



Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc. *March 2005*

Election of board members

The STPC Board, at its February 17 meeting, chose Shirley Pratt, Thue Rasmussen, Joanne Schwartz, Paul Steen and Ronnae Wagner to replace outgoing members Sally Browning, Ken Landro, Caryl Minnetti, Carol Shields and Alice Weides. Shirley Pratt will serve as new members director and Ronnae Wagner as renewing members director; the others fill at-large board positions. Here's some words each wrote as to why they chose to serve on the board:

Shirley Pratt: "I would like to help spread the good news—Senior Tennis Player's Club is a great organization to belong to."

Thue Rasmussen: "I believe that STPC is an essential feature of 'the good life' in the Twin Cities. I've derived much pleasure, have established many friendships, through participation in STPC activities.... I believe that it is desirable to serve those organizations which serve your interests and needs, hence 'pay back' to STPC is an attractive opportunity."

Joanne Schwartz: "My first love is tennis—I've been playing since 27 years and I enjoy it immensely. I would like to give back to the sport by getting more involved in the Senior Tennis organization. I'm also presently working in the Inner City Tennis program...."

Paul Steen: "A great organization that fulfills its mission statement. I'm willing to serve as needed."

Ronnae Wagner: "I've served on the board before, and am always glad to help. I've not worked as renewing members director, so that will be interesting for me."

President Ken Landro finishes his term

Read his remarks on page 12.

Love was in the air

By Karla Sand

Lots of laughs and shouts of love were heard at the Fort Snelling Tennis and Learning Center. The STPC held its annual Valentine Party on Saturday, February 12. Tennis enthusiasts had the opportunity to play several games of tennis over two 45 minute sessions. Players were matched up according to self ratings and as many male/female teams as possible. In between matches and sessions, there was plenty of time for socializing. Volunteers served a delicious snack of sloppy Joes, chips, pickles, carrots and cookies so no one went home hungry. Look forward to seeing you at a future STPC tennis party. Thanks to kitchen crew Connie Waterous, Bernice Hanson, Karla Sand, and Carol Shields (below, left to right). Also thanks to Ken Landro, Roger Junker, Caryl Minnetti, and Lois Nedoroski.



Upcoming Events

April 26, 2005

Bolger Clinic—signup page 9

May 2-5, 2005

Dow Tournament—signup page 11

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

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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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.
Ad rates (first month/additional months):
Full page (7.5x10) \$110/90
Half page (7.5x4.9) 85/65
Quarter page (3.7x4.9)..... 60/40
Eighth page (3.7x2.4) 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

Membership total: 1376

March 2005, Volume 18, Number 2

Letters to the editor

A painful injury and recovery

Tennis has always been one of my favorite sports, right after swimming, skiing and skating. Even at my age of 83, I still practice them all, except downhill skiing.

I joined the Senior Tennis Club after reading about it in this Newsletter. I have regularly participated in the Thursday morning drills with Percy Hughes and Paul Stormo. (We even danced a few waltzes before starting the drills.) Not only do we practice tennis strokes, but we also play a round-robin game for points, and that is a lot of fun.

During a game, one week before Thanksgiving, I found myself running backwards (a "no-no"). I tripped and fell backwards. I could have broken a limb, instead, I pulled myself into a crouching position and fell sideways onto my left leg.

The resulting sprain in my groin was painful for about one month and I found it quite cumbersome to walk with a cane.

"I am beginning to feel my age," I complained.

(Letters to the editor—Continued on page 3)

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.

We need help and input from writers, artists, and photographers.

Percy's tennis rhythms



By Percy Hughes

It's 2005, and it's more than likely time for you to check your strings—how long has it been since you last had your racquet strung? Did you play more than twice a week, since last fall?

If you're a busy player, have a string job at least twice a year.

We have the dates for our 2005 **Jack Dow Tournament**—May 2 through May 5, 2005 (Monday through Thursday). Snowbirds, please sign up in time—information is in this issue of our Newsletter, along with an application form. I've predicted every year that the next year's will be the biggest and greatest one, and I'm saying it again!

The **Battle of the sexes** is at a tie, so get your bets down. (Just joking—no betting is allowed among seniors, **right?**) Board member **Jo Rolling** (I've always called her "Ms. High Energy" and she is that), sets up this match. This will be the third time this match has been a part of the annual Dow tournament, and it's always been well received by the audience. If you're not playing the tournament, you're welcome to come watch. Last year the winners were taken to lunch by the losers - such chivalry, huh.

