

From the President Holger Christiansen

The world will probably not fall apart and somehow we will manage—but, "it ain't gonna be the same." It will almost be the end of an era when Mary Kaminski, the editor of this newsletter for the past eight years, puts aside her red pencil and pulls the plug on the computer on April 1, 1993. Mary has decided she would like more time to pursue other interests. Imagine that!

Mary, we thank you for making *The Times* the great newsletter that it is. But more than that, we thank you

for your devotion to STPC and for the innumerable things you have done to make it a going and growing group. Again, thank you. It's been great working with you.

What a wonderful holiday dinner and dance we had at the Decathlon Club on December second. If you weren't there, you missed an evening of good company, excellent food, fine music and wonderful entertainment. You didn't even have to be a dancer to enjoy this special evening put together for us by Sue Larson and her hard-working activities committee. Special thanks to Marilyn Thorne who, in Sue's words, "was the

visionary planner" for the party.

Switch gears. We are still looking for persons who would be willing to be nominated to serve on the STPC Board of Directors. If you or someone you know has an interest, please contact any of the current Board members, whose telephone numbers are listed on the back page. Consider volunteering.

When many of you receive this issue of *The Times*, you will already be enjoying your tennis and the warmth of some place in the Sunny South. My wife, Dagny, and I are looking forward to doing the same in February. Don't use up all of the sun before we get there.

Have You Renewed Your '93 Membership?

This is the last issue of the *Senior Tennis Times* that will be mailed to you if Bernice Hanson hasn't received your '93 dues by January 20. If you haven't done so yet, please mail your completed renewal form right away. "Completed" means that *both* sides of the form are filled out! We need this information to keep our records current. Another form is printed in this issue just in case you've mislaid the one in the November *Times*.

However, please pay only once! We catch a double payment when the information is put into the database, but that means that Mary has to let Bernice know, and Bernice has to write a check, address an envelope, put a stamp on it, and mail it to you. And this comes at a time when Mary is busy getting out the February and March issues, as well as the roster. Not to mention going on a cruise in March! HELP! If you're not sure whether or not you paid, just look through your check register. Your five minutes saves us an hour, and saves the club some money.

Roster: The March *Times* will include a membership roster. Your name will be in the roster only if your dues are paid.

Lifetime Members: No renewal dues are expected from you, but some of you have not sent in a completed form, and we need the current information. Mark it "lifetime" and, most important of all, sign the Membership Conditions. We need a current form on file for all members.

Tennis Tips

This Month's Tipster: Virginia Morgan

Happy Feet and Other Stuff

During the Davis Cup, Jim Courier is known to have said that the comment from Agassi to "move your feet" helped him get back into the game and win.

Think "happy feet," get off your heels, and be ready to spring to the ball. Try improving your position on the court after each hit.

It's a good idea not to leave your racquet and balls in your car during cold weather just as it's a good idea not to leave your racquet and balls in your car during hot weather.

You should restring your racquet at least once a year, even if you don't use it often. It's like a rubber band stretched out-the strings lose their resiliency.

An oversized racquet has about 38 strings (18 main and 20 cross strings) with about 55 lbs. per string. That means (55 lbs. x 38 strings) there are 2090 lbs. on the frame.

LEARN TENNIS

1993 Schedule for Beginner Lessons and Drills

LOCATION	DAY	TIME	INSTRUCTOR	PHONE
Nicollet Tennis Center 4005 Nicollet Avenue Minneapolis 825-6844	Thurs	8:30 - 10 am	Percy Hughes Ginny Owens Paul Stormo	545-7696 546-9666 944-6286
Northland Fitness Center South 5250 West 84th Street Bloomington 831-2660	Wed	5:15 - 6:45 pm	Ernie Greene	488-6359
Willeston-Sagedahl Club 14509 Minnetonka Drive Minnetonka 935-8638	Mon	5:30 - 7 pm	Connie Custodio	824-2569
Wooddale Recreation Center 2122 Wooddale Drive Woodbury 735-6214	Mon Thurs	8 - 9:30 pm 1 - 2:30 pm	Cathy Morgan Virginia Morgan	690-5204 459-6059

NOTE: The cost of indoor courts will be defrayed by collecting \$1.50 from each student.

