

# Senior Tennis times

Newsletter of the Senior Tennis Players Club, Inc.

## It's time to renew your membership!

Yes, it's that time of year again. Holiday baking, shopping for gifts, shoveling snow, getting ready for that sunny southern vacation...and renewing your STPC dues.

Take a few minutes to fill out the renewal form that's in this issue of the *Times*, stuff it in an envelope and send it with your check for \$20 to David Brink. His address is right on the form. Be sure to let us know your vacation address if you're gone two months or more, and sign that form! (And please — don't cut it. We think things file much more nicely when they're all the same size, don't you?) It's fun! It's easy! Do it today!

### Getting two Timed this month

If you're one of the 150 or so couples who have requested that we only send one copy of the *Times* to your house every month, you might be wondering why this month you've received two

copies. The reason is simple — it's membership renewal time and we want each and every STPC member to have their own renewal form! So please, take the time to fill out your individual renewal form (please, don't combine couples on one form).

### Gift memberships



Give a spouse, relative or friend an STPC membership as a holiday gift! They'll get year-round exercise and socializing — what better way could you spend \$20? Spread the fun and enjoyment!

Call Char Hall at 474-5873, and she'll send you a membership information packet to be given to that special person. As a bonus, the first 7 callers will receive an STPC tennis cap for bringing in a new member. Give the gift of fun. Call Char today!

### Mark your calendars for February fun

There will be a tennis party for STPC singles, men and women, Saturday, Feb. 18, at the White Bear Racquet Club. There will be tennis from 5-7 P.M. and a surprise afterwards. Watch the January *Senior Tennis Times* for more details.

## renewal form inside

### Roger Boyer's Christmas Drills

Roger Boyer will hold his annual Christmas Drills on Thursday, December 15, at the Nicollet Tennis Center from 8:30-10 A.M. All STPC members are welcome. Roger, the Prince representative for this region, will run the drills together with Ginny Owens, Percy Hughes and Paul Stormo. As in previous years, Roger will bring prizes.

### Calendar of Events

Holiday Dinner Dance.....	Dec. 7
Roger Boyer Christmas Drill .....	Dec. 15
Membership renewals due.....	Jan. 2
Crosstown Tennis Party.....	Jan. 28
White Bear Singles Tennis Party.....	Feb. 18



---

**December 1994**



## Baseline

**John Stecklein**  
STPC President

If any of you tried to reach me but were unable to during the past several weeks, I apologize. My wife Helen and I took a very pleasant automobile trip through the West to California to visit my 93 year old mother, and for me to attend the 50th reunion of my college class. It was good to see some of my old classmates—most of whom I had not seen since graduation—and to renew bittersweet memories of wartime college/military life. We also had some exciting and very competitive games of Scrabble with my mother, who can hold her own against about anyone. We always learn some new words, too. This time the words were “vug” and “ruth”. I won’t tell you what they mean; you will have to look them up.

During my absence, Bob Metcalf, our Senior Vice President, capably presided over the November 1 meeting of the board. There is not much new to report. The Committee STPC 2000 and the Committee

on Administrative Organization are making progress and holding meetings. The two social events so far this year broke even, which is a tribute to the good planning of those in charge of the events.

Following a report of declining attendance at the Newcomer Lessons/Drills sessions, Percy Hughes, Coordinator of Lessons, was asked to study possible reasons for the decline, including the current schedule of lessons and the need for more publicity about them, and make recommendations for change, if necessary. If you have suggestions or comments about the current program of lessons/drills, please contact Percy (545-7696). I will remind you that the drills are open to all members.

The other major item was the appointment of a nominating committee for new board members. The committee will be composed of Don Bratt, Sue Larson, Chuck Slocum, Matt Little, Bob Metcalf,

and Marilyn Thorne. As dictated by the bylaws, the president will serve as chairman of the committee. We will be meeting in December. If you would like to be included in the list of possible nominees, please tell any of the members of the committee or me as soon as possible. If you would like to nominate someone else, please do likewise but provide some background information about the person(s). The deadline for nominations from the membership at large will be December 23. Nominees will be recommended to the board and voted on at the January 10, 1995 board meeting. The meeting will be held at the New Brighton branch of Norwest Bank, at Silver Lake Road and Highway 694, at 1:30 P.M.