News note: **Louise Halverson**, the wife of our newsletter editor **David Sommer**, has received her

twelve lessons certificate. Congratulations Louise, **but** we instructors aren't quite ready to send you on the 50 and over tour yet, so **please** continue to come to the lessons. **JJJ** Gosh, no wonder David always seems to be so happy—Louise is truly a pleasure to have in the class.

All you dance enthusiasts, come to our Thursday morning (8:30) class—**Paul Stormo**, my Thursday morning teaching pro partner, has been bringing **great** music CDs for the exercise session, before lessons start. Now, Paul is from International Falls—wouldn't you expect the music to be polkas? Not so—Paul appears to be a very good dancer, seemingly knowing all the Latin dance steps, plus the standard dance steps. What am I going to do—now some of the lady students want to dance with him. I don't know if the tennis rule book has a ruling for this. Very good, Paul. This guy will never have to worry about fat on his frame—he's also a down hill skier, going as far as Europe to do so.

The club is doing so many wonderful activities—I can only remind you to **read your newsletter**, either in print, or see it early at our web site. I also thank our many, many members who are a part of **Roger Boyer's ICT** program as **MCT's**. (Mentor, Coach, Teacher) Check it out—become one, and remember, **no foot faults!**

Perc

(Letters to the editor—Continued from page 2)

"It's about time!" was the response of a friend

The injury healed completely by Christmas Day, and I have been happily walking without my cane since then. I hope to return to tennis practice by the first Thursday in February!

Gratefully,

Emily G. White

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

Captains: help!

If you are a **spring/summer** captain, please let Jack Baloga (Minneapolis area) or Darlene Moynagh (St. Paul) know if there is any change needed for 2005. You can look at the 2004 schedule in the June-July 2004 newsletter, or the up-to-the-minute Spring Summer 2005 schedule on our web site.

We will publish a preliminary schedule in the next (April) newsletter.

●● 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
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
	Wed	9:30-10:30 "Owies"	All	\$3.00	Roger Boyer	612-825-6844
	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	Duncan Welty	952-933-8592

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
Reed-Sweatt Family Tennis Center* 4005 Nicollet Ave S. Minneapolis	Tue	\$6.50 + .30 energy sur- charge	9:00-10:00 AM	612-825-6844 Call for reservation.

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

Ruth Van Hilst retires

By Mary Kaminski

Ruth Van Hilst started playing tennis at age 16 in her hometown high school in Jena, Germany. She had played about a year when she moved to Kiel, Germany. She joined a tennis club the first year she lived there, but there was no youth program with free lessons, as was the case in Jena. Unfortunately, no one bothered to introduce her to other members, and she was too shy to introduce herself. Since she never played in the year she belonged to the club, she dropped out and didn't pick up a tennis racquet until 1954, many years later, in Edina, married with two children.

Ruth joined the Senior Tennis Players Club February 1, 1983, played at the Decathlon Club, and when Virginia Morgan went on to teach tennis, Ruth took over her group as Captain and continued to be a captain for many years at Reed-Sweatt (formerly Nicollet). At Nicollet, she played in team tennis and other activities at the Club, playing five days a week and sometimes twice a day.

Ruth was interested in keeping up her physical condition to be a good partner and to improve the team's chances of winning team tennis trophies. Based on the number of trophies in her home, Ruth was successful in her efforts.

Ruth earned a degree in mathematics at the Univer-

(Continued on page 8)

More about Jack Dow

By Ed Silberman

I would like to add a little to the story about Jack Dow that appeared in the Jan/Feb 2005 issue of Senior Tennis Times. The Club was probably legally incorporated in 1982 as stated in your article. However, Jack organized a senior club well before that. I first met him in the early fall of 1980 (to my best recollection) under the following circumstances.

