

From the President *Holger Christiansen*

In one of my earlier columns I asked our snowbird members to save some sunshine for Dagny and me, as we planned to spend some time in Arizona. Such hospitality! We arrived in Phoenix on the first of March and the sun has shone every day since, with temperatures ideal for tennis each morning and afternoon. It's especially nice, since we understand that January and February were really not that great here, with lots of rain and many cloudy days. However, that too is to our advantage because the desert is as green as most people out here have ever seen—it's beautiful. Of course, by the time you read this, we'll be back home, ready for spring to bring Minnesota back to life.

Your Board of Directors at its February meeting elected five new directors. They are Char Hall, Matt Little, Frank McCabe, Marilyn Thorne and Nat Watkins, each elected for a three-year term. Congratulations to all of them, and welcome. As we move into another year these people will add their strengths to keep STPC a strong and moving organization.

And to our outgoing board members Al Andercgg, Bob Curran, Virginia

Morgan, Marian Murphy and Mona Mac Zarling, a very large and sincere thank you. Your contributions have enabled all STPC members to have an opportunity to participate in one of the best clubs of its kind in the nation. Let's hear it for each of them: APPLAUSE!



John Bolger Memorial Tennis Clinic Scheduled

Gen and John Bolger were among the earliest board members of the Senior Tennis Players Club. Both were avid tennis players and participated in tennis trips to Naples, Florida, Wimbledon, the U. S. Open and the French Open. John loved to play tennis. He was mild-mannered, soft-spoken, and a real gentleman. When on the tennis court, his competitive spirit emerged and he got great satisfaction in beating a younger or more mobile opponent with his shot skills and anticipation he had developed over years of play. He played and enjoyed tennis literally to the day of his death. He taught his sons well in all respects—tennis, business and as a role model.

A tennis clinic as a memorial to such a tennis player, civic leader, gentleman and successful businessman who contributed a great deal to Senior Tennis seems particularly appropriate. Hopefully it will become an annual event where senior tennis players can hone their skills and enjoy the game as John did.

The clinic will combine instruction, play and a light lunch for the modest fee of \$10. (The lunch will be subsidized by Bolger Creative Printing, the company John founded and is now run by his three sons Jack, Charlie and Dick Bolger.) It will be held Tuesday, May 11, from 9-12 a.m. at the Nicollet Tennis Center. Participation is limited by court space availability so early sign-up is advisable.

Don't Forget
the Annual Meeting

Friday, April 30

see the March issue of
Senior Tennis Times
for all the details

John Bolger Memorial

— Tennis Clinic —

Tuesday, May 11,
9-12 noon

Nicollet Tennis Center
4005 Nicollet Avenue
Minneapolis, 825-6844

instruction – play – light lunch
lunch subsidized by Bolger Creative Printing

Enrollment is limited, so act soon!
Reservations are due by April 30.

Fill out this reservation form and send it with your check for \$10,
made out to Senior Tennis Players Club, to:

Dick Gehring
8044 Pennsylvania Rd.
Bloomington, MN 55438
944-0957

Name: _____

Address: _____

Phone: _____

Self Rating: Beginner ___ Intermediate ___ Advanced ___

Tennis Tips

*This Month's Tipster:
Connie Custodio*

Racquet Preparation — Short Balls

Racquet Preparation

Your racquet should always be ready to hit the ball before the ball crosses the net.

A classic example: If you have ever watched Chris Evert play, you may have noticed that as soon as she hears the sound of the ball leave her opponent's racquet, her racquet is in position to hit the ball. This was one of her strongest characteristics during her long and

successful tennis career.

Make Up Your Mind on Shorter Balls

At a clinic given by the late Arthur Ashe, he emphasized the reason that college players miss shorter balls is because they change their minds on where to hit the ball. You should just make up your mind on shorter balls, stick with your decision, and then put away those shots. Like they say on TV, *just do it!*



Mark Your Calendar for Across America Tennis Day

Everybody's invited for a morning of fun. Come celebrate the United States Professional Tennis Association's Across America Tennis Day with stroke drills for players of all levels. The date is Thursday, May 6, at Wolfe Park in Saint Louis Park from 8:30 to 10:00 a.m. The entire teaching staff will be there to conduct the drills. It's always fun, and everyone is welcome!

