



# Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc.

December  
2004

## USTA honors STPC, Percy Hughes

The USTA Northern Section honored its 2004 Award Winners on Saturday, Nov. 6 at Fort Snelling Tennis and Learning Center. Senior Tennis Players Club and Percy Hughes were among those honored. The awards luncheon was attended by Ken Landro, who received the award for STPC, Darlene Moynagh, and Percy Hughes. The ceremony was emceed by David Wheaton, former Wimbledon semifinalist and Tonka Bay resident.. The USTA Northern Section encompasses Minnesota, North and South Dakota and Western

*(USTA Awards—Continued on page 8)*

## Halloween Party is a hit!

By Caryl Minnetti

On October 30, fifty-six members of STPC gathered for an evening of tennis, food, and socializing at the Fort Snelling Tennis and Learning Center.

Volunteers Ronnae Wagner and Dotti Brazeal greeted players and handed them their name tags and papers listing partners and court numbers. All skill levels, from 2.0 to 4.5 were represented, with each playing at their own levels. Each player played two sessions of forty-five minutes per session.

In between sessions, members chatted and snacked in the pleasant seating area at the Center.

When all play was finished, everyone enjoyed a light lunch of ham or turkey sandwiches, tortilla chips with salsa, grapes, cheese and brownies.

Refreshment chair Sally Browning thanks volunteers Helen Jackson, Virginia Vining, and June Ekers for their help in the kitchen and Bob Fridgen for bringing and donating beverages.

For the final touch, volunteer Rich Bundy conducted a drawing for donated prizes including tennis towels, tote bags and posters.

Thanks go to volunteers Alice Weides, Ronnae Wagner and Jean Murdock who also helped to make the party a success.

**Scary pictures on page 12.**

## Women's Challenge Tournament

By Jean Murdock

USTA has again asked STPC to volunteer for the upcoming American Family Mortgage \$50,000 Women's Tournament to be held at Fort Snelling February 20-27, 2005. Many different assignments are available—standing, sitting, or driving. If you want to sign up as a volunteer, please call Jean Murdock at (612) 825-5826 or e-mail [jeanmurdock@aol.com](mailto:jeanmurdock@aol.com).

Lisa Mushett of USTA Northern Section adds this: "After the great job you did in 2004, we are again looking for volunteers from the STPC. Volunteers for the event receive a free t-shirt, free admission to the tournament for play on Sunday-Thursday if you volunteer for two shifts, and free admission the day you volunteer for the quarterfinals, semifinals and finals. What better way to give back to the game of tennis by volunteering and rubbing shoulders with some of the best women's tennis players in the world."

### Upcoming Events

**December 4, 5-9 PM**

Holiday Party

Sign up on page 5

**February 12, 2005**

Valentine Party

Sign up on page 9

**February 20-25, 2005**

Women's Challenge Tournament

See article this page

**April 26, 2005**

Bolger Clinic

**May 2-5, 2005**

Dow Tournament

**June 18, 2005**

Captain's Luncheon & Dow Award  
Town & Country Club

Senior Tennis Players Club, Inc.  
A nonprofit corporation, P.O. Box 385434,  
Bloomington, MN 55438  
On the web: [www.seniortennismn.com](http://www.seniortennismn.com)

#### 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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#### 2004-2005 Board of Directors

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E-Mail: [percychjr@msn.com](mailto:percychjr@msn.com)

Club Founder: Jack Dow

#### Advertising

Send digital files by disk or e-mail to the newsletter editor 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 (first month/additional months):  
Full page (7x9 in) ..... \$110/90  
Half page (7x4.5 in) ..... 85/65  
Quarter page (3.5x4.5 in) ..... 60/40  
Eighth page (3.5x2.5 in ..... 40/20  
Classified ad  
(members only, max 4 lines) ..... 15  
2-line ad (members only, 50 spaces/line)  
First three months: free, then \$5/issue.

#### Publication Deadline

Submit articles to the editor by the 20th of the month for publication the following month. All material submitted for publication is subject to editing.

#### Membership information changes

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

[currentmembers@seniortennismn.com](mailto:currentmembers@seniortennismn.com)

Membership total: 1656

December 2004, Volume 17, Number 10

## Bragging rights

*This column will appear occasionally when we have special accomplishments of our members to report. Send your own, or a friend's story, to the editor.*

**Chris Matteson** was elected as 2004 "International Artist of the Year" by the International Biographical Centre, Cambridge, England. Also, Matteson was in a book review at Barnes & Noble, High-

land Village, on Saturday October 30. The book is "The Fortunate Four" by Joy Kuby. Matteson is included in the book.

