

Senior Tennis TIMES

NEWSLETTER OF THE SENIOR TENNIS PLAYERS CLUB, INC.

JULY 1996

WHY ENTER THE JACK DOW TOURNAMENT? HERE'S WHY!

By Ernie Greene

Say there, STPC members! Are you asking yourself why you should play in the Jack Dow Tennis Tournament?

You don't have to win to make it worthwhile! We all want to improve ourselves, physically, emotionally, socially and, most importantly, mentally.

You'll improve faster if you have a good reason for doing so. Wanting to improve your ability to concentrate, to have more patience with yourself and to persevere so that when things get tough you don't just throw up your hands and walk away are great reasons!

Dig a little deeper—the answer is, as it always has been, within yourself. Challenging yourself in a competition such as the Jack Dow Tournament, learning to play competitively and still have fun, is a great way to relax and escape from your stressful daily life.

So come and compete! Meet some interesting and wonderful folks who share your goals, and reap the benefits of tournament play. The Jack Dow Tournament is waiting for you! ■



CALENDAR OF EVENTS

July 20 Grandparent-Grandchild Tennis Event, Valleyview Courts, Bloomington

August 19-23 Jack Dow Annual Senior Tennis Tournament and Round Robin, Northwest 98th Street Racquet Club

LET THE GAMES BEGIN!

THE VISION TENNIS CLINIC

by Phil Steinberg

On June 15 "Vision Tennis" came to STPC. It happened at the Nicollet Tennis Center where 24 members were dazzled by an introduction to a new concept that teaches the secrets of mental toughness when playing the game of tennis and blocks out negative thinking so you can perform at a higher level.

The unique clinic was given by Michael Zosel, a 37 year old former tennis pro. Michael is also a Peak Performance Training Consultant, and a talented writer. The cover of his nationally acclaimed book "Vision Tennis" displays a very favorable endorsement by Billie Jean King. His book is clever and well done. It is written in narrative form, and nowhere does it blatantly read like an instruction manual. The book is written with the premise that "Winning in tennis is 90 percent mental and 10 percent physical. Most games are lost by self-doubt and fear."

Mr. Zosel maintains that, "The mind is like a garden. It can grow flowers or weeds. Negative thoughts act like weeds which strangle confidence." Vision Tennis is a mental conditioning program that kills the weeds and enhances the blossoms. It

stresses the importance of setting goals, and asks many vital questions such as:

- What will you do to maintain your confidence?
- How will you keep up your composure on the court?
- What will you do to help your concentration?

The answers to these questions can be found in the text and in the many fascinating drills. To help answer the last question, there is a drill that is called "Con-Cen-Trate." It is used when returning serve. When your opponent's racquet hits the ball you say, "Con." When the ball hits the court you say, "Cen." And when your racket hits the ball you say, "TRATE!" It's amazing how this simple drill forces you to keep your eye on the ball and intensifies your concentration. There are many other gimmicks and drills intended to make you think positive and to avoid the Choke Monster.

It is quite obvious that this mental conditioning program would be more beneficial to an experienced player, but the technique helps you play at the top of your game whether you're rated 1.0 or 4.5.

We must always remember that tennis is just a game, and you can't win them all. It was Jimmy Connors who once said, "The next best thing to

playing tennis and winning, is playing tennis and losing."

From the time Sue Larson introduced Mr. Zosel to the time refreshments were served, everyone present was impressed and inspired by their "Vision Tennis" experience.

A special thank you goes to Mary Wenz who put the clinic together and to Percy Hughes and good old Dick Pratt who assisted with the drills. ■

WEDDING BELLS!

Esther Shivers and Patrick Grames were married June 1. It's another STPC romance! ■

ATTENTION, SUMMER AND WINTER CAPTAINS

All you captains out there, help spread the word about the Jack Dow Tournament! Please have applications available to your team members so they can sign up. If you need additional applications, contact Matt Little at 773-8141. ■

Tournament Rules

Eligibility

The Jack Dow Tennis Tournament is open to all members of STPC in good standing who have been rated by a club pro or the USTA within the last 2 years. (Rating sessions will be held July 13, and Aug. 3 and 10 at Wolfe Park from 9-11 a.m. and at the River Falls Senior Tennis Camp until Aug. 12.)

Number of Events

A player may enter a total of 2 events.

Entry Fee

The fee is \$3 per event. Send your check, payable to STPC with this form. No refunds will be given after the entry deadline.

Deadline

Entries must be postmarked on or before August 12, 1996.

