



National Senior Women's Tennis Association

Magazine

2016 Vol. 2

**Congratulations to these ladies for winning their
FIRST USTA BALLS:**



Barbara Milliken, Bronze, in the 80D with Betty Hill at the National Hard Courts at La Jolla.



Candia Barry, Silver, in the 65D with Leslie Pixley at the Germantown National Grass Courts



Karen-Ann Broe, Bronze, in the 55D with Marianne Caplan at the Germantown National Grass Courts



Marie Allman and Carolee Hammel, Silver, in the 65D at the National 65 Indoors

And then...there are the hard-earned First Golds...



Cindy Babb and Ruby Jenkins, in the 65S and 75S respectively, at the Germantown National Grass Courts



Kim Lackey, playing the 30S at the Forest Hills National Grass Courts



Abbi Neuthaler in the 50D with Susan Wright at the Forest Hills National Grass Courts

National Senior Women's Tennis Association

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NSWTA Website:

www.nswta.org

Send Magazine corrections to:

Pam Ellis Simons
pesimons@aol.com

Send address changes to:

Sue Bramlette
96 Sugarberry Circle
Houston, TX 77024
(713) 984-0515
suebramlette@comcast.net

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Contributing Writers

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- Cathy Kestle*
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- Judy Louie*
- Vicki Nagy*
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- Janet Rice*
- Sue Sprague*
- Dr. Benjamin Varn*
- Carol Wood*

Contributing Photographers

- Carolyn Nichols*
- Rita Price*

President's Message

by Kathy Langer



Summer is nearly gone, school is starting soon, fall tennis leagues are forming, Super Senior Cup Teams are getting ready for Croatia and several Category 1 National Championships are coming up. Lots of opportunity for playing tennis! We are so lucky to have this sport.

I hope many of you are planning on playing for your Intersectionals team in November. It's an honor to be chosen and even though it has been a bit chilly for the past couple of years in San Antonio, Texas, surely it will be just right this year! At least, that is the plan. McFarlin Tennis Center has had a major redo, a new hotel has been chosen and Larry Eichenbalm is busily preparing for a great event. I hope you are lucky enough to represent your team.

Our NSWTA web site, nswta.org, is constantly being updated with tons of photos from several tournaments. Check it out on a regular basis the first week of each month. Our calendar has live links to many Cat. 1 and Cat. II tournaments for quick reference as you plan your tournaments for the year. Our Directory is updated monthly for a quick reference if you need to contact anyone (a new Roster is being printed in August and will be in the mail to you soon) and you can always look up past articles in the Magazines. You can also pay your dues using PayPal. You can even see the By Laws and Minutes from our Annual Meeting in Houston. How good is that? Member Login is [goldball2016](#). Tell us what you think and what else you would like to see.

Sidekicks Cindy Babb and Brenda Carter, our biggest cheerleaders, are recruiting Ambassadors to help spread the good news about our tournaments in their home towns as well as to make new players feel welcome at our women's events. So much of the enjoyment of tournaments is the friendships we cultivate across the country. Let them know if you want to help.

A new brochure, telling potential members about NSWTA, is in the works as well as some new banners to promote awareness of our great organization. And, you may be sipping a glass of wine at some of our tournaments, compliments of NSWTA, as appreciation of your support.

Have a great fall, tell your friends to join you at a tournament, and, for those of you who are lucky enough to go to the US Open, enjoy the new roof! No more rain delays.

See you on the courts!

Kathy Langer

NSWTA's website is LIVE!

Launched at the Intersectionals in November 2015, NSWTA.ORG is now our official website. It offers a 24/7 informational network for members and sponsors to access NSWTA news and discounts and to conduct payment transactions for annual membership dues and donations to NSWTA Foundation.

NSWTA.ORG offers a platform for members to communicate with its growing network of more than 1,000 tennis enthusiasts via announcements, news "bytes," acknowledgements, and tournament information.

Spread the word and invite your friends and family to discover our world of NSWTA.

For more information, email info@nswta.org.

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BUSINESS NEWS

2016 United Airlines Discount for NSWTA Members

The United Airlines discount Code for all NSWTA members for 2016 is **ZW4H 417523**.

There is no charge if you book online, using the discount. For those who cannot book online, you can call United Reservations Meetings Desk at 800-426-1122 and give them the number but you will be charged \$25 for this arrangement.

Due to a change in “policy,” United Airlines has modified our contract regarding discounts for NSWTA members. The amount of the discount will remain the same, but **it is required that your travel be to and from a tournament**. We will list the Category I and II tournaments in the United agreement.

If you have any difficulty making your online reservations, please email suebramlette@comcast.net.

CONGRATULATIONS TO:

Kathy Langer was given the Nancy Jeffet Lifetime Achievement Award at the Dallas Tennis Association meeting last May. The award honors those who have given 20 years of service to tennis. Only 12 awards have been given since 1995 and none in the past several years. Nancy Jeffet, although wheelchair-bound, made a point to be present at the event. Nancy was inducted into the International Hall of Fame last summer.



Kathy Langer with Nancy Jeffet

Jane Pang and her doubles partner **Nanda Fischer** won the gold medal for the Women’s 75s in Portschach, Austria. She and Nanda beat their opponents in the 33rd International Austrian Championships Wergen Generali Cup 2018. This is a grade A level tournament on clay courts. Jane was also a finalist (silver) in the European Senior Open held last June. Her partner was Lola O’Sullivan.



Jane Pang, Nanda Fischer

The highest honor in Texas tennis—induction into the Texas Tennis Hall of Fame—will soon be presented to three well-deserving NSWTA members: **Susan Bramlette, Margaret Canby and Julie Cass**. This year’s fourth inductee, Dennis Ralston, is not too shabby, either.

The Hall of Fame honors individuals, past and present, who as players, coaches or contributors have achieved distinction in tennis or have otherwise contributed to the growth, development or administration of the game.



Sue Bramlette



Julie Cass

Members are recognized in the Inductee Gallery at the Texas Tennis Museum and Hall of Fame in Waco. The Gallery, located in the middle of the Museum, is lined with biographies and artifacts that tell the stories of the men and women who have shaped tennis in Texas.

The Class of 2016 will be formally inducted into the Texas Tennis Hall of on Saturday, October 29 at 7:00 pm. The Induction Banquet will be held in Great Hall of the Texas Sports Hall of Fame.



Margaret Canby

Letters to the Editor

Dear Editor:

I certainly miss playing National Tennis Tournaments. I had arthroscopic surgery in both knees in 1997. I played in a National Tournament in 1998. I was so busy with my religious commitments that I only played locally. In Dec. 2005 some 20 year old hit my car while talking on her cell phone and speeding. I have had four surgeries as a result of that accident. I have not played since then. I miss it so much. My last surgery was on my hip four months ago. I hope to start drilling soon but doubt that I can play tournaments. I miss all the women because they were so kind to me. I had never played tennis before and Barb Mueller taught me. I had played many sports as well as professional softball and baseball so I had good reflexes, etc. Barbara Mueller was number 1 nationally and internationally so she brought out the best of my talents.

Take care now and say hello to the wonderful women I once played against.
Peace and blessings, Toni.