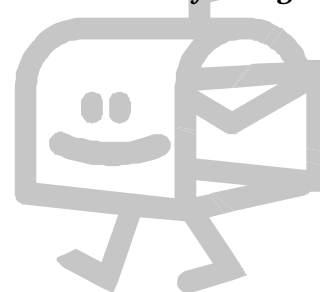
**Frank Evans'** work appears in "Frank Evans Retrospective: 22 Paintings" at the Unitarian Society on Mt. Curve Avenue (south of Walker Art Institute) December 5 through January 9. Call 612-377-6608 for church hours.

## Letters to the editor

**Gee whiz!** Just a couple of months ago, we were just **flooded** with talkative members wanting to express their opinions. We published those letters, and then? **Nothing!** Don't make your editor feel lonely and unloved—write to him by snail mail or:

[editor@seniortennismn.com](mailto:editor@seniortennismn.com).

*Letters to the Editor are wanted! This is your space to express an opinion. Letters will be edited only for length.*



*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; and to support the growth of tennis.

#### 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 20th of the month for publication the following month. Enclose self-addressed stamped envelope if you want materials returned.

Send your submissions to: David Sommer, 3657 17th Avenue South, Minneapolis, MN 55407-2805.

Email: [editor@seniortennismn.com](mailto:editor@seniortennismn.com).

If you would like to write an article, call or e-mail David Sommer. We need help and input from writers, artists, and photographers.

## Percy's tennis rhythms



Hi. Do you still believe in Santa? If he were to start bringing all of us good health, then maybe.... I do want to wish **everyone** a **healthy** Merry Christmas and Happy New Year in this issue. Should we give new tennis balls as Christmas presents? **Yes! JJJ** I'm very impressed and thankful for the used

balls you members give us teaching Pros for our outdoor season lessons—they're in pretty nice shape for giving instruction—we thank you!

As you know, we're allowed to use the club's balls (for teaching only) when we're indoors for the fall/winter season, but we have to have our own for the outdoor season. I'll be putting the **beg** on everyone in the coming April or May Newsletter for your tennis balls.

I want to thank **Dave Mathews**, the Region Sales Representative for **Head & Penn** equipment, (my boss) for donating a new racquet for the Silent Auction at Ernie Greene's second annual Scholarship Benefit, which was once again a tremendous success, and believe me, the food was totally **wonderful!** **Gregg Wong**, you're the **greatest!**

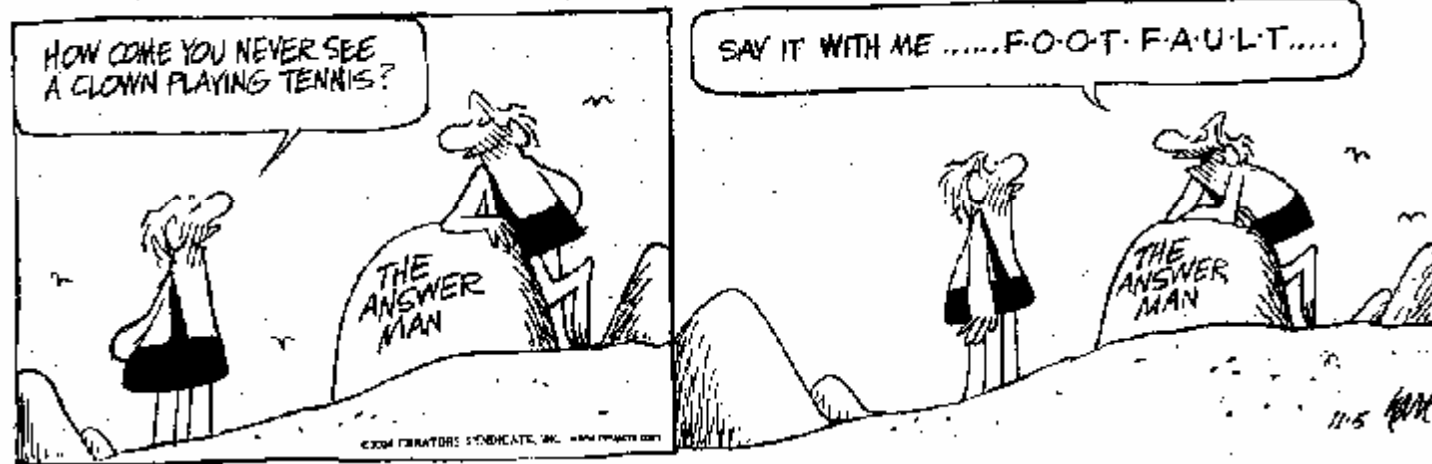
Every December, the Thursday 8:30 class right before Christmas is our Mentor Roger Boyer's Birthday drill. We've been celebrating Roger's birthday before he was old enough to be one of us—he's been one of us age-wise for quite a few years now. All members are welcome to the drills that morning. We'll sing (?) Happy Birthday to Rog, then he'll help us do the drills before we have cake with this great Professor of Tennis.

