



National Senior Women's Tennis Association

Magazine

2016 Vol. 3

(Really) Foreign Tennis



Follow these NSWTA members as they travel the world, playing tennis. Carolyn Nichols decided to wrap up her bucket list wish to experience the Great Wall with a high-stakes tournament in Shenzhen. Was pediatrician Dr. Vicky McEvoy in Lima, Peru to play tennis with doubles partner Kay Coghlan? To attend a physician's convention? Guess both. And Sue Kimball and husband Mas played their way through Europe on the fly, booking tournaments based on how easy it was to get from here to there. Read these three ladies' how-to stories inside, starting on page 17.

National Senior Women's Tennis Association

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NSWTA Website:

www.nswta.org

Web Chairman: Gail Murayama - info@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

The NSWTA Magazine is published three times a year and distributed free to all members of the Association. Stories, comments, contributions, photographs and information are provided by the members of the Association and all members are encouraged to participate. Send material to: Pam Ellis Simons at pesimons@aol.com.

Deadline for the next issue
of the NSWTA Magazine:
April 20, 2017



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Contributing Writers

- Jean-Marie Alpert*
- Peggy Andry*
- Candia Barry*
- Sherry Bronson*
- Margaret Canby*
- Marianne Ring Caplan*
- Brenda Carter*
- Julie Dybendahl*
- Charlotte Hartsock*
- Barbara Hubbard*
- Judy Janc*
- Joyce Jones*
- Sue Kimball*
- Vicky McEvoy*
- Barbara Milliken*
- Abbi Neuthaler*
- Carolyn Nichols*
- Leslie Pixley*
- Rita Price*
- Sue Sprague*
- Sheila Weinstock*
- Anna Zimmermann*

Contributing Photographers

- Nancy Ansboury*
- Judy Janc*
- Joyce Jones*
- Carolyn Nichols*
- Andi Polisky*
- Rita Price*
- Ed Trost*

President's Message

by Kathy Langer

It has been a great year for NSWTA!

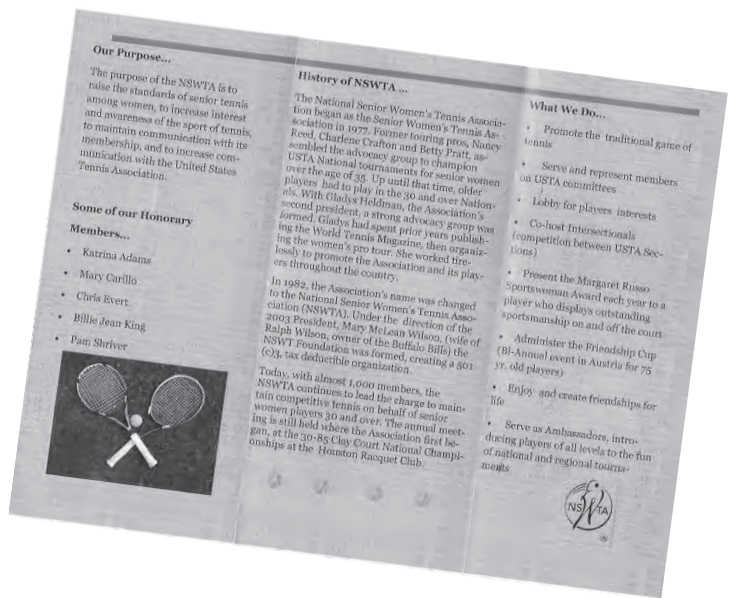


- Our new web site, nswta.org, has grown from 10 to 35 pages (click on all of those links) with the hard work of web master Kim Mark and Web site Chair Gail Murayama. I hope you visit the site often for updated tournament results and photos, and log in to our members' pages for our Directory, which is updated monthly, and our Magazine.
- Houston Racquet Club hosted our April 2016 Annual Meeting, which drew over 100 members with lots of ideas to share. Katrina Adams, USTA CEO and President, visited Houston and spoke informally to several people, reiterating her desire to keep senior tennis strong. She also donated two President Suite tickets to our annual auction, which brought in a record amount of money. Kathy Foulk was nominated as NSWTA President-elect and will be officially voted on at the 2017 annual meeting in Houston.
- As a result of an annual meeting idea, we launched an Ambassador program under the leadership of Cindy Babb and Brenda Carter. Ambassadors around the country are encouraging new players to enter our tournaments and welcoming them when they do.
- The Category II NSWTA Championships tournament, held each April in Alexandria, VA, will be moving to Charleston, SC. Put it on your calendar: April 26-30, 2017.

- Our ITF World Cup Teams did well around the world, as did many of our members in the individual events. We have a great tennis presence in the world.
- We initiated email blasts to alert members to new postings on our website www.nswta.org
- We created NSWTA banners for greater visibility and to attract players who want to be part of our voice. A new full color brochure (below) was also created to help spread our message. We served complimentary wine at several Category I National Championships, showing appreciation to our members and prospective members. Hope you enjoyed a glass.
- Intersectionals brought 250+ players to San Antonio, Texas. Despite some rain adjustments, it was a great week to renew friendships, enjoy wonderful lunches, and watch fine competition. We had a very successful Membership drive with 26 people becoming new NSWTA members. Rosie Livings, from Florida, won the \$400 airline raffle drawing. Next year we will be in Boca Raton.

The holidays are now upon us. It's time to rest, enjoy our families, eat cookies, drink a little eggnog and look ahead. Check out the 2017 calendar on our web site so you can plan your tournament schedule for next year. It includes links to tournament websites for entry purposes. Plan to play and then volunteer to write up your experience for the Magazine! Have a wonderful holiday season, and keep swinging that racquet!

Kathy



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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 **ZXWZ 906448**.

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 have listed the Category I and II tournaments in the United agreement and given dates that incorporate travel one week before the start of the tournament and one week after, for those members who want a longer trip.

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

Contributions

Margaret Anderson	\$ 50	<i>In memory of Pat Jackson</i>
Anonymous	\$500	
Cindy Babb	\$500	
Brooks Byrd	\$100	
Betty Brunette	\$500	
Marianne Caplan	\$ 50	
Brenda Carter	\$200	
Susanne Clark	\$100	<i>As a percentage of money from handmade towels sold at Intersectionals</i>
Kathy Foulk	\$ 50	<i>In honor of those ladies 85 and over</i>
Sheila Johnson	\$100	
Roz King	\$100	
Kathy Langer	\$200	<i>In memory of her daughter, Terri Langer Abbey</i>
S.E. Mazzei	\$100	<i>In memory of his wife, Jean Mazzei</i>
Leslie Airola-Murveit	\$100	
Vicki Nagy	\$100	
Sally Smith	\$100	<i>In memory of Dorothy McMinn Wilson</i>
Olga Stark	\$25	
Louisa Sweeney	\$50	
The 2016 Intersectional New England 80s team	\$150	<i>In honor of captain Judy Smith</i>
Betty Wachob	\$25	

TAIL

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NSWTA MEMBERS 25% OFF
THEIR ONLINE PURCHASE.

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PLEASE NOTE THE DISCOUNT CODE HAS CHANGED





NSWTA Ambassadors

NSWTA Ambassadors will soon be serving as welcoming faces at USTA tournament sites. We urge you to sign up with this fun group of members. No special skill is required other than wearing a friendly smile and being willing to expand your circle of friends to include new tournament players. Gaining new members for the NSWTA is a likely by-product of this program but the main goal is to make sure that each player is respected, has a good time, and will return to the tournament or perhaps try other tournaments.

The following responsibilities can be done in any order and in any manner that suits your personality:

- 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 be replicated at other tournaments if a few members took the initiative to set an example of inclusiveness and friendliness at every tournament.

Contact **Cindy Babb** (cindy.babb@comcast.net) or **Brenda Carter** (cart212@bellsouth.net) if you can help.

CHANGES TO THE NSWTA DIRECTORY

New Life Members:

Lin Borcharding
1548 Forest Villa Lane
McLean, VA 22101
lborcharding@verizon.net
703/442-9124-H
703/577-3517-C

Winter address:
8555 Danbury Blvd, Unit 105
Naples, FL 34120
USTA#: 10086387
Born: 1939

Molly Hall
PO Box 285
Brush Prairie, WA 98606
Hاللodge8@gmail.com
360/896-6480-H
360/609-3709-C
USTA#: 10985173
Born: 1936

Deborah Murray
6787 170th Pl. SE
Bellevue, WA 98006
dfmurray@me.com
425/641-8230-H
206/930-2602-C
USTA#: 11927319
Born: 1951

Debra Pruitt
223 Lake View Avenue
Cambridge, MA 02138
debpruitt@comcast.net
508/472-4803-C
USTA#: 2010073052
Born: 1950

New Annual Members:

Jean Marie Alpert
3800 Gillon Ave.
Dallas, TX 75205
jmalpertphoto@gmail.com
214/557-3369-C
USTA#: 2010744958
Born: 1965

Sarah Ansboury
409 N. Hayden Bay Dr.
Portland, OR 97217
sarahansboury@hotmail.com
503/860-4279-H
360/256-1510-W
503/860-4279-C
USTA#: 919316183
Born: 1983

Vicki Buholz
3809 S. Versailles Ave
Dallas, TX 75209
imatennisgoddess@icloud.com
(214) 577-3443 -C
USTA# 10129266
Born: 1961

Doris Briggs
11306 Wedge Drive
Reston, VA 20190
Want2hit@gmail.com
703/742-8177-H
703/273-9276- Ext 106-W
703/798-3418-C
Born: 1939

Athena Cajas
7519 Fondren Road
Houston, TX 77074
athenacajas@sbcglobal.net
832/269-5558-H
817/739-0747-C
USTA#: 922166713

True Caprio
2224 Sandpiper Rd.
Virginia Beach, VA 23456
tlcaprio@cox.net
757-291-6110 -C
USTA#: 919692578
Born 1940

Laurie Cicco
1001 Cartwright Land
Greensboro, Ga 30642
lcicco@windstream.net
706/717-0442-H
USTA#: 2004995758
Born: 1956

Rona Clark
213 Shadow Wood Dr.
Alamosa, CO 81101
ronakellyclark@aol.com
usta 10025604
719/588-4809-C
Born: 1949

Scipiaruth Kendall Curtis
2214 Birdie Drive
Banning, CA 92220-7145
Scipia_kendall@msn.com
951-845-0090 -H
951-567-1497 -C
USTA#: 2003177787
1955

Nancy Engard
1480 Golden Hills Rd.
Colorado Springs, CO
80919
nanengard@msn.com
719/510-2117-C
USTA#: 2000138431
Born: 1950

Tami Florin
3326 Butler Bay Dr. N.
Windermere, FL 34786
Tflorintennis@yahoo.com
407/488-6656-C
USTA#: 922058703
Born: 1961



New Annual Members Cont'd

Jane Fluet
861 Farm Quarter Road
Mt. Pleasant, SC 29464
JFLUET1@comcast.net
843/971-5865-H
843/991-9058-C
USTA#: 10411217
Born: 1941

Mary Lynn Gayler
1415 Fawn Creek
San Antonio, TX 78248
mxdtennis@yahoo.com
210/479-0050-H
210/735-3069-W
210/219-0583-C
USTA#: 919665883
Born: 1956

Karen Haas
2551 Aquasanta
Tustin, CA 92782
karenhtennis@yahoo.com
714/943-2430-C
1958

Mary Harris
581 Groffs Mill Rd.
Harleysville, PA 19438
Harris1919@aol.com
215/256-9467-H
610/955-9976-C
USTA: 10353755
Born: 1939

Carolyn Henderson
305 Lawndale Drive
Richardson, TX 75080
courtpeople@att.net
972/231-9567-H
972/849-1489-C
USTA#: 10320273
Born: 1935

Sandy Herron
205 Lambert Road
Carpinteria, CA 93013
sandy@sandyherron.com
970/925-4884-C
USTA#: 2010718646
Born: 1938

Nancy Hilliard
511 Catalina Place
Corpus Christi, TX 78411
nhilliard@americanbank.com
361/877-2291-C
USTA#: 2003897868
Born: 1971

Susan Lammers
171 Lake Washington Blvd. E.
Seattle, WA 98112
Slammers00@gmail.com
206/328-7502-H
Born: 1958

Sandy Lim
1825 De Leu Drive
Fairfield, CA 94534-1401
1825Sandy@gmail.com
707/208-1936-C
USTA#: 11508475
Born: 1947

Patricia Mason
6054 Cirrus Street
San Diego, CA 92110
Patmason92110@gmail.com
619/549-8719-H

Elizabeth McCracken
14 Island Road
Stonington, CT 06378
bobette@aol.com
860/535-2706-H
860/535-8064-W
860/367-7772-C
USTA#: 919468378
Born: 1935

Laura Lynn McWilliams
301 Comet Cove
Lakeway, TX 78734
Lynn.mcwilliams@clubcorp.com
512-261-7145
USTA#: 11154357
Born: 1960

