

Senior Tennis Times  
P.O. Box 385434  
Bloomington, MN 55438

**Change of Address and Phone Number?  
Mail to Senior Tennis Times  
P.O. Box 385434  
Bloomington, MN 55438**

January/February 2004

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# Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc.

Jan/Feb  
2004

## 2004 Dow Tourney

By David Sommer

The 2004 Dow Tournament will be held May 3-6, 2004 at Reed-Sweatt Family Tennis Center. Thanks to a generous gift by Harlan and Ruth Hansen, entry fee is only \$8 per person per event. Major changes from the past: a fixed schedule and more play even for losing participants. *Look for a registration form in the March newsletter!* But plan now to participate and keep your calendar clear for times you'll be playing.

Below is a table that summarizes the schedule. The number given in **bold** in each cell is the *maximum* number of teams for that division. If just one date is given, then the entire tournament for that division takes place on that date; if two dates, there is a preliminary and a final round.

	Men's	Women's	Mixed
<b>2.5</b>	<b>8</b> Tue 11:30-2:30 Thu 8:30-11:30	<b>8</b> Tue 11:30-2:30 Thu 8:30-11:30	<b>4</b> Thu 11:30-2:30
<b>3.0</b>	<b>16</b> Wed 8:30-11:30 Thu 8:30-11:30	<b>8</b> Mon 11:30-2:30 Thu 8:30-11:30	<b>16</b> Tue 8:30-11:30 Thu 11:30-2:30
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<b>4.0</b>	<b>4</b> Thu 11:30-2:30	<b>4</b> Thu 11:30-2:30	<b>4</b> Tue 11:30-2:30

**Rules summary.** Any division with 1 or 2 teams registered will be cancelled. With 3 teams, a round-robin will be played, with each match a 10-game pro set. With 4 or 5 teams, a round-robin, using regular 6-game sets.

Divisions with 6, 7, or 8 teams will be divided into two groups, with each group of 3 or 4 playing a round-robin (10-game pro sets used for groups with 3 teams). Divisions with 9 to 12 teams will be divided into three groups; 13 to 16 teams into four groups. Group win-

ners will then play in the finals round on Thursday:

- Two—play two out of three set matches.
- Three—play round-robin, using 10-game pro sets.
- Four—play round-robin, using regular sets.

Group and finals winners are determined as follows: If one team wins the most sets, that team is the winner. If two teams tied for sets won, then their head-to-head match determines winner. If three or more teams tied for sets won, then the winner is the team with least games lost. If that still gives a tie, then head-to-head results are used.

## Combined Issue

This issue of the Times is for the period January/February, 2004, one of the two combined issues put out by the newsletter staff. The other combined issue will be the June/July summer issue.

Look for the 2004 Membership Roster in the March issue. If you haven't renewed your club dues by February 1, your name will not appear in the roster and you will no longer receive the Times. So—if you haven't already, send in your dues!

### Upcoming Events

**February 13, 2004**

Fort Snelling Valentine Tennis Party - Fort Snelling Tennis And Learning Center - *See page 6 for info and sign-up sheet*

**March 25, 2004**

Doubles Troubles Strategy - Reed-Sweatt Family Tennis Center - *See page 4 for info and sign-up sheet*

**May 3-6, 2004**

Dow Tournament - Reed-Sweatt Family Tennis Center - *Sign-up sheet in the March issue of the Times*

## UCare for Seniors

Now there's an affordable way to get more out of your Medicare coverage. With UCare for Seniors, you get comprehensive Medicare coverage, generous benefits, freedom of choice and peace of mind. All for an affordable monthly plan premium.

For more information about this surprisingly affordable coverage, call 612-676-3500, toll free 1-877-523-1518, or hearing impaired 612-676-6810.

*UCare Minnesota is a Medicare-Choice organization with a Medicare contract. Members must use plan providers. Anyone eligible for Medicare who resides in the following UCare for Seniors service area may apply: Anoka, Carver, Chisago, Dakota, Hennepin, Ramsey, Scott, Sherburne, Washington, and selected zip codes in Wright (55301, 55313, 55320, 55328, 55341, 55349, 55358, 55362, 55363, 55373, 55376, 55380, 55390) and Mille Lacs (55371, 56313, 56330, 56353, 56363) counties.*



*When you feel good, it shows.*

### Senior Tennis Players Club, Inc.

A nonprofit corporation, P.O. Box 385434, Bloomington, MN 55438

### Senior Tennis Times

The Senior Tennis Times is published ten times annually by and for the members of the Senior Tennis Players Club, Inc.