I hope you've had a chance to watch all the televised Tennis Matches of late. Our sport seems to have "turned the corner" with the powers that be who set up the programs on the Tube. I do have concerns about our (American) players, who don't seem to be the top players like they've been in past years.

**David Wheaton's** clinic at USTA's Work Shop was **brilliant!** By the way, David will be playing the 35's and over Pro Circuit possibly, so watch out, McEnroe and Connors.... A couple of his tips: (1) when nervous, keep your feet busy; (2) to quicken your hands, play Pepper; (3) Long Volley Drill, being deeper than the service line. Do these three things, and also, please do not **foot fault!**

Perc

### B. C.: By Johnny Hart



### Bad email address?

In a recent email to all members with listed email addresses, about 10% were found to have problems. The most common: undeliverable because no such address. Please be sure when you renew that you enter your email address correctly, and if it changes, notify us of the change at [currentmembers@seniortennismn.com](mailto:currentmembers@seniortennismn.com).

Less frequent but still common: "Mailbox full." This is because you don't read and delete often enough.

Whatever the reason, you could be missing important information from Senior Tennis:

- We'll use email for important announcements, like a special event that we've arranged on short notice or that still has openings.
- For those who choose to get their Newsletter on the web, we'll notify you as soon as it's ready by email, starting with the March issue. Until then, look for it around the 22nd of the month before.

## ●● STPC lessons and drills—all levels ●●

Some court locations are subject to change during the season. No reservations necessary.

Location	Day	Time	Skill	Cost	Instructor	Phone
<b>Reed-Sweatt Family Tennis Ctr</b> 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
<b>Oakdale Golf &amp; Tennis Club</b> 5115 Hadley Avenue N St. Paul 651-770-2719	Wed	12:30-2:00PM	All	\$3.00	Peg Kelly	651-697-1987
<b>Williston Fitness &amp; Sports</b> 14509 Minnetonka Drive Minnetonka 952-939-8370	Tue	5:30-7:00PM	All	\$3.00	Jim Erler	952-471-9750

**Free or low-cost lessons\*** are offered as part of your STPC membership. New members are encouraged to take advantage of them. After twelve lessons, you will receive a free can of balls and a certificate of accomplishment and congratulations from the STPC president. You should notify your instructor when you have completed twelve lessons.

\* Lessons are free during outdoor season; they cost \$3 when indoor (to pay for court time). You may continue taking lessons as long as you are a member of the club.

## ●● Private Club Drills Open to STPC Members ●●

Location	Day	Cost	Time	Phone
<b>Reed-Sweatt Family Tennis Center*</b> 4005 Nicollet Ave S. Minneapolis	Tues	\$5.50	9:00-10:00 AM	612-825-6844 Call for reservation.

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

## Obscure tennis rule, corrected!

By David Sommer

I've gotten replies from sharp-eyed readers, the first of which was from Gerry Cochran. The original question was: "Who starts the serve for a tie-breaker, and who serves to begin the next set?"

Gerry emailed to say: "Wrong, wrong, wrong! I am a member of senior tennis and also a registered USTA Umpire. You answered the question half right and half wrong. The person whose turn it is to serve (at the start of a tie-break) does serve next. But the person who serves first in the tie-break becomes the receiver in the first game of the following set."

So here's the complete, corrected, definitive, now-and-forever deal:

Here's how serve alternates in the tie-breaker. After I serve once from deuce court (in the same example), the opponent whose turn it is to serve next then serves twice, first from the **ad** court, then from the deuce court. Then my partner serves twice, also starting from the ad court. Then opponent's partner serves twice, in the same way. Etc.

If there is another set following the tie-breaker, the person or team that served first in the tie-breaker becomes the receiver. In doubles, either of the two players may serve, since a doubles team may change the order of its servers when beginning a set.