Helen and I wish you all a very happy holiday season and a prosperous New Year.

### Senior Tennis Players Club, Inc.

A nonprofit corporation. 1988 North Wheeler St., Saint Paul, MN 55113. 612-644-8304

### Senior Tennis Times

The *Senior Tennis Times* is published monthly by and for the members of the Senior Tennis Players Club, Inc.

### Editor

Nancy E. Kaminski, 3300 East Gate Rd., Saint Anthony, MN 55418-2545, 612-781-3271

### 1994-1995 Board of Directors

H. Jack Dow, Founding President	
John E. Stecklein, President	644-8304
Robert E. Metcalf, Senior Vice President	571-3596
David R. Brink, Treasurer	332-4989
Marilyn E. Erickson, Secretary	835-2938
Charlotte T. Hall, VP Membership	474-5873
Alan W. Uhl, VP Newsletter/Public Relations	644-9810
Sue M. Larson, VP Activities	929-4673
Charles M. Slocum, VP Facilities	941-4059
Emily W. Day, Historian	869-7024
Don Bratt, Director	571-6762
Gene Daugherty, Director	455-7177
Dot Guenther, Director	457-4682
Matthew Little, Director	866-0393
Lee Patten, Director	374-3468
Marilyn Thorne, Director	471-9813

Jim Tornoe, Director	941-9145
Nathaniel L. Watkins, Director	636-6801
Mary J. Wenz, Director	457-5347
Percy Hughes, Coordinator of Lessons	545-7696

Contributing Cartoonist ..... Fritz Christensen

### Advertising

Send camera-ready art and payment to the editor by the 20th of the month for publication the following month. We can create an ad for you for a \$10 fee. Ad rates are:

full page (7 x 9 in)	\$100
half page (7 x 4½ in)	\$75
quarter page (3½ x 4½ in)	\$50
eighth page (3½ x 2¼ in)	\$30
classified ad (members only, max. 4 lines)	\$15
1-line ad (members only, 45 spaces long)	free

### Publication Deadline

Submit articles to the editor by the 20th of the month for publication the following month. All material submitted for publication is subject to editing.

### Address Corrections

Please notify the Editor with any address corrections.

### STPC Membership

As of November 1994, STPC membership totaled 1,401.

December 1994: Volume 7, Number 12

# New Year Bouncer

tennis party at 494 Crosstown  
Saturday, January 28, 1995

62 Crosstown, just west of 494  
playing times 6-8 P.M. and 8-10 P.M.  
\$10 per person  
snacks and beverages follow play!



we request that  
lower-rated  
players sign up  
for the 6 P.M.  
session and  
stronger players  
take the 8 P.M.  
session.

**Registration is due by  
Monday, January 23!**

Send your check, payable to STPC,  
and your completed form to:

**Fremont or Betty Fletcher  
6566 France Ave S, #208  
Edina, MN 55435  
922-1685**

name

phone

(1.5 & up)  
rating(6 or 8)  
time

amount

1. \_\_\_\_\_

2. \_\_\_\_\_

amount enclosed \_\_\_\_\_

**Crosstown Tennis Party  
January 28, 1995**

## Tennis Tips by Ginny Owens

### I hate my backhand!

How many times have we heard or said this? How often do we run around what would be a backhand shot and take it as a forehand? If we have a weak or defensive backhand, we should determine if we are using the elbow instead of the shoulder as our pivot point. Use of the elbow as the pivot point prevents us from getting body weight into the shot, and the power comes only from the wrist and the forearm. It is extremely difficult to hit deep, accurate backhand drives using the elbow as a pivot point.

How do we remedy this? Here's some homework: stand in front of a mirror in the ready position, but without a racquet. Let your left hand grip your right hand, now let it pull the right arm straight back. You are still facing the mirror, but your left shoulder has swung around and the right shoulder faces the mirror. Note that the right arm is slightly bent. Let the left hand drop and swing the right hand forward and up, using your shoulder as the pivot point. The elbow does not lead as you swing your arm.