Matches

- **2.5 level or below:** Round robin men's, women's and mixed doubles.
- **3.0 or above:** Men's, women's and mixed doubles played in the singles-elimination format, with the best of 2 out of 3 sets.

A 12 point tiebreaker will be used for all matches. The 15 minute default rule will be enforced.

Draw

The draw will be held at noon, August 14, at Wolfe Park. *Note:* The tournament committee reserves the right to decline any entry before or after the draw has been made.

Schedule

Play starts promptly at 2 p.m. each day.

- Aug. 19 All players 3.0 and over; women 2.5 and below round robins
- Aug. 20 Men 2.5 and below round robins
- Aug. 21 Mixed doubles, all ratings
- Aug. 22-23 Playoffs

Senior Tennis Players Club, Inc. Jack Dow Annual Senior Tennis Tournament and Round Robin

August 19-23, 2-5 p.m.

Tournament Entry Form

- Door prizes to lucky number holders • Refreshments
- Trophies awarded to all event winners

Two players may use this form to register.

If you don't have a doubles partner, the committee will match you with someone.

*Location: Northwest 98th Street Racquet, Swim & Health Club
1001 West 98th Street, Bloomington Phone: 884-1612*

Tournament Director: Ernie Greene. Call 612-659-6398 for information.

	Name	Rating	Phone No.
Men's Doubles	1.		
	2.		
Women's Doubles	1.		
	2.		
Mixed Doubles	1.		
	2.		

Waiver must be signed by contestant: As a condition to my entering this tournament, 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.

Player 1 Signature _____ Date _____

Player 2 Signature _____ Date _____

Mail this form to: Senior Tennis Players Club, PO Box 16163, Saint Louis Park MN 55416

HAVE RACQUET, WILL TRAVEL!

The MN Sports-A-Rama

One hundred forty tennis players from Minnesota and several other states met to play at the Senior Sports-A-Rama the week of June 10. A majority of these players are members of STPC.

The park boards of Bloomington, Eden Prairie, Edina and Richfield work together annually to stage the Senior Sports-A-Rama in a number of spots. Some of the workers helping run the tournament were STPC members Ned and Lois Bunday, Bruce Clarke, Paul Lokensgard, Carl Newberg, Chuck Slocum, Don and Dorothy Snyder and Jim Tornoe.

Players who came in first or second in their class are eligible to represent Minnesota in the 1997 Senior Olympics to be held in Tucson.

Some of the STPC members who won medals are: Mel Baken, Larry Bordsen, Bruce Clarke, Marilyn Cuneo, Duge Emswiler, Joy Engstrom, Peggy Feilzer, Kearney Frantsen, Jane Grimes, Glen Gullikson, Fred Habegger, Jan Hagen, Mary Ellen James, Felice Kelly, Nancy Lauring, Lorraine McDaniel, Connie Metcalf, Marion Murphy, John Mutschler, Sam King, Roger Kneisl, Dick Pratt, Shirley Pratt, Pat Reid, Audrey Sander, Marvin Schneider, Chuck Supplee, Betty Swanson, Lois Thompson and Betty Western. ■

DON'T GET MAD, TAKE A COMPOSURE BREAK

by Michael Zosel

You are up 5-2 in the third set serving for the match. "Just close this one out and I'm moving on to the next round," you think. "Just one more game." Your opponent then comes up with two unbelievable passing shots and you hit two shots into the net. 5-3. "No big deal," you think. "I'll break my opponent's serve." It doesn't happen. Your opponent holds serve. 5-4.

Your heart starts to pound and your legs start feeling like lead while winding up for your next serve. A tough point ensues and you hit your volley just long. 5-4, Love-fifteen. To compensate for the mistake, you hurry your serve. Double-fault. "Come on!," you shout. "Let's go!" Your next serve goes in, but you hit your backhand into the net. Your face gets red and you feel like spiking your racquet into the green asphalt. "I'm blowing my chance to move up in the rankings," you murmur. "I hate this."

Has this ever happened to you? Blowing an opportunity to close out a match causes many players from the pros on down to lose control. When the match begins to turn in your opponent's favor and your mistakes are piling up, don't get mad—take a "Composure Break." It is a term coined by Tony Randzinger, the main character in the story *Vision Tennis*. He uses the technique when he finds himself getting nervous or losing his temper.

When stressed, most tennis players experience the "fight or flight" syndrome—an innate survival mechanism needed by human beings to survive attacks from wild animals or other life threatening situations. Our heart rate speeds up and our adrenaline surges.

In most cases, tennis is not a life threatening situation, but our inner mechanisms react like it is, causing us to speed up our game, which is the opposite thing we need to do. Here is a four step procedure you can use when you are feeling nervous or upset.