Sister Toni Ann Palermo, Ph.D
Dr. Toni Ann Palermo, Ph.D
Email: dr.toniann@charter.net

Tel: 608-273-1789

Fax: 608-273-1789

Dear Editor:

Greetings from far away Georgia. I just now discovered the roster online, which has my US mailing address which forwards mail to me in Tbilisi. Then I also found that the Newsletter is online too. That's an even better discovery! I think about my many tennis friends so often and I will be now able to keep updated on all the senior tennis news thanks to the internet.

We have just moved into the apartment we bought here and are struggling to find a place for everything. We don't have internet service yet so I'm having to do email on my iPhone at which I am very slow. When we get wi-fi hooked up shortly and I can get my laptop going I'll write you about our life in Georgia. It's such an interesting place!

More coming
All the best,
Sue Rogers

Dear Editor:

In 2016 Catherine Harrison played #1 at UCLA her senior year. Look for this Germantown, TN native in the future as she carries on in her tennis.

From Elizabeth Harrison, her grandmother,
still playing at age 87.



Catherine Harrison



Elizabeth Harrison

In July, a fast-moving forest fire all but engulfed NSWTA member Michaelin Watt's lovely home in Garza, CA, near Carmel. What follows is an email from her son-in-law to be, Chris Watson, in the moment and then Michaelin's 'all clear' letter.

Dear Editor:

St. Lucia Preserve, northeast of Carmel, is up in the mountain canyons about 15 miles from the coast. A beautiful area for certain. On Friday, we were informed that there was a "small" fire on the other side of the mountain south of Carmel and north of Big Sur. The first report said the fire was approximately 100 acres. It didn't take long for that number to double to 200 acres and then as the reports came in, the numbers kept getting bigger and bigger. We heard 500, then 1,000 and now at this moment on Tuesday morning, the number is close to 20,000



Day 3 - with shifting winds, the whole valley is now filled with smoke and the fire now surrounds the Preserve on two sides as it moves both south and east. This is the main road into the community.

acres and only 5 to 10% contained. Soon, there were dozens of helicopters, big C-130 suppression aircraft, bulldozers and now over 2,800 firefighters are on the scene. At present, they say the fire is equivalent to half the size of Washington DC and still growing.

Unfortunately, the Watt's property is in a canyon that is closest to the fire, just under the ridge that you'll see in these photos. Because of its proximity, their house became somewhat of a command post for the fire department resources assigned to protecting the homes at the Preserve. There were many trucks, firefighters, and bulldozers on the property cutting fire breaks behind the house in an attempt to thwart the flames from advancing. They then sprayed fire retardant around the house and on the property to further help the situation. Of course, under the circumstances, we were advised to leave the property and head down to the coast, which of course we did. But during daylight hours, we were able to return and spent the last three days identifying, loading, and moving valuables down the mountain into storage and into the wine cellar which should help protect them from a fire up above should it make it to the house. Laura's folks and family members continue to make runs to salvage what they can while there's time.

Chris Watson



Another fire helicopter carrying water to the fire... one of hundreds of runs that flew each day until either night or fog grounded all flights.

Dear Editor:

The mandatory evacuation was lifted several days ago and we are back in our home at 11 Garzas. The 75's who have played in the hard court championships at Chamisal, know my home well as we have had a party here for the past three years during the tournament. And some of you have stayed with me too. So you will know that we have a lot of family treasures and collections from living and traveling abroad.

So packing and gathering these things; eg., fragile Roman antiquities, under tremendous time pressure, with no time to map out a plan, was daunting.

However, in life I have always found that there is a "gift in the hand of the problem." Well...in this case...

A profoundly meaningful experience was given us...seeing the dedication, bravery and expertise of the firemen who protected our home, keeping the fire at bay, 2,000 feet away...and the support and love offered day upon day by a number of our children and grandchildren who packed boxes, carried heavy furniture, drove their full cars up and down the Rancho San Carlos Rd, often in smoky conditions is so deeply appreciated and will always be remembered.

Shared experiences are what bonds people and this experience developed and further enriched the relationships within our "blended" family. Even the little ones 6 and 8 spent hours carrying books from the wine cellar where they had been hidden from the potential fire.

It was clear from the beginning that we could survive the loss of our home if that had occurred and that what really mattered were the people and our kitty, Gretel.

Now we are busy getting settled, putting things away, getting the home in order and finding this is a marvelous time to minimize what is put back in the closets!

(our son-in-law, who has a great sense of humor, as he was carrying boxes back into the house, said he had a theme song for me...its from the movie Frozen...' Let it Go, Let it Go.')

It meant a great deal to hear from a number of you, my tennis friends across the country...Thank you for your expressions of concern and love.

Feeling blessed and grateful,
Michaelin



All is well



Michaelin Watts in action

IN REMEMBRANCE

Beatrice ('Bea') Greene

December 18, 1914 – March 22, 2016

Beatrice was born in San Francisco, CA and died peacefully at the age of 101 at home in San Jose, CA. An avid tennis player, she played competitively well into her 90's, winning numerous local and national tennis awards. She also enjoyed gardening and spending time with family. Beatrice Greene is predeceased by her husband Floyd C. Greene and survived by her 5 children (Steven Roberts, Johanne Christmas, Sandra Adams, Jackie Greene, and Lawrence Greene), 13 Grandchildren, 15 Great Grandchildren, and 1 Great Great Grandchild.

Services were held at Crosswalk Community Church in Sunnyvale on Friday, April 1, 2016. Bea's gravesite is at Gate of Heaven Cemetery in Los Altos, CA.



Marcia Carter ('MC') Hyink

October 3, 1950 – July 7, 2016

MC was born in Baton Rouge, Louisiana. She was a state-ranked tennis player in her teens. She received a B.A. in mathematics from LSU and later got her master's degree in business administration.

In 1986 she and husband Peter Hyink moved to Austin, TX. She quickly endeared herself to the tennis community. MC also expanded her business, Overall Systems and Support, working with companies throughout the United States to develop and enhance accounting systems.

MC's wide-ranging interests included Stephen Ministries, her community library, tennis, reading, needlepoint, woodworking, and various crafts. Living in West Austin, she served as the president of the water district. She practiced her faith daily. Her friends and family will remember her smile, humility, optimism and can-do attitude. MC is survived by her husband, Peter; sons, Christopher and Travis; grandson, Wyatt; and siblings, Kenneth Carter, Karen Murphy, and Sharen Dougherty.

Services were held on Saturday, July 30th at St. Michael's Episcopal Church. The family is grateful to all who cared for MC during her treatment and wishes to thank the many friends who uplifted and supported her during her illness. In lieu of flowers, donations can be made to the Capital Area Tennis Association (CATA) in remembrance of MC, or to St. Michael's Episcopal Church for Stephen Ministries.



Capital Area Tennis Association (CATA)
5511 Parkcrest Dr. # 104, Austin, TX 78731

St. Michaels Episcopal Church
Attn: Stephen Ministries
1500 N Capital of Texas Hwy, Austin, TX 78746



Contributions		
Margaret Anderson	\$ 50	<i>In memory of Pat Jackson</i>
Marianne Caplan	\$ 50	
Betty Brunette	\$500	



NSWTA Ambassadors

One of the many wonderful ideas to come out of the recent NSWTA annual meeting was that of **NSWTA Ambassadors** to serve as welcoming faces at USTA tournament sites.

The potential for success of an ambassador program is limited only by our collective imagination.