Now repeat this exercise, but add one more motion. When the left hand pulls the right arm back, you will feel the pull in the shoulder. Just before swinging the right arm forward, take a step toward the mirror with the right foot. When the right arm swings forward, there should be no movement of the elbow, only the rotation from the shoulder. Repeat daily until you have mastered this change so it becomes automatic during tennis play.

One last helpful correction. When actually practicing on the court, be sure to take the ball well in front of your body. If you let the ball get by your side before making contact, you will revert back to hitting from the elbow.

## Captain's Corner

A new segment of play begins right after Thanksgiving at some locations. Each captain is responsible for a full cadre of players, and the collection of fees.

A word to the wise: Court time is valuable time. The more actual playing time we can have, the better. Accordingly, each player should be on time and ready to play at the designated time (except for real emergencies).

Each player should retrieve balls and resume play as quickly as possible. Do not waste time on court. My theory is that if you are so slow in play as to be near death, die and get it over with!

It is simple ordinary courtesy to return two balls to the server, and one to the other player, by bouncing the balls directly to them with an advance warning that you are doing so. Don't kick the ball, hit it anyplace on the entire court, etc. Be courteous! It will expedite the game and increase your enjoyment.

And call out the score loud and clear after each point. It will even help you remember the score!

## Decathlon:

### subs needed

Mary Wenz is looking for 3.0 or above men substitutes to play in a mixed doubles group on Friday mornings from 9:30-11:30 A.M. If you are interested, please call Mary at 457-5347.

### captains needed

For the nine week session starting the week of January 2, several captains are needed. Interested parties should call either John Arp, 854-0322 or Chuck Supplee at 888-0551.

### doubles players needed

David Zimmer is seeking doubles players at skill level of 3.5 for the winter season, January 2 through April 17. Playing time is Monday evenings from 7:30-9:30 P.M. Interested players should call David at 588-2554 and leave your name, phone number and skill rating.

## Schedule Changes

Please note these changes on your indoor tennis schedule.

**Nicollet, Saturday, 12-2 P.M.**

Dave Moore is no longer the captain.

**Decathlon, Monday, 11:30-1 P.M.**

Lois Lokensgard's phone number should be 831-1171.

---

*Show me a person with head held high, and I'll show you a person who can't get used to bifocals.*

---

## Winning isn't everything!

How you play the game is what makes you a champion. Winning or losing is all part of the game; being a good sport and appreciating other people are so much more important.

Over 30 of the 40 tennis players who qualified this past summer for the US National Games to be held in San Antonio next May are members STPC. It is hoped that most are planning to sign up for this great event.

As someone who was fortunate enough to participate in both 1991 and 1993, I can say it is a great experience. Being a part of a team from Minnesota and having this opportunity is something you shouldn't pass up.

It is great to meet people from many states and find they are mostly ordinary people who like to play the game, like you and me. The one great quality which most share is what great sports they are. It is our desire that people from other states will say: "Those players from Minnesota are good sports!" **Chuck Supplee**



Grayce Aberle and Orville Anderson exchange high fives after winning a doubles match at Northland Sport and Racquet Club in Brooklyn Park. (Scott Hansen/Sun staff photographer)

## STPC members in the news

George Erickson, STPC member, was featured in the Oct. 15, 1994 edition of the Hopkins, Minnetonka and St. Louis Park *Sun*, in an article about the boom in senior tennis in the suburbs. In an article written by Sun reporter Dave Pedersen, George told about the benefits tennis has for senior players. The drills at Northland North were mentioned, as well as STPC and the other locations tennis is offered as a benefit to our members. The photo with the article graphically shows the fun senior tennis can be!