HEY—ALL YOU SINGLES OUT THERE—
sign up for a fun

Singles Tennis Evening

Saturday, February 13, 1993, from 7 to 11 pm
at White Bear Racquet & Swim Club

COST: \$10 PER PLAYER, \$5 FOR NONPLAYERS
this covers tennis, food and beverages

mail your reservation form and check, payable to STPC,
by Tuesday, Feb. 9, to

**Bob Western, 2370 Stillwater Ave, # 301,
Maplewood, MN 55119 phone 735-5761**

Directions to the club: North on I-35E, exit east on Hwy 96 for half a block. Turn left onto White Bear Parkway—the club is #4800. If you get lost, the club's phone number is 426-1308.

RESERVATION REQUEST SINGLES TENNIS EVENING

NON-PLAYER

PLAYER #1

PLAYER #2

NAME

PHONE

your self-rating (1.0 to 5.0)

preferred start time



Holiday Dinner Dance a Success

Over 230 STPC members began their holiday celebrations with a rollicking party at the Decathlon Club.

Merrilyn Belgum, well known comedian, raised the endorphins of all. Bob Deichert at the piano and his band (especially the drummer) had many dancing to tunes familiar to them. The famous Decathlon Club Chicken Wellington was both tasty and attractively prepared.

Credit for the success of the party is given to Marilyn Thorne and her committee. Let's plan on Holiday Dinner Dance II in 1993.

Woodbury Beginner Lessons Will Have a Change of Day

As of January 14, Virginia Morgan's beginner lessons and drills will be given on Thursdays from 1 to 2:30 p.m. instead of Wednesdays from 1 to 2:30 p.m. Virginia's phone number is 459-6059.

Northland in Bloomington has Vacancies

Mike Bosanko is looking for several regular players and substitutes for Northland in Bloomington on Wednesdays from 10 to 12 noon. To sign up, call Mike at 881-0258.

Annual Christmas Drill Rated a Big Turnout

Roger Boyer's popular drill was attended by more than 65 members at the Nicollet Tennis Center on December 17. The following pro staff was there to assist: Connie Custodio, Emie Greene, Percy Hughes, Ginny Owens, Paul Stormo and Jason Sowder. A wonderful time was had by all. Everyone won a prize; the big one, a Prince racquet, was won by Ted Maltese.

RESERVE THE DATE

Annual Meeting with Country Line Dancing



Friday, April 30



Details Later

A Reminder:

Midwinter Tennis Social at the Crosstown Racquet Club

Coming up soon is the Midwinter Tennis Social on Saturday, January 16, at the Crosstown Racquet Swim & Health Club in Eden Prairie. Call Frank McCabe at 633-6319 if: 1) You have not been notified of your exact playing time schedule, or 2) You have not made reservations, but would still like to attend. There may still be some court times available.

1993 SENIOR TENNIS PLAYERS CLUB MEMBERSHIP RENEWAL FORM

RENEW NOW!

Complete this form and send it (no later than January 20, please!) with your check for \$20, payable to **Senior Tennis Players Club, Inc.**, to **Bernice Hanson, 120 Windsor Court, New Brighton, MN, 55112**, phone 633-3276. Note: If you joined STPC in October-December 1992, your 1993 dues are paid in full.

(PLEASE PRINT)

DATE ____/____/____

NAME AND ADDRESS

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE (H) _____ (W) _____

VACATION ADDRESS

Fill this out if you'll be gone for two or more months and want the Senior Tennis Times sent to you.

DATES From _____ To _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

NEWSLETTER MAILING OPTION FOR COUPLES

If you don't want to receive two newsletters each month (every member is entitled to one), please indicate to whom we should address the newsletter.

ADDRESS TO _____

DON'T ADDRESS TO _____

TENNIS SELF-RATING

Indicate your tennis self-rating on the line below. See page 6 for an explanation of the ratings.

RATING _____



SELF-RATING CATEGORIES AND DEFINITIONS

- 1.0 BEGINNER: This player is just starting to play tennis or has limited playing experience and is working primarily on getting the ball over the net; may have some knowledge of scoring, but is not familiar with basic positions and procedures for doubles play.
- 1.5 BEGINNER: This player has more experience than the above player, and can keep score.
- 2.0 INTERMEDIATE: This player can place shots with moderate success; has achieved stroke dependability and direction on shots within reach, including forehand and backhand volleys, but lacks some control when trying for power; seldom double faults on serves.
- 2.5 INTERMEDIATE: This player has achieved more stroke dependability and shot control than the above player.
- 3.0 ADVANCED: This player has begun to master the use of power and spins; has sound footwork; can control the depth of shots and has the ability to use a variety of shots, including lobs, overheads, approach shots and volleys; is able to place the first serve with power and accuracy and serve and volley with some success; is seldom out of position in a doubles game.
- 3.5 ADVANCED: This player can execute most of the above strokes better than the 3.0 player.
- 4.0 EXPERT: This player can execute all strokes offensively and defensively with power and/or consistency; can hit dependable shots under pressure; has good shot anticipation; can regularly hit winners or force errors off short balls; successfully executes lobs, drop shots, half volleys and overhead smashes most of the time; can hit winners or force errors with both first and second serves. Return of serve can be an offensive weapon.
- 4.5 EXPERT: This player has mastered most of the above skills.