- It need not be time consuming for any one individual.
- No special skills are required other than a friendly smile and a willingness to expand your circle of friends to include new tournament players.
- The NSWTA president and her board of directors cannot attend every tournament on the schedule so it makes sense that a number of us (ideally 50 or more!) step up and become the welcoming committee at the tournaments we attend.
- We could use help in all age divisions.
- Camaraderie and friendship we all experience at the Houston Racquet Club every year could easily be replicated at other tournaments if a few members took the initiative to set an example of inclusiveness and friendliness at every tournament.
- New members for NSWTA would likely be a by-product of our efforts but our goal should be to make sure that each player is respected and has a good time, thus assuring they will return to the tournament again and perhaps try other tournaments as well.

Ambassador responsibilities:

1. In a group with other ambassadors or individually, introduce yourself to players you do not know.
2. Introduce people you have met to others in your group.
3. Include new players in your conversations with tournament directors to make them feel a part of the tournament.
4. Make sure nobody is sitting alone at a social event.
5. Explain the purposes of NSWTA and that we would love to have them join us in building up our age division tournaments. When membership brochures are printed this would be a good opportunity to offer them one.

These responsibilities can be done in any order and in any manner that suits your personality.

If you would like to be an NSWTA Ambassador, please respond to Cindy Babb at cindy.babb@comcast.net or Brenda Carter at cart212@bellsouth.net.

ADDITIONS AND CORRECTIONS

New Life Members:

Carolee Hammel
88 W. 500 S.
Wellsville, UT 84339
435/245-4987-H
435/881-6402-C
hatparty@comcast.net
USTA#: 919441714

New Annual Members:

Candia C. Barry
875 Springbank Lane
Wayne, PA 19087
(610) 971-1968 (H)
(610) 745-0065 ©
Usta # 920770391
Born 1950

Catherine Billecci
1825 DeLeu Drive
Fairfield, CL 94534
707/208-3609-C
1825deleu@gmail.com
Born: 1949

Nancy Lain
9750 Riverview Drive
Micco, FL 32976
772/664-6707-H
nancylain@comcast.net
USTA#: 1324975
Born: 1940

Nancy Pitts
171 Skyview Circle
Asheville, NC 28804
843/696-1456-C
nanpitts@hotmail.com
USTA#: 11114128100
Born: 1954

Nancy Rupprecht
1391 Alvarado Road
Berkley, CA 94705
510/898-1971-C
Nancyr3@gmail.com
USTA#: 10867268
Born: 1947

Brenda Wickham
335 Paradise #55
Indialantic, FL 32903
563/876-3765-C
Twickham3@cfl.rr.com
1779 Chaney Road
April 15 – Oct. 15
Dubuque, IA 52001
USTA#: 10970743
Born: 1941

HEALTH & FITNESS

How to Prevent and Also Reverse Alzheimer's Disease

by Janet Fox Rice

361-739-2769

janetfoxrice@gmail.com

NSWTA member Janet Rice is a holistic nutritionist and plays tennis in the Austin, TX area.



Janet Fox Rice

Last fall I attended a holistic nutrition conference only because it was held close to where I live and because Dr. Tom O'Bryan, a preeminent gluten sensitivity authority, was the keynote speaker. In his talk, Dr. O'Bryan commented that if you come home from a conference with just one new takeaway, then attendance was worth your effort. In his talk he mentioned that Dr. Dale Bredesen had reversed Alzheimer's disease in 9 out of 10 of his patients. So I starred that note, and when I got home, I googled it.

I learned that Dr. Bredesen is director of neurodegenerative disease research at the UCLA David Geffen School of Medicine. In a recent research project, he combined all of the known natural ways of combatting Alzheimer's disease and was successful in reversing it in 9 out of 10 of his participants, enabling them to resume normal daily activity, including work.

Then in the spring, I listened to a webinar sponsored by the Cleveland Clinic that featured Dr. Bredesen, and I learned that most researchers approach Alzheimer's as a one dimensional disease process and are seeking a single magic cure. Bredesen, on the other hand, recognizes that the loss of synaptic plasticity that leads to Alzheimer's dementia has a multi-faceted origin and requires a multi-faceted treatment plan. His study, which you can read for yourself, includes his treatment protocol as well as case studies. The link is: aging-us.com/article/NjJf3fWGKw4e99CyC/text

As a holistic nutrition consultant, I was interested that this doctor began his protocol with diet, which SAD-ly (Standard American Diet-ly) in my world is always a first consideration when addressing lifestyle diseases (heart disease, diabetes, arthritis, etc.). His recommended diet is similar to the one I mentioned in my last article on NSAID's and inflammation and is found in *The Perfect Health Diet Book* by Paul and Shou-Ching Jaminet.

The perfect health diet is an easy to follow Asian, Mediterranean, Paleo style diet that is also gluten free (the O'Bryan connection). You can also find the diet online at perfecthealthdiet.com

Ketogenesis, which induces autophagy, is another key diet-related component and is discussed in great detail in the aforementioned book. Basically the ketogenic diet is a low (not no) carbohydrate, good quality protein, healthful fat focused eating plan with the addition of a daily fasting period. The Jaminets recommend 16 hours of fasting but Dr. Bredesen says 12 with 3 of those between dinner and bedtime.

Reducing stress, optimizing sleep and treating sleep apnea, exercise, and brain stimulation are also part of the regimen as are hormone balancing (stress, sex, and thyroid) and addressing heavy metal toxicity (as in mercury fillings). You must also optimize (not just normalize) metabolic markers such as CRP, homocysteine, and fasting insulin as well as attend to GI health with diet, prebiotics and probiotics. Also included are a host of supplements that combat free radical damage and promote healthy brain structure such as omega 3 oils, curcumin, ashwagandha, resveratrol, bacopa, vitamins D3, K2, E as mixed tocopherols and tocotrienols, B's, and C, and the minerals magnesium and selenium plus copper and zinc in proper ratio. Consume blueberries and coconut oil, and boost mitochondria (cellular energy factory) function with CoQ10/ubiquinol, PQQ, alpha lipoic acid, acetyl l-carnitine, and NAC (which you should not take if you suspect mercury overload), and more...

There is a complete list of therapeutic recommendations in the study. You will also see that absolute adherence (except for diet) is not required: you need to determine what is relevant to you, do as much as you can, and do it all of your life.

Dr. Bredesen's new initiative to promote his treatment plan can be found at mpicognition.com. On his website you will find that he has now had success with over 100 patients, that he is setting up treatment programs as well as conducting physician training sessions, and that you can register to be alerted when these become available. He conducted a physician training session in July, so maybe a list of trained doctors will be also forthcoming. Meanwhile, I must say that I am pretty blown away by this one little takeaway.

How about you?

Playing Tennis on Grass Will Improve Your Fitness and your Game

by Ann Pellow

NSWTA member Ann Pellow is a teaching pro from Davis, CA



Ann Pellow

If you want to improve your tennis and fitness, and have fun, plan your next summer trip around playing tennis on grass. A mere ten minutes on grass will have a player out of breath. Why?

Rallying the ball requires a player to pick up their feet, position themselves to the ball correctly, and to bend their knees. Just as it takes more energy to bounce a ball on grass, it takes more energy from our body to bounce our feet off of grass and move. Movement on uneven grass surfaces builds our smaller muscles that are used to support and hold our bodies up. When these muscles are strengthened our balance improves. Playing daily on grass for one or two weeks will improve your endurance and strengthen your feet, ankles, legs, and hips all without the fear of an impact related injury.

