

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

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P.O. Box 385434

Bloomington, MN 55438

March 2004

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Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc.

March
2004

56 Players, Plus Volunteers Enjoy Tennis Party



The Sweathearts and the Honeys enjoyed two exciting rounds each of fun tennis at the Senior Tennis Players Club Valentine's party on February 13th at the Fort Snelling Tennis and Learning Center.

Players played two 40-minute matches each separated by time in between for snacking and socializing. This has proven to be a very popular event as all the available spots had been taken by January 23 with an announced deadline

for registrations of February 6. The menu included sloppy joes, chips, veggies and dip, dessert, soft drinks and of course candy hearts.

The planning committee consisted of Dottie Brazeal (chair), Evie Asplin, Roz Bernstein, Caryl Minnetti, and Rosemary Rockwell, with additional help from Jean Murdock, Roger and Kathy Junker, and Ken and Karen Landro.

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.

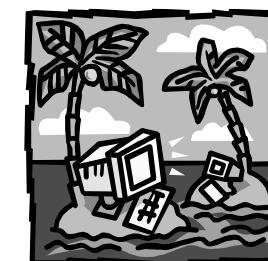


When you feel good, it shows.

Editor Under the Palms

By David Sommer

Your newsletter editor is producing this issue from his Palm Island, Florida office. Please excuse if there are more than the usual errata—despite my rigorous Scandinavian upbringing I have become, in a few months, a decadent, indolent southerner.



I'm here for two months with doubles partner David Sprague. We play doubles every morning with a floating cast of disreputable characters, and often go out in the afternoon for self-invented drills. I came down here with a sore wrist, but the southern warmth and frequent immersions in a whirlpool have cured it. The hand specialist had said "Your main problem is 9-4-38 (my birthdate). You shouldn't play tennis more than every other day." Hah! The more I play the better I feel!

Other attractions of island life: bicycling on auto-free roads, walking the beaches in search of beautiful shells, floating in the pool with the aforesaid disreputable crowd, and soaks in the hot tub after every tennis exertion. My friends, this beats working! I just might not return, at least until the snow is gone.

Continued on Page 2

Upcoming Events

March 25, 2004

Doubles Troubles Strategy
Reed-Sweatt Family Tennis Center
See page 3 for info and sign-up sheet

May 3-6, 2004

Dow Tournament
Reed-Sweatt Family Tennis Center
Sign-up sheet on page 5

June 1, 2004

Bolger Clinic with Roger Boyer
Reed-Sweatt Family Tennis Center

June 19

Captain's Luncheon
Town & Country Club

July

Grandparent/Grandchild Round Robin

October

Fort Snelling Tournament / Party

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.

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Advertising

Send digital files by disk or e-mail 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
March 2004, Volume 17, Number 2

Editor Under the Palms

Continued from front cover

My wife of one year, Louise Halverson, is here for two weeks. Just in time for our anniversary. Mr. Sprague and I pamper her with our cooking specialties. After all, she has to work to support me in my decadent lifestyle, so it's only right she is queen of the establishment for a few weeks.



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. 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.



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.

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

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.

Computer Viruses: Protect Yourself And Your Friends!

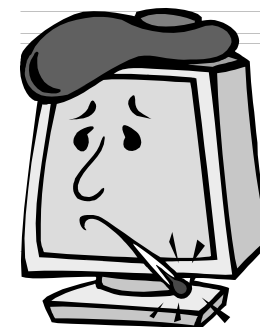
By David Sommer

As editor of your newsletter, I get many emails from you. I protect my computer with anti-virus software. But I am still plagued with many virus-laden messages that arrive because people who put my email address in their address books *do not* have anti-virus software, and so unwittingly often send out many emails to *everyone* in their address book.

Please! If you don't already have anti-virus software, get it! Ask at your computer store for an appropriate package. Two good names: McAfee and Norton. If you have dial-up Internet access, all you'll need is simple anti-virus software. But if you have high speed access (DSL or cable), you'll need a package that includes a "firewall."