Rainy Miller
13422 Green Terrace Dr.
Poway, CA 92064
Rainymiller@cox.net
858/254-1004

Tammy Morris
11119 Wickdale Drive
Houston, TX 77024
mamamorris@comcast.net
281/433-3379-C
USTA#: 11136304
Born: 1966

Roger Ojeda
710 Channel Circle
San Antonio, TX 78232
Rsojeda.ed@satennis.com
210/735-3069-H
210/735-0448-C
USTA#: 10750285
Born: 1951

Nancy O'Neal
6224 Lake Badin Ave.
San Diego, CA 92119
nandeoneal@cox.net
619/463-3693-H
USTA#: 10674348
Born: 1941

Debbie Peck
128 Victoria Bay Court
Palm Beach Gardens, FL 33418
deborahcpeckesq@gmail.com
561/818-8519 -C
USTA# 2010748846
Born: 1955

Robert Peiffer
200 River Landing Dr.
Unit 304B
Charleston, SC 29492
Bobpeiffer65@gmail.com
843/352-7856-H
843/792-5217-W
843/330-0356-C
USTA#: 919280864

Jane C. Tabet
1521 Los Alamos Ave, SW
Albuquerque, NM 87104
jct200@aol.com
505-242-6606 -H
505-280-6706 -C
USTA # 10448634
Born: 1950

Jeanette Tubbs
11122 Hunters Landing
Montgomery, TX 77356
tubbsy@consolidated.net
936/582-2302-H
318/614-6297-C
USTA#: 10016989
Born: 1937

Margot Turk
553 Silvermine Road
New Canaan, CT 06840
Mgt91037@aol.com
203/972-2843-H
203/253-3836-C
USTA#: 11114361
Born: 1937

Betty Watson
4104 S. Gran Haven Dr.
Bloomington, IN 47401-9611
watsonbe@indiana.edu
usta 10925667
812/824-8043-H
812/334-3949-W
812/219-5795-C
Born: 1941

Kathryn Whalen
36 Westgate Rd. Apt. 5
Chestnut Hill, MA 02467
Kkwhalen60@gmail.com
617/487-8595-H
617/501-6794-C
USTA#: 919847509

Mary Ann Winden
11503 Sayanora
San Antonio, TX 78216
mawinden@att.net
210/344-9607-H
210/542-1968-C
USTA#: 919306630
Born: 1936

Additions and Corrections:

Heidi Attfellner
New Address:
940 Campbell Rd,
Morrisville, VT 05661
New email:
Heidi@attfellner.com

Carmen Almodovar
New email:
calmo10s@gmail.com

Bonnie Champion
USTA#: 103274670

Gloria Henninger
Add new email:
gloriah@hargray.com

Maria Koba
New email:
miscooter@verizon.net
New phone: 610/716-4444-C
USTA # 10660922

Vera Konig
401 East 86 St. Apt 18N
New York, NY 10028

Judy Levering
Add: 147 Deer Ford Dr.,
Lancaster, PA 17601

Joan Nessler
New Address:
The Village
240 Lions Hill Road, E 103
State College, PA 16803
Phone: 814/308-8023

Karen Popp
New address:
26056 Newcombe Circle
Leesburg, FL 34748

Louise Owen
New address:
Magnolia Springs
4926 Sir Barton Way, Apt 135
Indianapolis, IN 46237

Chris Ramsower-Pearlstein
New address:
1628 Banbury Lane
Carrollton, TX 75006

Nancy Rupprecht
Home Phone:
510/898-1970

Phyllis Taylor
Add: 2471 Shrewsbury
Run East, Collierville,
TN 38017
(901) 316-5886 (H)

Judith Wirsing
3220 Inlet Shore Court
Virginia Beach, VA 23451

Anne Zink
400 Wilkinson Lake Blvd.,
#211
North Oaks, MN 55127
phlanzi@aol.com

MEMBER NEWS

Congratulations To:

Gold Slams and Gold Balls

Congratulations to **Brenda Carter and Betty Wachob** for completing a Grand Slam in the 70 Doubles at the National Indoors. (Brenda will be given the USTA Southern Female Player of the Year award in January.)

And to **Dori De Vries** for completing a Singles Grand Slam and a Doubles Grand Slam, with **Mary John Lynch** in the 80s at the National Indoors

And to **Rita Price** for her Singles and Doubles Grand Slams in the 90s, completed at the National Indoors where she played with **Betty Cookson**.

And last but not least, **Jane Lutz** wins herself Gold Slams at the La Quinta Hard Courts in singles and doubles (with **Pat Wiedenmann, who won her First Gold Ball**).



Gold Slammers Brenda Carter and Betty Wachob



Dori De Vries



Jane Lutz winning her Gold Slam; Pat Wiedenmann winning her First Gold Ball. 85 doubles



Rita Price

Other First Gold Ball winners

Betsy Savitt won her First Gold Ball at the National Women's Grass Court Championships last summer in 60 doubles, with Pat Purcell.



Pat Purcell with First Gold Betsy Savitt

Robbie Dimond won her First Gold Ball at the National Mixed 75 Hardcourts in Las Vegas, NV in November. See her bucket list story on page 26.

Judy Levering, formerly of Hilton Head Island, was inducted into the South Carolina Tennis Hall of Fame on December 10. Judy learned tennis from her parents as a child in Kansas City, Missouri. She attended Northwestern University where she was an active member of the Women's Athletic Association. Judy was inducted into the Northwestern Sports Hall of Fame in 1999, and was made a member of the 'N' Club. Currently residing in Pennsylvania, she spent over 17 years growing the sport of tennis in South Carolina.



Following 15 years of volunteer service to tennis, Levering was elected to the USTA Board of Directors in 1994, serving as the First Vice President in 1997 and 1998, and the first female President in the USTA's 118-year history in 1999 and 2000. She was instrumental in creating USTA Serves, a national charitable foundation of the USTA which is now known as the USTA Foundation. One of her most notable legacies is the naming of the US Open stadium at Flushing Meadows after Arthur Ashe. And as USTA President, Levering made the decision to turn the US Open into a major entertainment event. Levering was the 1995 USTA Service Bowl Recipient, an award given to the person who "makes the most notable contribution to the sportsmanship, fellowship and service of tennis." The Judy Levering Leadership Initiative (JLLI) was established to honor Judy and funds the local grassroots leadership needed to drive youth development in communities across the country.

Upon moving to Hilton Head in 1999, Levering became involved in the Senior Cup Competition where she represented South Carolina for many years. She played on several Southern teams in the annual Intersectional Competition and also participated in League play at the 4.5 level every year from 2002-2014, advancing to Sectionals and Nationals.

Renata Marcinkowska, of Myrtle Beach, SC, was inducted into the South Carolina Tennis Hall of Fame on December 10. Renata graduated from Oklahoma State University, where she played collegiate tennis and was an All-American athlete, as well as a Big 8 Conference singles and doubles champion. She became a naturalized US citizen in 1991 and has resided in Myrtle Beach, SC since 1988.



She was the 2002 South Carolina Adult Player of the Year, and in 2003 and 2004 she was ranked number one in the world in the 35 year-old division. Renata was the 2002 and 2003 winner of the USTA

National Clay courts, and the 2004 winner of National Clay courts in 35's singles and doubles.

Renata played on the WTA Tour for 8 years, was ranked in the top 115 in singles and top 75 in doubles, played in all the Grand Slams and won the World Championship doubles 35 year-old division twice.

Marcinkowska has volunteered many hours of her time organizing tennis events and camps in South Carolina. She organized the Myrtle Beach Cup where all profits were donated to Friendship Medical Clinic for the poor in Horry County. Renata authored the book, "Power Drills for Team Tennis." She continues enhancing the sport as a tennis pro and is perhaps best known for being awarded a patent for the creation of a revolutionary dual-surface "Hybrid Tennis Court."

Ann Hunt, of Hilton Head, SC, was named USTA South Carolina Adult Female Player of the Year.



She was also given the distinguished female player award at the Alan Fleming Senior Open Clay Court State Championships, in Seabrook, SC, during which the National 40-70 Mixed Doubles Clay Courts were held November 9-13.

Fran Wakefield Hunter was inducted into the Southern California Tennis Association Senior Hall of Fame. Fran learned how to play tennis in high school Phys Ed classes. There was not much tennis available to women when she was in college, so it wasn't until she began playing through her local parks that her game really took off. She won:



- National W45 Doubles Hard Court Champion
- National W80 Doubles Indoor Champion
- 2 Gold, 6 Silver and and 6 Bronze Balls
- Fran also competed on numerous Intersectional teams representing Southern California.

As a USTA Lifetime Member, Fran has volunteered on numerous committees including the San Diego District Tennis Association, the SCTA Board of Directors, the San Fernando Valley Tennis Patrons and the National Senior Women's Tennis Association (NSWTA), just to name a few. She has also won numerous awards and much recognition for her work both on and off the court:

- 2004 SCTA Lifetime Achievement Award
- 2004 USTA 20-Year Service
- 2007 SCTA Award for Outstanding Senior Tennis Achievement
- 2007 Special award from SCTA Intersectional Teams

Norma Veal was inducted into the Southern California Tennis Association Senior Hall of Fame. Norma learned tennis from her self-taught father at the age of 15 but it was really badminton that she initially competed in nationally. After moving to Southern California in 1969, she took up tennis, playing, coaching and even running events all over the world, including:



- 1969 Champion of singles, doubles & mixed in the Venezuelan National Championships
- 1977-2000, Successfully directed the NSWTA's Hard Courts 65s, 75s and 85s
- 1998-2013, Successfully directed the National Senior Father/Son Hard Courts
- Won the Bronze Ball in the Senior Mother/Daughter with daughter, Marlene Veal Koch
- Was ranked #1 at least once in the So Cal 35s, 40s and 45s
- 1978 National W35 Doubles Clay Court Champion - her first Gold ball
- 2003-2005, Won 7 consecutive Gold balls in the 65s with Katie Koontz for a Gold Slam

Norma has been a member of SCTA Intersectional teams in the 65s and 75s, serving as captain for three years in the 75s. She was also a member of two international teams representing the US in the 65s in both Philadelphia and Turkey.

Cindy Babb received the NSWTA's prestigious Margaret Russo Sportswoman Award, given annually to a female NSWTA member for her outstanding sportsmanship both on and off the court. The award is in memory of Margaret M. Russo, an NSWTA member from Mid-Atlantic States who not only played world-class tennis but epitomized outstanding sportsmanship. Cindy Babb, who knew and played with Margaret Russo in the 1990s, has exemplified the highest sportsmanship and honesty in her tennis as well as her leadership roles within the NSWTA and the USTA.



**The MARGARET RUSSO
SPORTSWOMAN AWARD
WINNERS:**

- | | |
|------------------------|-----------------------|
| 2005: BELMAR GUNDERSON | 2012: KATHY LANGER |
| 2006: JONI HANNAH | 2013: SHELLY WORKS |
| 2007: PATRICIA GRAHAM | 2014: LU FENDIG |
| (Deceased) | 2015: BARBARA HUBBARD |
| 2008: CAROL CLAY | 2016: CINDY BABB |
| 2009: BRENDA CARTER | |
| 2010: BETTY WACHOB | |
| 2011: TRISH FAULKNER | |

Young Seniors Cup Teams

The USTA has announced the names of the women who will represent this country in Cape Town, South Africa, March 19-24 at the 2017 ITF Young Seniors Cup: Suzanne Lenglen Cup (W 35s)

Katerina Stanford, Julie Thu, Kaysie Smashey, Yulia Bolotova

Young Cup (W40)

Simona Bruetting, Fanny Gamble, Millie Yablonicky, Tracie Currie

Margaret Court Cup (W45)

Julie Cass, Jennifer Dawson, Nancy Hilliard, Debbie Spence-Nasim



New Texas Tennis Hall of Famers **Julie Cass, Sue Bramlette, Dennis Ralston and Margaret Canby** as they appeared at the October 29 induction ceremony.

In Remembrance

Joan D. Johnson

(1929-October 14, 2016)

Dr. Joan Johnson, professor, administrator and coach at California State University, Los Angeles, devoted her career to developing women's intercollegiate tennis.

Johnson joined the Cal State faculty in 1955 and soon helped to pioneer the Southern California Women's Intercollegiate Tennis League. In 1957 she became coach of the first women's tennis team at Cal State; her players included, among others, the legendary Billie Jean King, several national collegiate champions as well as many state and regional champions. At a recent fundraiser for scholarships, Billie Jean King opened the event with a moving tribute to her former Cal State LA coach and longtime friend Joan Johnson, whom she called "a special human being."