As Ron Liddiard pointed out, you can think of the tie-breaker *as if* it were a single game. Then whoever would have served that single game is the tie-break first server, and whoever would have served the *next* game serves to begin the next set.

# *Holiday Party at Fort Snelling*

Saturday, December 4, 2004

5-8 PM Tennis, 8-9 PM Social

- Mixed doubles
- Light refreshments
- 56 players ONLY
- Register by November 30
- All players must be STPC members

Directions to Fort Snelling Tennis and Learning Center, 100 Federal Drive, Fort Snelling (612-252-8367)

From the North:

Starting at the junction of Highway 62 and Highway 55: go 1/2 mile south on 55. Take Fort Snelling exit. The facility will be 100 yards ahead of you.

From the South:

Starting at the junction of Highway 5 and Highway 55: go 1/2 mile north on 55. Take Fort Snelling exit. Horseshoe under 55 and turn right on the frontage road. The facility is 200 yards on your left.

Sign Up Sheet - You do not need a partner, this is rotating doubles.

Name \_\_\_\_\_

Phone \_\_\_\_\_ Rating \_\_\_\_\_

Name \_\_\_\_\_

Phone \_\_\_\_\_ Rating \_\_\_\_\_



Send a check for **\$12 per person** made out to STPC with sign-up sheet **by November 30** to:  
**Earl & Jackie Darst, 1805 Eagle Ridge Dr. #16, Mendota Hts, MN 55118**

**No-shows will not receive their money back—sign up, be there!**

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.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

## APPLICATION FOR STPC INTENSE DRILLS

DATE OF SESSION REQUESTED: December 3, 2004, 9:00 AM - noon

NAME: \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS/CITY/ZIP \_\_\_\_\_

TEL: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

STPC TENNIS RATING: \_\_\_\_\_ USTA RATING: \_\_\_\_\_  
(If you have one.)

\*ANY SPECIAL HEALTH OR PHYSICAL CONSIDERATIONS: \_\_\_\_\_

\*Please inform us if you have recently had a knee/hip replacement, bypass surgery, etc.

Send application and check for \$30, payable to STPC, to:

Paul Stormo / 6200 Balder Lane / Edina, MN 55439 (952) 944-6286

### CHANGES TO 2004-2005 Fall/Winter Indoor Court Schedule—Senior Tennis Players Club

#### ●● ST. PAUL AREA ●●

For corrections or changes for St. Paul and suburbs call Darlene Moynagh 651-436-8927

#### ●● MINNEAPOLIS AREA ●●

For corrections or changes for Mpls and suburbs call Jack Baloga 952-944-5194

Location	Day	Time	Cts	Skill	Captains	Phone
98th Street Racquet and Swim 1001 West 98th Street Bloomington	Wed	9:00-11:00 AM	2	3.0-3.5 MW	Paul Steen	952-835-9818



## 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.

**Handyman Services.** Affordable repairs/maint, SW Mpls/Edina/SLP. Bob 952-929-0844, [rthompson111@earthlink.net](mailto:rthompson111@earthlink.net).

**Perfect gift for families**—Your unique life story! Call

Adorene 651-714-0651 or Rena 715-386-9692 for help **Professional Internet Page Design and Programming.** Call ELINE Web Publishing @ 612-929-2507.

**Expert Racquet service.** Fred Jurewicz (952) 496-1018 (H); (612) 250-3185. **10% STPC discount.**

**Scottsdale studio condo** for rent any month or all of Jan-Apr. pools, tennis nearby. 612-377-1352

**Wanted: Singer Featherweight #221 or 222 sewing machine.** Not working OK. Jim 952-250-6181.

**Sun City Grand (PHX),** new home for rent Jan-March. All amenities. [mprandolph@usfamily.net](mailto:mprandolph@usfamily.net).

**Lazy-Boy Recliner,** tan, leather, purchased 1-10-04 for \$600, sell for \$400. Call Bob or Jane 952-938-9348.

**On Gulf Bonita Beach 2BR 2B,** Jan, Feb, Mar. Tennis, Pool, 4 mi WTC Naples. 952-933-3434.

# 21st Annual Winter Tennis Vacation

## World Tennis Center, Naples, Florida

*Join us for 2 or 4 weeks 2/12-3/12/05 – fabulous location!*

**Location:** Our 82.5 acre resort is located in Naples just 2.5 miles from the Gulf of Mexico.

**Who should come?** Tennis players of all ages and abilities and their nonplaying spouses and friends are welcome to join the fun. We'll find roommates and tennis partners if needed.