## One-Liner Want Ads

These free one-liner want ads are available to all STPC members. If you would like to place a free ad, call or write the Editor, Nancy Kaminski. **Your ad can only be about 50 spaces long, so be brief!**

---

Theodore S. Hanson CPA, 715 Florida Av S, Mpls, 542-1184

---

Stay free, 3 nights at Telemark Resort in WI. Bev, 698-8153

---

For sale: Slaz, Dunlop, Spalding rackets. Call 459-6059

---

Wallpapering, 20 yrs experience. Marion Gilbert, 449-9162

---

Sanyo AM/FM/cassette boombox, detach spkrs. \$50. 781-3271

---

Naples FL tennis vac opening for 1 woman 2/15-21. 474-1731

---

1 opening for tennis vac 2/18-3/5, Palm Desert CA. 687-9139

---

Organizing golf league. If interested call 476-1298

---

Wanted: used high chair, good condition. 929-8120

---

*Self-motivated Teaching Method at Home* \$3+post 925-9537

---

Financial planning, Marv Schneider, 835-6465.

## Classified Ads

---

Wanted: Will buy pieces of discontinued stainless flatware pattern "Bamboo". Betty Fletcher, 922-1685.

---

For Rent: In Scottsdale AZ. Beautiful 2 bedroom/2 bathroom private home, available Jan 1-21 1995, \$1250. Close to tennis and golf. Includes all utilities etc. Call 476-1298.

---

STPC member **Mary Hoaglund** was mentioned in the Fall issue of Wellesley College's *Alumnae* magazine. Mary was honored in mid-October at the AARP convention in Philadelphia as the outstanding volunteer in the entire US for its Widowed Services Program. Mary established the Twin Cities chapter and helped it mushroom to the largest such service agency in the US. The article went on to tell about Mary's many other activities, among which of course is tennis!

## HAPPY HOLIDAYS



**MARV SCHNEIDER**  
**INVESTMENT SERVICES**  
 5100 Edina Industrial Blvd, Suite 218  
 Edina, MN 55349 Phone 835-6465  
**FINANCIAL PLANNING**  
 Specializing in Retirement and Pre-Retirement Clientele

Securities by Licensed Individuals offered  
 through Investacorp, Inc.,  
 a registered Broker/Dealer  
 Member NASD, SIPC

## BIG NAME BRANDS ..AT LOW TENNIS PRICES!

Adidas, Babolat, Balle de Match, Boast, Cycle, Darlyn Designs, Dunlop, Ellesse, Fancy Pants, Fred Perry, Gift Items, Hanasport, Head Racquets, Head Sports Wear, IXSPA, K-Swiss, Kaellin, LeCoq Sportif, Lily's of Beverly Hills, Little Miss Tennis, Nike, Penn, Prince, Sergio Tacchini, Sport Panties, Tail, Thor-Lo, Videos, Wilson, Wimbledon, Volkl, Yonex and much more....and furthermore, if you don't find it, we will special order it for you!

*Michael Lynne's*  
**TENNIS SHOP**  
 Miracle Mile Shopping Center  
 5007 Excelsior Blvd. - St. Louis Park, MN 55416

WE PAY  
 DELIVERY  
 NATIONWIDE  
 800-825-5107  
 612-926-1520

Fax 612-926-1595

 You will appreciate our friendly service.

*lots to do for both tennis players  
 and non-tennis players*

### Adventure in Arizona

March 7-14, 14-21, 21-28 1995

Sign up now to join up in Sierra Vista in 1995

Connie Custodio March 7-14

Ernie Greene - Lois Nordman, March 14-28

only \$280 a session, per person double occupancy

(this price good only through Dec 31)

Your check for \$100 made out to  
 Super Seniors will reserve your room.

