

Senior Tennis

TIMES

ANNUAL DINNER DANCE

Reservations are coming in for the Annual Dinner Dance to be held Saturday night, April 13, at the Decathlon Athletic Club, 7800 Cedar Avenue South in Bloomington (854-7777). The social hour will be from 6 to 7 p.m., dinner at seven o'clock, and dancing to Percy Hughes' Trio from 8:30 to midnight. The cost is \$15 per person.

The deadline for reservations is April 8, but if you're a little late give Bernice Hanson a call (633-3276) or Bob Curran (450-6243) and see if it can be handled. Your check should be made out to the Senior Tennis Players Club, Inc. and mailed to Bernice Hanson, 120 Windsor Court, New Brighton, MN 55112.

It's Spring! 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 play is less structured. Check the schedule, select the place you want to play, and just show up.

The outdoor locations will appear in the May issue of the SENIOR TENNIS TIMES. If you were a captain last year, please let Dick Pratt know if there should be any changes. (433-3583) It helps all of our members to know who to call regarding play 25 each location.

SERVICE COMPLETED

This message is for our four Board members who have completed their service, three of whom will retire from the Board April 1. The retiring members are:

Don Ittner, Vice President Public Relations and Director

Mary McNeil, Secretary and Director

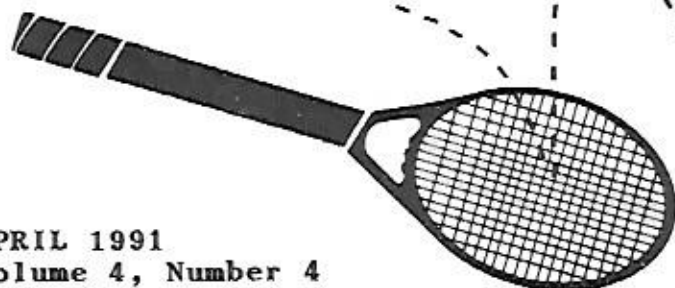
Edna Bernstein, Director

Resigned a few months ago is:

Raymond McGraw, Vice President, Member Services and Director

To each we are very thankful for your dedicated service to our club. We owe each of you a vote of thanks for your time and talent over the past year. We who continue to serve on your Board will miss your presence and excellent service.

Joe Stoutenburgh,
For the Board and the Membership



APRIL 1991
Volume 4, Number 4

TENNIS TIPS by Virginia Morgan

Continuous Play

or

Keeping the Momentum of the Game

When the server is serving, it should be continuous. Any interruptions or delays by other players break this rhythm.

Interruptions such as taking off a jacket, getting sunglasses, etc. should be done between games or during the change-over.

Try to do your stretching or getting a drink of water, etc. before it's time to start playing!

Complete information on this is covered by USTA Rule 30, "Friend at Court."

Please be reminded again that information on rules and decisions is available by calling member Ted Smith at 925-4133.

Players of Lesser Ability Than You?

Occasionally we play with players of lesser ability. This is a helpful gesture to them as they can learn the game, rules, courtesy, etc. from us. We never know when, because of an injury or illness, we would appreciate them playing with us and putting up with our game. Example: Due to an injury or tennis elbow, we start from the beginning again and learn to play left-handed.

Tips to Those of Lesser Ability

Learn the rules, learn court courtesy, and move at the pace of the other players in getting the ball between points, etc., and use the safety tips.

Suggestions for All Tennis Players

WATCH YOUR FOOT-FAULTING.

CALL THE SCORE JUST BEFORE YOU SERVE SO YOUR OPPONENTS CAN HEAR IT.

WHEN IN DOUBT IF BALL IS "in" OR "out," GIVE THE POINT TO OPPONENTS. DO NOT REPLAY POINT OR SERVE.

LEARN TENNIS

BEGINNER LESSONS AND DRILLS 1990-1991 SCHEDULE

<u>LOCATION</u>	<u>DAY</u>	<u>TIME</u>	<u>INSTRUCTOR</u>	<u>TELEPHONE</u>
NICOLLET TENNIS CENTER 4005 Nicollet Avenue Minneapolis 825-6844	Thurs	9:00-10:30 am	Percy Hughes Ginny Owens	545-7696 546-9666
NORTHLAND FITNESS CENTER (South) 5250 West 84th Street Bloomington 831-2660	Wed	5:30- 7:00 pm	Ernie Greene	488-6359
WILLISTON CLUB 14509 Minnetonka Drive Minnetonka 935-8638	Mon	5:30- 7:00 pm	Connie Custodio	824-2569
WOODDALE RECREATION CENTER 2122 Wooddale Drive Woodbury 735-6214	Mon	6:30- 8:00 pm	Virginia Morgan Lois Nordman	459-6059 735-6214

BULLETIN BOARD

NTRP PRO CERTIFIED

Percy Hughes has been certified as an NTRP (National Tennis Rating Program) pro for the Northwestern section. Others certified in the program are Ernie Greene and Kathy Morgan.