**Reserve now!** Act soon! Reservations for Naples Tennis 2005 are on a first come, first serve basis. A \$200 deposit per person guarantees your reservation.

**Airfares:** If you are planning to go as a frequent flyer or senior ultra fare, we strongly recommend you make early reservations.

**Attention:** There are 15 fewer condos available in the rental pool in 2005, so please make your plans early.

### Why choose Naples?

- Temperatures in the 70's almost every day
- Great restaurants & shopping
- Har Tru courts (hard courts also available)
- Most golf courses per capita in the USA
- **FREE COURT TIME!**

**Register early if you intend to rent a condo alone, rent for less than 2 weeks, or stay more than 2 weeks.**

Note: Reservations can also be made for 3/13-3/31/05 and January 2005.

Fill out this form and send it with your check (payable to Naples Tennis 2005) to:

Don Bratt  
3044 18th St. NW  
New Brighton, MN 55112

**Questions?**

**Call Don at (651) 636-7083.**

### Naples, one of Florida's choice spots for vacation fun!

**Accommodations:** 148 fully furnished 2 bedroom / 2 bath condos, completely equipped kitchen and washer/dryer in every condo.

**Recreation:** 16 tennis courts (11 Har Tru, 5 hard, 10 lighted for night play), 2,500 seat stadium court, heated pool, outdoor Jacuzzi, saunas, basketball court, and frequent pro tennis exhibitions.

**Dining/Amenities:** Le Petit Café, pool-side restaurant and bar, full-service pro shop, USPTA professional tennis staff offering instructions, programs, and tournaments. Tennis calendar of activities for all ability levels. Golfing arrangements made for you at golf courses.

**Name 1**

**Address**

**City/State/Zip**

**Phone**

**Name 2**

**Address**

**City/State/Zip**

**Phone**

Circle Session	Cost	Date	No. Days	Deposit/ Person	No. Persons	Total \$\$
<b>A</b>	\$545	2/12-2/26	14	\$200		
<b>B</b>	\$545	2/26-3/12	14	\$200		
<b>A/B</b>	\$965	2/12-3/12	28	\$200		
All prices are per person and based on 4 persons/condo plus 9% tax due with the final payment.					<b>Total Enclosed</b>	

Wisconsin.

**Senior Tennis Players Club** is the 2004 Organization of the Year, recognizing its outstanding service and setting the standards in which all organizations should strive to achieve. Since forming in 1982, the club has grown from 50 people to over 1,600 members in 2004, which is believed to be the largest senior tennis group in the nation. In addition, the Senior Tennis Players Club has over 300 volunteers giving service back to the organization and 75 members volunteering with the Inner City Tennis Program based out of the Reed-Sweatt Tennis Center in Minneapolis. The Senior Tennis Players Club Board of Directors and its members have also made significant financial contributions to the Inner City Tennis program.

"The growth of the club is a testament to the interest in tennis among seniors, and to the efforts of our many volunteers to promote the club throughout the seven-county Twin Cities metro area and western Wisconsin," Kenneth Landro, Senior Tennis Players Club President, said.

**Percy Hughes** was the winner of the Jack Dow Senior Development Award, which honors the individual whose efforts have had the greatest impact on improving senior competitive and recreational play for that year. Hughes has been a member of the USTA for more than 40 years and is a member of the United States Professional Tennis Association. He has been part of the Senior Tennis Players Club for more than 20 years and worked with Jack Dow when the organization was first created. He has been the head teaching pro of the Senior Tennis Players Club for 20 years and has taught more than 1,800 players. He is a member of the Northern Section Hall of Fame and the Community Development Council. Also an avid musician, he has won numerous music awards for his Duke Ellington-inspired jazz.

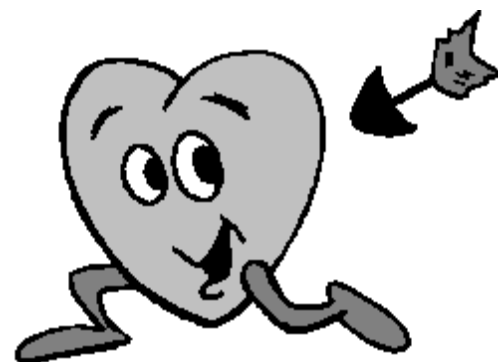
"Percy is a gentleman of the old school," said Ron Liddiard, a member of the Senior Tennis Players Club. "His contributions to the Senior Tennis Players Club and the game of tennis are endless."