Opportunities to hit the ball diminish on grass due to the uneven surface, and balls skid or pop-up. Therefore, the first serve and return must count, forcing the player to concentrate fully. The importance of on-court movement and shot selection is amplified. Move forward at the right time and take advantage of weak balls or you are toast. The successful player must keep the ball deep, force their opponent to stay back, look for the short ball or a floater, and move in expecting to hit at least two volleys or a combination of volleys and overheads before winning the point. Grass does not give us the luxury of attempting this strategy on the fifth, fourth, or even third ball. An offensive shot must start immediately. This in turn improves our ability to hit the correct shot and move intelligently.

Proper stroking fundamentals are paramount when playing grass court tennis and help the player to execute a variety of shots accurately. Our game will improve as we realize the need to hit drop shots, lobs, slice, angle shots, and fast deep flat groundstrokes. As our repertoire of shots increases, our game improves. If you are unsure how to hit some of these shots or you would like to have your technique reviewed, visit your local tennis professional to gain more confidence—a must when playing grass court tennis.

The next time you plan to play on grass, gear up your legs and get your body used to moving on grass by running fifteen to twenty minutes a day on grass a week or two prior. Playing on grass is a cool way to improve your game. Just remember, the hot summer temperatures do not seem as hot on grass.

Happy playing!

FEATURE ARTICLES

Team Tennis Without The Drama

The Southern Senior Cup and the Pauline Betz Addie Cup are two regional tournaments that provide the fun of team tennis without the time commitment (and often drama) of playing on a USTA League team. And they just take a weekend! Give your state or region a gift by starting a new way of competing in our favorite game. Here is how:

A History of The Southern Senior Cup

by Dr. Benjamin F. Varn, Jr

The Southern Senior Cup began in South Carolina in May 1986 as a pilot project of Bunny Williams, Dennis Malick, Carol Fowles (Executive Director SC Tennis Association), and Carol Wood of the National Senior Women's Tennis Association. Bunny, Dennis, and Carol Fowles observed that the Junior Davis Cup format was working for the juniors and felt that a similar format would be fun for the seniors.

Carol Fowles and her counterparts in North Carolina, Georgia, and Tennessee picked men and women teams (two singles players, one doubles team) for the 35, 40, and 45 age categories for the pilot tournament. Tennisaction (the partnership of Bunny Williams and Dennis Malick) hosted the event. A round robin tournament was played over three days in each of the six categories. Georgia won the men's championship and South Carolina the women's in this 1986 inaugural event.

Tennis action was awarded sanction for the tournament in December 1986 from The Southern Tennis Association. The following April the first tournament was played at Hilton Head Island Beach and Tennis Resort and Fiddler's Cove Beach and Racquet Club. Tennisaction landed American Telephone and Telegraph (AT&T) as the title sponsor; hence, the first Southern Senior cup was officially the "AT&T Southern Senior Cup Team Championships." Some 155 players from the nine southern states, including 52 ranked number one in their state divisions, competed. The men and women 35s and 45s played on hard courts and men and women 55s and



Georgia Team at the 2016 Southern Senior Cup



Men and Women's overall winner South Carolina at the 2016 Southern Senior Cup

65s played on clay courts. Louisiana won the men's championship and North Carolina the women's.

All matches have been played on clay courts from 1988 to the present. There is a main draw and a consolation draw for each of the tournaments. Also, the main draw semi final losers play each other for 3rd and 4th place. Each year a men's and a women's champion is recognized. The Gil Stacy Memorial Cup is awarded to the state winning the most number of individual matches.

The Southern Tennis Association (STA) has copies of Bill Jolly and Dennis Malick's information. Roberta Case has donated her files to the STA. STA has detailed information for each year the Senior Cup has been played.

This June in Huntsville, AL, The 2016 Southern Senior Cup championship titles went to South Carolina's women and men's teams, for their overall records at the three-day event. Georgia won the Gil Stacy Memorial Cup for winning the most number of individual matches.

The Pauline Betz Addie Cup: A four-sectional senior women's team event

by Carol Wood, from Rockville MD

The beginning of the Pauline Betz Addie Cup dates back to 1927 when Hazel Wightman and Eleanor Sears decided it was time for an International team competition between the US and Great Britain. They also wanted a women's team competition between the four East Coast sections—New England, Middle States, Eastern and Mid-Atlantic. Very soon the Wightman Cup and Sears Cup were born and these pioneering ladies flipped a coin to decide which tournament would bear their name. The Wightman Cup has been abandoned, replaced by the Federation Cup. But the Sears Cup is now a 90-year-old 'open' team competition between the four East Coast sections. Friends Carol Bentley and Carol Wood (both good Mid-Atlantic players) on a long car ride to a tennis tournament decided they wanted to play something like the Sears Cup again. With interest from the 3 other sections, the Pauline Betz Addie Cup was born.

The first competition was held at the Aspen Hill Club, Silver Spring MD in June 1981. Pauline Betz Addie was a very special and popular person in the Mid-Atlantic area. Betz won Wimbledon in 1946 and four US Championships before the Open era. She turned pro in the late 1940s. After she married Bob Addie, a sports writer, they settled in Bethesda MD



Addie Cup's 2016 New England victors



Addie Cup's Mid-Atlantic team

and Pauline became the most sought after teaching pro in the DC metropolitan area. She was still teaching and playing doubles for Mid-Atlantic when the two Carols named the Cup for her.

The format was based on the Sears Cup format of 6 singles and 3 doubles. The tournament division reflected the age of the founders: 40 and over. As all the players continued to age up, the founders added a 50, 60, 70 division. Next year there will be an 80+ doubles. Since it is only a 2-day, four-team event, two teams are seeded. The winners from the first day play off for the Cup and the two losing teams have a 3/4 playoff. A total of 19 matches per team match are played so the winners must come up with at least 10 wins in their column. The Cup is always scheduled for clay / Hartru although rain sometimes brings the matches to indoor hard and the hosting site alternates between the sections. (The Sears Cup started as a grass court competition and continues to be held on grass whenever possible).



Addie Cup's Eastern Team

The four US sections that participate in the Addie and Sears Cups also support cup teams in many of the men's divisions. There is an open cup—Church Cup—that has been played since 1918. There are men's Cups in the 35s, 45s, 55s and 65/75s. The formats are all slightly different but most of them are also 2-day events and remain very popular within the sections. Almost all these cups have been in existence for more than 50 years.

At the Addie Cup this June, first day play saw New England beat Middle States (17 points to 2 points) and Eastern beat the Mid-Atlantic team (16 points to 2 points). On the second day, New England beat Eastern (13 points to 6 points), winning the Cup. Mid-Atlantic won the 3/4 playoffs over Middle States (11 points to 8 points).



Addie Cup's Middle States team

The Ralph and Mary Wilson Friendship Cup 2016

by Cathy Kestle, from Madison, WI

NOTE TO YOU PLAYERS NOT YET 75 YEARS OLD: The Friendship Cup, an event made possible by the generosity of the Ralph and Mary Wilson Foundation, is open to women age 75 and over, selected *at random*



from the pool of applicants. (Mary Wilson was NSWTA president 2003-2004). Besides being 75, you must have participated in at least one USTA Category I National Tournament (see NSWTA Website) and one other USTA Sanctioned Tournament in 2017 and be a *current member* of the National Senior Women's Tennis Association.