Many of you got such software when you bought your computer, but perhaps you never installed it. Or you installed it, but haven't paid the annual renewal fee that keeps the virus files up-to-date. This is *absolutely necessary*, because virus villains are forever coming up with new nasties. Don't be a victim, and don't victimize those you correspond with.

You wouldn't knowingly infect your friends with leprosy. Show the same courtesy to your friends' computers.



In Memory...



Dorothy J. Blomquist, age 81, formerly of Eden Prairie and Owatonna, passed away peacefully on January 18, 2004 at Ebenezer Ridge Care Center, Burnsville, MN. Dorothy was a member of STPC since 1988 and continued until she could no longer play. Her many tennis friends will remember her fondly. Dorothy was an executive secretary extraordinaire with a command of English, a memory of birthdays, and a love of family and friends. She especially enjoyed her friends in her Senior Tennis Club and her South Dakota State alumni group. She was a proud, feisty, sophisticated, independent, classy, and attractive lady. A memorial service celebrating her life will be held in the Spring. Private interment, Milbank, South Dakota.

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

Are You at Risk for Diabetes?

By UCare Minnesota

About 15 million Americans have type 2 diabetes. At least half of them don't realize they have it, and, won't for about seven years. That is the average gap between the onset and the diagnosis of the disease.

"The incidence of type 2 diabetes, also called non-insulin-dependent diabetes, has risen sharply in previous years," says Barry Baines, M.D., Medicare Medical Director for UCare Minnesota, which offers three health insurance plans for seniors. "It's important to be aware of the risk factors and symptoms."

Once viewed as milder than type 1—or insulin-dependent—diabetes, the effects of type 2 diabetes are every bit as serious. They include damage to the eyes, kidneys, or nervous system. There also is a strong link between type 2 diabetes and heart disease.

Risk factors

People older than age 40 who have a family history of diabetes are at high risk. Minorities face an even greater risk. The rate of disease is five times higher in Native-Americans than in whites and twice as high in people of Hispanic or African-American descent.

Other risk factors are:

- Obesity. Weight gain after the age of 18 magnifies

the risk—weight loss of as little as 10 to 15 pounds substantially reduces it.

- Lack of regular, daily exercise.
- For a woman, having a baby that weighed more than nine pounds at birth.

Signs and symptoms

Early signs of type 2 diabetes may go unnoticed because they appear gradually. Watch for:

- Excessive thirst.
- Frequent urination.
- Increased hunger and weight gain.
- Unexplained weight loss.
- Weakness and fatigue.
- Blurry vision.
- Numbness of hands and feet.
- Slow-healing cuts and bruises.

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 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).

Percy's Tennis Rhythms



By Percy Hughes

Well, here we are, club members: 2004. Do you have your calendars up to date with all the many club activities that are available to you these next few months? Have you picked your partner for the annual **Jack Dow Doubles Tournament**?

Monday, May 3rd is the starting date. Our instructors will be encouraging students to pick a partner with approximately the same skill level, and whenever possible, start playing matches as a team. Paul Stormo will be helping me rate those needing a new rating. Rating dates and location are listed on the application forms in this Senior Tennis Times.

Congratulations to **Barb Hicks**, our most recent 12 lessons award winner. I also informed Barb to please continue with lessons—she'll need a few more before we can get



a tour contract for her (smile). We'll tell you when, Barb. Congratulations, and get a partner for the Dow Tournament, hear. Also, if anyone is having a problem getting a partner, talk with one of our Pros—he or she will try to find one for you, or give me a call. Roger Boyer and I are hoping many of you are planning on signing up for **Doubles Troubles**, a clinic that's right before the Dow Tournament. Last year's first was highly successful and well attended.