* * * * *

USTA MASTERS LEAGUE

The Masters League, which replaces USTA/Volvo, is being organized for players 50 and over. Play will be according to NTRP levels. All interested are invited to attend one of the following informational meetings (these are corrections):

Northwest, Cedar Lake Rd-	April 17, 1:00 pm
Wooddale	- April 23, 1:00 pm
Normandale	- April 25, 7:00 pm

NTRP deadline is Friday, May 24. If you have never played in the USTA program, you must be rated. Roster dropoff date is Monday, June 3, from 6 to 8 pm at Northwest. Mandatory captains' meetings are Monday, June 17, at Northwest at 7:45 pm to pick up and confirm your league schedule.

The League coordinator is Charlie Peterson 471-9524 or 721-5061. If you need assistance, call Liz or Dick at NWT, 546-0709.

* * * * *

Frank Beutel had a phone call from Chuck Lampright recently saying that he couldn't keep his courttime commitment. You're saying, "O. k., what's newsworthy about that?" Well, Chuck called from Costa Rica that his flight was on "delay." Now that's dedication!

* * * * *

HIT 'N GIGGLE

In the summer of '90 a women's league was formed. It was named "Hit 'n Giggle." There were four teams: (1) Captained by Betty Jensen - The Champs; home playing court, Lone Lake in Hopkins. (2) Ruth Aase and Goldie Glad - The Golden Girls; home playing court, Richfield Park System. (3) Bonnie Schoen - The Bonnie Lassies; home playing court, Brooklyn Park. (4) Joyce Hautman and Mary McNeil - The Lady Loves; home playing court, Brookview in Golden Valley.

The summer was finished with a playoff won by Betty Jensen's team, The Champs, and a potluck brunch in Saint Louis Park.

We play at all of the above courts, and sometimes others. We are open to new teams and new players. If you are interested, please call Shirley Pratt at 433-3583. We will start sometime in May and play through August--and we always need subs. Matches are scheduled once a week, and there is no cost.

Shirley, The Organizer

* * * * *

NEWS OF THE SENIOR TENNIS CAMP AT RIVER FALLS

Just a reminder to everyone that the camp is filling up. Many players have already signed up. If you're interested in attending the camp, please call Virginia Heinzen at 933-1613 or Chuck Supplee at 888-0501.

* * * * *

WANTED: TENNIS INSTRUCTORS AND ASSISTANT INSTRUCTORS

The Urban Tennis Program, sponsored by the Minneapolis Community Education and the Park Board, is hiring good tennis players interested in teaching tennis to boys and girls 7-17 years old for six weeks. The sessions are from 8 am to noon five mornings a week, starting June 17 and ending July 26. You have a choice of 21 locations in Minneapolis.

The instructors will be paid \$8 an hour; assistant instructors will be paid \$5 an hour. Two in-service training sessions will be held on June 17 and 18.

If you're interested, call Vern Backes, Program Director, at 546-2570.

1991 Tennis & Crumpets

Special women's and men's doubles events will be played along with the traditional mixed doubles play at this year's tournament on Saturday, May 4.

Methodist Hospital's popular cancer care benefit will thus accommodate the competitive tournament players who choose not to enter tournaments with spouses or social mixed doubles partners.

Tennis & Crumpets qualifying play takes place at many Northwest Clubs and Flagship during the morning. A catered luncheon for all players and final play follows at Crosstown Club. The awards banquet is held at the Golden Valley Country Club Saturday evening, emceed by Mark Rosen, TV sports personality.

For further information call Methodist Hospital Foundation Office, 932-6156, or Lee Johnston, 544-3503.

HELP SEND MINNESOTA PARTICIPANTS TO

THE UNITED STATES NATIONAL SENIOR OLYMPICS..

MAY 18 1-4 PM

An \$8.00 donation entitles you to join our TENNIS MIXER on May 18 which will be for all ability levels. Be sure to state your level of play... (BEGINNER - INTERMEDIATE - ADVANCED).

