

TIMES

Senior Tennis

Volume 6, Number 3

March 1993

From the President *Holger Christiansen*

My wife, Dagny, and I have just returned from a wonderful trip to Naples, Florida, where we stayed at the World Tennis Center. The weather was almost perfect—sunny with temperatures in the mid-to-high seventies almost daily. But, we got back none too soon. The weather forecasters are saying (as this is being written) that the temperature will fall to ten to fifteen below in the next couple of days, and we wouldn't want to miss that, now would we? It's good to be home even if

the change is so dramatic, and perhaps traumatic.

It was fun to spend time with some of our fellow STPC members who were there, to renew old acquaintances, and to make new ones.

New members of the Board of Directors will be elected at the next meeting of the Board. Results will be announced in the April issue of the *Times*. We have had the names of several very competent people submitted as nominees, and I expect that each of them would provide the Club with good leadership if they

were to be elected. I do appreciate their willingness to be considered for election.

Don't forget to mark the date of the annual banquet on your calendars. It sounds like it will be a very fun-filled evening. Keep checking the *Times* for all of the details.

How ironic that my two-sentence tribute to Arthur Ashe in the February issue of the *Times* should be published at just about the time of his death. The world of tennis lost a great player, teacher and spokesman; the world lost a fine person.

In This Issue—The Roster Is Here!

Here's your 1993 membership roster! Please check your listing right away. If there's an error, call me at 781-3271 and I'll correct the membership information.

Remember, if you move during the year, let me know your new address. That way, our information will be up to date and you'll continue to receive your copy of the *Senior Tennis Times*.

Your membership roster is your 1993 guide to your fellow tennis players. We'll publish the names and addresses of new members and any changes you give us every month in the *Times*. Keep these updates with your roster and you'll be current all the time!

Captains, check your people to see that they're active members. If they're not listed in the roster, they haven't paid their dues and shouldn't be playing under STPC's sponsorship.

Mary Kaminski, editor

*The roster
is your
guide to
all your
fellow
tennis
players.
Keep it
handy!*

Tennis Tips

*This Month's Tipster:
Ginny Owens*

The Half-Volley

Being forced to use the half-volley is a stroke few players choose to use, but sometimes, mostly when you're in no man's land, there is no alternative.

The half-volley is often a defensive, pick-up stroke, where the racquet

strings meet the ball just as it starts its upward flight after the bounce. The keys to a well-executed half-volley are exact timing, getting right down to the bounce, watching the ball and using a short, firm-wristed swing.

On both the forehand and backhand sides, bend your knees as you turn on your rear foot. Then, step in on your front foot, getting as low as possible, taking your racquet back only a short

distance at a low level. Keeping your eyes on the ball, slightly open the racquet face to give enough angle to clear the net. Keep a firm wrist and use a lifting motion on the follow-through.

This tennis shot requires practice to develop timing and technique, but is well worth your efforts so you can handle the half-volley when confronted with it in your regular play.



Inver Grove Heights Schedules Outdoor Play

Captain Dorne Davis (457-3940) announces his schedule for North Valley Park, 70th St, Inver Grove Heights. Play will be on Mondays, Wednesdays and Fridays from 9-11 a.m. starting April 19, weather permitting.

Sunrise Community Center White Bear Lake

Courts have been reserved Mondays through Fridays 7-11 a.m. from May 1 to June 11.

South Campus, White Bear Lake Drop-ins will be welcome on Mondays, Wednesdays and Fridays from 7-10

a.m., starting June 14 and ending September 30.

Regulars and Subs Wanted for Decathlon Club

Captain Florence Habegger needs women with a rating of 3.0-3.5 to play as regulars and substitutes at the Decathlon Club Tuesdays from 10-11:30 a.m.

Men and women are needed to play as regulars or subs on Fridays from 9:30-11 a.m. at the Decathlon Club. If interested, call Florence Habegger at 869-7918.

Wooddale Schedule Change

Lessons and drills at Wooddale on Thursdays from 1-2:30 p.m. will be discontinued on March 18. Virginia Morgan will instruct on Mondays from 8-9:30 p.m.