1. Go to Your Towel in the Backcourt.

Taking a towel out onto the court is a convenient excuse and reminder to walk over and regain your composure. You can wipe off your forehead, racquet handle and hands.

2. Take a "Belly Breath."

When stressed, we breathe rapidly in our chest. Smooth stroke execution requires relaxed breathing with your stomach. To ensure you are breathing with your stomach, inhale a deep breath of air through your nostrils and expand your stomach like a balloon. Be sure to belly breathe while toweleling off and have your back to your opponent so he or she doesn't clearly see you trying to compose yourself.

3. Confidence Chant

Confidence chanting is another term for saying short positive affirmations

that calm you down. You can think thoughts like, "It's okay. It'll come." "Here we go. Feeling good." "One point at a time."

4. Bounce on Your Toes

Oftentimes when we lose composure, our legs start feeling like lead. As soon as you get up to the line, make a conscious, deliberate effort to bounce on your toes like a boxer before the next point. Brad Gilbert calls this getting "Happy Feet."

Before you get mad or overcome with nerves, remember to: 1) Go to your towel, 2) Take a "Belly Breath", 3) Confidence Chant, and 4) Bounce on your toes. It may seem like a lot to do, but with practice, you will be able to slow yourself down and feel refreshed for the next point. By getting your thoughts, emotions, and physical body back in-sync, you will significantly improve your odds at winning the next point. So don't throw in the towel, bring it to the backcourt, relax, and have fun. ■

Michael Zosel is the author of *Vision Tennis: A Story That Teaches the Keys to Mental Toughness*. \$15.95. To order, call (800) 480-3717. © Michael Zosel, 1996. All rights reserved.

Ad In by Sue Larson, President

This column will concentrate on phone calls I have received about STPC's role in the formation of relationships. First the facts: my unprofessional survey shows that about 60% of our members are men.

This first call was from an available male who is a long-time member of our club. He would like to see our roster identify each member by their marital status so that when he plays with a woman he can tell if an invitation to a movie is in order.

The second call was from a woman who wanted me to identify men attending one of our meetings who were not married. Well, I wasn't able to provide the information to her. (I did notice she came to the meeting anyway.)

Another request was for us to have a special column in which members could place a personal ad, such as, "Widower seeks 3.5 tennis player who likes to walk Lake Harriet, plays golf and enjoys fishing, theater and midnight walks."

Now, our bylaws do not list

making information available to promote relationships as one of our purposes, but since some members have called me about this addition, I pass it on to you. Do you have an opinion? I suggest you call one of our valuable board members (the list is provided on the last page) and give them your views.

Lee Warner and Firman Alexander are waiting for your call to sign up for the Second Annual Grandparent/Grandchild Round Robin.

Ernie Greene and Matt Little have assured me that the Jack Dow Senior Tennis Tournament is set up so most of us will be winners. Yes, I am still looking for a partner in the women's doubles!

If you are 2.5 or below in skills be sure and answer your phone or return the call if Marilyn Thorne or Grayce Aberle calls you about the tennis training for beginners. You can be assured of a fun filled afternoon on July 24 at 1 p.m.

See you on the courts this summer. ■

Tuesday August 6 is Percy Hughes Day at River Falls Tennis Camp

Come and celebrate at evening banquet and program. Send your check for \$14 payable to River Falls Tennis Camp and this form to: O. Donald Smith, 517 Clover Ln, Golden Valley, MN 55422 or Chuck Supplee, 5144 Balmoral Ln, Bloomington, MN 55437.

Name _____ Phone _____

Address _____

Captains' Corner

by Chuck Slocum

STPC anticipates having many more courts available for indoor play than were available last year. For example, we have been offered from 3 to 6 courts more at Nicollet Center than we had before.

Now, we need groups of 4, 8 and 12, etc. and captains for each of those groups. We intend to have one group at each indoor location for skill levels of 2.5 or lower, so every person in the club should be able to play.

The part you may not like is that most times available are from 7-11 a.m. Call Dick Lidstone if you haven't been a member of a group and wish to play at any of our indoor locations. ■

Attention

**All new members
2.0 or below
invited to the
July 24 Event:**

**Please call in your
reservation to Char
Hall, 474-5873.**

**Reservations
close July 20.**

BEGINNERS SHOULD GET IN SHAPE BEFORE APPROACHING TENNIS COURT

by Jean Fain

Tennis is not a great sport for getting in shape. A beginner chasing a tennis ball doesn't get much more of an aerobic workout than a mother out for a brisk walk with her new toddler.