All proceeds go to help our SENIOR ATHLETES defray a part of their expenses for the long week of games in Syracuse N.Y. this June/July most all of the Tennis players that qualified are from our club !!

ALL AGES WELCOME ... MIX IT UP WITH US ON 20 COURTS ACCORDING TO YOUR PLAYING ABILITY ... BRING THE KIDS ... BUT HURRY.....
REGISTRATION STARTS NOW
LIMITED SPACE

The format is doubles ... we provide your partners you'll be switching partners every 1/2 hour ... have fun! ... lots of laughs (and groans)!! Refreshments and prize drawings. Use the entry form here, or mail your check with info on it TO:

B A S A

(Bloomington Adult Sports Assn.)

2215 WEST OLD SHAKOPEE ROAD
BLOOMINGTON MINN. 55431

.....
.NAME:

ABILITY:

PHONE #:

(you'll be notified of court assignment by the BASAtheir fone= 887-9601 .

<space donated by STPC>

Adeline Levin: Health Professor, Author, Army Veteran, Traveler and Tennis Player

Since childhood, Adeline Levin has been interested in health, counseling and athletics. She learned to play tennis when she was a student at Lincoln Junior High School in Minneapolis. "In those days the athletic program for women was nothing like it is today," Adeline said. "For example, one teacher used to say, 'My dears, women don't sweat, they perspire. She reminded us that girls are refined and should be interested in things like ballet and synchronized swimming."

"I attended the University of Minnesota and didn't have time to play tennis, but I did learn the rudiments of how to teach tennis to beginners." Adeline was working on her degree in health and physical education. Her tennis instructors were doctors who were physical educators teaching sports skills. "We had to learn the physical aspects of the game," Adeline said. "My courses consisted of such subjects as physiology, anatomy and kinesiology (the movement of bones and muscles in relation to each other). Back then, we did all of the aerobics that are so popular today, but it never caught on because it was limited to the classroom."

Adeline graduated from the U in 1939. Between teaching sporadically in the Minneapolis school system and in Alexandria, Minnesota she eventually completed her masters degree at Columbia. "I worked as an elevator operator while in school and got to know most of the people in the building. One morning, one of my regular passengers said, 'You're just the person we need. Why don't you join the Women's Army Auxiliary Corps. We need people like you.'"

World War II was on and intrigued Adeline. She took the exam for Army Officer's Candidate School which included seven pages on celestial navigation. She didn't know one star from another and much to her amazement was ordered to OCS at Fort Des Moines, becoming one of those ninety-day wonders," wondering what it was all about when she got through."

"While I was in Des Moines, I found time to learn to fly," Adeline said. "I could spin down through the overcast and I could do loops, but I got sick to my stomach doing 'S' turns. My biggest problem involved a couple of landings. On the first landing, I dropped in from 40 feet and broke the cross struts and the prop. It was a very jarring experience. I went up again in an Aronca and got stuck nose down on landing. Although I logged many hours before I was transferred, they were not enough to get my pilot's license." Adeline was assigned to motor transport school and was involved in convoy operations. She even learned to drive "LCDs" used to transport people from ship to shore. After the war, she was released from the WACs as a first lieutenant and remained in the Reserves.

She was director of women's health and physical education at Wisconsin State at Stevens Point when she was recalled into the army and served 17 months during the Korean War. After that, she worked in a position at River Falls, Wisconsin, similar to the one at Stevens Point.

"I taught tennis for women at River Falls," Adeline said. "It was fun to be teaching the game again, but I didn't have time to play." She served on several national health education committees and wrote three books: one on program learning in first aid, one on human sexuality with J. Rogers Fox, the third on human sexuality for the elementary grades.

"I found time to complete my doctorate at New York University under the GI bill. My thesis was on human sexuality, a curriculum for grades seven through nine, where I believed sex education was needed. It was a difficult subject to cover then since there was so little research available. I left River Falls to become the supervisor of health and women's physical education in Milwaukee for four years. I couldn't resist an offer to return to Minnesota as associate professor of health education at Mankato State where

Continued on next page

Continued from last page
Adeline Levin

I worked for 18 years. I became a professor in 1975 and retired in 1983."