At that time, I had 2 hours of singles time on Tuesday and Thursday from 5:00 to 7:00 PM at the Minneapolis Tennis Center, a bubble with 10 or 12 courts covering the long existing Minneapolis clay courts during several cold months of the year. The Center was located at the west end of the Minneapolis Parade grounds, roughly where the hockey center is now. One evening all play was stopped at perhaps 5:30 or 6:00, and everyone was asked to gather in the lobby area of the center. We were introduced to Jack Dow (and his assistant, Joe Lewis). Jack said he had organized some senior tennis players at the Nicollet Tennis center, where he and Joe played, into a senior tennis club. He wanted some of us to join at a cost of \$5.00 per year and had

mimeographed forms available. (Minimum age was more like 60!) The club would negotiate with Nicollet and the Minneapolis Tennis Center for reduced costs to play doubles at slack times. I, along with several others signed up and we did get cheap doubles time. Incidentally, we were not permitted to segregate by ability; all players had to be rotated every 30 minutes according to the cards we had drawn.

There were many problems with the business end of operations and I imagine the formal 1982 organization was directed at forming a stronger business foundation. However, I was away from tennis then because I had my first hip operation on February 7, 1982 and did not return to play at the Minneapolis Tennis Center until October of that year. The club was in full operation and I became a captain at that time.

Incidentally, I just had to replace the socket from that 1982 operation because the cement bond broke. The operation was December 15 (the earliest the surgeon could work me in) and I returned home from a care center last Friday. I am using a walker and am in some pain for which I take medication. The surgeon thinks I will be able to play again by mid-summer.

Farewell to our captain

By Marilyn Coady

Monday morning tennis at Crosstown had a farewell party for their Captain on 12/28. We enjoyed a potluck lunch, wine and hors d'oeuvres. Marlys "Chris" Christensen will be missed as a great leader and friend. From left to right: Chris Christensen, JoAnne Schmid, Sharon Engel, Rita Welch, Jane Tischbein, Lois Kukus, Ginny Morse, Marilyn Coady, Martha Johnson and Susan Rosenberger.



Las Vegas

By Marilyn Coady

The first week of January found four Sr. Tennis players enjoying Las Vegas. After seeing all the sights, they even found time to play a few sets of tennis. Pictured are Marilyn Coady, Ginny Morse, JoAnne Schmid and Rita Welch. They also spent a day at Hoover Dam and Laughlin.



Your editor rants and raves

By David Sommer

In past issues I've discussed some rather arcane rule and code issues. This time I'm talking about misconceptions that come up far too often, and lower the quality and enjoyment of our sport:

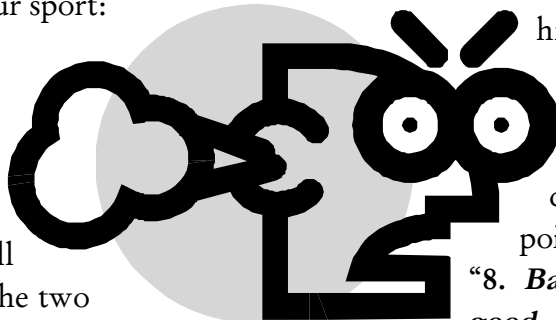
- Discussions
- Late calls
- Take two

First, "discussions." For example, I serve to opponent, the ball landing near the service line. The two opponents look at each other, saying "what do you think?" "Was it good?" Etc. Players, **there is no question here!** My serve was good, since as The Code says "**6. Opponent gets benefit of doubt.**" The very fact that there is a discussion indicates doubt, and my opponents should quickly recognize that and call the serve good.

Second, "late calls." For example, my shot lands near the side or back line. Opponent returns it, and I then hit the ball for a winner. Opponent now says, "well, I think your previous shot was out." Good people, again there is no question! The Code says "**18. Prompt calls eliminate two chance option.**" A player shall make all calls promptly after

the ball has hit the court. A call shall be made either before the player's return shot has gone out of play or before the opponent has had the opportunity to play the return shot."

Finally, "take two." In situations like the above, the offending player tries to make him/herself appear gracious and fair by saying "take two" or "play a let." This is **not** an acceptable approach! Here's a long quote from The Code on this point:



"8. Ball that cannot be called out is good. Any ball that cannot be called out is considered to have been good. A player may not claim a let on the basis of not seeing a ball. One of tennis' most infuriating moments occurs after a long hard rally when a player makes a clean placement and the opponent says: 'I'm not sure if it was good or out. Let's play a let.' Remember, it is each player's responsibility to call all balls landing on, or aimed at, the player's side of the net. If a ball can't be called out with certainty, it is good. When you say your opponent's shot was really out but you offer to replay the point to give your opponent a break, you are deluding yourself because you must have had some doubt."



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.