Tennis becomes a better fitness activity once a person is in shape and proficient at the game.

Beginners should set aside an hour at least three times a week.

Start with 10 minutes of stretching exercises. Work up to 20 minutes of an aerobic activity, such as jumping rope, jogging or bicycling.

Do 20 minutes of all-over strengthening exercises, such as pushups and sit-ups, with a focus on the arms, legs and stomach. And stretch the muscles again for 10 minutes.

Approach the tennis court when you begin to feel some confidence in your fitness stamina.

Play the game; get used to the swings and lunges, move around on the court; take a lesson or two.

Jackie Sorensen in "The Aerobic Lifestyle Book" says players can increase the aerobic effect of playing tennis by jogging to retrieve the ball and jogging in place while waiting for a serve.

At this point, beginners may still have trouble keeping up long aerobic rallies. To compensate, they should continue their general fitness routines three times a week.

Even the most advanced tennis players work out with weights for strength training, jump rope for better

wind and stretch before and after each game to maintain flexibility.

Here are three stretches to do before and after a tennis game or any workout. To advance, increase the holding time.

- **Calf stretch** warms up the calf muscles.

Stand in a wide stance, the right foot in front, left foot behind. Clasp the hands behind the back, elbows straight. Bend the right knee and lunge forward as you lift the hands toward the ceiling. Hold 10 seconds.

Return to starting position. Repeat three times. Alternate left.

- **Ham stretch** stretches the muscles in the back of the legs.

Stand with feet shoulder-width apart, arms straight out to the sides. Bend at the waist and reach the right hand toward the left toe. Hold 10 seconds.

Return to starting position. Alternate sides. Repeat sequences three times.

- **Waist pull** relaxes the shoulders and waist.

Standing in the same starting position, bring both hands straight overhead. Grasp the left wrist with the right hand. Pull the wrist as you lean the torso to the right. Alternate sides. Repeat three times.

Tennis players should be sure to wear comfortable, sturdy foot gear and thick white socks.

When playing in hot weather, protect the body by drinking plenty of fluids and wear sunglasses, hat and sun screen. ■

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In Melpomene's Court

by Gloria Allen

The approach of decade number six hit me with a jolt. Suddenly there it was! And there I was, feeling a little stiffer, less energetic, less flexible. It took only a little thought to reach the conclusion that I could rust away the next few decades, or I could resolve to keep my body in the best shape possible. Well, I've never appreciated rust, anywhere, so the only alternative was to get moving!

As a Melpomene volunteer, I had no lack of good example and inspiration from Melpomene members and staff, and ample information outlining the benefits of exercise and how to go about it. Extra impetus was serendipitously provided by the opening of a new YWCA in our neighborhood. The combined forces of resolve and opportunity proved irresistible.

The next Wednesday morning found me with my gym shoes, ready for a session of low impact aerobics. Soon weeks of aerobic exercises had flown by. Now inspired, I signed on with a personal trainer and began to learn all about flexibility and strengthening exercises. To my surprise, I liked it all. I moved more nimbly, more swiftly and lightly, and my clothes fit better. In a word, I felt good!

That result should not have been unexpected. A Melpomene study

showed that among females who exercised, almost half ranked feeling good as the best part of regular exercise, and a similar number stated that they were physically active for health, enjoyment, and improved quality of life. For many, habit was a motivator for regular exercise.

It was heartening to learn that an exercise program begun at any age can yield positive benefits in improved general health, fitness and flexibility (and a better tennis game perhaps?) Unfortunately, in spite of well documented benefits, a Canadian study found that seniors often feel that they get more exercise than they in fact do, or that they no longer have much need for exercise, or that they see difficulties in exercising which may not be real!

Once convinced of the need for exercise, staying with a plan is a challenge at any age. The drop-out rate is high. Jim Robison, in his Michigan State Fitness Program, found that establishing written goals

and sharing them with others, exercising with others, choosing activities that you like to do and making a plan for how, where and when to exercise helps individuals to get past that hurdle. Robison's experience was that after 6 months of faithfulness to an exercise routine, people view themselves as active and have a higher probability of "staying the course".

Shaking off impediments, real or imagined, and launching oneself into a new body awareness and ease has social as well as physical inducements. Meeting new friends through exercise activities and traveling to new places to follow your fun is an added plus. Just consider how your participation in Senior Tennis has accomplished this for you! I'm counting on walking, aerobics and golf to add those benefits to my new resolve to stay physically active and physically fit. With my new and informed outlook, the next decade is looking better and better! ■

Melpomene
THE POLARIS INSTITUTE

Benefit Garden Tour

See 10 of the most beautiful gardens in St Paul's Highland area, including a Bonsai demonstration and the famous Shannon gardens.