### Newsletter Editor

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### 2003-2004 Board of Directors

President: Ken Landro.....763-544-9757  
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Secretary: Carol Shields.....651-484-3213  
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Ass't Director: Percy Hughes... 612-866-1102  
E-Mail: [percychr@msn.com](mailto:percychr@msn.com)  
Club Founder: Jack Dow

### Advertising

Send digital files by disk or e-mail [dsommer7@earthlink.net](mailto:dsommer7@earthlink.net) to David Sommer by the 15th of the month for publication the following month. **Please send all payments to the newsletter editor.** We can create an ad for you for a \$20 fee.

Ad rates are:  
Full page (7x9 in) ..... \$100  
Half page (7x4.5 in) .....75  
Quarter page (3.5x4.5 in) ..... 50  
Eighth page (3.5x2.5 in) ..... 30  
Classified ad  
(members only, max 4 lines) ..... 15  
2-line ad (members only, 50 spaces/line)  
First three months.....free  
After three months, per issue .....\$5

### Publication Deadline

Submit articles to David Sommer by the 18th of the month for publication the following month. All material submitted for publication is subject to editing.

### Membership information changes

Can be made by writing Senior Tennis Players Club, P.O. Box 385434, Bloomington, MN 55438

Membership total: 1722  
Jan/Feb 2004, Volume 17, Number 1

## In Memory...



**Ted Egger Jr.** passed away peacefully at his home surrounded by family. He courageously struggled with his lung cancer for 35 months, never losing his sense of humor. Survived by wife of 49 years, Joanie; daughter, Karen Mineheine; sons, Theodore III (Marie), Thomas (Lisa); grandchildren, Rachel, Michelle, Thomas, Andrew & Matthew; nieces & nephews. Ted was born in Sandusky, OH & was raised in Lakewood, OH. During WWII, he served as a sergeant in the Philippine Islands. He graduated from the Ohio State University, & upon graduation he was employed with the General Fireproofing Co., Youngstown, OH. After a 2 year sales marketing training program, he was assigned to the Minneapolis branch. In 1959, he established Theodore Egger Associates, Inc. & developed a successful business in the contract office furniture industry. Ted loved his family, sailing, tennis, swimming & good times spent with friends.

*As a non-profit organization, the Senior Tennis Players Club gratefully accepts donations, memorials and estate gifts.*



### Mission Statement

The primary purpose of the STPC is to provide tennis playing opportunities to people 50 and older for their mental, physical, and social well-being.

### Newsletter Submissions

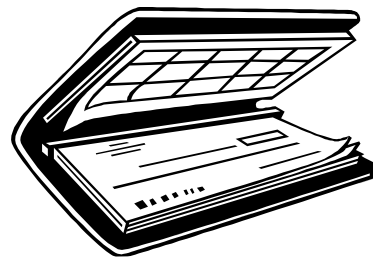
To help make the newsletter as correct as possible, please submit all items in writing only, by mail or email. The deadline is the 18th of the month for publication the following month.

**Send your submissions to:** David Sommer, 3657-17th Avenue South, Minneapolis, MN 55407-2805. Email: [dsommer7@earthlink.net](mailto:dsommer7@earthlink.net). Phone: 612-276-1313.

If you have an idea you would like to see written up, or if you would like to write an article, call or e-mail David Sommer. We need help and input from writers and photographers.

## Ever Consider Making a Gift?

The Senior Tennis Players Club is incorporated as a not-for-profit charitable organization under the IRS code 501-C-3. This means that we can accept gifts from individuals, companies or organizations to further our purpose of making tennis opportunities avail-



able for all interested men and women age 50 and over. The Senior Tennis Board has the responsibility for accepting and acknowledging charitable gifts which can be in the form of cash, stock, real estate, art work or other items of value. Any non-cash item donated with a value exceeding \$5,000 must have an independent appraisal.

The club welcomes honor gifts, memorial gifts, or estate gifts and will acknowledge them according to current state and federal tax laws. Any questions, call Ken Landro at 763-544-9757 or any STPC Board member.