Percy Hughes Certified as an NTPR Verifier

Percy Hughes has recently been certified a National Tennis Rating Program verifier. If any STPC member would like to be officially rated, call Percy at 545-7696. He will let you know the date of the next

clinic when you can be rated.

St. Patrick's Day Senior Tournament at Wooddale

A senior tournament will be held at the Wooddale Recreation Center, 2122 Wooddale Drive, Woodbury. The tournament will run from Monday, March 15 through Friday, March 19, from 8:00 am to 5:00 pm (you must call for match times). The entry deadline is Monday, March 8.

- All events are double elimination
- Women's singles and doubles—Monday
- Men's singles and doubles—Tuesday and Wednesday
- Centurian's mixed doubles (ages of partners must total 100 or more)—Thursday and Friday

The cost is \$16 for doubles teams; and \$10 for singles. Trophies will be awarded for the championship division and the consolation division. Entry forms are available at Wooddale. Contact Lois Nordman at 735-6214 for more information.

The next tournament will be in October.

Mary Had a Little Lamb, and She Inherits the Editorship in May

Mary Kaminski is relinquishing her post as editor of the *Senior Tennis Times* on May 1 after eight years of service. Her replacement is her daughter, Nancy, who is a freelance and contract technical writer and editor. The selection committee for the editor's position was chaired by Norm Diamond, aided by Jean Wallace and Gene Daugherty. Other than Nancy Kaminski, there were three applicants for the appointment.

Initially, Mary served three years as an unpaid volunteer in the editor's capacity. For five years she has done an outstanding job as a paid employee in addition to her numerous activities as an STPC Board member. In researching the considerable amount of time Mary spent on the paper and its varied details, the selection committee has nothing but high praise for an act that will be hard to follow.

In Mary's own words, "I enjoyed every minute of it, even

though it was all-absorbing and was virtually running my life." She wants to do other pleasurable things—and finally "retire."

For fourteen years before retiring from Land O'Lakes, Inc. Corporate Headquarters, Mary was an administrator in the Information Systems Division. Her dedication to the STPC is legend and undoubtedly she'll be looking over her daughter's shoulder to make certain the newsletter continues to maintain its high standards of quality.

Mary will continue avidly pursuing her love for tennis and do more traveling. She leaves behind a legacy of professional ability, people experience and the motivation to get things done—with warmth and always a ready smile.

Norm Diamond

Sprains-Strains-Aches-Pains When to Worry/When to Relax

**a presentation by Dr. George Kramer
Chair of the Department of Physical Rehabilitation and
Director of Sports Medicine at Park Nicollet Clinic**

Wednesday, March 24, 1993, 7:00 p.m.

Richfield Community Center

7000 Nicollet Avenue South, Richfield

Free! (Part of the Membership Appreciation Series)

Program Chair: Susie Mackenstadt / Sponsored by STPC Activities Committee



Annual Meeting

Friday, April 30, 1993



*Knights of Columbus Hall
1114 West 79th Street
Bloomington 888-1492*

Happy Hour	6 pm	Reasonable Cash Bar
Buffet Dinner	7 pm	Texas Bar-B-Que
Business Meeting	8 pm	Holger Christiansen, presiding
Line Dancing	8:30-11 pm	

Join the fun with Rea Brown, one of the
Twin Cities' best country line dancing teachers

Only \$13 per person!

Reserve a table for eight for your member friends
(please send list)



Send a check, payable to STPC,
by April 16 to:

Bob Metcalf
860 West Moore Lake Drive
Fridley, MN 55432

Come Casual or Costumed, But Come!

Congratulations!

The latest STPC members to complete twelve lessons are:

Carlton Carmody
Marge Northup
Marian Stevenson

Note to new students—are you notifying your instructor after twelve lessons? If not, you should!



Let's Do It Again! (The Singles Event, That Is)

The Singles Event on Saturday, February 13, was fun, according to the participants. We had only one married person present, and that person expected to play singles tennis (two people on the court). It wasn't a disaster and didn't present a problem. There were requests for another similar event.