1993 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 nonprofit 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 _____

Date _____

PLEASE READ AND SIGN THESE CONDITIONS

Tennis Return: Better to Have a Thorne On Rather Than *In* Your Side

One of my joys in writing about tennis club associates comes during the preliminary discussion with the subject. Most (I call them victims) are modest and protest mildly that no one would be interested in reading about their uneventful lives. On the other hand, a rare few provide enough material to fill the Encyclopaedia Britannica. The educational advantage of the latter is the fact that I can practice editing to keep within space allocations.

Case in point: Marilyn Thorne was somewhat reluctant to talk about herself when I recently interviewed her. When she walked into our meeting place at a Wayzata bistro (and I had never met her before), she lit up the hall with her beautiful, silver-haired carriage. Instinctively I knew this was the American Beauty rose of the Thorne vintage. With a convergence of our eyes, we gravitated towards one another as though we had been friends for many years.

Taking a trip back in time, imagine if you will a gorgeous model walking down the runway displaying the latest in fashion with an air of insouciance. All eyes are focused on her elegance and poise and the manner in which she complements her attire. We're not talking about a shrinking violet here, but rather an enormously attractive Marilyn Thorne seizing the moment. Now can you imagine Marilyn telling me our readers would not be magnetized by her portrayal? Hah!

Thorne, 69, was born (shades of Ogden Nash here) in Minneapolis and graduated from Marshall U High near the U of M. For a short time she attended the U until felled by a severe accident involving a horse. In a brace for several months,

but always with spirits high, she made a decision that calculus and the humanities were not her bag. After a lengthy recuperation, she studied to become an X-ray technician and wound up on the staff of General Hospital's Department of Radiology.

In 1948 she married Dale Thorne, a commercial airline pilot, and in her own words became the "proverbial housewife." With two children in the fold, life became a series of PTA meetings, cooking, entertaining friends, volunteering and creating a perfect home atmosphere for her family. It was an era we look back on as happy and fulfilling, a sharp contrast to today's hectic existence.



Marilyn Thorne

After thirty years of marriage, the Thornes were divorced. There was a brief, trying period that soon evaporated as Marilyn started to grow anew and gather strength of purpose along the way.

In the infant years of STPC, Marilyn

read an article in the newspaper about the renowned Jack Dow. She immediately called him and was advised not to waste time and to get out and join the tennis neophytes. If indeed Marilyn needed a shot in the arm of new friends and surroundings, she got it in spades with her introduction into the group. I have it on strict authority from unprejudiced players that Marilyn has a strong game in her repertoire, and you had better keep your eye on the ball. She confesses that senior tennis has been icing on her cake and a wonderful source of exercise and newfound friends. Another plus for brother Dow!

What makes Marilyn famous is her love of the travel industry and her involvement in it. A travel agent for many years, she is known for her detailed planning. Because she works as an independent contractor, she is not bound by company policies and restrictions. Instead, she can fashion tours customized to a traveler's best interests. This could include African safaris, Europe in a camper, camera outings in her favorite countries, Kenya and Tanzania, tennis camps anywhere you choose—the list goes on and on.

Marilyn has traveled to virtually every place in the world—visiting headhunters in Borneo, travelling by camel and elephant, being entertained by the United States Ambassador to Fiji while promoting tourism, and a host of other fascinating experiences. Even as a young woman she toured Europe in a camper with her family (and admits to wearing false eyelashes all the way).

Her philosophy is reflected in her intense love of her work. She is a happy woman bolstered by her

constant opportunities to travel the world. A member of the selective Minnesota Executive Women in Tourism, she serves as Hospitality Chair for the organization. Since starting many years ago as a travel agent, she has promoted airlines, cruises, special tours and a conglomeration of excursions that are imaginative beyond belief. For three years she joined the STPC gang in Naples, Florida for the annual tennis vacation. In recent years she has organized tennis trips to Palm Island, Florida for STPC members.