SO... KEEP COMPETING AND ENTERING TOURNAMENTS because when you reach 75, this trip to PORTSCHACH, AUSTRIA is a SPECIAL BONUS. You can get an application for the 2018 Friendship Cup from our Website or from annfmoore@gmail.com.

This year's ten lucky ladies from the 75s participating in the Friendship Cup on the Worthersee in Portschach, Austria, were: Donna Fales, Judy Janc, Cathy Kestle, Mary John Lynch, Lorna McCracken, Lola O'Sullivan, Bambi Schuette, Judy Smith, Michaelin Watts, and Grace Woo. Our opponents on the International team consisted of ten players: 3 from Germany, 2 from Australia, 2 from Ireland, and 1 each from England, Norway, and Canada.

Thurs June 2: All 20 players checked in at the beautiful Werzter Hotel Resort on the lake surrounded by mountains. WOW! What a gorgeous setting with a reception that evening to get acquainted. Beautiful breakfast buffets and several-course dinners were included for our entire stay of 11 days.

Fri June 3: Players meeting with Ann Moore, Program director: Players introduced themselves and told a little about their work lives and tennis lives. Ages ranged from 75 to 83 with interesting and varied stories. Donna Fales (USA) and Evelyn Hustwit (Canada) had both played at Wimbledon in the 1950's and had impressive backgrounds. Others had played tennis off and on all their lives; some only started playing tennis in their 30's and 40's. Some were self-taught on the backboard, taking lessons later on in life. All shared histories of playing competitive tennis over the years and continuing to love our lifetime sport—tennis.

Ann immediately set the tone for the weekend with her comment: "Don't ever question calls—This is a Friendship Cup!" There were certainly no incidents as all matches were played with the best of sportsmanship. The teams then separated to opposite sides of the room, choosing captains, (Donna for the USA, and June Ann Byrne from Ireland for the International team). We ranked ourselves #1 thru #10 for singles play. The afternoon was then devoted to practice on the red clay courts.



Sat June 4: Team photos were taken and singles competition began at Hotel Scholss Leonstain, a short walk from our hotel. We discovered that the International team had more depth in their line-up than we did and were very used to playing on the clay. We won 4 matches: #1 Donna, #2 Grace (in a 3 setter), #3 Judy Smith and #5 Lola; however, we lost the remaining 6 matches. At the end of the day we were behind 4 to 6 and needed to win the doubles on Sunday to win the Cup.

Sun June 5: And, yes, the doubles matches were a different story. We rose to the occasion, winning 4 of the 5 doubles. Players on the International team were quite impressed with the volleying skills of our players. Each win counted 2 points in doubles so we won 8-2. So the final score was 12-8 in favor of the USA. The names of all members of our team will be engraved on the Cup, along with past years' winners.



Mon June 6 to Mon June 13: The European Senior Open began at the Wertzer Hotel courts and those players who stayed to play in it (all of us) were treated to the entire week at the hotel by the Wilson Friendship Cup. What a wonderful gift!! During this tournament, the following Friendship Cup players won their divisions:

80's Singles: Evelyn Hustwit

70's Doubles: Donna Fales & Heide Orth (NSWTA member from Germany and Florida)

75's Doubles: Grace Woo & Anne Bauwens

80's Doubles Mary Lynch (US) & June Pierce





Ralph and Mary Wilson

A Letter From Mary Wilson

I want to welcome all of you to the twelfth Wilson Friendship Cup on the Wörthersee.

Through the Ralph C. Wilson Jr. Foundation, the Ralph & Mary Wilson Friendship Cup will continue as long as women around the world want to compete in the event, and it looks as if that will be a very long time!

I came to Pörschach in 1988 to play on my first USTA team. What a great experience and what a wonderful place!

When I met Ralph, and knowing his love of the game, I said, "Let's go to Pörschach." By the next year, Ralph was a member of the Gardner Mulloy Cup. He loved Austria and the red clay. By the second year, I approached Ralph with the idea of a women's cup and he was all in. I asked, "How do we determine who goes?" He said, "By a drawing!" And so every year there has been a drawing to determine the teams.

The philosophy behind the Wilson Friendship Cup is to celebrate women who have put themselves on the line competing in tournaments. It is not about the best. Because of the Friendship Cup many women who have been competing for years have had the opportunity to play on a team competing internationally.

The event is always played before the European Championships (now European Senior Open), and players who want to stay on and play the European tournament are treated to another week at the beautiful Werzer Hotel.

Players are only invited for one year, so each competition celebrates all new ladies, and new friendships being made.

Including the great field we have this year, over 250 women from all over the globe have participated, making new friends and playing some very competitive matches on the red clay.

The National Senior Women's Tennis Foundation is managing the event with Ann Moore in her ninth year as Onsite Director and now Program Director and I know she will once again create a great event in Pörschach for all of you.

And so we celebrate the effort you have made to be a better player with the hope of winning. We all dream big.

Good Luck,

Mary Wilson

TOURNAMENTS

National 50-90 Hard Court Championships

La Jolla, CA

May 9-15

by Judy Louie, from Palm Desert CA

The 50's through 90's come to beautiful La Jolla in May. Reserve your room early. It costs only \$99.00 per night to stay at one of the most gorgeous tennis clubs in the country. And some players get lucky, like my doubles partner, Ann Hunt, who was upgraded to a two bedroom suite right on the water. Hearing the sound of the waves, breakfast on the patio...hard to think of anything more perfect.

The Bar-B-Q on the beach is always fun—some years it's been a little bit chilly, and some years exceptionally warm—always a great time to socialize with friends in all the age groups. The tournament hosts a wonderful dinner on Friday night, where participants and guests wear something other than tennis clothes. Another nice amenity is the long-sleeved shirt given to every participant at the time of check-in.

The players appreciate all of the above, as well as having a full feed-in for both singles and doubles. In addition, Don, everyone's favorite trainer, is available to assist with all injuries, aches and pains during the entire week. Furthermore, scheduling is extremely efficient, with everything computerized, so all matches, scores and court assignments are posted immediately for the players and spectators.

A big thank-you to Bill Kellogg, Conan Lorenzo, and all the staff for such a first-class tournament.

Below are some of the matches of note:

50S—Roz Nideffer cruised through 3 rounds and was finally tested by N. Herreman-Bagby in the finals (Bagby had a tough 3-setter against Judy Newman in the semis; Newman won the Bronze in the $\frac{3}{4}$ playoff against Anna Zimmermann).

50D—#1 seeds Eleanor Hammargren and Jennifer Lyons dominated the strong team of Erika Smith and Mary Dailey 6-1, 6-3 in the semis.

The final between Lyons/Hammargren and Judy



La Jolla 50D: Hammargren/Lyons (Gold), Newman/Keller (Silver)

Newman/Jenny Keller was very entertaining! Jen is small in stature, very fit and is a moving backboard, setting up her partner to put the ball away! Lyons/Hammargren got the Gold. Dailey/Smith won Bronze.



La Jolla 60S Nichols (Silver), Karwasky (Gold)

60S—In the quarterfinals there was a good match between 2 NorCal players: steady baseliner Leslie Airola-Murveit and wonderful serve and volleyer Andrea Barnes, with Leslie getting the last point. Tina Karwasky had to play well to defeat Carolyn Nichols. 6-3, 6-4 in the final. Leslie Airola-Murveit won the Bronze over Sherri Bronson, 2 and 3.