An experienced tournament player, Johnson competed in three of the four Grand Slam events – the championships of England, Australia and the U.S. – and she also won an amazing 18 national Public



parks titles between the years of 1952 and 1970. She directed numerous tournaments, including the AIAW Division II National Tennis Championships. She served on a variety of USTA and intercollegiate committees. In 1963 she received the World Tennis magazine's Marlboro Award for contributions to tennis. In 1970 she won the USTA Women's Tennis Leadership Award. She was coach of the U.S. women's tennis team at the 1977 World University Games in Sofia, Bulgaria. She won the Outstanding Professor Award in 1978 at Cal State LA and in 1985 Johnson became a charter member of the Cal State-LA Athletic Hall of Fame. She retired from Cal State-LA in 1992 with Professor Emeriti status.



From one of her students:

Joan D. Johnson was an accomplished tennis player, tennis coach, educator, writer and a mentor to many players and students. She was also my college tennis coach and mentor.

I played for Joan Johnson at California State University, Los Angeles from 1970-1974 as the #1 singles player. Joan would listen to her players and was fantastic at motivating the team with positive comments and strategies. As a player I was always eager to hear what she had to say. She was a great teacher and energizer as she always said the right thing at the right time. Joan understood the game so well and understood what it took to get us better. Often a great coach is a great teacher. As many of us former players have become teachers and coaches, her principles are a part of us today.

What we have learned from Joan will live on in all whom she had coached and taught. Hopefully we can pass on to our students and those we mentor today what she taught us. We can pay it forward. She will be greatly missed by all who knew her.

Tina B. Karwasky

Jean Williams Mazzei

July 3, 1932-January 9, 2016

Jean's interest in tennis started from watching her parents play when she was a young girl. Once her father got her started playing by herself, tennis became her focus and passion. As a 17-year-old in Aberdeen, WA, she talked her mother into serving as advisor of a new tennis team at her school, which Jean herself was player-captain and coach of. It was



the only interschool sport for girls in those days. She continued giving back to tennis by coaching this team for three additional years while she was in college. Once out of school, Jean volunteered extensively at the well-attended Pacific Northwest Tennis Tournament, serving on the busy Registration Desk from 1958 to 1999.

Jean taught beginning, intermediate and advanced tennis for several years. She contributed racquets and trophies to junior programs, especially in the inner city. She served on her area's Senior Women's Tennis Committee for over 25 years, most diligently compiling a running total of Grand Prix points earned by senior women aged 35-75. She also played tournament tennis. In 1997 she and fellow NSWTA player Joyce Jones were ranked 4th nationally in the 65 doubles. Although tennis was her passion, she excelled in other sports, loved to sketch, and help power mow the lawn.

Jean's quiet, efficient approach in supporting senior tennis earned her the USTA/Pacific NorthWest Tillie Klansinc Senior Women's Service Award in 1995.

Jean and her husband Sandy enjoyed travelling to major professional tennis tournaments around the world until her Alzheimer's prevented further travel. She dearly loved her tennis friends. She became frustrated when she couldn't remember their names when she played them. Sandy is so thankful that the gals accepted her as she was and played with her for such a long time anyway.

Jewel James Chubbuck

November 16, 1923-October 7, 2016

Jewel passed away at the age of 92 in Baton Rouge. She was a longtime resident of Baton Rouge along with her husband Dr. Edwin R. Chubbuck, retired professor of Engineering at LSU. Both Jewel and her husband were avid tennis and golf players. Jewell founded the Baton Rouge Women's Tennis Association, modeled after the Houston Ladies' Tennis Association. She is survived by her husband Edwin, daughter Susan (Patrick McDonough), two sisters, a brother, a granddaughter and a great granddaughter.



Hume Cofer

Carol Cofer's husband Hume died of Parkinson's disease November 13 at the age of 93. The NSWTA offers its sincere condolences to Carol.

Letters to The Editor

Dear Editor:

Having just returned from Croatia where I was fortunate enough to be selected to represent the United States for the 2016 Althea Gibson Cup, I should be ecstatic – right? Not so. I am sad.

When team members were originally selected in June, I was indeed ecstatic and proud to be chosen to be on the team for such a prestigious event. In fact, representing my country by playing the sport that I love has been on my "bucket list" for some time but was a somewhat distant goal as there are so many other talented players vying for a position on the team.

In spite of the dire warnings about travel to Turkey, I, together with many others, made the decision to go anyway – this could be a once in a lifetime opportunity and, after all, statistics show that one is more likely to die crossing the street than to be blown up by a terrorist bomb!

When Turkey did indeed become too dangerous for the World Championships to be held there and the tournament was moved to Croatia, the USTA decided to re-select all of the teams and, in so doing, changed the selection criteria. While this may have resulted in sending stronger teams, it had a really negative and demoralizing effect on some of those chosen while original members of the teams were rejected. It was difficult to rally the team spirit necessary to win when we all had disappointed friends who had been effectively disenfranchised in the new selection process. It was so difficult, in fact, that some team members generously offered up their spots to the original team members. Unfortunately the USTA doesn't seem to have similar ethics and certainly would appear to have no clue about the importance of good team spirit in achieving victories.

The first Core Value identified in the Mission Statement of the USTA is "Integrity: The USTA is committed to the highest standards of integrity, honesty and ethics". Oh really?

Susan Kimball

Dear Editor:

I just read Kathy Langer's email letter and am happy to feel again the great connection to the NSWTA. Bill and I have spent 9 months in Tbilisi, Georgia, which was in many ways a good experience being with our family and seeing interesting places. But we discovered that living in a foreign country is not the same as being a tourist. The big drawback was the language barrier, which meant that we lost our independence. We couldn't go anywhere without having a bilingual person accompany us. We couldn't drive by ourselves since we could not communicate with anyone nor could we read the signs.

We ended up feeling like prisoners. We realized we had to come home to Tucson and it is heaven being back where we can talk to, and understand, people! I am now 84 and Bill is almost 90. We will soon join the Tucson Racquet Club, where for several years I played tennis and worked out. I will set up a serious program to regain my lost leg strength. My goal is, of course, to get back on a tennis court with no more than a normal danger of falling. I am not finished with tennis!!

Sue Rogers
 New email: sueduce2016@gmail.com
 New phone: 520 405 9082

Dear Editor:

This good news from the SportsLog of the Boston Globe, September 21, 2016:

Hewitt Begins Six-Year Jail Term for Rape
 Deposed tennis Hall of Famer Bob Hewitt began serving a six-year prison sentence in Port Elizabeth, South Africa, for raping two underage girls he coached and indecently assaulting another in the 1980s and '90s. Hewitt, 76, had twice filed appeals that delayed his sentence after he was convicted of the crimes 18 months ago. Last October, the former Boston Lobsters star also was found civilly responsible in US District Court in Boston for raping Heather Crowe Conner, of West Newbury, when she was his 14-year-old tennis student in 1975. The cases against Hewitt stemmed from a 2011 investigation by the Boston Globe newspaper.

I hope that this decision can bring some small measure of peace to the young girls whose lives were changed forever by this disgraceful man of our sport.

Sally Utiger

Dear Editor:

I just received and enjoyed the NSWTA magazine. I haven't played tournaments in four or five years (when you're older, harder to count) and had fun reading of the exploits and successes of many friends...when it got to the 55's, recognized very few.

I enjoy keeping up with my hale and hearty tennis friends.

Joan Nessler

Dear Editor:

Thank you for your work for the NSWTA. It's interesting to read what is going on although by now (I'm 87) very few, if any, of the names and photos and captions and articles are of people I recall.

Please list my name in the membership pages as Joan Piken Silbersher. Maybe this way a few of your members will recall who I am.

Way back, I was secretary or editor for a year or two, so I helped a bit. And I founded the Pound Ridge Tennis Club here in Pound Ridge. It's a neat day court membership-owned tennis and paddle facility.

Thanks again,
 Joan Piken Silbersher

Dear Editor:

2016 has seen marvelous changes for The USTA. In addition to The USTA's Headquarters moving from White Plains to the new Home of American Tennis in Lake Nona, FL, the Adult Individual Play Division has a completely new staff to help and serve any of your tennis needs.

Joanne Wallen has taken the role of Director of Adult Individual Play. "Jo's" tennis background is vast as a former professional player who was named "Newcomer of the Year" by the Professional Tennis Registry in 2012. Those familiar with the tennis community in Kentucky will remember Ms. Wallen as General Manager of the Lexington Tennis Club and serving on the Board of Directors for USTA Kentucky. Mobile: 914-536-0654 Email: joanne.wallen@usta.com

Michael Hughes is the new Manager of Adult & Senior Competition. Michael is from Indiana and holds both a Bachelors and Masters from Indiana University, home of his beloved Hoosiers. The Midwest knows Michael well as an experienced tournament director, who has worked at the Midwest Section of the USTA since 2010. Mobile 407-725-5416 Email: Michael.hughes@usta.com

Rob Gorden is the Administrative Assistant to Adult Individual Play. He offers the "beginner's perspective" as he is fresh to the world of tennis. Rob is from north of Boston and spent 15 years in New York City working his real job as an actor and comedian and his hobby at a Wealth Management firm. Rob joins the USTA after some time with Walt Disney World. He is thrilled to embark upon this new endeavor.

Phone: 407-725-5418 Email: Robert.gorden@usta.com

Michael Hughes



Hughes, Wallen, Gordon

REGULAR ARTICLES

Sally's Alley

by Sally Utiger

USTA Official, New England

With Help from Ray and Merrilee Williams, Health and Fitness Instructors



Sally Utiger

I'm not telling you anything new here: Our country is suffering from an epidemic of obesity. Everywhere you look are people of all ages, sexes and colors carrying around too much weight. It doesn't take rocket science to conclude that this condition is neither attractive nor healthy. According to the Centers for Disease Control, "Sixty percent of our population is obese and overweight with thirty percent being medically obese." The state of health in our nation is rapidly deteriorating, and although there are other significant factors such as sedentary lifestyles and lack of exercise, the major problem is our food supply, largely consisting of manufactured foods and beverages containing toxic ingredients. These toxins include preservatives, pesticides, growth hormones, antibiotics, steroids, artificial sweeteners, and GMO crops.

This message will focus on the worst and most damaging, which is the silent and sneaky invasion of large amounts of SUGAR into almost everything we eat and drink that is in the manufactured food supply. It's not as if we haven't been warned. Four

years ago in April of 2012, CBS' 60 MINUTES aired a special report on "SUGAR", hosted by CNN's Sanjay Gupta, MD. This special featured Dr. Robert Lustig, a pediatric endocrinologist at the University of California, who had earlier shocked the world with his U TUBE lecture entitled "Sugar: The Bitter Truth." His videos have reinforced his alarming news that the large amounts of added sugar in our nation's manufactured goods and beverages has been found to be an addictive toxin that is significantly causing our country's epidemic increases in obesity, Type 2 Diabetes, heart disease and cancer. Dr. Lustig identified sugar as an addictive substance in the same category as cocaine. Like cocaine, the more sugar consumed, the more it is craved and the more it takes to make us happy.

I wonder how many of us realize that so many of our sports celebrities collect millions of dollars yearly to encourage their fans to consume sugar dominated foods and beverages. The basketball, hockey and football sports icons are the most visible, but our sport is not without its very talented and very wealthy players who promote the sale of foods and beverages loaded with sugar. I wonder if it has occurred to any of them that this endorsement of sugar is potentially destroying the health of their many fans, especially the children and adolescents who idolize them. By choosing NOT to promote sugar products, our athletes can take a step toward getting a grip on this health issue. They have so many other alternatives. We have so little time.



REGULAR ARTICLES

What's Happening at the USTA

by Doug Wenger

Chair, USTA Adult Competition Committee



This time of year brings to a close the two-year term of the present USTA Adult Competition Committee. As our term comes to an end, I'd like to share a few highlights from our recent activities as well as some areas we are focusing on for the year-end.

Building Strong Staff/Committee Relationships:

The USTA has appointed new staff members in the Adult Competition area and I am pleased with how quickly the staff and our committee have come together. Once again, I want to welcome and recognize the immediate contributions and teamwork of these new USTA staff members: Michael Hughes, USTA Manager of Adult & Senior Competition; Jo Wallen, USTA Director, Adult Individual Play; and Robert (Rob) Gorden, USTA Administrative Assistant, Adult Individual Play.

Section Outreach and Alignment to Drive Growth:

Recently, a workshop was held at the USTA headquarters that brought together section and national staff to assess the current state of Adult Tennis and develop ideas and initiatives to grow participation in the adult area. I was honored to be invited to represent the Adult Competition Committee by presenting and leading a discussion regarding participation metrics, our committee, our charge, goals and focus areas. Feedback was very positive from the workshop, including ideas generated from a "Shark Tank" exercise. I am confident some of these ideas will "move the needle."

Implementation and Roll-Out of Additional Format Options:

Since April, the committee and staff have been rolling out the additional options for tournament formats and new tournament products. These include scoring and match scheduling, among many others. In addition, the new Category III national schedule product has been launched and we've seen several organizations reach out to sanction events. These events are trying new approaches that we hope will appeal to more players who otherwise are unable to play a more traditional/several day event. We are working closely with these tournament organizers to learn what is working and what is not in order to continuously improve on this strategy.