Bob Western thanks the workers for their excellent help which made the program what it was. Those people were: Dorothy Jones, Bev Sinniger, Bill Michalko, Gordon Strand, Roni LeRoy, Ginny Benson, Helen Heaton, Harriet Kidder and Jeanne McConnell. Valuable last-minute help came from Pat McCarthy.

U. S. National Senior Sports Classic IV to be Held In Baton Rouge, June 1993

More than thirty qualified STPC members are making plans to join over 100 Minnesota athletes in participating in the 1993 Senior Olympics, to be held in Baton Rouge, Louisiana this June.

Baton Rouge is home to the fine sports facilities at Louisiana State University, Southern University and the Baton Rouge Recreation and Parks Services. We can see the nation's tallest state capitol here, as well as historic southern plantations, and enjoy relaxing Mississippi river cruises.

A Celebration of Athletes will be held at the Pete Maravich Assembly Center, while another night will be a Louisiana Mardi Gras on the downtown riverfront. And there'll be a Special Saturday Night Minnesota Get-Together.

A musical show is planned for May 21 as a special fundraiser to aid the participants in the games. The Senior Olympics should be a good time for all participants—after all, the slogan for Louisiana is "Laissez les bon temps rouler!" or "Let the good times roll!"

Norm Diamond Gets New AARP Post, Looks for Qualified Speakers

Norm Diamond, VP in charge of STPC's public relations, has been named to a newly-created post by the American Association of Retired Persons (AARP). He was appointed to head the Minnesota Speakers Bureau for AARP on January 1. Formerly he was State Coordinator for AARP's Citizen Representation Program.

In his new position, Norm will direct a team of speakers who will cover important matters that concern senior citizens. Some of the categories include Social Security, Retirement Planning, Widowed Persons Service, Cultural Diversity, Women's Initiative, Economic Security, Health Care, Voting, Legislative Inroads and a host of others.

Currently Norm is assembling a team of capable speakers and looking for many more to cover topics that would be interesting to seniors. If you would like to be a speaker, call Norm at 920-3530. This is your chance to present your ideas and interests to an audience and hone your skills in public speaking.

The deadline for articles to be published in the April issue is March 20, 1993

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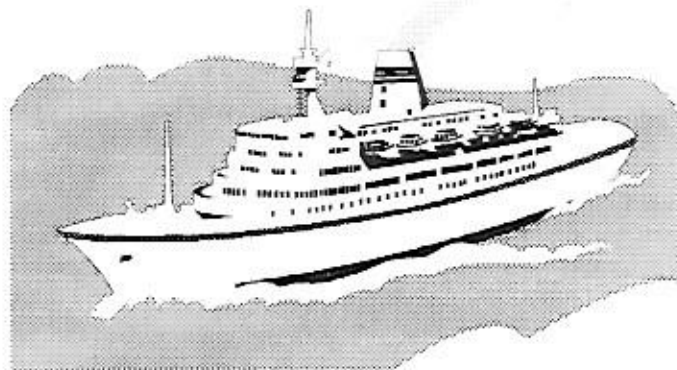
full page ----- \$100
one-half page ----- \$75
one-quarter page ----- \$50
classified ads (max of 4 lines,
available to members only)---- \$15

Call Mary Kaminski at 781-3271

Jeanne Jeffords and the
Dance Around the World Travel Club present

Key West & Caribbean Highlights

aboard Royal Cruise Line's *Golden Odyssey*
7-day cruise plus air, November 3 through 11, 1993
Nassau to Aruba



Nassau, Bahamas
Key West, Florida
Georgetown, Grand Cayman
Ocho Rios, Jamaica
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Enjoy Greek hospitality, exquisite dining, dancing, and first class entertainment on board the intimate *Golden Odyssey*. There are so many activities it's hard to choose!

For ladies traveling alone, there are hosts for your dancing pleasure every night. There will be a host exclusively for our club!

If you like white sandy beaches and crystal clear blue water, snorkeling, scuba diving, terrific shopping and lovely resorts, this is your cruise.