Sunday, July 28, 1-5 pm.

Tickets are \$10 advance/\$15 at the garden gate.
 Call Melpomene at 642-1951 for more info.

Second Annual Grandparent-Grandchild Round Robin

**Saturday—July 20—8 A.M. to noon
Valley View Courts
90th & Portland—Bloomington**

Here's an opportunity for you to play tennis with your grandchild, share time together and most of all have fun together! Lee Warner and Firmin Alexander, event coordinators, are planning a fun round robin event.

Only \$2.50 per person! The deadline for reservations is July 15. Send your reservation form and your check, payable to STPC, to

**Lee Warner, 5541 Aldrich Dr,
Brooklyn Center, MN 55430**

For more information, call Lee at 560-0384
or Firmin at 423-6851.

Yes!

Send this reservation form with your check for \$2.50 per person, made out to STPC, to:

**Lee Warner
5541 Aldrich Dr
Brooklyn Center, MN 55430**

Your name _____

Phone number _____

Grandchild's name _____

Grandchild's age _____

Captains' Profiles

by George Erickson

Dwane Billbe

When Dwane Billbe first picked up a racket in lola, Kansas, he had no idea he'd be playing the game on and off for fifty years and that he'd end up in the Twin Cities co-captaining two courts at Williston twice a week with Bill Storie.

Dwane first played on a wide concrete road that ended at the wall of the lola Junior High School. There, he and his friends would whack the balls off of the wall, a great way to develop quickness.

As it did for many of us, World War II intervened, taking Dwane, who was in the Signal Corps, to the Philippines, Okinawa and Japan. "We were really nervous about landing in Japan," Dwane said, "because we had to set up communications three days before the peace treaty was signed, and we weren't sure how the people might react to us. Fortunately, things went pretty well."

After graduating from the University of Kansas, Dwane moved to Minneapolis, beginning a lifetime association with Cargill in 1947. Dwayne's first wife died in 1963, but he soon remarried. According to Dwayne, his second wife, Shirley, "is a really good tennis player."

Dwane officially "retired" from Cargill in 1990, although he still does trustee work for the company. Before long, Dwane was encouraged to join Senior Tennis by a friend and neighbor, Grayce Aberle.

According to Dwane, whose energy plainly shows in every rapid-fire sentence, he "REALLY enjoys senior tennis, and not just for the exercise, but for the good attitudes and the new friends it provides." In fact, every year Dwane and his wife host an annual party for their tennis friends.

Over the years, Dwane, the father of five children, has been heavily involved in public education, serving repeatedly as a PTA president, as president of the Council of St. Louis Park PTA's, and on the St. Louis Park school board. Four of those five children live in the Twin cities area, but the fifth somehow escaped—probably not for long—and now lives in redwood forest country of northern California.

When asked for a word of advice for new tennis players, Dwane emphasized the value of attending drills and classes, which not only help beginners, but also improve the games of more experienced players.

With an eye to keeping active, Dwane gardens, enjoys woodworking, and travels with his wife, Shirley. Looking even farther ahead, Dwane's community involvement includes serving on the Board of Walker Methodist Residences, which provides housing and care for seniors. Dwane, being a realist, probably even has an apartment reserved for when he eventually needs one—in forty or fifty years. ■

NEW COURT LOCATION ANNOUNCED

Ken Shannon announces that there is a new court location in Hopkins—Central Park, at Excelsior Boulevard and 17th Avenue.

There will be two sessions there on Tuesday and Thursday from 8:30–10:30 a.m. Ken is looking for 3.0–3.5 regular and substitute players for this new location. If you're interested, call him at 988-9716. ■

Free Outdoor Concert!

Percy Hughes leads
Red Wolfe's Ellington
Echoes Memorial Band

Hopkins Park (12th Ave)

Thursday July 25
7:30 p.m.

Bring a folding chair!

part of the
Hopkins Raspberry Festival



Thanks for your help!
*STPC needs 300 new members each year as replacements.
Ask a friend to join
Beginners welcome, free lessons for all*

new member

gift membership

Member:

If a gift, given by:

Name _____ Name _____

Address _____ Address _____

City _____ City _____

State _____ Zip _____ State _____ Zip _____

Phone (h) _____ Phone (h) _____

Phone (w) _____ Phone (w) _____

Membership dues \$20

Mail to:

Senior Tennis Plays Club, Inc.
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Minneapolis, MN 55416
For information call 659-6398

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* You will appreciate our friendly service.