**Percy Hughes accepts Jack Dow Senior Development Award  
Darlene Moynagh and Ken Landro accept Organization of the Year Award**



# Fort Snelling Valentine Tennis Party



Saturday, February 12, 2005

5:00-8:00 pm tennis, 8:00-9:00 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 (\_\_\_\_) \_\_\_\_\_

Rating \_\_\_\_\_ (You do not need a partner; this is rotating doubles)

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

Rating \_\_\_\_\_

**No-shows will not receive their money back—sign up, be there!**

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.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Send check for \$12 per person payable to STPC before February 7 to:

Karla V. Sand  
382 S McKnight Rd  
Maplewood, MN 55119  
651-739-7397

## Want to play on Tuesdays?

We have openings for 3.0 mixed doubles at Williston Center, Minnetonka, 11:30 AM - 1:00 PM. Call Fred Wright (952)938-1242

## Scottsdale tennis vacation

By Darlene Moynagh

Here's a great opportunity for a tennis vacation at beautiful Radisson Scottsdale Resort and Spa. They

*(Tennis vacation-Continued on page 10)*

# In Memory...



## Joseph S. Stoutenburgh Sr.

Joe Stoutenburgh was a devoted tennis player and former president of Senior Tennis. He joined STPC in 1987.

He was a 1945 graduate of the U.S. Naval Academy and served aboard the USS Minneapolis in the Pacific Theater. In 1948 he received his BSEE (engineering) from MIT and later became a member of the Department of Electrical Engineering teaching staff at the Naval Academy.



In his next assignment as Ships Superintendent, Joe contributed greatly to the technological modernization of the Navy's submarine fleet. In 1957, he was selected by the Bureau of Ships as one of the chief architects of NTDS (Naval Tactical Data Systems). This project revolutionized the defense and commu-

nication systems of America's naval and air forces, forever altering the nature of tactical warfare and defense of the United States and her allies. In recognition of this service to his country, he was awarded the Legion of Merit, the highest honor that can be bestowed in peacetime.

He resigned active duty in 1962 as Commander, USN, and continued to serve in the Naval Reserve, attaining the rank of Captain in 1972 and retiring in 1982. In 1964, he moved his family to Minneapolis to take a position with Sperry Univac in the Defense Systems Division. He left Sperry in 1968 to lead ATRON Corporation, serving as President and Chairman of the Board. He rejoined Sperry in 1974, eventually becoming Vice President of Defense Systems Engineering.

Joe was preceded in death by his parents, G.H. and Louise Stoutenburgh; sister, Betty Holland; brother, Holden; stepfather, Adm. D. Ward Harrigan; and grandson, Samuel James Olson. Joe is survived by the love of his life, Sally, his devoted wife of 53 years; children, Terry (Larry) Harvard, Anne (Brooks) Mason, Kit (Dave) Olson, Joe (Cathy), Dan (Uschi), and Robert. Also his precious grandchildren, Briana, Laura, Peter, Jonathan, Tori, Sarah, Bethany, Christopher, Frances and Anna, each of whom brought him great joy.

Also surviving are other wonderful relatives and friends. He exemplified a life of duty, loyalty and devotion. Many treasured his sense of humor and generous spirit. His love of God, country, the Navy, friends, golf, tennis and above all, family will never be forgotten. The family extends thanks to doctors and nurses Gotlieb, Weinshel, Armstrong; Stacy, Gretchen, Hertis, Jamy, Bruce and the whole amazing staff on Fairview Southdale's 8th floor who lovingly cared for Dad. In lieu of flowers, memorials preferred to the church, American Heart Assn. or American Lymphoma Society. Thanks for the many gifts you've given us! Roots and wings—we will love you forever!

*(Tennis vacation-Continued from page 9)*

have 21 tennis courts (one clay), swimming, golf, etc. The group rate cost is about \$71 per person per day double occupancy, including taxes. This price includes tennis. To see more about the resort, visit

<http://www.radisson.com/scottsdaleaz>

Dates are January 30 to February 6. You can stay less

than the full week. Call me (Darlene) with questions and to let me know if you are coming. My number is (651) 436-8927.

Everyone makes their own resort and airline reservations. Talk to Jena at 1-888-447-6675 ext 7009, or email [jenachoi@grooble.com](mailto:jenachoi@grooble.com), and be sure to mention our group is Senior Tennis Players Club.