60D—Deborah Burgess/Donna Drosner needed 3 sets to win over Nancy Rupprecht/Susan Gwynn 4-6,7-6,7-6. Murveit/Barnes upset #1

Karwasky/Jan Kirkland-Cochran 6-2, 7-6 (5) and got a Silver ball in losing to Robin Harris/Carolyn Nichols in the final. Karwasky/Kirkland-Cochran won Bronze over Bronson/Ann Stanley.

70S—Brenda Carter was on cruise control throughout the tournament. #3 seed Cathie Anderson needed extra games (7-5, 7-5) to beat #6 seed Ann Hunt in the quarters. But Betty Wachob stopped Anderson 6-4, 3-6, 6-4 to earn her final berth vs. Carter, losing 1 and 0. Cathie won Bronze over Charleen Hillebrand. Mary Alice Pisani played well to defeat CarolAnn Castell in the consie final.

70D—#2 seed Jane Pang/Anne Russ did not fare well, losing to Anderson/Castell in the semis and Judy Louie/Ann Hunt in the $\frac{3}{4}$ playoffs. Carter/Wachob def. Anderson/Castell in the finals.

80S—Good to see Dorothy Matthiessen back playing after some health issues. She went down vs. Doris Devries 5-7, 7-6, 6-4 in the finals. Carol Wood took Bronze over Mary Jane Lynch.

80D—#1 seed Devries/Wood def. #2 seed Matthiessen/Judy Smith 2 and 5 in the finals. Note: this was some revenge for the champions after losing to Judy Smith and Ingrid Weber in the National Clay Courts in Baton Rouge this year.

Betty Hill/Barbara Milliken (her First Ball!) won Bronze over Mary Lou Harris and Barbara Majure.

90S—A special event and entertainment to watch Rita



La Jolla 60D Nichols/Harris (Gold) with Airola-Murveit/Barnes (Silver)

Price “dance” her way to the Gold! (Rita really was a dancer as her profession!) Cathy Hall won Silver in this round robin. Joyce Vanderpol, Bronze.

90D—a RR with 4 teams. Betty Cookson/Price finally overcame the tough duo of Hall/Elaine Mason 6-4, 5-7, 6-4!! These ladies are our inspiration!! Lucille Trefzger/Joyce Vanderpol won Bronze over Jane Howard/Helene Salvetat.

National Women’s 35, 45, 55 Indoor Championships

Homewood-Flossmoor, IL

May 19-23

by Lois Harris, from Plano IL

The Homewood-Flossmoor National Indoor 35s, 45s and 55s started on May 19th and wrapped up all play on Monday May 23rd. With only five singles and five doubles teams in the 35s draw, a round robin format was used. The 45s draw featured 15 singles players and 7 doubles teams. The largest draw was the 55s with 18 singles players and 11 doubles teams.

RESULTS:

35S- Marne Whitney won the singles round robin; Kovacic/Plautz won the doubles

45S-Jean Marie Alpert def. Jenny Klitch 4-6, 6-3, 6-1; Julie Silveira def. Danielle Royston for the Bronze; Shelly Works def. Teal Henderson in the Consies

45D- Alpert/Ogborne def. Ichikawa-Abel/Silveira 7-5, 7-5; Henderson/Neuthaler def. Kirkeeng/Plautz for the Bronze

55s-Vicki Buholz def. Cynthia Johnson 6-4, 7-5; Fran Chandler def. Susan Wright for the Bronze, 6-1, 7-6(1); Kathy Vick def. Tracey Thompson to win the consies

55D- Buholz/Wright def. Chandler/Vick 6-1, 6-2; Caplan/Jones def. Johnson/Neuthaler for the Bronze; Lois Harris/Karen Rauh def. Boynton/Thompson to win the Consies

Homewood is a Chicago suburb served by two airports—O’Hare and Midway. There are usually many local players who try to play this tournament as it is accessible by toll way and interstate. The courts are fast and roomy, and there is plenty of viewing space as well as Tennis Channel available to watch as desired. Lunches are served in a room just off the courts and viewing area. Friday night is game night which this year featured a Jeopardy-like game along with dinner and drinks. Other tournament features include a Pro-Am Meet and Greet on Wednesday the night before the tournament begins. Players get the opportunity to play some social doubles with members and pros and get some time on the courts—along with refreshments.

Long-time Tournament Director Sylvia Gothard has retired. Past participants will remember her fondly for running a great tournament highlighted by her charming English Bingo on game night. Sylvia visited the tournament and watched several matches but will be missed. Also soon to be retiring is Referee Nancy Watland. Tournament Director Mark Rearden is new to the club coming from South Carolina. Mark said, “Sylvia’s credentials are impeccable and so it was no surprise when I found I was inheriting the Ladies National Indoors for 35s, 45s and 55s, an event much known for its history of excellence. What I discovered was the personality of this event is very different from other national level events I have seen or been associated with. For the most part the players were all compatriots of sorts, all seemingly pulling for one another. I was fortunate to be a part of something special, something not of my making, something I will not forget. I am truly grateful. If this is what the camaraderie looks like among the top senior female players you folks are truly lucky.”

Westwood Senior Championships

Westwood Country Club, Austin, TX

May 26-30

by Teal Lang, from Dallas TX

This National Category II tournament in Austin has been popular with Texans for numerous years. In recent years, non-Texans have chosen to play as well. “My friends and I have been coming for the past several years as a destination tennis holiday with great tennis and friendly people,” says Kathy Wennemann of St. Louis, Missouri. This year, at least a dozen states were represented by the 90 women playing.

The tournament is played over Memorial Day weekend and rain also attended this year’s event, as it frequently does. The tournament was run efficiently nevertheless and new and old friendships emerged during the delays. Oh, and the tennis matches are fun to watch and play as well—from the youngsters at 35 to the veterans at 85 years of age, and all the ages in between.

FINAL ROUND RESULTS:

35S Julie Thu def. Nancy Hilliard

35D Smashey/Thu def. Hilliard/McCampbell

40S Dianne Lee def. Ana Castano-Mears

40D Graham/Wernli def. Castano-Mears/Gibson

45S Julie Cass def. Danielle Royston

45D Bowes-Hackney/Cass def. Graham/Guszk

50S Jenny Klitch def. Shelly Works

50D Works/Zimmermann def. Myrich/Nitardy

55S Athena Cajas def. Teal Lang

55D Dawson/Lang def. Couder/Henderson
 60S Carolyn Nichols won the round robin
 65D Barbara Hubbard/Watanabe def. Ann Stanley /
 Roylee York
 65S Janet Watanabe def. Ann Eaton
 70S Janet Watanabe def. Suzy Stege
 75S Kathy Langer won the round robin
 75D Kathie Meyering/Jeanette Tubbs def. Chae
 Carney/Mary Ann Winden
 80S Mary Ann Winden won the round robin

National 65, 75, 85 Indoor Championships

Overland Park, KS

June 20-26

by Carolee Hammel, from Wellsville UT

We arrived at the beautiful air-conditioned indoor facility and we were asked to fill out a questionnaire. Later that week, when the Kansas City Star did a story on our tournament, our fun-loving tournament director Mike Woody explained in the interview that most of us began with a wooden racquet. The survey's first question was "What was your first racquet"? Two had a Sears Special, a handful of us played with the Jack Kramer, but most started with a Tad/Davis Imperial Wood.