## Amusing Tennis Rules

*From Tennis Magazine, November-December 2003, page 80.*

### Great Shot?

*I was playing a singles match when my opponent hit a shot that landed on a ball that had rolled back from the fence on my side of the court. My opponent said that he won the point, but I said the point was mine because the ball was not inside the lines. Who's right?*

—Liz Raposa, Bethlehem, Pa.

You were right. Rule 20b says a player loses the point if his shot strikes the ground, a permanent fixture, or "other object" outside the singles lines.

### Now You Ask!

*In a tournament, I was serving at 5-6, 30-40 in the third set. My first serve was a fault and I was at the line ready to hit my second serve when my opponent stopped me and asked the score. Then I double-faulted and lost the match. Throughout the match, neither of us regularly stated the score, and as we got further into the match, we did it on fewer and fewer points. I have no complaints about my opponent's behavior except for this.*

*Should I have gotten a let?*

—Frank Fuller, St. Paul, Minn.

First, as you probably now realize, calling the score before each point, as required by The Code, Item 31, prevents problems such as this. In any case, while it may have bordered on gamesmanship for your opponent to wait until you were about to serve a second serve on match point to ask the score, that's not sufficient grounds for a let. The ball wasn't in play, and there was no reason you couldn't take a little time and gather your thoughts before delivering your second serve.



### Dodge Ball

*If a server hits the receiver's partner on court, who wins the point? What if the receiver's partner is behind the baseline?*

—Larry A. Brinkman, Owatonna, Minn.

The server wins the point if the serve touches the receiver, his partner, or anything they wear or carry before it hits the ground (Rule 18a; Rule 39), assuming the serve doesn't hit the net first (if the serve clips the net and then hits the receiver or his partner, it's a let, according to Rule 14a). This holds true even if the player who's struck is standing all the way back at the fence. You see, even though a shot may be heading for the next county, it doesn't actually become out until it lands.

### My Fault

*My doubles partner hit a serve that was close but missed the box. I called it out. The receiving team objected, but I thought only the server was restricted from calling service lines. Who's right?*

—John Harper, San Jose, Calif.

If it was a first serve, then your opponents were correct. Neither the server nor his partner should call first serves out. But if it was the second serve, either of you can and should call a fault if you see the serve clearly out (The Code, Item 26).



## Two-Liner Want Ads

These two-liner want ads are available to all STPC members. Your ad is free for three issues. After that, there is a charge of \$5 per publication. Your check should be payable to STPC and sent to David Sommer with instructions.

**Interested in Head racquets and clothing?** Consult Percy Hughes at 612-866-1102 for what's best for you.

**Steamboat, Colorado condo** for sale. Co-owner. 1 bedroom plus loft. Prime location. Jeanette 952-442-5444.

**Wanted: Airstream, Argosy or Avion travel trailer.** Call John at 763-633-0316.

**Framed Federal Migratory Duck Stamp/Portrait, 1942** mint Amer. Widgeon, signed by A. Linell Ripley artist, 612-920-2266.\*

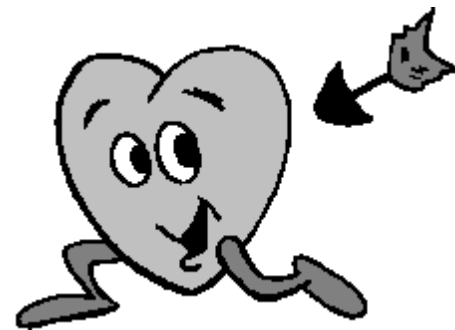
**Diamond round cut** brilliant 1.02K color I clarity I1. Est retail \$4500; cert available. 952-897-1196.

**3 wheel Shoprider Handicap Scooter** \$1700.00 or B/O, call Dave @ 763- 531-9423

**Sun City condo, 1BR, 1BA, garage, orange tree, golf/tennis.** \$39,900 - Bob 651-770-1535.

**Solid maple drop leaf table** with two leaves, six chairs. Excellent condition. \$300. Carol 763-323-9622.

*\*Ad fits into 2 lines under normal conditions. A shortage of space in this issue necessitated a reformatting of this page.*



# Fort Snelling Valentine Tennis Party

Friday, February 13th, 2004

7:00PM play begins, 9:00PM refreshments

Fort Snelling Tennis and Learning Center

Open to Singles and Couples. Mixed Doubles. Rotating Partners.  
**Only the first 56 players to enter will play!!**

Please detach and mail in this registration form.