Reflecting on her teaching career, Adeline said, "Education is a lifelong project. We never stop learning. I've had some good kids and good classes over the years. That's really the highlight of my career--to work with kids and have them come back later and say, 'Gee, we sure enjoyed your class.'" Retirement brought with it the time for Adeline to expand her writing (she's on her second book for junior-high-age people), increase her travel to many parts of the world, and get more personally involved in athletics.

"I write the newsletter for the Minnesota Women Veterans as chairperson of the area-wide committee. A major project this year is to find one or more corporations who will help us fund a permanent home for the organization. We may have to name some men to our board who are on the inside to help us get to the right people."

Because of her constant interest in health and fitness, she noticed a story in the Star Tribune about STPC and its first president, Jack Dow. "I called Jack who told me about the club and urged me to get in touch with Chuck Supplee," Adeline said. "He got me into a Northland group where I met Florence and Fred Habegger, and they made me feel very welcome. When summer came, I joined a nice group of women who played at Augsburg Park where I met Mandy Johnson, president of the club then. I've played year-round ever since."

About tennis trips, Adeline said, "I enjoyed the camaraderie when I went to the World Tennis Center in Naples two years ago. This year I went to the tennis camp in Tucson led by Chuck Supplee. A total of 15 people attended, and we had a whale of a time. We played tennis in the mornings and went sightseeing in the afternoons, including two trips to Mexico. I enjoy the club's tennis parties during the winter. I'm planning to go back to Naples next

year. I love that town and all that tennis.

"I like to play doubles and mixed doubles," she said. "In fact I particularly like to play when the men serve hard. There are so many great people in the club, you just can't help but have fun. I'm glad that we have so many members because the club will continue to perpetuate itself."

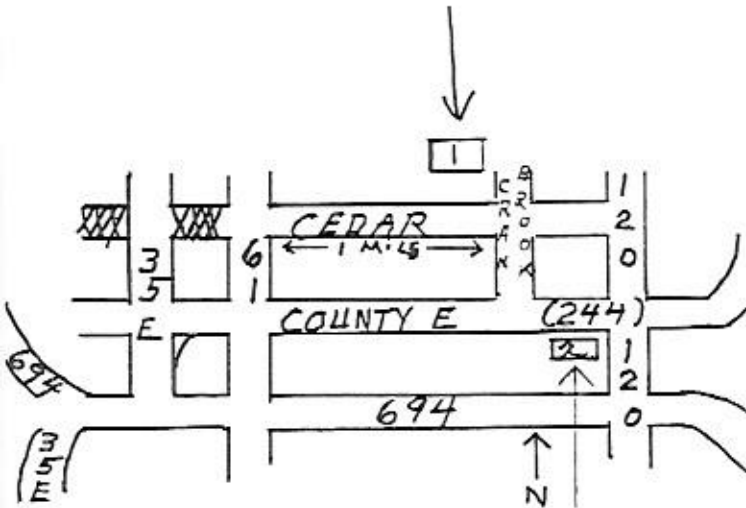
-Don Ittner



ADELINE LEVIN

**WHITE BEAR LAKE SPRING SCHEDULES
SENIOR DROP-IN TENNIS**

①
SUNRISE COMMUNITY CENTER
APRIL 1ST to JUNE 10TH
MONDAY THRU FRIDAY
9 A.M. to 11 A.M.



② LAKEWOOD COMMUNITY COLLEGE
APRIL 1ST to JUNE 15TH
MONDAY THRU FRIDAY 7:30 to 9:30 A.
SATURDAYS 9:00 " 11:00 A.
SUNDAYS 10:00 " 12:00 A.

For more information, call Frank Beutel
426-2440

**Coming Next
Issue**

**1991 SCHEDULE
FOR
OUTDOOR COURTS**

IN MEMORIAM

Shirley Ehlers, 64, of Burnsville died March 4 of cancer. She joined the Senior Tennis Players Club in November, 1983 and became a lifetime member in 1986. A Unisys retiree, she played tennis and golf, and was known to many members when she played at the Nicollet Tennis Center, the Decathlon Club and most recently with Shirley Pratt's Saturday morning group at Williston. She did volunteer work at a Faribault institution where her daughter is a resident. We extend deepest sympathy to her daughter, her three sisters, her two nieces and two nephews.

George Pitzer, 69, of Bloomington died in February of an aneurysm. He served as a paratrooper in World War II and had an outstanding service record with several distinguishing awards. Before retirement, he was a pharmaceutical salesman for Technicon. He played tennis most recently Sunday evenings at the Decathlon Club. The Senior Tennis Players Club extends sympathy to his wife, Dorothy, a member of STPC, and to his two sons.