The questions continued on..."Who was our favorite tennis player?" In this 65 to 85 plus age group the undeniable winner was Roger Federer because truthfully, we aren't dead yet. My all-time best quote winner was "Your first opponent is the net." Everyone had a bucket list event to write down. My favorite one said she hiked all 7 continents. I think I better get started on that one since I like it so well!

Of course our matches were fantastic, with many 3-setters. Mike Woody couldn't help but mention how impressed he was with how tenacious we all were yet everyone was so fair with their line calls. Good sportsmanship abounded. He especially liked it when Rita sang to him on a video that he quickly posted to his Facebook account. After all if it were your 90th birthday, wouldn't you sing to whomever you wanted to?

The only thing I would criticize at all about this tournament would be how tough it is to play against a favorite local team. The audience didn't seem to know about applauding both sides on the good shots. At least they didn't throw cheeseburgers.

The Indoor facility provided lunch for us most days, and one wonderful dinner on Wednesday night. The snack bar was always open, with wine and other spirits just in case we wanted to celebrate after a hard day of tennis.

Carmen Almodovar had a car and took a few side trips including the Nelson-Atkins Museum of Art in Kansas City. She loved the room with all the 20th century American Painters and the huge sculpture garden outside. The other places she visited were the Negro Leagues Baseball Museum, the American Jazz Museum and The Truman Library.

Then on Friday she took five of us to the Truman Presidential Library and Museum in Independence, Missouri. We wandered around there as we waited for our flights out. One funny thing we learned was that Bess Truman was a tennis player, and she was very happy that she had such a strong tennis arm, since there were times that she had to shake over 450 hands in a day.



65 Indoors players Hammel, Hahn, Hubbard, Barnes and Babb at the Truman Library

RESULTS:

65S Finals: Kathy Barnes def. Molly Hahn 6-4, 6-4
 ¾ playoff: Janet Rice def. Carol Gay Wo (inj) (First Ball for Janet)
 65D Finals: Barnes/Hahn def. Marie Allman/Carolee Hammel (First Balls), 6-0, 6-0
 ¾ playoffs: Cindy Babb/Barbara Hubbard def. Carol Gay/Sheila Johnson 4-6, 7-5, 6-2
 75S Finals: Suella Steel def. Patti Boyer, 6-2, 6-3
 ¾ playoff: Dorcas Miller def. Ruby Jenkins, 4-6, 6-4, 6-4
 75D Finals: Steel/Norma Veal def. Boyer/Lola O'Sullivan, 6-1, 6-0
 ¾ playoffs: Laura Betz/Carolyn Clark def. Bonnie Champion/Helga Lukacsy 6-3, 6-4
 85S: Doris Lutz won the Gold Ball; Rita Price won the Silver; Carol Coffey took Bronze
 85D: Lutz/Price won Gold; Boots Colwell/Pat Wiedenmann won Silver; Janet Hubbard/Louise Russ won Bronze

National 30-80 Grass Court Championships

The West Side Tennis Club, Forest Hills, NY

July 11-17

RESULTS:

30S Kim Lackey def Erin Fleming 6-2, 6-1

¾ playoff: Dianne Lee def Vladlena Funk 6-1, 6-0

30D Christyn Lucas/Natasa Vuckovic won the Gold in a round robin

40S Amanda Parson Siegel def Mercedes Michel 6-1, 3-6, 7-6 (8)

¾ Playoff: Isabela Iantosca def Mutsumi Shirai, Wo (pc)

40D Parson Siegel/Tish Riddell def Iantosca/Shirai 6-2, 6-2

¾ playoff: Olga Harvey/Michel def Carolina Blouin/Vanessa Bogenholm

50S Susan Wright def Ann Pellow 6-0, 6-1

¾ playoff: Abigail Burke def Sally Zasloff 4-6, 6-3, 6-2

50D Abbi Neuthaler/Wright def Kim Lackey/Ann Pellow 6-2, 6-2

¾ playoff: Burke/Cynthia Dardis def Jodi-Ann Culloty/Pat VanTassel-Cromie 6-0, 6-2

60S Tina Karwasky def Sherri Bronson 6-1, 6-0

¾ playoff: Pat Purcell def Kathy Foulk 3-6, 6-2, 6-0

60D Purcell/Betsy Savitt def Karwasky/Kirkland-Cochran 6-1, 7-6 (6)

¾ playoff: Bronson/Foulk def Connie Jones/Cindy Leprevost 7-5, 7-6(4)

70S Betty Wachob def Brenda Carter 6-3, 6-2

¾ playoff: Carolann Castell def Ann Hunt 6-3, 6-3

70D Carter/Wachob def Hunt/Judy Louie 4-6, 6-2, 7-5

¾ playoff: Sharon Ploor/Andi Polisky def Carolann Castell/Jane Pang 7-5, 6-3

80S Dori Devries def Burnett Herrick 6-1, 4-6, 6-0

¾ playoff: Dorothy Matthiessen def Carol Wood 3-6, 6-4, 6-1

80D Dori Devries/Wood def Herrick/Matthiessen 2-6, 7-6(5) 6-2

Why I Play Forest Hills

By Sue Sprague, from San Diego, CA

When I tell people that I am flying from San Diego to New York to play tennis, they think I'm nuts! Crazy or not, there's nothing like the experience of playing on a grass tennis court. The tradition and history of The West Side Tennis Club, with its Tudor-style clubhouse, its photos of legendary greats lining the corridor walls and the all-white dress code, make this tournament a must. There truly is something special about this tournament that hits you when you sit up on the grand spacious veranda and take in the beauty of the verdant green grass speckled with dancing white-garbed tennis players.

The West Side Tennis Club is located adjacent to the charming, bustling village of Forest Hills. This quintessential community has all the amenities a tennis player could want: food, shopping, subway, movie house and groceries. And your palette can travel to Japan, Mexico, Ireland, China, Greece and Thailand without needing a passport! No TSA! Local merchants know us as the "ladies in white."

This tournament also has an "extra" factor not found at other tournaments- -Manhattan! You are only 20 minutes away from downtown. Many players see a play or musical, shop at Macy's or Nordies, see Ground Zero, ferry over to Ellis Island or just absorb the rhythm of Times Square. Where else but in Times Square can you see the "Naked Cowboy?"

TD Bob (and his wife Dina) Ingersole do a fantastic job organizing everything on and off the courts. Somehow, they manage to satisfy all of us "princesses" with their flexible and accommodating schedules. Not an easy feat! They offer a gift-loaded raffle, which is always a player favorite. Who doesn't like winning a prize! Even if it is sake and you don't drink alcohol, a prize is a prize!

As always, it's special to be with a group of fabulous women united in the purpose of competitive tennis. The friendships, the victories, the agony of defeat, the mental battles we overcome are what bind us. Thank you West Side Tennis Club!