Mail to:



**Chuck Supplee**  
 5144 Balmoral Lane  
 Bloomington, MN 55437  
 Phone 888-0551



At Tennis I'm a Novice  
 But at Real Estate

**I'M DEFINITELY A PRO!**



Make "The Right Move"

call

**NANCY LINDEMAN**

Burnet Realty

827-9450



# 1995 Senior Tennis Players Club membership renewal form

Complete this form by **January 2, 1995** and send it with your check for **\$20** (payable to STPC) to

David R. Brink, Treasurer  
2200 S. Pillsbury Center  
220 S. Sixth St  
Minneapolis, MN 55402-1498  
phone 332-4989 or 340-2704

## home address

name \_\_\_\_\_

address \_\_\_\_\_

city \_\_\_\_\_

state \_\_\_\_\_ zip \_\_\_\_\_

phone (h) \_\_\_\_\_ (w) \_\_\_\_\_

what was (is) your career? \_\_\_\_\_

## vacation address

Are you away for 2 or more months? We'll send the *Times* to you! (Bulk mail is *not* forwarded — we need your address!)

address \_\_\_\_\_

city \_\_\_\_\_

state \_\_\_\_\_ zip \_\_\_\_\_

from (date) \_\_\_\_\_ to (date) \_\_\_\_\_

## 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.

---

one person per form!  
please print!

---

## tennis self-rating

definitions are on the back of this form

- |                              |                              |              |
|------------------------------|------------------------------|--------------|
| 1.0 <input type="checkbox"/> | 1.5 <input type="checkbox"/> | beginner     |
| 2.0 <input type="checkbox"/> | 2.5 <input type="checkbox"/> | intermediate |
| 3.0 <input type="checkbox"/> | 3.5 <input type="checkbox"/> | advanced     |
| 4.0 <input type="checkbox"/> | 4.5 <input type="checkbox"/> | expert       |

## multiple mailings

Each STPC member is entitled to our mailings, but if there are 2 members at one address, you might want to receive just one! Check here if you want to eliminate multiple mailings.

\_\_\_\_\_ Yes, we want to receive only 1 copy of each mailing!

The name on the mailing label should be \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

There is a \$1.50/session court rental fee for indoor lessons and drills.

**New members** are welcome to take 12 (or more) lessons. After 12 lessons you will receive a free can of balls, a certificate of accomplishment, and congratulations from the STPC president. *You must notify the instructor when you have completed 12 lessons!* The lessons are offered free, as part of your membership.

**Members** are encouraged to attend lessons and drills at any time. If your game needs improvement, here is your opportunity.

**Skill rating:** If you need to know your skill rating, attend one of the lessons/drills and ask the instructor to rate you. If you have any questions, call the instructor.

### 1994/95 Winter Schedule for New Members Lessons/Members Drills

Location	Day	Time	Instructor	Phone
<b>Nicollet Tennis Center</b> 4005 Nicollet Ave. Minneapolis, 825-6844 Begins 9/15/94	Thurs	8:30-10 am M/W, all ratings	Percy Hughes Ginny Owens	545-7696 546-9666
	Fri	5:30-7 pm M/W, all ratings	Ernie Greene	488-6359
<b>Williston-Sagedahl Club</b> 14509 Minnetonka Drive Minnetonka, 935-8638 Begins 9/13/94	Tue	5:30-7 pm M/W, all ratings	Connie Custodio	824-2569
<b>Wooddale Recreation Center</b> 2122 Wooddale Drive Woodbury, 735-6214 Begins 10/3/94	Mon	8-9:30 pm	Virginia Morgan	459-6059
<b>Combination Play and Drill Sessions</b>				
<b>Northland Fitness Center North</b> 7624 Boone Avenue N Brooklyn Park, 425-5880 These sessions are combination drill/play: one 20 min session doubles drills, and two 40 min. sessions doubles play.	Mon	11-1 pm M/W, 1.0-2.0	Ted Kopren	425-5880
	Fri	9-10:30 am M/W, all ratings	Connie Custodio	824-2569
<b>Decathlon Athletic Club</b> 7800 Cedar Avenue S Bloomington \$5.00 per session	Tues	10-11 am M/W, all ratings	Brian Christensen	854-0322

**Don't forget to send  
in your membership  
renewal form!**





# TENNIS ANYONE?

LEAVE IT, LEAVE IT!!  
IT'S GOING OUT! ... NO  
IT'S NOT! YES IT IS!  
USE YOUR OWN JUDGEMENT!



© Fritz Christenson 1994

Senior Tennis Times  
3300 East Gate Rd.  
St. Anthony, MN 55418-2545

**Address Correction Requested**

December 1994

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