Implementing a Change in National Ranking Requirements for the 2017 Ranking Year:

Effective Jan. 1, 2017, the minimum tournament play requirement to be eligible for a national ranking has changed. For Adult (Non-Family) Divisions, to be eligible for a national ranking, a player must play at least one Category I event (including qualifiers) and one other event at any of the following levels: Category I (including qualifiers), Super Category II, Category II or Category III. These changes were approved at the April 2016 USTA Annual Meeting. Family Division national ranking eligibility requirements remain unchanged for 2017.

Exploring Non-Age Division Events:

The committee is completing a study and recommendation on the potential creation of events that are ability / level based (such as using the National Tennis Rating Program). We believe there is a large population of NTRP league players who would enjoy a tournament-type experience as a team, individual or in small two- or three-person teams. These events could be at any level (i.e., local, section, national). A subcommittee is assessing some previous work in this area and is determining what other new aspects should be considered. The results of this study will be provided to the next Adult Competition Committee for consideration.

Expanding the List of Potential National Event Sites:

We have seen an increase in the number of events at risk of cancellation due to lack of site availability or other scheduling issues. To address this, our committee and staff have initiated an outreach "blitz" to prospective host sites, encouraging them to consider hosting a national event. We work with each site to help match its facility and scheduling matters with the types of events that might be a good fit. It is very exciting to see the results of this work. We are seeing more and more events receive multiple applicants. This diversity provides us with a broader set of options from a schedule, location and time-of-year standpoint. It also provides us with a growing list of potential sites for the future.

If you know of a facility or potential tournament organizer, please share their contact information with the Adult Competition Committee at adulttournaments@usta.com. This email address also can be used for general questions and concerns. For ranking-related questions, please send your questions to ustaranking@usta.com.

Thank you for helping us grow participation in adult competitive tennis.

HEALTH & FITNESS

Life Lessons Learned on the Court

By Marianne Ring Caplan

Adversity. We have a choice how we respond to it. It can be looked at as a conduit to self-knowledge and growth. It is my conclusion that my years of playing competitive tennis helped me to face and conquer one of the more challenging obstacles in my life. I was diagnosed with breast cancer in May of 2010. I was 49 years old, one year away from aging up! I found out the results of my needle core biopsy with my nineteen-year-old daughter in the car with me on our way home from watching my son Doug and his tennis team compete in high school Districts, the pre-qualifier for States. My husband and I decided I would go to Memorial Sloan Kettering in New York and after several more tests it was decided that I would have a mastectomy on July 1st. I ended up being taken last that day after arriving at the hospital at 5:30 am. I sat in my waiting room for hours, stomach gurgling, trying to keep a positive disposition and not let my fear of the unknown overwhelm me. (Luckily, Wimbledon was on the TV in my room!) My surgery was a success and I knew my prognosis was excellent but I would have to endure 4 rounds of chemotherapy with three weeks in-between. My children were ages 20, 17, and 14. I felt a deep sadness that I could not protect them from this unexpected trip with me.

I faced this adversity with a very positive attitude and a lot of fight. I realized that my competitiveness was an integral part of me and it would serve me well here. I likened it to the biggest tennis tournament of my life, as I am sure my fellow competitors would. We embrace the battle! I was fortunate to have an incredibly supportive family and network of friends and I was not going to wallow in my sorrow. No drama queen here! I upped my training and my tennis goals, making them my focal point and a positive diversion for me during this battle. I did Pilates twice a week with a gifted teacher and I continued to train with my exceptional tennis coach and great friend, Sean Kelleher. I felt if I had the strength to play



tennis then I was going to be OK. It was as if every ball I hit was saying f#*% you, cancer! You will not own me! I planned my days around my workouts. I even went to Pilates with my drainage tube still in my chest. I did what I could. On a few chemo days I played doubles before and one time I even went straight to the court afterward, full of Benadryl, with my poor mother watching with worry from the sideline. I finished my chemo in November. I started running shortly after to build up my endurance.

Throughout my journey many of the skills I had honed over the years from training and competing were a major asset to me. I was able to be in the moment and maintain my focus. One ball at a time. I used my breath to help quiet my mind when I felt anxious, fear or pain. I did not look ahead in the draw. One day at a time. I was very attuned to my body. I felt that my path to healing was to keep moving, pushing my self when able to, and having faith in the best possible outcome. I had my reconstruction surgery on both breasts in January of 2011. In June I played in the National Indoors in Denver and won a Bronze Ball in doubles with Abbi Neuthaler. Boy did I feel some redemption! I followed that with a Bronze Ball at the Grass Courts with my Pepperdine teammate, Shannon Cross. I then won yet another Bronze Ball at the Clay Courts at BallenIsles with Trish Faulkner, my first tennis coach, life long friend, and fellow breast cancer survivor. She was a role model and great support for me. We did this during Breast Cancer Awareness Month. I could not have dreamed of a better comeback year.

As Billie Jean King said, "Competing is a privilege" and for me, it truly is. I have become stronger and more fearless on the court because I know I defeated my toughest real life opponent to date. The rest is icing on the cake. Up to this point I had won only one coveted USTA ball, a Bronze Ball in doubles with Joni Hannah. I have since won 12 balls after returning, including two Gold Balls with Vicki Buholz, and I cherish every single one of them. One of my favorite things about playing in a National tournament in addition to the great camaraderie is watching the inspiring tennis battles and bearing witness to the incredible fighting spirit, determination, and courage displayed by my fellow players of all ages. Many life lessons can be learned on the court! public health concern.



Coach Sean with Marianne

Your Blood Type and Why it Matters

by Jane Savage

Serve and volleyer. All court player. Baseline. There are many different styles of play in tennis. It's the same with someone's diet. Some people can thrive being a vegetarian and others do much better with animal protein. Some people really do better without dairy and some can tolerate it. I believe it's not about the label, but finding out the best way of eating and exercise that bring out your best version of health. Blood type is a piece of that puzzle.



Your blood type can play a significant role in not just what you eat, but how you handle stress, your digestion and how you exercise. Your blood type is what makes you unique. Whether you are an O, A, B or AB, there are strengths, weaknesses, and diet profiles for each blood type. Nothing is a hard fast rule and there are always exceptions, but there are definitely guidelines you can follow. Let's dig in a little bit.

Blood type is important in the whole health puzzle just like personality type or heritage. It's definitely one of the questions I ask a client when I begin working with them. When you look at your health, you want to look at it from a holistic (or whole) perspective. The more personal information you have, the better you can create that optimal version of health. Your lifestyle, your relationships, your social life and how you like to exercise are all examples of factors that create a truly healthy person. Experimenting with eating for your blood type might just help you with that nagging digestion issue or perhaps a lack of energy. It can be one of the many steps you take when dealing with a health issue.

Let me share a few examples with you. I am an O blood type and those characteristics are usually someone who is strong, self-reliant and goal-oriented. (a.k.a. fiercely competitive!) O blood types tend to have a hearty digestive track, do well with animal protein and enjoy intense exercise like running, tennis or power yoga. All these things ring true for me. I do feel more grounded and stronger with some high-quality animal protein in my diet. For stress busting, I need a great sweaty workout as opposed to a quiet walk in nature (although I love that too).

An A blood type is someone who is probably more sensitive, settled and orderly when it comes to their personality traits. This blood type evolved when

agriculture began and they tend to have little need for animal protein and enjoy more calming exercises like tai chi or gentle yoga. These people can typically follow a vegetarian diet.

Blood types B and AB were created later so they usually are comprised of a mixed diet.

The one thing that is common in all the blood type diet profiles is more vegetables! When you cut out the simple carbs, processed foods and start making more meals at home, you start feeling better. Food is mood and when our bodies get the right nourishment, it will respond in a positive way.

With all the endless "new diets" and confusing marketing out there, I urge you to look inward. Be sure to know what your blood type is and do a little research. Perhaps you are an O blood type and wondering why being a vegetarian leaves you feeling sick, dissatisfied, hungry and low energy. Just like you know your eye color or your shoe size, know your blood type and see how you can eat and move in a way that authentically feels really good. You don't have to follow a strict blood type diet (or any diet for that matter) but just knowing the small details about yourself can make all the difference.

You create your own version of great health, without any of the fancy diet labels.

If this topic sounds interesting to you, I encourage you to check out *Dr. Peter J. D'Adamo's Eat Right for Your Type: The Individualized Diet Solution to Staying Healthy, Living Longer & Achieving Your Ideal Weight*.

BIO and Contact Info:

Before Jane Savage became a Certified Integrative Nutrition Health Coach, she was a USPTA tennis pro. Jane played for the University of Delaware and was part of the team that still holds the all time best season record of 17-0. She also ranks in the top 10 for best doubles record in a season and career. In 2009 Jane founded Savage Health, a boutique coaching business that helps moms prioritize their health. Her first book is due out soon:

Fit for Life: Make 5 key shifts to be the fit and focused mom, role model and wife you're ready to be.

Jane has been a speaker at the Hudson Valley CTC program, Eastern USPTA Annual Conference and the USPTA World Conference in 2013 and 2016.

She would love to connect with our members who might have questions or comments. Just send her an email.

www.janesavage.com
www.facebook.com/savagehealth
savagehealth@gmail.com
cell #914-907-2507

FEATURE ARTICLE

GameChanger: Cindy Babb

by Brenda Carter

It must be said from the outset that “game changer” may not be the best word Cindy Babb would want to be identified with. Most of you know Cindy as the President of NSWTA from 2013-2015. During her term, she fought to keep the game from changing its good old-fashioned scoring to fast-scoring. NSWTA members and age group national players are very appreciative of her willingness to “go to bat” and stick up for tournament players of all ages. As a result, she might be more willing to carry a sign that reads “Don’t Change the Game!”



Cindy served the tennis world in many capacities before stepping up to be NSWTA President. For at least 8 years she served on USTA National Committees. While serving on the USTA International Committee, Cindy was a major player in revamping the guidelines and selection process for USTA Cup teams. She assisted in developing a process for evaluating player records that was definitive and fair. This process continues to be employed by tournament seeders for every Women’s Category I and II tournament. In addition, she oversaw correspondence to potential Cup players and those selected for a team, making sure all were properly informed. She, along with other committee members, strived to make sure nothing “fell through the cracks.”

When USTA combined the Adult Competition and International Committees in 2012, the USTA staff assumed a portion of the administrative responsibilities; yet as Vice Chair of the combined Adult Comp committee, which is the heart of senior tennis, Cindy continued to work for a fair and transparent process for all players until she retired in 2014. She presently serves locally for USTA SC and just stepped off the Adult Tournament committee of USTA Southern, after serving for 8 years. Wherever she volunteers her time, she takes her responsibility seriously and usually rises to a high level of leadership. She is always thinking of ways to make something better. That is just the way her heart and mind work and she does it with great spirit and inclusiveness. At present, she is spearheading Charleston’s efforts to host the NSWTA Championships tournament, which will be held in April.

Cindy is the ultimate team captain. She will often not put herself on a team, even though she should, so she can be sure everything is running smoothly and happily. She captains South Carolina women’s teams in the Southern Senior Cup as well as Southern’s 55, 65, 75, and 80 age groups which compete at Intersectionals. To choose her teams, she researches records and consults with others, much the way she helped initiate Cup team formation at the USTA.

Growing up in the Atlanta area, Cindy played junior competitive tennis in high school. She attended Georgia Southern College (now University) where she was a member of the school’s very first bona fide women’s tennis team. At the time, there were no scholarships or funding, so the team took care of themselves. From her perspective, it was a great experience and the team had lots of fun. When she married Air Force pilot Bruce Babb, Cindy adapted her volunteer skills and play to several USTA sections as well overseas in Germany. In each location, Cindy got involved and served at the local and USTA section level.

When she lived in the Washington, DC area, she was a teaching pro at a prominent club. When she speaks of those days, it makes us wish our children had been under her tutelage. She stressed fun, but she also stressed the hard work. She gave rewards and prizes, but if a child did not perform, the child did not get a prize. She held them accountable and her students learned valuable life lessons.

All of the above highlight Cindy’s love of the game of tennis. She is passionate and even more passionate about giving back to the game. She enjoys the accomplishments of others more than her own. She is a very skilled and experienced player, having won several USTA balls at National tournaments. In July, she won her first Gold ball in singles, beating higher seeds along the way. What a fantastic day! Recently, Cindy was presented NSWTA’s Margaret Russo Sportsmanship award. She represents everything the award embodies. She supports all that is good about tennis and plays the game with dignity, integrity and always for the common good of all. And most of all, she’s having fun!

INTERNATIONAL COMPETITION

So You Want to Play a Tennis Tournament in China?

By Carolyn Nichols

The Great Wall of China was on my bucket list. Then I heard about this ITF tournament in China that had \$50,000 in prize money (that is NOT a typo), plus hospitality money. I was intrigued,



Carolyn at the Great Wall

and when my schedule opened up, I did more research, looked at a map (I'd never heard of Shenzhen) listened to a podcast (Two White Chicks in China; the two women live in Shenzhen) and decided to go to China. I am glad I did.