Cruise Night ***April 22***

To answer your cruise questions, come to Cruise Night, 7 pm on April 22 in the indoor pool building at the Greenfield Apartments, 920 Feltl Court, Hopkins.

Directions: Go west on Crosstown 62, exit on Shady Oak Rd. Go north 1 mile to Smetana. Turn right on Smetana to Feltl Court (not Road!). Follow the red and white balloons.

Seating for Cruise Night is limited, so please call Jeanne at 932-9929 to reserve a spot. Or ask her to mail you a cruise brochure and information about the club.

Early Bird Fares
(available until June 1)
start at only \$1095
air from Mpls, \$200
Port charges, \$130

\$5.00 will hold your
cabin for 30 days

Optional Hotel Program ***Stay overnight in Miami***

A one-night rest stop will leave you fresh for the flight to Nassau to meet the *Golden Odyssey*.
\$79 per person double,
\$109 per person single.

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WORLD TRAVEL CLUB**
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Hopkins, MN 55343
612-932-9929



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	545-7696 546-9666
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	8-9:30 pm	Virginia Morgan	459-6059

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

1993 Senior Tennis Camp Registration

The Senior Tennis Camp at River Falls, Wisconsin, will be held in five sessions in July and August. The session fees include room and most meals, coaching, workshops, station drills, and organized or individual play under the professional leadership of USTPA coaches Connie Custodio, Lois Nordman, and Ernie Greene.

In addition to tennis the River Falls campus offers volleyball, horseshoes, bocce ball, billiards, plus hiking and biking trails for your enjoyment. River Falls has the added excitement of being the summer practice home of the Kansas City Chiefs on the same campus.

Session prices are based on double occupancy. There is a \$3 surcharge per night for a single room. Air conditioning costs \$3.50 extra a day per room.

Registration is limited, so sign up soon!

How to register: On the form below, please indicate which session(s) you will attend, preference for single or double occupancy and air conditioning.

Send this registration form and a check payable to Senior Tennis Camp in the amount of \$50 per person, as a down payment to:

Check Supplee (612) 888-0551
5144 Balmoral Lane
Bloomington, MN 55437

Ginny Heinzen (612) 933-1613
4746 Barbara Drive
Minnetonka, MN 55343

Note: A 25% service fee on the down payment will be retained if you cancel after May 1, 1993. A 25% service fee on the full amount will be retained if you cancel after July 10, 1993.

Name #1 _____ Phone _____
Name #2 _____ Phone _____
Address _____
City, State, Zip _____

SESSION	DATES	DAYS	COST EACH	DOUBLE	SINGLE (\$3/day surcharge)	AIR COND (\$3.50/day surcharge)
1	Jul 26-30	5	\$245			
2	Aug 2-5	4	\$205			
3	Aug 6-8	3	\$155			
4	Aug 9-12	4	\$205			
5	Aug 13-15	3	\$155			

Waiver and Indemnity Agreement

Acceptance of my entry in these events is without responsibility of any kind by 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 Date

Signature Date

Tennis and Life Clinic Will Interest Seniors

A special session for seniors will be part of the 1993 Tennis and Life Clinic on Saturday, April 3, at Eagan High School in Eagan. The all-day clinic hours are 8:30 to 5:45. Roger Boyer and Connie Custodio are the clinicians for "Vintage Tennis for Senior Players." There will be other sessions, too, applicable for seniors.

Discounted tickets for seniors will cost \$20 (the cost for adults at the door is \$35, \$30 for advance tickets).

Featured presenters will be Jose Higuera who coaches number one ranked Jim Courier and Tim Gullikson, coach of number three ranked Pete Sampras. They will share tips, strategies and techniques on what makes Courier and Sampras two of the top players in the world. There will be a tribute to Arthur Ashe. Plans for a fund-raising dinner that evening honoring Arthur Ashe have been canceled.

Additional information is available from the STPC teaching pros. For registration information, call Tim Harrigan at NWTa, 612-546-0709, or call 1-800-536-NWTa.

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Senior Tennis Players Club, Inc.
1058 - 137th Lane NE
Ham Lake, MN 55304

MARCH 1993

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