Name \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

## Percy's Tennis Rhythms



By Percy Hughes

WOW! We're into another year, team. Let's hope: (1) good Health, (2) Happiness, (3) Tennis remain with us. We all know that nothing is a "given," right? Sometimes adjustments have to be made, but usually there are positive answers for most problems. I'm sure we as seniors realize our bodies eventually break down, to where we can't continue to do some of the things we've always enjoyed doing. *Then*, we have to accept a replacement for that activity. My heart goes out to anyone faced with this decision. I was faced with it many years ago because of having to have *three* hip replacements. I went from playing this fine sport five times a week to **none**. Thank goodness I had been preparing to become a certified teaching professional, which has kept me with this great game. It's mostly "Do as I say," (smile) although I am able to (and must) demonstrate all of the strokes in tennis. Once again, our Mentor, Roger Boyer, has come up with an exciting, new form of tennis—just as interesting, with a competitive flavor to a new approach for those with tough "owies" brought on by the "senior thing." Needs? There aren't too many. Requirements are: (1) an open mind, (2) being receptive to trying new patterns, rules, tactics, and equipment. Hopefully, this new program will be ready to go shortly after the first of the year. For more information, call Roger Boyer at 612-802-5719.

**Doubles Troubles** has a date. Thursday, March 25, 2004, Reed/Sweatt, 2:30-4:00 PM. This will help prepare you for the **Jack Dow Tournament** that begins Monday, May 3rd, 2004.

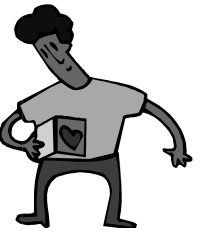
Every outdoor season (so far) we've been able to keep our teaching Pros in balls for our lessons—this because of the kindness of all you players that save and give us your used balls. One big problem now—I've moved and I don't have any space for storing balls. I've checked with Roger, and he's unable to store any more balls. If you're able, would you store your balls until outdoor playing time, and I'll pick them up to share with our Pros. My new number is 612-866-1102. Please call me. Enough! Remember, **no foot faults!**

## Test Your Fiber I.Q.

By UCare Minnesota

How much do you know about fiber? UCare Minnesota, which offers three health plans for seniors, offers this short quiz to test your knowledge.

- Eating a diet high in fiber can:
  - Reduce your risk of heart disease
  - Help keep your appetite under control
  - Protect against constipation
  - All of the above
- All whole-wheat breads are good sources of fiber. (True/False)
- Which of the following foods are high in fiber?
  - Beans
  - Citrus fruits
  - Brown rice
  - Bran cereal
  - Strawberries
  - Beets
  - Black beans
  - Potatoes with skin
  - Oatmeal
  - Minestrone soup



### Answers:

- "D" is correct. Fiber can help reduce cholesterol—and, thus, heart disease—and promote regular bowel movements. High fiber foods also take longer to digest, so you feel full longer.
- False. Check the ingredients to make sure that whole-grain flour is the first ingredient listed. Or, make sure the majority of flours used are whole-grain.
- All of the foods listed are high in fiber. Fiber is naturally found in fruits, vegetables, beans, and whole grains.

*UCare Minnesota is an independent, nonprofit health maintenance organization (HMO) serving more than 100,000 members. UCare offers three health plans for seniors: UCare for Seniors, a Medicare+Choice product for Medicare beneficiaries in the metropolitan area and adjacent counties; UCare SeniorSelect, a Medicare Select product; and Minnesota Senior Health Options for seniors eligible for Medical Assistance with or without Medicare. For more information, visit [www.ucare.org](http://www.ucare.org) or call (612) 676-3500 or 1-877-523-1518 (toll free). The TTY number is (612) 676-6810 or 1-800-688-2534 (toll free).*

## Dues Increase for 2004

By Ken Landro

You've probably noticed that your dues are now \$25, rather than \$20.

While everything is being done to minimize expenses, we had to increase dues by \$5.00 per member so budgeted income would equal expenses. To my knowledge, dues have not increased in the last ten years. The majority of member dues income goes for the cost of formatting, printing and mailing 10 issues of Tennis Times each year, plus the complete roster of members assembled and mailed to all members in late February. All activities of the club are budgeted to break even. The only exceptions are new member lessons to encourage joining and the annual appreciation luncheon for captains who put in many extra hours to insure a good experience for their team members. Also, entry fees do not cover the cost of our major tournaments for balls, court time, awards, food and beverages so additional funds are sought from businesses or individuals to keep entry fees low.