## Don't let SAD darken your mood

### Tips to beat the winter blues from UCare Minnesota

When winter approaches, do you glide into a gloomy mood? Do you crave starchy foods? Do you notice changes in your energy level and sleep more? If the shifting seasons seem to affect you this way, then you might have SAD.

SAD stands for **Seasonal Affective Disorder**, a form of depression. In the northeastern United States, SAD may affect almost 10% of the population. "Women are more likely than men to get SAD," notes UCare Minnesota's Chief Medical Officer Dr. Barry Baines.

**Dark Moods and Other Symptoms.** SAD shares common symptoms with standard, non-seasonal depression, such as a depressed mood and trouble concentrating.

However, people with SAD also tend to have other symptoms. These include:

- Increased appetite
- Weight gain
- Lack of energy
- Tendency to oversleep.

Dr. Baines explains, "Doctors aren't exactly certain what causes SAD. But many believe a disrupted "body clock"—or circadian rhythm—caused by seasonal changes may be to blame. Limited daylight and outdoor activities during the winter months are often blamed for SAD."

**Let There Be Light!** If you think you might have SAD, call your doctor, advises Dr. Baines. He adds, "There are ways to treat these symptoms. One way is through light therapy. Research shows that light can help get the body clock back in sync."

**Ways to Lift Your Mood.** There are other ways you can treat SAD on your own. Here are some suggestions from UCare:

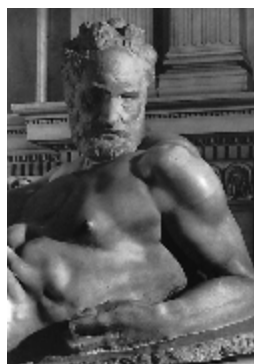
- Avoid negative thoughts and try not to think too much about how bad you feel. Instead, distract yourself with your favorite hobbies.
- Be more active. Exercise can help treat SAD.
- Spend time with others. This can help improve your mood if you have SAD. It may even help prevent SAD in the first place. There's some evidence that people who don't have a lot of social support are more likely

to get SAD. However, researchers think a strong social network may protect someone from getting SAD.

*UCare Minnesota is an independent, nonprofit health maintenance organization (HMO) serving more than 130,000 members. UCare offers three health plans for seniors: UCare for Seniors, a Medicare Advantage 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). If you are hearing impaired, please call our TTY line at 612-676-6810 or 1-800-688-2534 (toll free).*

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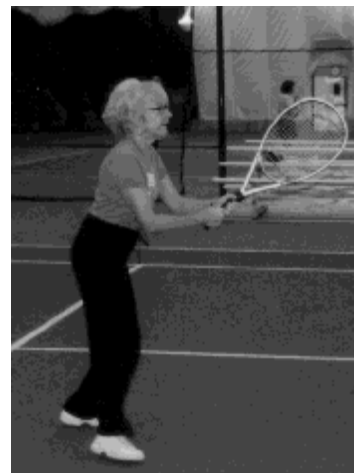
## Scary pictures from the Halloween Party



The Cooks: Virginia Vining, Sally Browning, and June Ekers



Whozat? Jean Murdoch!



She's ready! Barb Hagen



Halloween or Valentine's Day?  
Alice Weides and Craig Thompson



Frank Perry and Mary Kaminski



Ronnae Wagner, Caryl Minnetti, Sally Browning, and Dotti Brazeal



Ron Davis, Don Nideroski, and Sharon Davis

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STPC Membership Changes, Renewals, and New Members  
December 2004



## 25 years ago—tennis rankings

By Bob Busch

### Men

1. Jimmy Connors
2. Bjorn Borg
3. Vitas Gerulaitis
4. John McEnroe

### Women

1. Martina Navratilova
2. Chris Evert Lloyd
3. Tracy Austin
4. Virginia Wade

Martina Navratilova is still playing doubles on the women's tour. She also played singles in a recent tournament.

John McEnroe played a match in 1982 with Mats Wilander that lasted 6 hours and 22 minutes. Both McEnroe and Wilander are scheduled to play in the Champions Masters in London, from November 30 to December 5, 2004.

Jimmy Connors was noted for his intense will to win. He took control of the baseline taking balls on the rise with crisp, flat, devastating strokes.

Bjorn Borg and Chris Evert Lloyd were known for their cool, calm and collected play. Evert Lloyd retains the highest career winning percentage in professional tennis (90%). Borg won the French Open and Wimbledon three years in a row (1978-1980).