A group of capable volunteers are invaluable at our drill sessions throughout the year. Their help makes the drills not only thorough, but the students are given adequate attention, which makes STPC's drills special and exceptionally complete. On behalf of all the participants, Percy Hughes thanks

the following who assist our pros: Lenny Brawerman, Cathy Morgan, Dick Pratt, Jason Sowder and Paul Stormo.

A Note to All Outdoor Tennis Captains

Please contact Charlie Peterson at 471-9524, as soon as possible with any changes from last year's outdoor schedule. We plan on printing the outdoor schedule in the next *Times*.

A reminder: Captains, check the new roster and be sure all your players are STPC members.

Women's Summer Tennis Hit N Giggle League is Underway!

Don't let our name fool you. We are out for tennis! and fun. If you'd like to play and join us, we invite you to call and let us know.

We plan to play on Wednesday mornings. We had four teams last year, and look forward to four teams this year. When it rains, we reschedule before the following Wednesday. There's no cost—only your own travel or lunch, if that's an arrangement you make (and some of us do)—and tennis balls. I plan to set up a schedule so if you wish to play,

please call and leave your name with me, (Shirley Pratt, at 433-3583) or on my answering machine. Someone will call you soon. We start in May.

Woodbury Schedules Outdoor Play

Captain Gar Davis (735-5691) announces his summer schedule at the Woodbury Grade School near the intersection of Valley Creek and 494 in Woodbury. Play will be on Mondays, Wednesdays and Fridays from 8 to 10 a.m. starting Monday, May 3, or earlier, weather permitting.

Twelve-Lesson Awards Congratulations to:

VIRGINIA JOHNSON
JIM McCUE

the latest grads to complete twelve lessons.

Notice to new students: Please notify your instructor after twelve lessons.



In a Year's Month of Sundays, There's No Couple Like Bundays

Lois and Ned. No Ginger and Fred. Nor Foxx's Redd. Or a Sea that's Dead. Not easily led. One spouse Phy. Ed. Fifteen years wed. Enuf said!

We're profiling Lois and Ned Bunday (64 and 72 years old, respectively) who one day decided to get married and have lived happily thereafter. This is a classic tale of two warm and personable people, widow and widower, who met at a Matched Singles Club under the old Parade Ground bubble courts. It wasn't exactly love at first foot fault, but shortly they were netted and wedded.

How they joined the STPC is another shining example of the great impresario, Jack Dow, at his promotional best. Jack somehow talked the HMO people into sponsoring free memberships and tennis clinics for seniors a decade ago. The Bundays, seizing on the opportunity to get involved after reading about Jack's recruiting skills, leaped into the fray. Little did they know that the STPC would grow into the largest tennis organization for seniors in the country. The Bundays are lavish in their praise of Jack, who continues to be the STPC's honorary president and founder.

It should be recalled here that Lois and Ned furthered their romance by getting hooked in a bridge club. When Lois saw Ned sans tennis outfit riffling the cards for the first time, she thought he was wearing a pinstriped suit which she detested. It turned out her eyesight on the tennis courts surpassed her social vision and Ned mustered a case of mistaken suit colors with flying triumph.

The old adage that opposites attract comes into full play where the Bundays are concerned. They differ on politics, the environment, how tennis should be played and many other idiosyncrasies that make for an exciting marriage. Some wag once wrote that "marriage is an arrangement by which two people start by getting the best out of each other and often wind up on the other end of the spectrum." Not so in the case of the Bundays, who view marriage as an ideal thing not to be confused with what therapists might advise under certain conditions.

Although Ned was born in Minneapolis, he somehow got shuffled to Sheffield, Massachusetts, where he graduated from their high school. He then took some college courses, but was more interested in going to radio school. Later he would become a real estate appraiser, but that's jumping the gun. Ned's mother attended MacPhail Center for the Arts in Minneapolis, specializing in music and drama. To keep

fiscal, she sold encyclopedias and children's books all over the country. Consequently Ned was in a new school each year, and from the age of ten on, boarded with different families. He had a close relationship with his mother and credits her with endowing him with a fine sense of humor.