Please don't miss a word in this March issue. Coming soon: Roger Boyer has information that will be **very** important to many of us seniors, who have "owies" that aren't too kind to our bodies. His new program for those with debilitating injuries, etc., will start March 4th. Flyers will be available before then, giving you information and the time of day at Reed-Sweatt Courts. I'll be a part of his staff, gently working with you—I guarantee you will like this new tennis program

Let's see what's ahead, huh? Don't forget: **no foot faults!!!**

●● CHANGES to 2003-2004 Fall/Winter Indoor Court Schedule ●●

Location	Day	Time	Cts	Skill	Captains	Phone
Changes						
Reed-Sweatt Family Tennis Center 4005 Nicollet Avenue S Minneapolis 612-825-6844	Mon	10:00-11:30 AM	3	2.0-3.0 M/W	Lois Bundy	
					Jim Duffey	651-778-0645

Corrections or changes for St. Paul and suburbs
Call Darlene Moynagh 651-436-8927

Corrections or changes for Minneapolis and suburbs
Call Jack Baloga 952-944-5194

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 Erler	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.
				Michael Stenquist	

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

Tennis South of the River

By Jack Hansen

I'm looking for tennis players, south of the river, to play in the spring, summer and fall. We have two brand new courts in Prior Lake. Play will be Monday, Wednesday, and Fridays 8:30 to 10:30.

Contact me (Jack Hansen) at 480-671-1848 through April, 952-447-4872 starting May. Or call Lucy Luce 952-447-1032.



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Sue Kaupa (651) 905-9043

Senior Tennis Players Club, Inc. Jack Dow Annual Senior Tennis Tournament

May 3-6, 2004—8am-4pm

Reed-Sweatt Family Tennis Center
4005 Nicollet Ave. S. • Minneapolis, MN 55409

Tournament Rules

- **Fee:** \$8 per event, per person
- Round-robin format—you will play *at least* three regular sets, or two 10-game pro sets.
- Divisions 2.5, 3.0, 3.5, and 4.0 Men's, Women's and Mixed Doubles.
- No partner substitution after first set.
- No participant may play in more than 2 events.
- A first place winner in an event in 2003 automatically jumps to the next rating or *must* change partners. Those unable to find a partner *must* state that on the application.
- All entrants *must* be members of STPC.
- **All entrants must be rated** by an STPC professional or have a current USTA rating. Those rated in 2003 need not be rated again in 2004. **Rating questions**—call Percy Hughes at 612-866-1102.
- **Rating Sessions at Reed-Sweatt:** Mondays 1:30-3:30: March 8, 15, 22, 29 and April 5, 12, 19; Thursdays 8:30-10:30: March 11, 18, 25 and April 8, 15, 22.

- **Schedule:** This table gives the schedule for each division. Number in bold (4, 8, or 16) is the *maximum* number of teams permitted in that division.

	Men's	Women's	Mixed
	8	8	4
2.5	Tue 11:30-2:30 Thu 8:30-11:30	Tue 11:30-2:30 Thu 8:30-11:30	Thu 11:30-2:30
3.0	16 Wed 8:30-11:30 Thu 8:30-11:30	8 Mon 11:30-2:30 Thu 8:30-11:30	16 Tue 8:30-11:30 Thu 11:30-2:30
3.5	16 Mon 8:30-11:30 Thu 8:30-11:30	8 Mon 11:30-2:30 Thu 8:30-11:30	16 Wed 11:30-2:30 Thu 11:30-2:30
4.0	4 Thu 11:30-2:30	4 Thu 11:30-2:30	4 Tue 11:30-2:30

- **For additional information call:** Percy Hughes: 612-866-1102 or Ron Liddiard: 952-445-5576

Application

Two players may use this form. Entries close April 19, 2004. All players must sign the release form below.

Event	Name (print)	Rating	Phone with area code
Men's Doubles	1.		
	2.		
Women's Doubles	1.		
	2.		
Mixed Doubles	1.		
	2.		

*****Yes, I need a partner at _____ rating.*****

Send Application and Check payable to STPC for \$8 per event, per person to:
Ronnae Wagner • 5326 Rogers Drive • Minnetonka, MN 55343-8952

RELEASE FORM

I agree that any participation by me during my membership or at any other time, in an activity of, or sponsored by, Senior Tennis Players Club, including lessons, clinics, drills, rating sessions, tournaments, meetings, camps, trips, scheduled group (or other) games, and social events, shall be at my own sole risk, and I hereby release and hold harmless Senior Tennis Players Club and its officers, directors, members, employees, agents, tennis pros, and other independent contractors from any and all claims of any nature whatsoever arising from any such activity or otherwise.

Signature _____ Date _____