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

Handyman Services. Affordable repairs/maint, SW Mpls/Edina/SLP. Bob 952-929-0844, rthompson111@earthlink.net.

2 Greek homes, 3BR, 2.5BA, near Nafplio, furnished, \$750(Euros)/week. Sally Howard 612-340-9706.

Caricatures for your next party! Subjects take them home...you get the thanks. Judy 952-884-1815.

InnerCity Tennis Tournament 2005

On May 22 and 23, 2005, the InnerCity Tennis Tournament 2005 will be held in Reed-Sweatt Family Tennis Center in Minneapolis. The purpose of the tennis tournament is to raise money for the InnerCity Tennis programs. Also, raffle items will be available.

This is a non-USTA sanctioned event so the tournament is open to all tennis players (men, women, men 50+, and women 50+) from 4.5 - 2.5 (minimum 6 players). USTA points will be used for sitting of players in each division. \$30 for singles and \$15 per person for doubles. Price includes trophies, tournament towel, food and beverages, etc. For further information and/or application contact Gary Rother at 612.724.5515 or garyrot@aol.com. An application form is on page 13 of this newsletter. Also, see the kiosk at Reed-Sweatt Family Tennis Center or www.nicollettenis.com/tournaments.

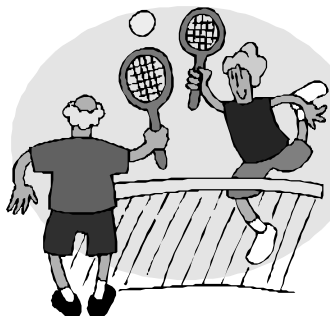
Fort Myers, FL Vacation Rental Featuring a full tennis membership to 6 soft court surfaces

Contact vacation rental owner/manager Steve Jensen at 800-945-7465 or e-mail hhc2000@brainerd.net.

You may view the property on-line by going to www.heartlandhockey.com and click on to the "Florida Vacation Rental" banner advertisement found on our homepage.

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month.



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ORTHOPEDIC REHABILITATION SPECIALISTS, INC.
Physical Therapy for the Twin Cities

Preserve the serve, part 2

By Terry Buisman PT

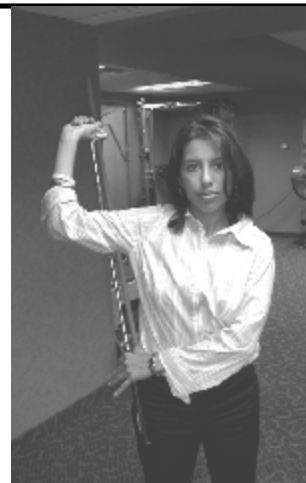
The first article of this series dealt with maintaining rotation through the torso as well as end range motion overhead through a movement pattern called an arm circle. This article will cover rotational motion at the shoulder, which is crucial in regard to racket acceleration and shoulder joint health.

There are two different rotational movements about the shoulder. The first is external rotation, which occurs when one scratches the back of their head (the palm faces forward). The second is internal rotation, which occurs when you scratch your back with your knuckles (the palm faces backward).

There is motion into external rotation as one brings the racquet overhead to serve. The further one can externally rotate, the greater the potential acceleration. The follow through of the serve requires internal rotation. Maintenance preserves the front of the shoulder joint from excessive wear and tear.

The **putter stretch** is helpful in restoring external rotation. Place the blade of the putter across the palm of the racquet hand such that the toe (end of the putting blade) is adjacent to the little finger. The shaft of the putter is behind the thumb and comes to rest on the back of the upper arm, just above the elbow. Move the arm straight out to the

side, with the upper arm parallel to the floor. Grasp the grip of the putter with the opposite hand and move the grip forward (the dominate hand and putter blade will move backwards), create a mild stretch and hold for a ten count, repeat 5-10 times. Do not create any pain with this or any stretch.



The **behind the back stretch** is helpful in restoring internal rotation. Grasp the opposite hand, or if able, the forearm behind the back. Create a mild stretch through the shoulder, again no pain. Inhale deeply and pull the shoulder blades back and down toward the back pockets. Hold this position for 5-10 seconds, rest and repeat 5-10 times. As mobility returns, attempt to grasp further along the forearms with a goal of reaching the opposite elbow.



[See Terry Buisman's ad, page 7.]