Any questions or comments, please contact an officer or any of the other Board members.

## InnerCity Tennis Holiday Party

By Roger Boyer

Over 60 volunteers and 250 kids turned out for this year's InnerCity Tennis holiday party on Saturday, December 13.

ICT participants were rewarded with play money for behavior, attitude and sportsmanship at each of 6 game stations. Then they were allowed to shop in the store for items ranging in "price" from \$5 to \$100 each. Items this year included candy, holiday decorations, activity kits, books and games, among others. The favorite items by far were the junior tennis racquets, valued at "\$80"; all 60 were gone by the end of the party.

Some of the participants bought presents for themselves, some bought gifts for brothers or sisters or parents. "It's cool to see the kids buy something while thinking of others," said ICT volunteer Jackie Darst.

Volunteer Jim Anderson remarked, "The enthusiasm the kids have about the money in their hands is just like the enthusiasm they show all year during the program."

InnerCity Tennis would like to thank everyone who made donations to this year's holiday store, including Rose Lunka and Robin Hubertus (parents of ICT participants), Alice Weides (ICT volunteer and STPC member), Janet Lee and Jim Schneider.

# Doubles Troubles Strategy

Presented by Percy Hughes and Roger Boyer

Thursday, March 25, 2:30-4:00pm

Reed-Sweatt Family Tennis Center

- Sign up with your doubles partner or by yourself to work on your doubles game
- Coffee and treats after tennis
- Cost: \$10.00 per person



Name \_\_\_\_\_ Phone ( ) \_\_\_\_\_

Send a \$10.00 check made out to STPC with this sign-up sheet **before March 22** to:  
Jack and Nancy Lindeman, 5000 1st Avenue South, Minneapolis, MN 55419

## ●● STPC Free Lessons and Drills—All Levels ●●

Some court locations are subject to change during the season. No reservations necessary and no fees are charged.

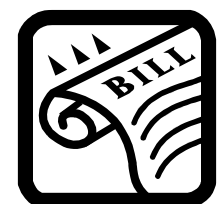
Location	Day	Time	Skill	Cost	Instructor	Phone
Reed-Sweatt Family Tennis Ctr 4005 Nicollet Ave S Minneapolis 612-825-6844	Mon	1:30-3:00PM	All	\$3.00	Laurie Kozlak	952-939-9758
					Duncan Welty	952-933-8592
	Thu	8:30-10:00AM	All	\$3.00	Percy Hughes	612-866-1102
					Paul Stormo	952-944-6286
Oakdale Golf & Tennis Club 5115 Hadley Avenue N St. Paul 651-770-2719	Wed	12:30-2:00PM	All	\$3.00	Peg Kelly	651-697-1987
Williston Fitness & Sports 14509 Minnetonka Drive Minnetonka 952-939-8370	Tue	5:30-7:00PM	All	\$3.00	Jim Eler	952-471-9750
Fort Snelling Tennis/Learning Ctr 100 Federal Drive Minneapolis 612-252-8367	Wed	9:00-10:30AM Special class for 3.5 and above.	3.5+	\$6.00	Paul Stormo	952-944-6286 Call for Reservation.

New members are encouraged to join the above lessons. After completion of 12 lessons you will receive a free can of balls, a certificate of completion and congratulations from the STPC president. Notify your instructor when you have completed 12 lessons. All members are encouraged to attend lessons and drill to improve your game.

## ●● Private Club Drills Open to STPC Members (3.0 and above) ●●

Location	Day	Cost	Time	Instructor(s)	Phone
Reed-Sweatt Family Tennis Center** 4005 Nicollet Ave S., Mpls	Tues	\$5.50	9:00-10:00 AM	Abdul Idi	612-825-6844 Call for reservation.
				Mike Stenquist	

\*\*Additional classes for all skill levels available, open to seniors and younger players.



### Duplicate Billing

Your STPC board of directors apologizes to any members for whom the duplicate billing caused any inconvenience. This was an error caused solely by our printing vendor. The vendor paid for the cost of the erroneous printing and postage.

### LONG TERM CARE INSURANCE

- ≡ Provides choices regarding type/quality of care
- ≡ Eliminate a major financial concern in retirement
- ≡ Avoid being a burden to family members

Home Care/Assisted Living/Nursing Facility

Representing Multiple Insurance Companies

**Sue Kaupa (651) 905-9043**