After you play a tournament in China, it is so easy playing one in the West or in the USA, simply because the communication was so difficult in China. Few people spoke English; the one main person who did was unfamiliar with tennis. No one at the tournament hotel spoke English either. The tournament itself was quite interesting. (It was sponsored by the Chinese government.) There were scores of police roaming the grounds, and dozens of volunteers. There were volunteers to open the doors to the courts! There were umpires for every match (calling every line, on a hard court, not always successfully). When it rained there were two squeegees on a court, and about six volunteers, two to operate the squeegees and four to instruct. The facility was huge, with badminton, 14 outdoor, two indoor tennis courts, a fitness room (empty when I viewed it), a hotel (unfortunately shut down the day before the tournament due to not passing an inspection), two swimming pools, covered parking (turned into a player hospitality area)...and only squat toilets!

Once you get to Shenzhen, things are not expensive. The



Shenzhen tournament last day

tournament hotel (the new one) was about a 15-minute walk away (but there was a shuttle, though it departed at unannounced times) and was under \$50 a night. And anyone with a top 50 ITF ranking got the hotel free for the week of the tournament.

The level of play wasn't extremely high. The best players were the Aussie and Indian men and a couple of former Fed Cup players from Taiwan, one of whom played for Taiwan for ten years and was very good. The players were very friendly though and complimentary. Several Chinese players (all women) took sun protection to the level of wearing face masks (and long sleeves and some wore long pants). It was very warm and humid, similar to Florida. It was so humid my fitbit drowned! We played short sets (first to 4 games, regular ad scoring, with tiebreaks at 4-4, two out of three sets), because the tournament was delayed a day due to the typhoon on Friday, the day before the tournament was to begin.

At the end of the tournament, there was an impressive prize giving ceremony, with (loud) music, a professional M.C., and flowers and trophies delivered on a tray to the players. (All while a doubles final was going on next door!). There was prize money based on the number of entries, and here, unlike Europe, prize

money was pretty similar for singles and doubles and mixed. You had to know to bring your passport with you on the final day, in order to get your prize money. You first go to the referee, then to this small room



Carolyn in Hong Kong

near the locker room to get the cash. (This information is not posted anywhere!).

I started my trip in Hong Kong, but did get caught in the tail end of one full-on typhoon and on Friday, a full on typhoon which shook my hotel for over an hour. If you fly into Hong Kong, you can take a train to the border at Futian. There's a shuttle there to the tournament (free), though this information is only on the Chinese web site (which is translated to English, but awkwardly). I was lucky to have a player from Hong Kong walk me through the steps.

I did get to Beijing, and saw the impressive Great Wall of China, the Forbidden City and the Summer Palace there. The metro is very easy to use, and China seems very safe for tourists.

*When it rained
there were six
volunteers, two
to operate the
squeegees and four
to instruct.*

This is what you need to know before going off on your own to China for a tournament:

- You need a visa...get it before you leave; if you wait till you are at the border you aren't going to China
- Fill out the exit form before getting to the customs officer or you will have to wait in the line twice (now how do I know that?)
- Shenzhen is near Hong Kong; you can fly into Shenzhen (the most beautiful airport I've seen!) or Hong Kong (then take the train to Futian and cross into mainland China there).
- You need a VPN or else just forget about using Gmail, Google, Facebook, twitter, Google photos (anything Google) or even carolynnichols.com! You can get a VPN app for your phone in iTunes or Google play.
- Get a translating app for your phone.
- Make sure you have the name of your hotel with you in Chinese before you leave. The name in Chinese will be completely different from the Western name.
- Be patient, communication will be slow and not so easy.
- Don't drink the water
- Do come prepared for hard courts because that's all they have in China
- Try the entire circuit: Beijing (closed for ITF purposes but open to foreign players); Shenzhen; Hong Kong.
- Don't wait, the oldest division was 60s for men, 55 for women
- If you are a doubles specialist this is a good circuit for you...prize money and draws were excellent for doubles and mixed.

Tennis Docs, aka the Nations Cup

By Vicky McEvoy

Doctors who play tennis or tennis players who doctor? Just what is the American Medical Tennis Association? Dr. John Kirkpatrick, an internist from Seattle who heads the organization, was looking for new doctor/players to represent the U.S. for the Annual Nations Cup, a competition



Team USA for the Nations Cup -- all physicians

among tennis playing doctors the world over. Thanks to Leslie Murveit, John contacted me to join the US group for the competition in Lima, Peru this past October. Forty-two Americans arrived in Lima to compete at the World Medical Tennis Society meeting. Some were physicians, and some were family members of physicians, but all had an opportunity to compete, whether it be singles, doubles, mixed- doctor-only events, non-doctor events- all age groups from thirties and up, and the Nations Cup.

We boarded shuttle buses every morning to take us from our hotel overlooking the Pacific to travel nine miles to the Jockey Club. Navigating lockjaw traffic every morning was the first hurdle each day, followed by our respective challenges on the red clay courts of the Jockey Club. The Jockey Club was a large facility that ostensibly was for horse racing but also included numerous red clay courts, several restaurants, an indoor pool, and workout facility. Being surrounded by a multitude of languages, tennis uniforms, playing styles, and court behavior was always interesting. A heated mixed doubles match with a dynamic Italian couple was followed by a warm smile and a gift of a small painting on a refrigerator magnet from my new Italian friend. Apparently, the giving of small trinkets is a common custom post-international play. Having been caught off-guard, I searched my mind for an appropriate reciprocal gift from my dilapidated tennis bag- a packet of gel? Lip balm? A dampener?



Vicky (left) atop Machu Pichu with one of her doubles partners

Tennis appears to be a popular sport, at least in the large urban area of Lima. We saw quite a few excellent young players competing at the Jockey Club, and the courts were always busy. There were scientific sessions concurrently being held in a nearby facility although I know of only one non-playing physician spouse who attended. After all, we had work to do on the courts! Most of the AMTA meetings that occur several times a year in the US, however, include well-attended lectures, followed by tennis activities, according to Dr. Kirkpatrick. Our Peruvian hosts entertained us on two evenings with gala dinners, one at an Incan ruin, beautifully staged with colored lighting; the other seaside. The awards ceremony included Olympic- like pedestals with gold, silver, and bronze medals given to competitors.

Tennis competition was followed by an early plane ride to Cusco followed by bus and train rides to the awe-inspiring Incan ruin, Machu Pichu that is nestled in the Sacred Valley. There we hiked either

to the Sun Gate or, for those more energetic, to the top of Machu Pichu Mountain to gaze down on this well-preserved Incan settlement. We were not alone as travelers from all over poured into the little town of Machu Pichu to bear witness to one of the Seven Wonders.

Who knew that one could combine one's profession with a beloved avocation in such a fun, adventurous way? Our next world meeting is in the Czech republic and perhaps Malta and Japan to follow. If you are a physician who loves tennis, please join us, or perhaps you can start a lawyer/tennis, accounting/tennis, or financial planner/tennis society- the sky's the limit!

A Summer of ITF Tournaments

by Sue Kimball

My husband and I spent a little over 2 months in Europe this past summer

playing some ITF tournaments and learning to play on the red clay. Our first tournament was the Koper Open in Slovenia where

we discovered several things: Slovenia is a beautiful country where English is widely spoken (a good thing since we had trouble reading anything written in Slovenian including the labels on items in the grocery store), it is inexpensive and the beer is really good.

We also discovered some interesting things about the ITF circuit: singles is king (or queen), every tournament has men's and women's events (a great social asset), doubles draws are

usually made a couple of days after the tournament starts with additional entries being taken on site up to that time, and too small draws are routinely collapsed into the youngest age category which resulted in my playing singles in the 45's after entering the 70's – yikes! I made it to the finals where I prevailed after playing 3 hard fought sets in a temperature of 86 degrees against an opponent whose only liquid intake during the entire match seemed to be two cans of beer while I chugged down gallons of cold water and sweated profusely! Another interesting fact about the ITF (and I particularly like this one) is that points accrue to the division entered



Mas and Sue - If it's Tuesday, this must be Lugano



Koper

– i.e. I received points in the 70's division for this victory – most helpful for future seedings.

The banquet was an extremely casual affair – spaghetti sauce was made and cooked inside a tent set up in the park where the tournament was held, the sauce and spaghetti together with copious quantities of beer were delivered to a table and we all helped ourselves. Not so casual was the trophy presentation done at the end of the tournament complete with a photographer and pictures were almost instantaneously posted on the ITF web site.

Next stop was Grottammare, a small city on the eastern coast of Italy which wouldn't be a destination except for the tennis tournament. What struck us immediately was that most people here



Grottammare - Late Dinner

don't speak English and the good news is we learned enough Italian to get by. The tournament is held in two locations within 5 minutes of each other: one in the hills above Grottammare and the other right by the beach ... molto bene! Here we managed to play some mixed doubles, albeit in the 50's, and after a contentious 3 setter in the semi-finals (which we won) we all went out to dinner together at a beach restaurant – 10:30 at night and we did Karaoke too (well Mas did)!

After a couple of weeks' break in England where we visited family and watched Wimbledon, we headed off to Barcelona with some trepidation since this was our first Grade A tournament and held at the Real Club de



Barcelona - Trophies

Polo – definitely the most upscale location so far with a country club atmosphere. What struck us first here was that matches were not scheduled to begin until 6:00pm at night. In fact, one of our mixed matches was scheduled to start at 10:30 pm! We played it, won and were still able to have dinner afterwards – no early bird specials here. Spain was wonderful – food, life style (late breakfast, some

sightseeing, lunch, siesta, good tennis) and we won the mixed doubles. The trophy presentation was again an organized affair with a dinner starting at around 9:00pm, speeches, trophies, raffle draw, lots of wine and we finally staggered off to bed in the wee hours of the morning.

Getting up early next morning for our trip to Lugano, Switzerland wasn't easy but we made it. Switzerland was definitely a culture shock as it is much more expensive than anywhere else we had been. It was also quite hot and there wasn't much A/C, then it rained and events got backed up – but we did meet several of the same players we had seen at other tournaments which made for some pleasant but linguistically challenging social interaction while waiting for the courts to be playable. I managed to win the singles once again and we also won the mixed doubles – got cash and wine instead of trophies this time.

Our last tournament was in Breda, Netherlands. A couple we befriended in Grottammare was running it and it seemed

only fitting to enter. This time I ended up in the 60's singles and lost in the finals to a 6ft tall excellent player, but we managed to get our revenge by beating her and her husband in the mixed finals!



Breda Mixed

Looking back over our time, it is somewhat amazing to think that we managed the whole trip without much advance planning. We decided where to go next by first finding the tournaments on the ITF web site for the weeks we wanted to play. Next we would look at Rome2Rio.com to find out how easy it was to get there from wherever we happened to be at the time then we would either book in at the tournament hotel or look at airbnb.com for accommodation. This sort of nomadic wandering might not be for everybody but we enjoyed the spontaneity of it.

ITF Super Senior World Team Championships

Umag, Croatia

September 12-17

Kitty Godfree Cup (65): Toni Novack, Molly Hahn,

Kathy Barnes, Sue Bramlette

The team beat Croatia (3-0), Ukraine (3-0) and Canada (3-0) to advance to the playoffs. In the semifinals of the playoffs, they were defeated by

Australia 3-0. Toni Novack lost to Adrienne Avis 62, 61. Molly Hahn lost to Wendy Gilchrist 61, 76 (4). Kathy Barnes/Sue Bramlette lost

to Avis/Gilchrist 61, 63. In the playoff for third and fourth place, Great Britain beat our team 3-0, taking us out of medal play.

Althea Gibson Cup (70): Brenda Carter, Betty Wachob, Sue Kimball, Cathie Anderson

The Gibson Cup team faced a tough adversary on Day 1, last year's finalists, Great Britain. Betty Wachob started the team off with a win but Frances Maclennan leveled the tie at a match apiece when she beat Brenda Carter. The Brits, always strong in doubles, beat Carter/Wachob in three sets. In the matches for places 5-8, USA met France first round and were eliminated, 2-1.

Queens Cup (75): Donna Fales, Suella Steel, Sheila Weinstock, Charleen Hillebrand

Queens Cup team blanked Australia 3/0 with Steel and Fales winning in singles while Weinstock and Hillebrand won the doubles point. They then blanked a tough German team, led by Heidi Attfellner

(who lives in Vermont and is both an NSWTA and USTA member) Nanda Fischer (also a USTA member who

is a former #1 ranked ITF player). In the 1st to 4th place playoffs, USA beat Great Britain 2-0 in the semies and then defeated France 3-0 for the Gold Medal.