(Continued from page 4)

sity of Berlin and worked at Univac locally as a computer programmer and compiler specialist. She retired in 1982 after twenty-six years of service.

During my interview with Ruth, she proudly talked about her father's brilliant career in Germany as a scientist with an optical company and a manufacturer of telescopes, microscopes, etc. Against opposition from his peers that it couldn't be done, Ruth's father proved the value of planetariums attached to museums that would advance knowledge of the stars and the galaxies. It was he who guided the design of the Chicago Planetarium.

Within the last year at the age of 87, Ruth's equilibrium became a problem, and so after a lifetime of playing her favorite sport, she retired from tennis. In answer to a question as to how she now keeps busy, Ruth replied, "Right now I'm busy putting together the numbers for the IRS." She translates reading material into German, as she has done for many years. She can also spend more time visiting her son in Florida and her daughter in Seattle.

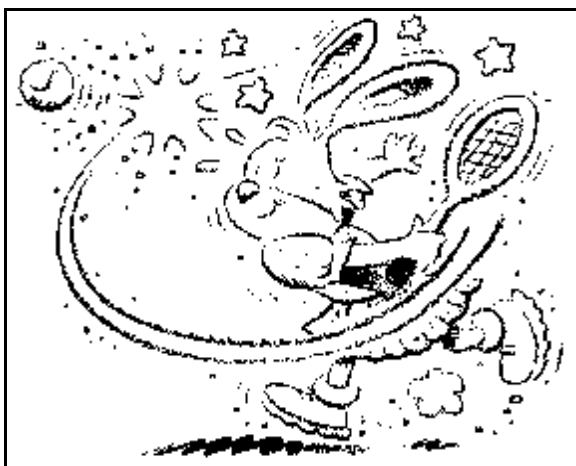
STPC thanks you, Ruth, for your many years of service as a captain and for your dedication to tennis. You're an inspiration to many! We wish you many more years of happiness and good living.

Bolger Clinic

Don't panic, but don't wait! The Bolger Clinic, led by Roger Boyer, takes place April 26. You'll improve your game, have a great time, and get lunch too, all for \$12.50. Bring a guest for just \$15.00.

Registration closes **April 21** and there is a limit of 72 players, so sign up now and be sure you're included.

John Bolger
Tennis Clinic & Luncheon
Tuesday, April 26, 2005



Reed-Sweatt Family Tennis Center
4005 Nicollet Avenue South
Minneapolis, MN 55409

Tennis at 9 a.m., luncheon at 11:30 a.m.

Format: 3 50-minute segments
Men and women, everyone plays!

\$12.50 per member, \$15 per guest

72 Players Only
Register by April 21, 2005

John Bolger Tennis Clinic & Luncheon Reservation Form

Name: _____

Phone (w/ area code): _____

Skill Level: 1-1.5 2-2.5 3-3.5 4.0

Send your check payable to STPC (\$12.50 per member,
\$15 per guest) and this form by **April 21, 2005** to:

Dottie Brazeal
4406 S Cedar Lake Road
St. Louis Park, MN 55416

All players must sign the Release Form below:

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: _____

In Memory...



Samuel Smith

Senior tennis players at Lilydale Racquet Club are mourning the sudden death of Samuel Smith on Jan. 6, 2005. Sam was co-captain of one of the STPC groups at Lilydale and had been a member of STPC for many years, playing at Lilydale and, earlier, at St. Paul Indoor Tennis Club. Sam will be remembered as a gentle and gentlemanly man who dearly loved the game of tennis.

Sam will be deeply missed by his loving wife of 53 years, Marian. Preceded in death by his brother, Melvin; and son Bruce. Survived by his sister, Janice Bein; sons, Richard (Anne Bendel), Donald (Susan), Kenneth (Nina); daughter, Linda Jancaric (Tom); daughter-in-law, Valerie Bencivenga; and grandchildren, Jessica, Jacqueline, Andrew, Charlie, Quinn, Emily, Michelle, Mark, Matias, and Laura. Sam retired as a Corporate Scientist from 3M where he spent 41 years as a prolific scientist and inventor. Co-inventor of Scotch Guard, he holds 30 U.S. patents and in 1988 won the American Chemical Society's Award for Creative Invention. Member of the National Inventors Hall of Fame and 3M Carleton Society. Memorials preferred to the Professor Bruce D. Smith Memorial Graduate Fund.

