, MN 55439
or call 944-1028

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tender & hilarious NOSTALGIA ALLEY based
on UoFM philosopher Keith Gunderson's 3142
Lyndale Ave. S. Apt 24. \$100. 925-0129.

MEMBERSHIP COUNT as of November 20 - 1575

COPY DEADLINE FOR NEXT ISSUE IS DECEMBER 20, 1990



Mary McNeil
1320 Westwood Hills Road
Minneapolis, MN 55426

Nonprofit
Organization
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DECEMBER 1990

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

1990-91

Founding President
H. Jack Dow

Board of Directors

Joseph S. Stoutenburgh, President	927-6915
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Robert M. Curran, Director	450-6243
Bernice Hanson, Director	633-3276
Percy Hughes, Director	545-7596
Virginia Morgan, Director	459-6059
Mona Mae Zarling, Director	822-5522

SENIOR TENNIS TIMES
Is a monthly newsletter
Published by and for the members of the
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7449 West Shore Drive
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612-927-6915
A Nonprofit Corporation

Editor
Mary J. Kaminski
3300 East Gate Road
Saint Anthony, MN 55418
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