TENNIS

Largest selection of
tennis apparel
in the Twin Cities

Over 200 warm-ups...
Over 750 ladies' skirts...
Over 250 men's shirts...
Over 250 styles of t-shirts...
Over 230 men's shorts...
PLUS MUCH MORE!!!

RACQUETS

Michael Lynne's Tennis Shop
also carries a wide selection of
racquets—over 300 in stock
with more on the way!
Professional Stringing
1 Day Service

NAME BRANDS

Babolat V.S, Boast, Cycle,
Darlyn Designs, Diadora,
Donnay, Dunlop, Ellesse,
FILA, Fred Perry, Gift Items,
Gamma, Head Sportswear,
Keddie Kreations, Le Coq
Sportif, Lily's of Beverly Hills,
Penn, Prince, Pro Kennex,
Rossignol, SAI Supersock,
Sergio Tacchini, Slazenger
Sport Panties, Tail, Timandra,
Thor-Lo, Walker Hats,
Wilson, Wimbledon, Yonex,
and much more.



MICHAEL LYNNE'S TENNIS SHOP

MIRACLE MILE
SHOPPING CENTER.
5007 Excelsior Blvd.
St. Louis Park, MN 55416
(612) 926-1520

"LONG TERM CARE" INSURANCE

BENEFITS FOR:
Nursing Home
Home Care
Adult Day Care

INFORMATION REQUEST FORM

NAME _____

ADDRESS _____

CITY _____ ZIP _____

PHONE _____ AGE _____

Mail to: Bernie Gunderson
6405 Indian Pond Circle
Edina, MN 55439
or call 944-1028

Medico Life Agent STPC Member

-PAID ADS-

AD RATES

Full page \$75
One-half page \$50
One-quarter page . . . \$30
Classified ads, maximum of
4 lines and available to
members only \$10

Call Mary Kaminski, 781-3271

Welcome!

LAST NAME

FIRST NAME

ADDRESS

CITY

ST ZIP

PHONE NUMBER

MEMBERSHIP COUNT AS OF APRIL 1, 1991 - 1374

COPY DEADLINE FOR NEXT ISSUE IS APRIL 20, 1991



Lorraine Forslin Your Agent For Change



Specializing in changing
residential real estate needs
for empty nesters

Lorraine Forslin
(612) 473-3000
Home: (612) 557-0587
Mobile: (612) 723-6505



-PAID AD-



String Busters!

Three quotes from Will Rogers:

"There is one thing to be said for ignorance. It sure causes a lot of interesting arguments."

"We all have three personalities: The one we show, the one we have and the one we think we have."

"Most of the world's supply of trouble is produced by those who produce nothing else."

Job applicant to personnel manager:

"I know I'm overqualified for the job, but for what you're paying I'm only going to use half of my ability."

A visitor to an Irish cemetery read the following inscription on a monument:

"Remember me as you pass by,
for as you are, so once was I.
But as I am, you too will be,
So be content to follow me."

The following was written below it:

"To follow you I am content.
I wish I knew which way you went."

Pain in your game?



Try our amazing Bio-magnetic
products that are sweeping the nation!

Proven effective by over 30 million satisfied
customers world wide, new to the U.S.

NO Drugs! • NO Pills! • NO Ointments! • NO Hassles!

For an exciting message and free information pack, call:

(612) 942-1414

These products are not claimed to heal or cure any health problems.

Nonprofit
Organization
U.S. Postage
P A I D
Minneapolis, MN
Permit No. 3270

APRIL 1991

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
Donald W. Ittner, VP, Public Relations	941-1249
Mary J. Kaminski, VP, Newsletter	781-3271
Virginia Owens, VP, Activities	546-9666
Marian Pollei, VP, Membership	343-0440
Richard Pratt, VP, Tennis Program	433-3583
Robert D. Western, VP, Facilities	735-5761
Mary M. McNeil, Secretary	545-7142
Joyce Maul, Treasurer	933-8146
Alfred Anderegg, Director	377-1685
Robert M. Curran, Director	450-6243
Bernice Hanson, Director	633-3276
Percy Hughes, Director	545-7696
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
Senior Tennis Players Club, Inc.
7449 West Shore Drive
Minneapolis, MN 55435
612-927-6915
A Nonprofit Corporation

Editor
Mary J. Kaminski
3300 East Gate Road
Saint Anthony, MN 55418
781-3271