A lover of fashion to this day, she is also an accomplished golfer and a cultural aficionado (dance, theater, music, reading). Although she is reticent about her modeling days, she did appear in Life magazine during the publication's heyday. The only boasting she manages is about her two "world's greatest" grandchildren. Other than all types of travel magazines, her favorite reading is the New York Times and the Wall Street Journal.

Just recently Marilyn chaired the STPC Holiday Dinner Dance with 236 members and their guests in attendance. Retirement is not in the offing, she reports, "because I love the travel business and the satisfaction I receive from contented clients." If Bill Clinton were to create an Ambassador of U. S. Tourism in his cabinet, Marilyn Thorne would be a top contender for the position.

Well, I suppose you are wondering about such an uneventful life Marilyn claims she leads? It sounds good to me in view of the fact my next winter vacation will be on the Shakopee slopes. I would really like to take an exotic trip laid out by this effervescent beauty, but I'll hang back until she acquires some confidence. C'mon, Marilyn, you're the Monroe of the travel industry!

Norm Diamond

STPC Members Attend Summit Conference on Seniors' Health and Physical Fitness

The Minnesota Governor's Council on Physical Fitness and Sports has a special concern about the relationship between vigorous exercise practiced over a lifetime and the improvement of the general state of health of all the people in Minnesota. This concern has been expressed in many ways, but in the past year particularly in its sponsorship of a series of summit conferences on the promotion of health and physical fitness. The topic for the fourth Summit Conference in Saint Paul on November 19, 1992 was the promotion of health and physical fitness for seniors.

Participants included Marian Murphy and Tony Finell, who represented AARP (Murphy in the absence of Norm Diamond), and Virginia Morgan, who represented the Senior Tennis Players Club. Sponsors of this Summit were the Minnesota Board of Aging, the Minnesota Senior Federation, the Minnesota Department of Health, the American Lung Association, the American Heart Association, the Minnesota Division of the American Alliance, the Minnesota Chapter of the American Association for Retired Persons and the Minnesota Exercise Leaders for Seniors.

This was the first program to bring representatives of these associations and agencies together so that they could find out more directly what each is doing and discover ways in which they may cooperate effectively.

The results and recommendations of these Summit Conferences will be reported to Governor Carlson as material which he may call on in preparing his State of the State address to the Minnesota Legislature in January. Economic and political considerations are important in the State of the State address, but the state of health of our people of all ages is equally important to our futures. The role that regular vigorous physical exercise may play in influencing better health may be critical to the success of all other considerations.

Salaried Position Open

Writer/editor with full responsibility to produce the monthly *Senior Tennis Times*, from news gathering to delivery of finished product to printer. Design forms, schedules and ads. Maintain membership database. Attend Board meetings. Field hundreds of phone calls from members. Desktop publishing, word processing and relational database experience needed. Call Holger Christiansen at 754-6484 if interested.



Mary surrenders!

Tennis Etiquette—or Order on the Court

1. When playing indoors, walk behind the courts *only* when people who are playing are between points.
2. If your ball strays over to another court, *don't chase it*; ask for help when the players are between points.
3. *Wait* until the receiver is settled before serving to him. Also, when returning balls to your opponents, *wait* until you have their attention. Then toss the ball.
4. "Out" balls should be called "out" immediately by the person or persons on whose side the ball bounces.
5. Don't apologize to your partner for errors you make and don't expect apologies from him. You would be better off to channel your mental energies into playing tennis.
6. Use common courtesy, but don't be so courteous as to let your opponent win!



In Memoriam

Clancy Lindvahl, 67, of Center City died on December 9, 1992 of leukemia. We extend our sincerest sympathy to his wife, Irene, two daughters, three sons and six grandchildren.

Clancy thoroughly enjoyed his membership in the Senior Tennis Players Club over the last three years. He was the one under the pseudonym of The "Racquet"-eer who designed a tennis crossword puzzle which was published in a 1991 issue. He played at Como, Nicollet, White Bear and Woodbury, and the friendships he made through the Club were important to him.

Mrs. Lindvahl asked us to thank those who remembered him during his illness. Your kindnesses will always be remembered.

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Call Mary Kaminski at 781-3271

*"A mind is like
a
parachute,
It functions
only when it's
opened."*

The deadline for articles to
be published in the
February issue is
January 20, 1993

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For more information call 470-6364
• Northland membership not necessary

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Form a group for after the holidays!

Groups of six are \$59
Private lessons available upon request.



HAPPY
NEW
YEAR!



The membership count as of December 20, 1992 is 1555.



Last call—pay your dues!

1992 - 1993

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H. Jack Dow

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Mona Mae Zarling, Senior Vice President	822-5522
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