Two-Liner Want Ads

These free two-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 100 spaces long, so be brief!

PUERTO VALLARTA: Ocean-front estate, 5-bedrooms/private baths. Tennis, pool, cook, maid. \$3200/wk. 935-4578.

For Rent: Paris apartment, furnished, sleeps 3, rent weekly, excellent address. Bev, 925-5369.

GUARANTEED! Savings of 10-50% on your long distance phone calls. Call John at 949-0873. Earn \$.

Ski Aspen. 1/16-21/97, NW air, bed and breakfast lodge; pre-trip & pizza parties. \$460. Jan 771-8553.

For Sale. 2 power mowers, reel and rotary, \$50. 789-8338.

1997 Palm Desert, CA. Shadow Mountain tennis vacation, 1 month or 2 week stays. Call Marilyn, 471-9813.

Love Stories

by Norm Diamond

DOT DASHES DELIBERATELY; DELIVERS DARING DIMENSION

Determined and diminutive (5'), Dorothy "Dot" Guenther, 67, scurries around a tennis court like Michael Jordan ready to drive in for a lay-up. The scampering goes with the intensity of her nature and desire to follow through and assume responsibility for her actions. This in turn marks her for leadership qualities resulting in problem-solving at the highest level. Bottom line: she's humble and sincere and a tigerish ball swatter.

Born in Madison, South Dakota, to banker-teacher folks, Dot has been on a treadmill ever since. A graduate of Washington High in Sioux Falls, she went on to the University of Sioux Falls to study English for two years. Quitting college because of slim finances, she persisted, very successfully for a collection agency, real estate firm and a well-known commercial refrigeration company.

Looking back to her high school years, she met a handsome Dean Guenther (he must be conceited, she thought) at a high school carnival. Dean was in charge of the bean jar concession and approached Dot on the dance floor to report she'd won \$3.00 for guessing the right number of beans in the jar. Although momentarily rich, she was crushed that the senior Romeo didn't ask the cute sophomore to dance. He learned fast and they bonded at a Senior-Junior prom. There was a big squabble and

they vowed never to see each other again. Dean joined the U. S. Navy at 17 and Dot finished high school. It was inevitable they would start dating again in 1947 (just like an Andy Hardy movie). Surprise! On August 27, 1950, the Dot-Dean nuptials took place and the struggles began.

Later in the year, Dean opted to get his MA degree at the University of South Dakota in Vermillion. Dot found a public relations job at the school and for four years the newly-weds lived in a trailer with no running water. In the third year, Dean was accepted in the two-year medical program at the Vermillion school while Dot connected with the Pathology Department. Her job was to create issues with tissues! Dean then transferred to the University of Washington Medical School in Seattle, graduating as an MD in 1956.



Dot Guenther

Now a homebody with two children, Dot maintained the home front while Dean interned at St. Paul's Miller Hospital. In a few years Dean teamed up with another doctor and established a General Practice office in West St. Paul. The Guenthers bought their first house in West St. Paul and had another child.

Time passed, the children grew up and were educated and we now find an antsy Dot looking for her own career. She joined up with a partner and opened up The Christmas Store in Edina, later expanding to the Northwest Crossing in St. Paul. Came the recession and the stores folded. Not disheartened, Dot took a part-time job at UMAGA gift line center in Edina and later became a full-time showroom manager. Recognized for her sharp sales ability, she was hired as a sales rep for the internationally known Hummel line. For the next five years she hit the road throughout Minnesota and the Dakotas. The "tiny titan" was aggressive and won a "Best Saleslady of the Year" in the Midwest area during her sojourn.

Dot became interested in tennis in 1987 when she joined a group who took beginner's lessons from the redoubtable Virginia Morgan. Now a STPC member and quick study, she advanced her game to a 2.5 rating. On the STPC Board these past three years, she marvels at seniors who didn't realize their persistence and zeal would get them a decent rating. Dot now runs a five-day program at Lilydale Tennis Club in St. Paul (I recently became Lilydale's marketing

consultant). She urges members to join STPC committees and asks she be called at 457-4682 for information.

Her hobbies are tennis, reading contemporary, historical and biographical novels, sailing, flower gardening and a Lake Pepin hide-away. With a ready smile and delicious sense of humor, Dot creates warmth that's highlighted in her personal philosophy: "I am God's child — a woman, wife, mother and grandmother — and a friend. If I can do most things well and stay on the path to influence people positively, then I think I will have done some good in the world."