Although Ned never toots his own horn, the truth of the matter is he played the trumpet and had his own dance band after high school. In World War II, he became a lieutenant junior grade and served as radio officer in the Merchant



Marine for four years. He sailed with convoys and navy destroyers all over the world and cites being lucky not to have been attacked by the enemy. After the war he met his first wife in Mobile, Alabama, and settled down in Wenatchee, Washington as a radio operator for Northwest Airlines. He later transferred to Minneapolis and subsequently LaCrosse with NWA, where he remained for five years.

He then joined Texaco in their real estate department, traveling five states to spot locations for the corporation. After a stint with the giant company, he went into real estate in Minneapolis as a salesman. This continued until 1976 when his wife tragically passed away. He was devastated by her death and stopped working, although he kept his office. It was then, at 55 years of age, he took up tennis at the Matched

Singles Club and met Lois, a charming widow who had taught health and physical education part time at Hamline University for some twenty years. A romance slowly blossomed and the Bundays were married on Christmas Day 1978. Ned brought one son to the marriage and Lois had two boys. They now have five grandchildren in the united family.

One of Sinclair Lewis' claim to fame as a noted author came from the fact he lived next door to Lois in Sauk Centre. Although born in St. Cloud, Lois emigrated to the metropolis made famous by the Lewis literature and graduated from Sauk Centre High. She later attended Hamline University, graduating with a bachelor of arts degree in health and physical education. Before joining the staff of her alma mater, she taught school for a spell in the Hudson, Wisconsin high school system. She later became a phy. ed. instructor in the elementary schools in Minneapolis.

During the Korean War, Lois joined her marine husband, Ted Christensen, in California for two years. They returned to Minneapolis where Ted entered the University of Minnesota and played quarterback for the football Gophers. He later became an educator/principal at Mounds View High and a well-known sports figure and referee in the Twin Cities area. Meanwhile Lois was raising two sons and getting her M. A. degree at Hamline. She began her part time teaching career when the boys reached the first grade. An activist on the Hamline campus, Lois won the Torch and Cycle Club Outstanding Award. Ted passed away at 45 and Lois entered

a new chapter in her life.

After she met and married Ned, the Bundays really got active in the world of tennis. They joined the Northwest Racquet Club, played tennis four times weekly, went to the U. S. Open via a Jack Dow promotion, participated in the U. S. N. O., and went to Naples, Florida for the Third Senior Olympics. Through Mandy Johnson, Ned joined the STPC Board for five years and directed tournaments and social events with professional skill.

Both have traveled all but two states in the country and never let a day go by without indulging in their hobbies—skiing, biking, sailing, bridge and, of course, tennis. Just recently, Lois joined Sue Larson on an Elderhostel biking trip in Holland. Ned has countered with an avid interest in music and computers to round out the family motivations.

Ned thinks "funny" which translates into humor at its best. If the Bundays have a philosophy of life, it might read like this: "We admire people who are straight-shooters, can laugh at themselves, roll with the punches—and like big band music." That brings us to the only dissent in the otherwise happy arrangement. Lois loves to dance, but Ned doesn't!

Now I don't want to interfere in this idyllic marriage, but, Ned, I'd like to introduce you to my friend, Arthur Murray!

Norm Diamond

Dr. Kramer Presentation Gave STPC Members Good Advice

"As the aging population continues to become more active in sports, we are treating injuries in this group we didn't see even ten years ago," said Dr. George Kramer in his slide presentation sponsored by the Activities Committee at the Richfield Community Center on Wednesday, March 24. "But also there is evidence that this group remains active and independent much later in life."

Dr. Kramer, Chair of the Department of Physical Rehabilitation and Director of Sports Medicine at the Park Nicollet Clinic, focused on the most common injuries experienced by the mature adult. These are sprains (torn ligaments), strains (torn muscles) and tendonitis (inflamed tendons). The

areas of the body most often affected are the shoulders, knees, calves and elbows.

Dr. Kramer said the best way to avoid these injuries is with a good conditioning program. This should be a jogging-type warmup of five to ten minutes before tennis, in which you break into a light sweat, along with five to ten minutes of stretching exercises before and after tennis. A strengthening program three times a week with gradual advancement is also advised. A caveat: Do not bend over to touch your toes, and be careful of what weightlifting you engage in.

Following the talk, there was a lively period of questions from the 40 or so persons who attended. Our thanks to the doctor for his interesting and helpful talk.