Doris Hart Cup (80s): Carol Wood, Burnett Herrick, Judy Smith, Betty Hill

In the first matchup, the USA edged Australia 2/1. Carol Wood won at #2 singles, but Burnett Herrick



Kitty Godfree Cup team/ Kathy Barnes, Sue Bramlette
Molly Hahn, Toni Novack



Gibson Cup team-- Betty Wachob, Brenda Carter,
Sue Kimball, Cathie Anderson



Queens Cup with Trophy-- Donna Fales, Sheila Weinstock,
Charleen Hillebrand, Suella Steel

was forced to win a match tiebreak (played only in the 80s in this competition), winning it 10-5 to beat Helen Ferris and secure the win for the USA. Judy Smith/Betty Hill fell in straight sets in the doubles. In the second matchup, USA beat Sweden 3-0 and proceeded to defeat Great Britain 3-0 to put them in the medal round. USA beat France in the semies, 2-0 and then won the Gold medal by beating Great Britain in the finals, 2-1.



W80, Hart Cup: Carol Wood, Betty Hill, Judy Smith, Burnett Herrick

ITF Super Senior Individual World Championships

Umag, Croatia

September 17-22

From Brenda Carter's blog (<https://seniortennisblog.com/2016/09/16/brenda-carter-blogs-from-umag/>)

Just a quick summary of the past week -- the ITF Individual World Championships. Many of the team players remained in Umag to play in the Individuals, while others went home. In addition, many non-team players from around the world entered. It makes for a long stay away from home, but it's another week of great competition and great camaraderie.

Competitively, the week was surprisingly successful. I entered 3 events: 70s singles, women's doubles (with Sue Kimball) and mixed doubles (with Jerry Thomas). In singles, I made it to the semifinals, then lost to the person who won the title. The road to the semi's was challenging as I was playing higher seeds along the way. We were unseeded in doubles and mixed doubles.

In the women's doubles, Sue and I beat (I say that loosely, because it was a very close match) the top seeds in the semi's. We split sets, then the third set was a super tie breaker which we won 10-8 -- whew, a barn burner. We went on to upset the #2 seed in the final in straight sets. So, a Gold Medal for us!

In mixed doubles, Jerry and I would have played the #4 seeds along the way, but they withdrew due to injury. We played two matches early in the week, then finished up Friday and

Saturday. We played the #3 seeds in the final (#1 and #2 seeds had been upset) and won in straight sets, but we had to come back from behind in the second to avoid the 10-point tie-breaker. Both of my partners played fantastically, were very supportive, and we had fun! We enjoyed the competition, then enjoyed receiving our medals at the closing ceremony.

Even though this week was an Individual Championship, I know there is really no such thing as an individual award. There is always a support team who helps a recipient achieve whatever the goal may be. So, I say thank you to my support team -- family, friends, doubles partners, team members, practice partners, coaches, prayer partners..... These medals are yours as well!

I went for a long walk this afternoon along the Adriatic Sea on my last day here. It was a gorgeous day and I tried to wrap my mind around this whole fabulous two-week experience. It's very hard to do and even harder to put in words. This kind of experience is much bigger than tennis and winning (both things I like a lot!). At this event, I've been with people from all over the world -- all of us over 65 up to high 80s. You would be amazed to see these people on the court! Off the court, we are all friends, no matter where we are from. We realize we are blessed to have this opportunity to compete, but more blessed with the health we enjoy. A common wish among us is for peace, joy and kindness throughout the world.

Again, many thanks for your support.

TOURNAMENTS

National 35-85 Hard Court Championships

La Quinta Resort and Club, La Quinta, CA

September 26-October 2

La Quinta 45s

by Julie Dybendahl

The 45 women's championships this year had a number of world-class players entered so it really made for fantastic atmosphere and great tennis!

Jennifer Dawson played great to defeat Dana McBride in the ladies singles final 6-3, 6-4.

Undoubtedly the longest match of the tournament was between Shelly Works (#4) who need 3 ½ hours and 3 sets to defeat Marlo Caruth (CA) in a very hot quarterfinal encounter, 6-2,4-6,7-5.

In doubles, a very strong field ended up

with #2 seeds Ros Nideffer & Debbie Nasim-Spence defeating #1 seeds Julie Cass & Beverley Bowes-Hackney 7-5, 6-1 to take the Gold Ball.

Overall it was a fantastic week of Tennis!

La Quinta 55s

by Sherri Bronson

Getting to hang out at La Quinta for a week was wonderful, win or lose. A bit toasty but everyone seemed to be well prepared and up for the challenge. The funniest comment came from Tina Karwasky who said she may have to come back as a blond because that thick, black hair really absorbed the heat. Now, that would be a sight!

Several new players made their debut and the report was that the atmosphere was very friendly and the accommodations were hard to beat. The matches were played rather early, 7amish. Perfect for you morning people! The good news about starting so early is that you had the rest of the day to shop, hike, and hang out by the pool or practice. You could be lucky enough to see some big horned sheep on your hike, like Shelly Works did!

Tracy Houk came away with the Gold in singles and doubles. She had never played Tina and, according to her, was a little nervous at first. With heavy topspin off the backhand, and a no-miss forehand they hit a lot of balls! Tracy said she never felt in control but nonetheless came away with a 6-4, 6-3 win. Then on to Fran. Good friends on and off the court the two battled for maybe 3 hours or so. That's normal. And once again Tracy came away with the Gold, 3 and 4. Susan Wright beat Tina for the Bronze, 2 and 3.

The doubles final when Tracy Houk and Anne Kerwin-Payne beat Tina and Susan was amazing to watch. Scramble personified and just tremendous saves and hands by everyone. Have never seen so much running in one match! Never just a short point! The score was 6-4, 6-7, 6-1. Kimberly Jones and Tracey Thompson won the Bronze over Erin Boynton and Abbi Neuthaler.

Many thanks to Andi and Ed. They did such a good job. (Great shirts, Andi!) I'd have to go back just for the shirt! The dinner was wonderful. Most everyone hit the dance floor, except the ones with the 7am matches! See you there next year.



55s-Fran Chandler (Silver) with Tracy Houk (Gold)



55 doubles Bronze ball winners Kimberly Jones, Tracey Thompson

La Quinta 65s

by Barbara Hubbard

The competition in the 65 singles and doubles was as HOT as the Palm Desert sun. The singles matches began at 7:45am each morning. The early start time was actually a nice time to play. Doubles matches were usually scheduled for 11am or later. Tournament Director Andi Polisky, assisted by Ed Trost, did a good job of scheduling the matches so the singles players were given time to cool down and recover before returning to the court for doubles.

The La Quinta Resort & Club was a beautiful site for holding the National Hardcourt Tournament. The dinner and dance party at the Embassy Suites was a fun night out for all the players.

Finals were held on Thursday with top seed Kathy Barnes winning over Carol Gay who retired at 7-6, 2-2, suffering from the heat and body cramps. After attention from the onsite trainer, a shower and rest, she went to Urgent Care to make sure she was OK. Then, being a dedicated grandmother, she drove 4.5 hours to Phoenix to watch her grandson play in a JV football game. Amazing!

Barb Hubbard won her first singles ball (Bronze) in a hard fought 7-5, 7-5 win over doubles partner Cindy Babb. Lois Harris won the backdraw. In the doubles final, number one seeds Martha Downing and Kathy Bennett won over Janis Hasse and Fay Matsumoto. Babb and Hubbard took the Bronze with an injury walkover from Ann Stanley and Betty Ann Grout. The backdraw was won by Anne Russ and Diane Willauer.



65s-TD Polisky with Gold Ball winner Kathy Barnes



65 Doubles Bronze ball winners Cindy Babb, Barbara Hubbard (who also won her first singles ball, the Bronze)

La Quinta 75s

By Judy Janc

First time host, the beautiful La Quinta Resort in La Quinta, California, rolled out the royal welcome. Director Andi Polinsky and her very able assistant Ed Trost did a top-notch job of getting things moving and on time. The barrel of ice was the go-to spot throughout the day.

Norma hosted a player party for everyone at her home on Tuesday night and it just happened to be the night of the Big Debate. So we talked and partied until it was time...then went with the tape

face and all were able to enjoy even our differences.

We always look forward to the player banquet and this one turned out to be one of the best ever. Food and drink was plentiful and Ed's welcome was quite humorous. Our president Kathy Langer gave a brief update and Joyce and her songsters entertained. When the floodgates were lifted we enjoyed the food and mixing with the different age groups. The DJ did his job with super songs that kept the group out dancing for the remainder of the evening.

It was Hot! Hot! And HOT!

Hot weather of course 99-104 air...just a slight bit warmer on the court. Hot women too. Next year maybe they would put in misters to keep the spectators cool...we could have watched so many more great matches and continued to cheer the players on.

The 75's had 3 categories: The lobbers.... the droppers... and the winners -- and you know who you are. In a round of 16 players, here are the results: Singles Final Lynn Little def. Pattie Boyer (6-4, 6-4) 3/4 playoff: Dorcus Miller def. Judy Janc (6-4, 4-6, 6-1) At the end, the score card read 4-1 for Judy so the gallery thought there had been an upset...but they forgot to turn the card.

Oops.

Consolation: Lynn Tietz def Lola O'Sullivan (6-0, 6-1 ret-inj)

NOTE: Tietz lost in 3 sets to Miller in the main draw. She proceeded to win in 3 sets against tough opponents Meyering and Fujii.....so hat's off to her for claiming the 5th place prize, a beautiful pair of sunglasses.

Doubles final Little/King def Boyer/O'Sullivan (6-1,6-2) 3/4 Veal/Janc def Tietz/Langer 6-2, 8-3

Consolation Meyering/Kestle def Oldfield/Shields 4-5 ret (ill)

La Quinta 85s

by Joyce Jones

The 85s was more of the same old... same old... with Jane Lutz pulverizing all of her opponents and capturing the Gold once again. The best match of the event was Carol Cofer squeaking out a win over Janet Hubbard, 7-5, 7-5.



75s-Veal/Janc (Bronze) with Tietz/Langer

The Powers That Be assigned the 85D finals to be played on the sunken Stadium court, which eliminated any possible breeze.

The court was surrounded by cement bleachers which radiated the 99 degrees into at least 110 degrees. Jane Lutz and Pat Wiedenmann handled it much better than Angie Ray and Joyce Jones, defeating them 6-4, 6-4. It was Pat's first Gold Ball and she deserved it, playing exceptionally well.

Everyone was very surprised to see Joyce there, as she broke her left wrist, elbow and upper arm at the Kansas City Indoors 3 months earlier. She even surprised herself, deciding to attempt it!

What a party bash, a real monster mash! The food was outstanding, and if you didn't have a great time, then it was your own fault! Joyce composed a song just for the La Quinta tournament, and two 75's Cathy Kestle and Lola O'Sullivan, two 85's Angie Ray and Joyce, and Umpire Kathy sang it at the party. They received a super ovation!

If you can stand the heat, then DO attend next year, as it was a fun tournament.

It was requested that I include the song in this article, so here it is.



85 Doubles Jones/Ray (Silver) with Lutz/Wiedenmann (Gold)



85s Jones, Polisky, Ray

La Quinta song to Battle Hymn of the Republic
(*Mine Eyes Have Seen the Glory*)

*Put your hands around the racket make your body move
Watch the ball and serve and volley just get in the groove
You'll greet old friends and then you'll meet some new ones,
oh what fun*

At La Quinta Nationals

Refrain

Enjoy the courts yes- hallelujah

Lots of fun yes - hallelujah

Good for you - yes hallelujah

At La Quinta Nationals

*You've heard it said that you can't teach an old dog a new trick.
The brain cells are all withered & the blood is just too thick.
Well, we are here to tell you that old adage is not so,
You can still get up & go.*

Refrain

Enjoy the courts yes- hallelujah

Lots of fun yes - hallelujah

Good for you - yes hallelujah

At La Quinta Nationals

*Get out and practice tennis it might help to make you slim
Ed and Andi will make it fun just joke along with them
You'll add new color to your cheeks & quickness to your
pace, and a smile upon your face.*

Refrain

*Enjoy the courts yes- hallelujah
Lots of fun yes – hallelujah
Good for you – yes hallelujah*

At La Quinta Nationals - YES!



La Quinta two-step

National 70, 80, 90 Indoor Championships

Vancouver, WA

September 28-Oct 4

70s

by Peggy Andry

The USTA National Women's 70 Indoor Championships is played in Vancouver, Washington. As I was heading to the Portland airport early Sunday morning, I could see in the East the snow-covered Mt. Hood with the sun rising in the background. The Pacific Northwest is a beautiful part of the United States and Nancy Ansboury and her staff and the many volunteers at Club Green Meadows run a top-flight tournament.



Carter, Wachob, Castell

The results of the tournament followed the seeding. In the finals Brenda Carter (1) defeated Betty Wachob (2) in a typical Brenda-Betty match - very few unforced errors and a tight three set match, 6-3 in the third. CarolAnn Castell (3) won the Bronze over Ann Loose. In doubles, Carter and Wachob (1) defeated Peggy Andry and CarolAnn Castell (2). Winning the Championship earned a Grand Slam in doubles for Brenda and Betty. Nancy Decherd and Lynn Arnett won the Bronze. Terri Eggers won the consolation

singles and the team of Ann Loose and Lynn Sanford won the consolation doubles.