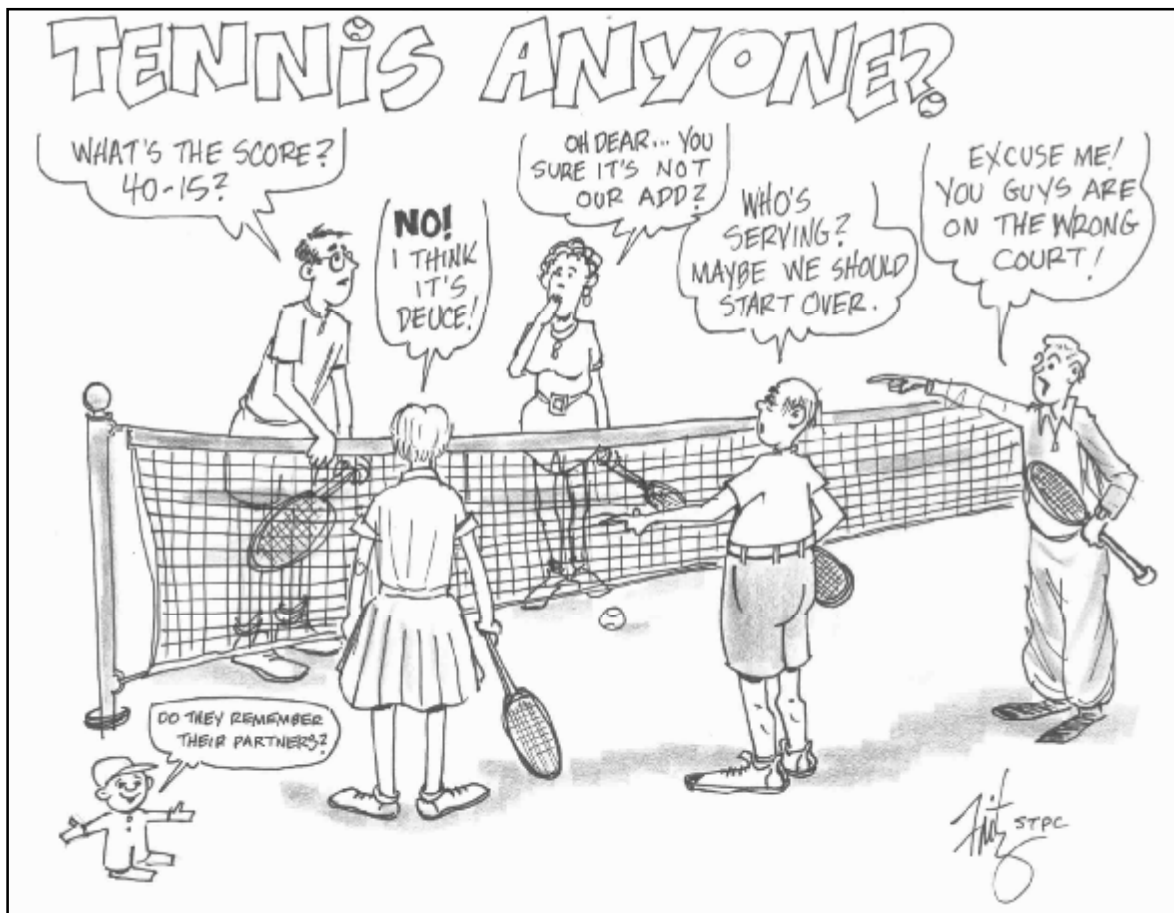
## Film review "Wimbledon"

By Bob Busch

The cast includes Paul Bettany as Peter Colt, Kristen Dunst as Lizzie Bradbury, John McEnroe and Chris Evert Lloyd as TV commentators and Murphy Jensen as tennis opponent of Peter Colt. (Both John McEnroe and Murphy Jensen played in the Excel Center exhibition last January.)

Peter Colt and Lizzie Bradbury are tennis tour players. Peter is concerned about his quickly passing years and finds that he is always playing much younger opponents with untiring legs and hard strokes. Lizzie, a younger player, was at times mildly aggressive and later very seductive. Peter and Lizzie explore the "How do you feel about the whole fooling-around-before-a-match issue?"

This film provides lots of action at Wimbledon's center court and some interesting off-court evening scenes. Watch "Wimbledon" and see for yourself how this funny romantic comedy and the affair between Peter and Lizzie turns out.



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