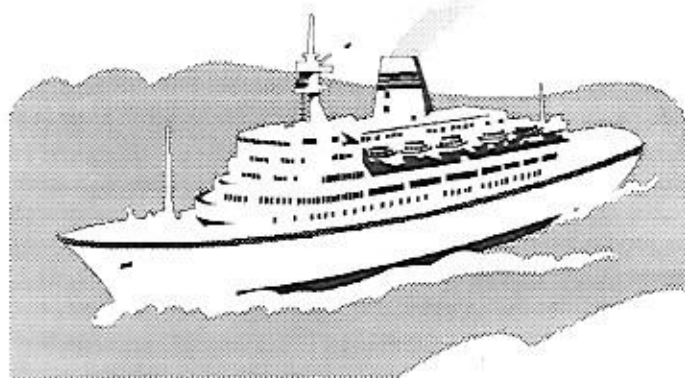
Susie Mackenstadt, Chair

The deadline for articles to be published in the May issue is April 20, 1993. Remember—send them to Nancy, not Mary Kaminski—we've had a change of editors! (However, the address remains the same.)

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
Willemstad, Curacao
Oranjestad, Aruba

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.

DANCE AROUND THE
WORLD TRAVEL CLUB
1930 Feltl Court #139
Hopkins, MN 55343
612-932-9929



Fred Wahlster Celebrates His 85th Birthday

The Tuesday morning 9-11 group at Nicollet Tennis Center helped Fred Wahlster celebrate his 85th birthday on March 16. Lunch at Curran's Restaurant and a birthday cake marked the occasion. Happy Birthday, Fred! We hear that you play racquet ball, too. More power to you!



Fred Wahlster



Standing: Harry Holtz, Connie Metcalf, Bill Gray and Dorothy Ayres Seated: John Bossenmaier, Fred Wahlster, John Proctor, Karen Porter and Carmen Montgomery.

"Grandma" Wanted

Active couple seeks
"Grandma" to care for twin
infants in our Linden Hills
home. Become part of
our loving family.

Part time, flexible hours.
Please call Bridget at
920-5579.
References required.

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 Creations, 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

An Invitation to Participate in the USTA League Senior Tennis Program

The USTA and the Northwestern Tennis Association (NWTa) invite STPC members to participate in the USTA League Senior Tennis Program.

Senior teams are being formed. The roster deadline is May 28; play starts June 21. A sectional tournament is to be determined. The National

Tournament is scheduled for October 29-31 in Tucson for levels 3.0 and 3.5; November 5-7 in Phoenix for levels 4.0 and 4.5.

We're forming men's and women's teams at levels 3.0, 3.5, 4.0 and 4.5. Players must be 50 years of age anytime in 1993. If you want to get on a team or if you are a captain and need players, call the Match Line, 333-6030. If you have questions, call Liz Kamish at the NWTa Office at 546-0709.

Ad Rates

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

Call Nancy Kaminski at 781-3271

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.

1992 - 1993

Founding President
H. Jack Dow

Board of Directors

Holger Christiansen, President	754-6484
Mona Mae Zarling, Senior Vice President	822-5522
Bernice Hanson, Treasurer	633-3276
John E. Stecklein, Secretary	644-8304
Norman Diamond, VP Public Relations	920-3530
Mary J. Kaminski, VP Newsletter	781-3271
Sue M. Larson, VP Activities	929-4673
Jerry Lund, VP Facilities	484-6164, 633-9000
Charles B. Peterson, VP Tennis Programs	471-9524
Marian Murphy, VP Membership	338-1159
Alfred F. Anderegg, Director	377-1685
Robert M. Curran, Director	450-6243
Gene Daugherty, Director	455-7177
Emily W. Day, Director	869-7024
Percy Hughes, Director Lessons	545-7696
Bob Metcalf, Director	571-3596
Virginia Morgan, Director	459-6059
Jean Wallace, Director	925-4133

SENIOR TENNIS TIMES

Is a monthly newsletter
Published by and for
the members of the
Senior Tennis Players Club, Inc.
1058 - 137th Lane NE
Ham Lake, MN 55304
612-754-6484

A Nonprofit Corporation

Editor
Mary J. Kaminski
3300 East Gate Road
Saint Anthony, MN 55418-2545
781-3271

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

APRIL 1993

Nonprofit
Organization
US Postage
PAID
Minneapolis, MN
Permit No. 3270