Many thanks to Nancy and Club Green Meadows for hosting the tournament and I hope to be back next year.



Terri Eggers

80s

by Barbara Milliken

Nancy ran a very very nice tournament in Vancouver. Dori DeVries defeated Burnett Herrick in the singles finals, 6-2, 6-0, to win a Gold Slam for the year. Mary John Lynch was my very gracious and tough opponent as I won the Bronze. Irene Bretzel won the consolation.



Indoors- Barbara Milliken, and Betty Hill

Dori and MaryJohn won the Gold in the doubles, completing a Gold Slam for Dori in doubles, too. Irene and Burnett came in second. Betty Hill and I won the Bronze. We've only played twice together and we have won each time. She's the most gracious partner.

90s

by Rita Price

The last National Indoor Hardcourts in Vancouver, Washington, was well attended by 5 brave, fit, 90 year olds playing singles, with 2 in the mix opting to settle for doubles only. Over five days, Nancy Ansboury, our capable Tournament Director, managed to get the ball rolling for everyone in the spirit of a Walt Disney enterprise, catering to all the requests for court time and available days given to her. Local ladies "Sunny" Schiffmann (92 year old, former flight instructor) and her partner Jean Hays, a blonde beauty, took home Bronze balls. Our thanks to them for coming to play in spite of little experience at National events. Madeline Smith (former Pan Am stewardess) regaled us with stories of her worldwide travels and adventures in her heyday, and made a fashion statement with her



Indoors-"Sunny" Schiffmann, Jean Hays



Madeline Smith with brother Wally

numerous outfits on and off the courts. She had to leave before her last single's match, but came in at 5th place, in singles only. Madeline is a former Washington gal whose brother, Wally came to watch her play.

Results in singles: Joyce Vanderpol, native of Washington, arrived by "choo chooing" in with her

twin sister, Renie. Joyce came in 3rd in singles and second in doubles, with her partner, Cathy Hall. Cathy was a finalist in singles, and came to Vancouver from Newport, Ca.



Rita Price, Nancy Ansboury,
Cathy Hall, Joyce Vanderpol

having been given a prestigious award for over 35 years of service at the hospital in Newport where she "pushed chairs, gave out posies, delivered medicines, and made hundreds of baby hats for newborns." Rita Price finished the year (no doubt because she was the "new kid on the block") with a Gold Slam in singles and doubles with her partner, Betty Cookson, who was the most "senior player" having been Dodo Cheney's partner.



Betty Cookson

To Betty Cookson we offer "OUR HERO" award, who gallantly went on court bleeding from both right wrist, and left elbow, having taken a "Brody" when she missed a step descending to the courts and fell flat on

her face. She was still bleeding during the finals, but managed to take top honors for the most graceful classic shots to win a second Gold Ball in doubles with Price. Bless her heart and applause, applause!

I believe I speak for everyone when we pause to give praise to much missed Elaine Mason, who was supposed to play with her partner, Cathy Hall. Both ladies are to be commended for their grace and sportsmanship for all the years they spent competing in our favorite sport.

Thanks to USTA for the complementary wine, although I would have loved to hear some MUSIC, for don't we all know that with women we need song, and Burnett and I could always DANCE!



Betty Cookson with Menu from
Beaches

National Women's 40 & 50 Clay Court Championships

BallenIsles Country Club, Palm Beach Gardens, FL

October 19-23

By Anna Zimmermann

40s

Patricia Zerdan def Paula Myslivecek, 2 and 2 for the Gold Ball in singles. Mercedes Michel def Mutsumi Shirai for the Bronze.

In doubles, Michel/Myslivecek def Cheryl Keller/Susan Kirby, 1 and 0 for the Gold Ball.

50s

We were fortunate to be playing at the beautiful BallenIsles Club where just a week before, Hurricane Matthew went along the coastlines of Florida and the Carolinas. Other than the canopies still off on the sidelines you would have never known. Trish Faulkner and Robin did an outstanding job running the tournament. The weather was cooperative with sunny skies and warm temps most of the week. There was a 3 hour rain delay on Thursday morning but Trish and Robin kept things running smoothly. We were treated to a delicious dinner on Friday night in the clubhouse with great giveaways.

Jenny Klitch took Gold in the 50s, beating Nathalie Herreman-Bagby 6-3, 5-7, 6-0 in the finals. I did not get to see the match but I heard and can easily imagine the quality of points that were played with 2 top players competing at the top of their games. Mariana Hollman beat Anna Zimmermann for the Bronze 7-5, 4-6, 6-3. Shelly Works won the consolation over Renee Tharpe, 6-2, 6-1.

Mariana Hollman/Shelly Works won the doubles Gold over Kris McDonald/Katherine Zanon 6-3, 6-2. Hollman/Works lost the first two games but then masterfully took control. Unseeded McDonald/Zanon had made it to the finals by defeating the 3rd seed Jenny Klitch/Kim Jones in the quarters 6-4, 3-6, 6-2, and then the first seed Erika Smith/Mary Dailey in the semis. Unseeded Kristin Fudalla/A. Zimmermann beat the 4th seed T. Gaskill/A. Neuthaler in the quarters 6-4, 7-6(4). Fudalla/Zimmermann took the Bronze over Smith/Dailey due to injury.



Indoors-Some 70, 80, 90 players at the Banquet

Barbara Cooper Cup/ Les Grande Dames

Winter Park, FL

October 26-30

By Elly Leary

Since 1976 senior women—from 35 years to 85 years and more—have gathered in Winter Park, Florida, for competition, fun and fellowship. 2016 was no exception. This diverse group of competitors proves once again you are never too old to play and distance is no barrier to meeting old and new friends across the net. Competitors came from Florida, Georgia, Missouri, Oklahoma, Arkansas, and Canada to participate.

Since 2012 the event has been held in honor of Barbara Cooper, a legend both on and off the court in Winter Park, who died in 2010 at age 87. Ms. Cooper did it all: encouraged and sponsored children and youth tennis, umpired, and sat on tennis governing bodies. She was just as well known for her sense of humor.

Competition was held in 7 different events: 45, 55, 65, and 75 singles; 55, 65, and 75 doubles. The winners were: Tenague Daniels (45 singles), Susan Boyer (55 singles), Carol Clay (65 singles), Carolyn Clark (75 singles). Doubles winners were: Ligia Botinelli and Pam Saffran (55 doubles); Margie Cooper and Jane “Bunny” Smith (65 doubles) and Laura Betz and Carolyn Clark (75 doubles).

The Barbara Cooper Cup is just the first of a series of four Grandes Dames events held every fall/winter in Florida. The others are: Grandes Dames BallenIsles in Palm Beach Gardens, Florida (January 18-27, 2017), the Crawford Cup in Ft. Lauderdale, Florida (February 1-5, 2017) and the JoAnn Russell Cup in Naples, Florida (February 15-19, 2017)

National Mixed 75 Hardcourt Championships

Darling Memorial Tennis Center, Las Vegas, NV

October 31- November 4

By Robbie Dimond

Bakersfield High tennis stars (1954-1957) Dr. Ray Bellamy, now of Tallahassee, FL, and Dr. Roberta Ralston (Dimond-Stonesifer) now of Kennett Square, PA, were San Joaquin Valley champs several times ‘back in the day’ when rock and roll was just starting.



Dr. Ray Bellamy and Dr. Roberta Ralston



Younger Ray Bellamy



Younger Roberta Ralston

We did not consider ourselves very important or talented then, probably because my younger brother, International Tennis Hall of Famer Dennis Ralston, was # 1 in the US 18 and under and became the surprise Wimbledon men’s doubles winner at 17 in 1960. In fact, as a freshman at Bakersfield High, Dennis kicked senior ‘rebel’ Bellamy off the top rung of the tennis ladder. We all ‘hung out’ at the Bakersfield Racquet Club after school and on weekends and loved the sport and friendships made. Another Bakersfield High classmate, Sally Moore [Huss] became a top ranked player. Years later, Ray was inducted into the Florida State University Tennis Hall of Fame and I (#1 doubles at Stanford) was ranked # 3 in the 65’s and # 4 in 70’s USTA doubles with Lois Anderson of York, PA.

Yesterday, the ‘geezer’ high school teammates won Gold Balls (my ‘First’) over Jane Pang and Jim Toguchi in a three-set, three-hour marathon that went into the evening under lights and ticked off the main item on my ‘bucket list.’ The tournament had ideal weather and spectacular courts. The Bronze went to Robert Jones [winner of the 75 men’s singles] and Pat Fraser of Southern California. There was a Cat 2 Las Vegas senior tourney going as well on other courts. Top senior player, Bob Randolph of Las Vegas and his able staff of two gorgeous ladies, keeping with the Vegas traditions, have managed this event for years.

So, tennis really is the ‘sport for a lifetime’!

Intersectionals San Antonio, TX November 7-13

Intersectional 35s

by Charlotte Hartsock (Southern)

Five teams entered in the 35’s age group: Middle States, Eastern, Southern, Texas and Southern California. Play began on Thursday with a round robin format.



On day one the 35's played at the University of the Incarnate Word College. Southern defeated Eastern 4-1 and Southern California defeated Middle States 5-0. Texas had a bye on day one. On day 2 play moved back to McFarlin Tennis Center and Southern defeated Texas 3-2.



Southern 35s

Southern California defeated Eastern 4-1. In round 3 Texas beat Eastern 4-1 and Southern defeated Middle States 5-0. Southern California defeated Texas 4-0 and Eastern beat Middle States 5-0 in round 4.



Julia Dimitrov, Heather Gage, and Candy Reid Harrop of the Southern 35's team.

The final day of play was the most beautiful weather of the whole tournament. It was the first day there was no rain at all. Play began at 9:30 and by early afternoon Texas earned 3rd place beating Middle States 5-0 and Southern won first prize after beating Southern California in a very close 3-2 match.

The final round came down to #2 doubles. Candy Reid Harrop combined with Julia Dimitrov, both of Atlanta to defeat Southern California's Dina McBride and Millie Yablonicky 6-4, 4-6, 7-6 (5). After singles Southern was down 2-1 to Southern California, but Southern put their workhorse mindset on and dug in deep to win the final doubles match in a third set tie breaker.

It was quite a tournament.

Intersectional 45s

By Jean-Marie Alpert (Texas)

The women's 45s intersectional championships were held in San Antonio November 10-12th. Teams from Texas, Southern, and Eastern competed in a round robin format. With two decisive wins over



Texas 45s

Southern (4-1) and Southern California (5-0), the Texas ladies positioned themselves for the championship against Eastern on Saturday. After three hard fought singles matches, Texas prevailed 5-0 in the final match. Texas went into each doubles match without any pressure since they completed



Texas 45s

each singles competition up 3-0. Julie Cass, Shelly Works, Nancy Hilliard, Jean-Marie Alpert, Tammy Morris and Laura Hudson brought the trophy back to the Lone Star State for the first time since 2010. Congratulations to all of the competitors who traveled far and fought hard during this successful event.

Intersectional 55s

By Abbi Neuthaler (Eastern)

We had 9 teams entered this year. Seeding was decided and without contest Texas was chosen to be our number one seed. The final was #2 Southern vs #1 Texas.

The consistently DOMINATE DIANE Barker, Fran Chandler, Sue Bartlett, Wendy McColsky, Sally Smith and Lee King were the Southern team, captained by the 2016 Margaret Russo award winner Cindy Babb (congrats!).



Half of Southern 55s

All three singles courts won to clinch the title for an unspeakable amount of years. The final match score was 3-2 with Texas winning both doubles courts. Southern California, led by Tina Karwarsky, held the third spot vs Eastern 4-1.

Rain was our biggest opponent. Mary Lynn Gayler and Larry Eichenbaum kept their cools as the weather wasn't cooperating for yet another year. Larry and as many helpers as there were brooms worked tirelessly to dry courts.

The decision was eventually made to shorten matches in several ways. When a match was 'decided' by singles contests, all current and future play would stop in order to



Eastern 55s

free up courts. So, you will see matches with incomplete scores or abandoned matches. We also switched to ten-point tiebreakers for backdraw



Pacific Northwest 55s

matches.

On the first day of play Midwest's Ann Taylor took a tumble during her doubles match. Luckily, Dr. Vicky McEvoy was close by and raced over to tend to Ann, while an ambulance was called. Thank God,

everyone responded quickly and Ann's husband came to care for her. I have been in touch with Ann and she has a very positive attitude and good prognosis.