Not a rabid political animal, Dot offers the comment that politics are getting more disgusting each day. If you can send people to space, she'll say, why can't you help the poor and uneducated? Although not a raging feminist, Dot stresses that women should recognize their strengths. With probing brown eyes, hair the color of Revlon's newest shade and a petite 100 pounder, Dot is a package of pure joy. The Guenthers have eight grandchildren in the family menage.

Life after tennis? Says Dot: "Volunteering, walking, hiking and joining a bird-watching club." Dot. Period. Exclamation point! ■

NOTE!

The deadline for articles and ads for the August Times is moved up to July 14 from July 20.

The editor is going to the Olympics in Atlanta so she has to get the August Times out early.

Thanks for your cooperation! ■

Send in your nominations for the Jack Dow Traveling Trophy today!

The Jack Dow Traveling Trophy will be awarded annually to an STPC member who has shown dedication, enthusiasm and service. This is not a popularity contest!

The recipient will be selected based on the following considerations::

- takes a leadership role, such as captain, board member or volunteer
- shows a spirit of enthusiasm and productivity
- has a creative and imaginative attitude
- shows a dedication to increasing the participation in and membership of STPC
- Promotes sportsmanship

All STPC members are encouraged to send in their nominations for this honor. Please fill out the form below and mail by July 15 to **Emily Day, 7340 Clinton Ave S, Richfield, MN 55423.**

Date _____

Nominee's name _____

Reason for nomination _____

Your signature _____

1996 SCHEDULE FOR OUTDOOR COURTS

98th Street Racquet, Swim & Health Club

1001 W 98th St, Bloomington, 884-1612.

5 courts every day, 7 A.M.-closing. Anyone can act as Captain. Restricted to Bloomington residents. You must show your driver's license. There are no guest fees; you must pay court fees depending on the number of players. Note: subject to previous reservations.

Armitage Park

56th & Penn Ave S, Minneapolis.

Mon 8-10 A.M. Nancy Lindemann 823-0304

Augsburg Park

72nd and Blaisdell, Richfield, 5/1-10/1

Mon-Fri 7:30-9:30 A.M. Lorraine McDaniel 869-7392
 Ruth Aase 941-7116

Brooklyn Center High School

65th & Humboldt Ave. N, Brooklyn Center

Tues, Thurs 8:30-10:30 A.M. Bernard Ackerson 537-5061

Brookview Park

Highway 55 and Winnetka Ave, Golden Valley

Sat 8-10 A.M. Joyce Hautman 545-4051

Christian Park

69th and Bloomington Ave, Richfield, 5/3-9/20

Mon, Wed, Fri 7:30-10 A.M. Chad Sharkey 866-7682
 Cliff Northfield 884-6617

City Center Courts

Chanhassen

Fri 9-11 A.M. Bob May 473-8266
 Beverly May 473-8266

College of St. Catherine

Randolph and Fairview, St. Paul. Courts are south of O'Shaughnessy Auditorium

Fri 6-8 P.M. Connie Waterous 229-2122 or 291-1610 (eve)

Como Park

Horton Ave near Lexington, St. Paul.

Mon, Wed 7-11 A.M. Roy Rincon 724-4623

Dred Scott Park

W. Old Shakopee Rd & Ferry Bridge Rd, Bloomington

Mon 8-10 A.M. Bunnie Johnston 884-1732
 Tues 8-10 A.M. John Herbst 881-4246
 Wed 8-10 a.m. Stan Furber 830-9702
 Thurs 8-10 A.M. Ruth Aase 941-7116
 Fri 8-10 A.M. Chuck Supplee 888-0551

Edina Community Center

16700 Valley View Road, Edina

Lessons available, 6/10-8/16

Edina Senior High

6754 Valley View Road, Edina. Need Tuesday & Thursday participants

Tues	6-8 P.M.	Jack Reynolds	831-5080
Thurs	6-8 P.M.	Jim Bernstein	544-0511
Sat	4-6 P.M.	Al Holter	537-1843
Sun	4-6 P.M.	Jack Reynolds	831-5080

Fridley Commons

62nd and 7th Ave, Northwest corner

Tues, Thurs	9-11 A.M.	Bob Metcalf	571-3596
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Gro-Tonka Park

North of Minnetonka Blvd on Shores Blvd (east of 101 and Groveland School), Minnetonka

Mon-Fri	8-10 A.M.	Dick Lidstone	941-4724
		Lloyd Layton	476-1298

Lakewood Community College

Near Hwys 120 and 694, White Bear Lake.