National 35-65 Grass Court Championships

Germantown Cricket Club, Philadelphia PA

July 17-20

RESULTS:

35S Finals: Katarina Stanford d. Yulia Bolotova 2-6, 6-3, 6-2

3/4 Playoffs: Millie Yablonicky d Carolina Blouin 6-1, 6-1

35D Finals: Bolotova / Yablonicky d Rachel Gale / Julie Ogborne 7-5, 6-2

3/4 Playoffs: Mary Dailey / Stanford d Blouin / Susan Witwer Wo (inj)

45S Finals: Julie Cass d Andrea Rice 3-6, 6-3, 6-1

3/4 Playoff: Trish Riddell d Corinna Bode 3-6, 6-3, 6-4

45D Finals: Beverly Bowes-Hackney / Cass d Gale / Ogborne 6-0, 6-0

3/4 Playoffs: Dailey / Riddell d Mai Ichikawa-Abel / Julie Silveira 6-1, 5-7, 7-6 (8)

55S Finals: Tina Karwasky d Susan Wright 6-4, 6-3

3/4 Playoff: Diane Kakareka d Ann Pellow 6-4, 6-4

55D Finals: Karwasky / Wright d Kim Lackey / Pellow 3-6, 6-4, 6-1

3/4 Playoffs: Karen-Ann Broe / Marianne Caplan d Diane Kakareka / Corey Reese 6-3, 6-2

65S Finals: Cindy Babb d Molly Hahn 7-5, 4-6, 6-3

3/4 Playoffs Leslie Pixley d Toni Novack Wo (inj)

65D Finals: Hahn / Cindy Leprevost d Candia Barry / Leslie Pixley 6-1, 4-6, 6-3

3/4 Playoffs: Babb / Pam Simons d Chris Grant / Sheila Johnson 6-3, 6-2

75S Finals: Ruby Jenkins d Patti Boyer 6-4, 7-5



Germantown 35s Katarina Stanford and Carolina Blouin



Germantown 35s Bolotova (Silver), Yablonicky (Bronze), Stanford (Gold)



Germantown 55D Vicky Nagy, Mary Jackson



Germantown 65D Barry/Pixley (Silver), Hahn/Leprevost (Gold), Simons/Babb (Bronze)



Germantown 75D Bronze winners Miller, Woo with TD Sanni

3/4 Playoffs: Grace Woo d Dorcas Miller 6-2, 6-3

75D Finals: Dori Devries / Carol Wood d Kathie Meyering / Jeanette Tubbs 6-4, 6-2

3/4 Playoffs: Miller / Woo d Sheila Palmer / Lyn Tietz 6-3, 6-0

85S Finals: Doris Lutz d Rita Price 6-4, 6-0

Janet Hubbard won the Bronze ball



Germantown 75D- Tubbs/Meyering (Silver), Wood/Devries (Gold)



The Germantown 85s Jane Lutz, Rita Price, Janet Hubbard

Why I decided to play a National Tournament

by Vicki Nagy, from Hilton Head Island, SC

Mary Jackson and I decided we wanted to venture out and play some tournaments last year and see how we would do. We played a couple of Southern tournaments, had good success and also had a lot of fun, so we said, let's try a national this year. It didn't work out to go to the Houston clay courts, so we decided to be adventurous and play the Grass Courts at Germantown Cricket Club in Philadelphia. Neither of us had ever played on grass so we said let's try it.

The tournament was a lot of fun. Melissa Jackson and Chris Sanni were just wonderful as tournament directors and the Germantown Cricket Club was very welcoming to all of us, those that have played a number of times and those of us who were newbies. What a wonderful facility. The tennis was great, with a lot of very tough teams. The women couldn't be nicer and all were very welcoming to both Mary and me. It was so much fun to meet a lot of fellow players, all of whom love the sport like we do. I can't say grass was our best friend, but we will sure try this challenge again. It got a little easier as we played more to know what the ball will do with the various spins.

We look forward to playing more national competitions and seeing all of the great women we met. I would encourage anyone thinking about playing to not wait and just pick one and start. I think you will have the same great experience we did.

In the Game at Germantown

by Karen-Ann Broe, from Reston, VA

This year I celebrated my milestone birthday of fifty-five. It prompted me to consider: what do I want to experience as I head into my “golden years”?

As with many of my NSWTA friends, tennis is a lifelong passion for me. I have little doubt that I will play tennis as long as I am able. I started hitting on backboards at age 7, and played on high school and college teams. I have taken several breaks from the game over the years. Among other things, I have focused on my career as a lawyer and interests such as cycling, yoga and meditation. Living in the Washington D.C. area for over 30 years, I am grateful for our wonderful tennis community.

Like most avid tennis players, I am keenly aware when I enter a new age bracket. This, combined with my love of playing on Grass, piqued my interest in playing the USTA National Grass Court Championships in Philadelphia in July. I have played in a few national tournaments before—the last one was a decade ago. I got in touch with my friend and previous doubles partner, Marianne Caplan. When she agreed to play doubles with me that sealed the deal.

I immensely enjoyed the week at the historic Germantown Cricket Club. Playing in five singles and three doubles matches over six days was demanding, as afternoon temperatures soared to 90-95 degrees each day. I was grateful not to be playing on hard courts! The Club was very welcoming, and the tournament and referee staff were excellent. The Club hosted a wonderful players’ party, and I enjoyed reconnecting with friends and making new ones during the tournament. Playing with my talented doubles partner Marianne, I was rewarded with my first USTA National Championship ball—the Bronze—in the doubles competition.

I am currently reading “A Pearl in the Storm: How I Found My Heart in the Middle of the Ocean,” by Tori Murden McClure. At age 36, Tori became the first woman and first U.S. resident to row alone in a boat across the Atlantic Ocean in 1999. Tori writes, “Journeys like this are not about what we get out of them, but rather, they are about what we give, and in giving so much to life, we learn the vast expanse of wealth we have at hand.”

Tori McClure’s message resonates with me. In playing the Grass Court Championships, I feel incredibly fortunate to participate in the historic tradition of this sport alongside so many wonderfully talented and interesting women all over the country.

National 60s Indoors

Seattle Tennis Club, Seattle WA

August 22-27

RESULTS:

60S: Tina Karwasky d Leslie Airola-Murveit 6-3, 6-7(4), 6-2

Bronze: Jennifer Shorr d Andrea Barnes 6-2, 6-0

60D: Karwasky / Jan Kirkland-Cochran d Airola-Murveit / Barnes 6-4, 6-3

Bronze: Julie David / Pat Purcell d Yoko Anderson / Susan Davis 6-0, 6-0

Mixed: Chan / Shorr d Stanley / Stanley (ret;quit)

Bronze: Corsano / Roberts d Martin / Kirkland-Cochran 6-3, 6-4



Airola-Murveit, Karwasky



60D Kirkland-Cochran/Karwasky with Airola-Murveit/Barnes



National 40 & 50 Indoor Championships

Meadow Creek Tennis, Lakewood, CO

August 25-28

RESULTS:

40S: Simona Bruetting won the round robin; Yana Ruegsegger won Silver; Kimberly Greason won Bronze.

40D: Swiggart / Zilm won Gold; Alfonso / Ruegsegger won Silver; Bruetting / Vabderkooi won Bronze.

50S: Shannon Cross d Nathalie Herreman-Bagby 3-6, 6-4, 7-5

Bronze: Anna Zimmermann d Phyllis Zilm 6-4, 6-0

50D: Cross / Swiggart won Gold; Dailey / Smith won Silver; Fudalla / Zimmermann won Bronze.

Shots from All Over





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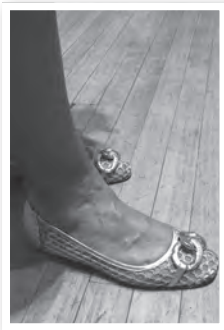
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**One guess who the non-tennis
player was at the Germantown
Cricket Club banquet??**