Walter Carpenter

Walter Carpenter, husband of long-time STPC member Elsa Carpenter, died December 21 at his home, surrounded by his loving family. Walter and Elsa, married 54 years, enjoyed life to the fullest, even continuing their daily walks to Lake Harriet in his last year of struggle with cancer.

Walter was a vigorous opponent of encroachment on recreational lands. He helped Minneapolis save its elms from Dutch elm disease three decades ago. Elected to the Minneapolis Park and

Recreation Board in 1965, Carpenter championed court battles to stop highway construction through city parks. "The park system of Minneapolis for too long has been used as a conventional route for the highway planners," he wrote in a 1967 newspaper commentary opposing losing 21 acres of Minnehaha Park to an expansion of Hwy. 55.

"We must resist the continuing efforts and emphasis on only the economic worth of our lands and reach a new era when recognition is given to the social values which contribute to human enrichment," Carpenter wrote.

The board lost its case in a Minnesota Supreme Court decision that backed the Highway Department. However, the board and the Highway Department did come to an agreement about alternate routes.

Carpenter became president of the board in 1967, and pushed through a suspension of the rules to restructure the board ahead of 1969, when a reorganizational charter amendment would take effect. He had written the amendment "to reduce the size of the 18-member board—totally un-wieldy," said his wife, Elsa. The amendment was approved by city voters.

A graduate of Washburn High School and the University of Minnesota, Carpenter owned businesses over the years. In 1994 he was elected to the hall of fame of the Minnesota Nursery and Landscape Association for urging an aggressive program in Minneapolis of trimming, removing and feeding parkway elms in the face of the devastating sweep of Dutch elm disease in the late 1960s and early 1970s. "As a result of his efforts, Minneapolis still retains thousands of elms," the association newsletter said in 1994.

In addition to his wife, Elsa, survivors include a daughter, Ann Carpenter Kay of Minnetonka; sons Matthew of Eden Prairie, Scott of St. Louis Park and Judd of Minnetonka, and nine grandchildren.

Senior Tennis Players Club, Inc.

Jack Dow Annual Senior Tennis Tournament

May 2-5, 2005, 8am-4pm

Reed-Sweatt Family Tennis Center
4005 Nicollet Ave. S. • Minneapolis, MN 55409 • 612-825-6844

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 2004 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 2004 need not be rated again in 2005. **Rating questions**—call Percy Hughes at 612-866-1102.
- **Rating Sessions at Reed-Sweatt:** Mondays 1:30-3:30: March 7, 14, 21, 28 and April 4, 11, 18; Thursdays 8:30-10:30: March 10, 17, 24, 31 and April 7, 14,.

- **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. You **must** appear on the first date shown.

	Men's	Women's	Mixed
2.5	4 Tue 11:30-2:30	4 Tue 11:30-2:30	4 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

- **More info:** Percy Hughes 612-866-1102, Ron Liddiard 952-445-5576, or Ronnae Wagner 952-938-5785.

IMPORTANT! Keep upper part; send only Application!

Application

Two players may use this form. Entries close April 18, 2005. 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 • 952-938-5785

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(s) _____ Date _____

Is your dry skin an itchy nuisance?

Skin-saving advice from UCare Minnesota

With age, sweat and oil glands decrease. The effects of this natural change are intensified by the sun, cold or windy days, and dry indoor air. And these conditions are often at their worst during the winter months.

Instead of suffering with dry skin, UCare recommends taking steps to prevent or treat it. Begin by protecting yourself from the elements. Wear sunscreen with an SPF of 15 or higher when you are outside in the daytime, and cover up when it is windy or cold.

Other UCare strategies for relieving dry skin include:

• Take brief baths or showers in lukewarm water, using a mild soap. Afterward, pat—don't rub—yourself dry.

• Apply a moisturizer while your skin is still a bit damp. Experiment to find a lotion that works best for you. Research suggests that moisturizers con-

taining alpha hydroxyl acids can effectively treat sun-damaged skin.

• Try petroleum jelly or lanolin on very dry skin.

• Drink at least eight glasses of water each day.

• Use a humidifier, or place a pan of water on your radiator.

If these measures fail to provide relief, let your doctor know. Dry skin can be a symptom of a treatable condition such as diabetes or kidney disease.