Mon-Sun	8-10 A.M.	Betty Livingston	777-9723
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Lone Lake Park

Shady Oak N of Bren Rd, Eden Prairie

Mon-Fri	8-10 A.M.	Paul Weinreis	935-9463
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Normandale College

96th St & France Ave, Bloomington

Wed	9-11 A.M.	Chuck Supplee	844-8848
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North Valley Park

Inver Grove Heights

Mon, Wed, Fri	9-11 A.M.	Dorne Davis	457-3940
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Parker's Lake

North off County Road 6, Plymouth

Sat	8-10 A.M.	Al Nuhn	473-4790
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Shawnee Park

6515 Scheel Drive, Woodbury, near 494 & Valley Creek

Mon, Wed, Fri	10:00-12:00 A.M.	Captains needed	
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3M Tartan Park

20th St. N, btwn Cty Rd 17 & Cty Rd 15, Lake Elmo. Enter at picnic & sports area. In case of rain or wet courts, play indoors at Wooddale Tennis Club.

Mon, Wed, Fri	7-9 A.M.	Darlene Moynagh	436-8927
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Skillman Courts

South on Cleveland, left on Skillman, Roseville

Tues, Thurs	8-10 A.M.	Helen Stecklein	644-8304
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Valley Park

Marie, east of Victoria, Mendota Heights

Mon	7:30-9 A.M.	Dot Guenther	457-4682
Tues	7:30-9 A.M.	Bunny Dougherty	454-1353
		Nancy Karasov	452-3172
Wed	7:30-9 A.M.	Dorothy Greig	689-9139
Thurs	7:30-9 A.M.	Dot Guenther	457-4682
Fri	7:30-9 A.M.	Lee Williams	452-0152

Valley View Park

90th between Nicollet & Portland, Bloomington

Mon, Tues, Fri 7:30-9:30 A.M. Jerry and Gigi Stangler 897-0811

Wayzata Junior High

1 block west of Old Highway 12 and Minnetonka St, Wayzata

Wed 9-11 A.M. Marilyn Thorne 471-9813

White Bear High School South Campus

Cty. Rd. 6. & McKnight, White Bear Lake.

Mon-Sun 8-10 A.M. Betty Livingston 777-9723

Wed 6-8 P.M. Shirley Kresko 770-1272

Wolfe Park

W 36th St off #100, Saint Louis Park

Mon 9-11 A.M. Aldean Cummings 474-1731

Tues, Fri 9-11 A.M. LaVerne Wilger 929-8120

Wed 9-11 A.M. Bob Torbert 374-4288

Sat 9-11 A.M. LaVerne Wilger 929-8120

**1996 SUMMER SCHEDULE FOR BEGINNER LESSONS AND DRILLS
(INCLUDES INTERMEDIATE DRILLS)**

Breck School

123 Ottawa Ave N, just east of Hwy 100 & Glenwood Pkwy, Golden Valley. Starts when school is out. Note: At Lyons Park, Glenwood & Harold St. Golden Valley.

Mon 5:30-7 P.M. Connie Custodio 824-2569

Wed 5:30-7 P.M. Ernie Greene 488-6359

Wolfe Park

W 36th St. off #100, Saint Louis Park. One court for intermediate drills.

Thurs 8:30-10 A.M. Percy Hughes 545-7696

Paul Stormo 553-1112

Woodbury Senior High

2665 Woodland Drive, Woodbury.

Wed. 9-10:30 A.M., 3.0 and up Lois Nordman 735-6214

6-7:30 P.M., 2.5 or lower

Private Club Drills Open to STPC Members**Decathlon Athletic Club**

7800 Cedar Ave S, Bloomington. \$5.00 court fee

Tues, Wed 10-11 am, M/W, 3.5-4.0 Brian Christensen 854-0322

..... 9-10 am, M/W, 3.0

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.

If there are any errors or omissions in this schedule, please call Chuck Slocum at 941-4059 with your corrections.

TENNIS ANYONE?



1st
step

Senior Tennis Players Club, Inc.

A nonprofit corporation. P.O. Box 16163, Minneapolis, MN 55416. Voice mailbox at 612-659-6398.

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 or 612-672-6882.

1996-1997 Board of Directors

Sue Larson, President	929-4673
Matthew Little, Senior Vice President	773-81410
Jim Tomoe, Treasurer	941-9145
Alan W. Uhl, Secretary	644-9810
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Percy Hughes, Coordinator of Lessons	545-7696
Emily W. Day, Historian	869-7024
H. Jack Dow, Founding President	

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
2-line ad (members only, 50 spaces/line)	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 June 1996, STPC membership totaled 1,498.

July 1996: Volume 9, Number 7

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

Address Correction Requested

July 1996

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

Mary Kaminski
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