Scores from the backdraw:

Florida def Midwest 3-2

New England def Florida 3-2....for 5th place

Florida def Middle States 5-0

Pacific NW beat Middle States 3-2



SoCal 55s

Intersectional 65s

*By Leslie Pixley and Candia Berry
(Middle States)*

With brightly colored apparel and friendly familiar smiles, the "65 And Over Intersectional Team" participants arrived at their destination of San Antonio, Texas.

The first day presented a weather delay and a pause in play. We all pitched in to make the courts slip-free so we could showcase our speed. Brenda Carter was seen pushing the water around the court with the great footwork she later exhibited in her tennis play. Middle States, N. California, Mid-West and Eastern sections were successful in winning their matches that day and everyone battled through in time to make the Happy Hour!

The four seeded teams of New England, Southern, Southern California and Texas played their first matches

on Day 2 and prevailed. The rain delay of two hours provided time for friendly conversation, political banter and two breakfasts.

Day three presented more drizzle, resulting in some unfinished matches that needed to be completed the following day.



Mid Atlantic 65s



Texas 65s

The fourth day found the afternoon finals being set up with morning semi-final wins by New England over S. California, and Southern prevailing over Texas.

In the afternoon finals between New England and Southern, New England came through with a thrilling 3-2 victory. One of the highlights was the #1 Doubles pairing featuring Carter and Babb winning an exciting one over Hahn and Dixon (great to see Judy Dixon back on the court!).

The third place was won by S. California with a win over Texas.

The event was a success and a huge Thank You to Larry and MaryLynn for making everything work while battling the adverse weather conditions...great job!!

It is always fun to see familiar faces and equally as exciting to see the new team members from all sections. This is a large part of what makes the Intersectional a great competitive event. See everyone in Boca!



SoCal 65s



New England 65s



Southern 65s

Intersectional 75s

*By Sheila Weinstock
(New England)*

Due to the rain that settled above the San Antonio skies for most of the week, both Larry Elchenbaum and Mary Lynn Gayler had to alter the scoring the last few days in order to



Texas 75s

make up matches that were backed up.

The one positive note was that many of the players got in their "dynamic warmup" before they played by using squeezes, towels, and rollers in order to help get the courts dry for play. In the end, all age groups managed to finish their respective schedule of play and the sun came out on Friday to help welcome the younger age groups!



Eastern 75s

The busiest day of play for some of us was on Thursday, when New England and Middle Atlantic had to play two matches in one day. The first match had alternate scoring, starting each set at 2-all, with a 10 pt. tiebreak for the third set.

The winners then had to play again in the afternoon with regular scoring for the semi-finals. On Friday, Eastern beat Southern California for first place. New England and Middle Atlantic played off for third and fourth, ending the day with two points each. It then went down to number of sets won, and both teams were even at 2-all. It then went down to number of games won, and New England won third place by one game! A very unusual ending to a very unusual week of team play.



NorCal 75s

However, it was great as usual to connect with all the players from all over the country and revisit friendships, high level of play and great competition. Looking forward to next year and we'll all do our "sun dances" hoping for better weather!

Intersectional 80s

By Margaret Canby (Texas)

The 80 Women only had teams from Florida, New England, Southern, Southern California, and Texas this year. Although only 26

players were present we enjoyed being together and had a good time. Larry Eichenbaum



Florida 80s

and Mary Lynn Gayler worked out a way for us to play a round robin in only four days. We played a match and a half of another match on the first two days.



Texas 80s



New England 80s

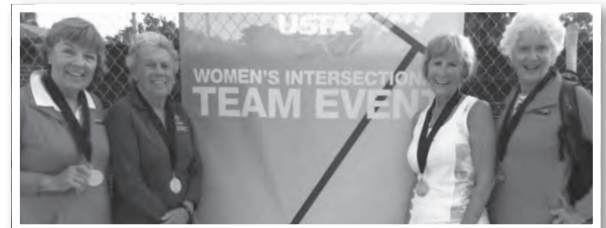
Unfortunately rain showers interrupted our schedule on several days. But this allowed some of the Southern California players who had not been to San Antonio before to take a quick trip to see the Alamo and some downtown sights during a rain delay.

The Southern Team of Burnett Herrick, Shirley Taylor, Rita Barton, and Judith Fowler won the championship.



SoCal 80s

Southern California was second and New England was third. Texas hospitality was good as we had a wine tasting, a welcoming reception and a Lone Star Gala dinner. We were sorry for those teams unable to attend but we hope to see you next year.



Southern 80s

National Mixed 40, 50, 60, 70 Clay Court Championships

Seabrook Island Club, Johns Island, SC
November 9-13

Having been blown out of the water by Hurricane Matthew in October, the National 40, 50, 60 and 70 Mixed Clay Court Championships



Mixed 40s- Harvey and Andrea Hines (Silver) with Tammy Zawacki and Brian Burke (Gold)

was rescheduled to early November, drawing a smattering of the highly ranked. Great tennis, flowing beer and island-mentality make this an extremely popular tournament, which is attached to the Alan Fleming Open Clay Court States, itself a highly popular destination.

40s- Brian Burke/Tammy Zawacki def Andrea and Harvey Hines in the finals, 4 and 0. There were no other teams entered.

50s- Susan Love/Jonathan Sawyer def Mariana Hollman/George Husk in the finals, 6(7) and 4. Al Cannon/Ashley Maddox def Diane and Jack Barker for the Bronze.

60s- Jan Kirkland-Cochran/Marvin Pearson def Cindy Babb/Andy Steingold for the Gold, 2 and 3. Janet Moseley/Junior Luffman def Pam Simons/Casey Moore for the Bronze.

70s- Brenda Carter/Hugh Thomson def Ann Hunt/Jerry Thomas for the Gold, 4 and 0. The playoff for the Bronze between Tom and Jane Foster and the team of Betsy McColl, Harry Polychron was not played due to weather.



National Clay 60 mixed doubles champs/ Marty Pearson, Jan Kirkland-Cochran



National Clay court Mixed 70s winners/ Brenda Carter and Hugh Thomson

National Husband Wife Mixed Hard Court Championships

Palm Desert, CA
November 13-17

By Sue Sprague

Dear Tennis Abby,
How do my spouse and I play together on the tennis court without making a trip to the divorce court?
Signed, Frustrated Spouse, Indian Wells, CA
Dear Frustrated,

First of all, playing with your spouse can actually be a way to enhance your marriage! Winning a well-fought match can be similar to the "high" one gets from the birth of a child. The closeness and joy it brings is amazing. So keep the following in mind when playing:

1. Couples need to find the right alignment with each other's competitive expectations. Yes, Jupiter can align with Mars! Tennis should be FUN!

2. Spouses should not put unwanted pressure on each other. Do you really think your wife or husband meant to hit that "floater" right to the net man? Remember, everyone makes mistakes, even the best players. (Okay, maybe not Roger.)

3. Husbands and wives need to make each other comfortable on the court. Be sensitive to the fact that maybe their wide serve isn't working that day. So don't ask them to hit it. Go with 'Plan B.'

4. The worst thing a spouse can do is display the old roll the eyes trick or to do the slump the shoulders and bow the head gesture. This is marriage suicide! No one wants to feel that we are letting our partner down. Almost as bad is trying to instruct your spouse on technique during a match. So you hit the ball off your back foot or you didn't keep your volley angle at 90 degrees!

5. Playing husband wife doubles can actually bring you closer as a couple. And couples meet other tennis couples who can share your matches' highs and lows. It's a bond like no other. Then there's the travel aspect – competing in different parts of the country and even overseas. Husband wife tennis is truly a joy-- sharing the game we love, with the love of our life!
Yours truly,
Tennis Abby



Grass Courts "Mixed Troubles" at Mission Hills, CA: Sue and Mas Kimball (Bronze), Kim and Frank Zebot (Gold), Sue and Todd Sprague (Silver).

National 40 Hard Court Championships

La Jolla Beach & Tennis Club, La Jolla, CA
November 28- December 4

Singles: Hiromi Sasano (**Gold**) def Dina McBride (**Silver**) 6-1, 5-5 Ret

Fanny Gamble (**Bronze**) def Ros Nideffer w/o (inj)
Christine Anzai won the Consolation

Doubles: Eleanor Bammargren/Jennifer Lyons (**Gold**) def Amy Alcini/Carolina Blouin (**Silver**), 6-1, 6-3

Rainy Miller/Prentiss Van Den Berg (**Bronze**) def Anna Palmer/Tammy Stephens 4-6, 6-0, 6-3

Debbie Higa/Jenny Keller won the Consolation

Mixed: Tracie Currie/William Quest (**Gold**) def Ros Nideffer/Brett Buffington, 6-3, 6-1

Hiromi Sasano/Trent Aaron (**Bronze**) def McBride/McBride w/o (inj)

Christy Panter/Grant Watkins won the Consolation

Shots from Intersectionals



2017 National Tournament Schedule

Correct as of December 2016 For updates: Go to NSWTA.org and click on 2017 Calendar on the Home page
or link to USTA via www.carolynnichols.com

Date	Tournament	Age Division	Surface
January 18-22*	Les Grand Dames BallenIsles, Palm Beach Gardens, FL	30-80	Clay
January 21-29 *	ASICS, Rancho Mirage, CA	35-85 (W, M, Mixd)	Hard
	Also the National Mixed Hard Courts, Rancho Mirage, CA	50, 60, 70	Hard
February 1-5 *	Crawford Cup, Ft. Lauderdale, FL	35-85	Clay
February 15-19	JoAnne Russell Cup, Naples, FL	50-80	Clay
March 3-6	National Hard Cts, Austin, TX	30 (W, M, Mixd)	Hard
March 5-11	National Husband/Wife Grass, Rancho Mirage, CA		Grass
March 10-12	National Indoor F/D, M/S South Barrington, IL		
March 19-April 1	ITF Young-Srs World Team & Individ. Championships, Cape Town, South Africa		
March 27-April 2	National Clay Cts, Houston, TX	35-90 odds	Clay
April 17-23	National Clay Cts, Baton Rouge, LA	60, 70, 80s	Clay
April 26-30*	NSWTA Championships, Charleston, SC	35-75	Clay
May 3-7	National Husband/Wife Clay Cts, Charlotte, NC		Clay
May 8-14	National Hard Cts, La Jolla, CA	50, 60, 70, 80, 90	Hard
May 18-22	National Indoor Cts, Wembley Club, Chagrin Falls, OH	35, 45, 55	
May 25-29*	Westwood Senior, Austin, TX	35-80	
May 26-29	National Indoor, Lexington Tennis, Lexington KY	30s (sgls, dbls, mixed)	
June 1-4	Senior Slams, Yale, New Haven, CT	50-75	
June 2-4	National Indoor M/D, Vancouver, WA		
June 8-12	Marin Seniors, Mill Valley, CA	35-70	Hard
June 9-11	National Husband/Wife Hard Cts, Kansas City, MO	(Open)	
June 19-25	National Indoor Cts, Overland Park, KS	65, 75, 85	
July 10-16	National Grass Cts, Forest Hills, NY	30-80	Grass
July 16-23	National Grass Cts, Philadelphia, PA	35-85	Grass
August 2-4	National Grass Cts M/D, Chestnut Hill, MA		Grass
August 6-8	National Grass Cts F/D, Chestnut Hill, MA		
August 17-20	National Indoors, Lakewood, CO	40/50s	
August 21-26	National Indoors, Seattle, WA	60s (MW sgls, dbls, mxd)	
Sept 13-18	National Indoors, Club Green Meadows, Vancouver, WA	70,80,90	
September 25-29	National Husband/Wife Indoors, Charlottesville, VA		
Sept 25-Oct 1	National Hard Cts, La Quinta, Palm Desert, CA	35-85	Hard
October 4-8	National Mixed Dbles Clay Cts, Seabrook Is, SC	40, 50, 60, 70	
October 4-8	National Clay Courts, Palm Beach Gardens, FL	40, 50	Clay
October 8-21	ITF Super-Seniors World Team & Individual Championships, Lake Nona, FL		
October 26-30	Barbara Cooper Cup, Winter Park, FL	35-85	Clay
October 29-Nov 11	ITF Seniors World Team & Individual Championships, Miami, FL		
October 30-Nov 3*	Las Vegas Senior Open Cat II (MW50-85), Cat I (Mx 75 & 80) Las Vegas, NV		
TBD	National Women's Intersectionals		
Nov 12-16	National Husband/Wife Hardcourts, Palm Desert CA	(combined ages)	
Nov 27 - Dec 3	National Hard Courts, La Jolla, CA	40 (sgls, dbls, mxd)	Hard
Nov 29-Dec 3*	Fiesta Bowl Senior, Scottsdale, AZ	35-85s (MW, Mxd)	
December 1-5	National Clay Courts, Ft. Lauderdale, FL	30s (sgls, dbls, mxd)	Clay

Bold= National Category 1 tournaments

*= Super Cat II



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2017 TOURNAMENT SCHEDULE

as of December 1, 2016

*For updates: Go to NSWTA.org and click on 2017 Calendar on the Home page
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Bolded = National tournament

* = Super Cat 2