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; 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). If you are hearing impaired, please call our TTY line at 612-676-6810 or 1-800-688-2534 (toll free).

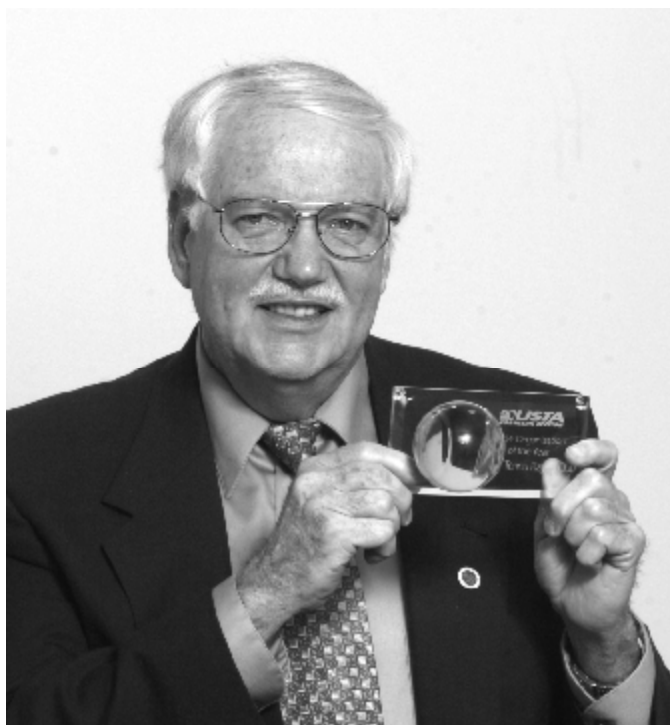
Goodbye, but still here

By Ken Landro

It is with mixed feelings that I leave my job as a Board Member and as President of STPC over the last couple of years. It has been a fun and rewarding experience and I have met many wonderful new people and had the opportunity to work with dozens of committed volunteers and a terrific Board. STPC, now in its twenty-second year, is held in high regard by people in tennis circles as well as people in the larger community. This is due to the sportsmanship, generosity and the integrity of our members as we carry out our mission.

Our programs remain strong, we are in a good financial position and not long ago, we received two special honors. STPC was named "Organization of The Year for 2004" by the USTA Northern Section and our head pro, Percy Hughes, was named "Professional of the Year for 2004". Although things are going well, we can always use more peo-

ple to volunteer as captains and to help with club events. Please continue to give your strong support to incoming President Darlene Moynagh and the new Board. See you on the court.





InnerCity Tennis Tournament 2005

A Benefit for InnerCity Tennis Foundation
May 21-22, 2005

Registration ends: Postmark Friday, April 29, 2005 or division is full.

Play Location: Reed-Sweatt Family Tennis Center, 4005 Nicollet Ave S. Minneapolis.

Tournament Time:

Saturday 8:00 AM – 8:00 PM.

Sunday 8:00 AM – 4:00 PM.

Who: Men, Women, optional Senior Men (50+), and Senior Women (50+).

Player Level: 4.5 to 2.5 (minimum 6 players for level to be held).

Costs: Singles \$30.

Doubles \$15 per person (registration not complete until both fees are received).

Includes: trophies, food, beverages, and tournament towel.

USTA Officials present.

Further Information:

Home Phone: 612.724.5515.

E-mail: garyrot@aol.com.

(Detach here)

InnerCity Tennis Tournament 2005 Entry Form

(Please print clearly)

Name: _____ Men ___ Women ___ 50+ ___

Address: _____ City: _____ Zip Code: _____

Phone: _____ E-mail: _____

Selected One: USTA Rating: _____ Club Rating: _____ at Club _____

Doubles Partner Name: _____

(Not registered until both fees received)

Waiver: I, hereby, for myself, heirs, executors, and administrators, waive and release all rights and claims for damages against the InnerCity Tennis Foundation, Reed-Sweatt Family Tennis Center, and/or their respective agents, representatives, successors and assignees for any participation in this event.

Signature: _____ Date: _____

Send check (payable to InnerCity Tennis Foundation) and entry form to:

InnerCity Tennis Tournament
% Gary Rother
5208 16th Avenue South
Minneapolis MN 55417-1814

Tennis Crossword

By Florence Halverson

Florence Halverson submits this puzzle for your bafflement. She claims it's easy, but you'll have to decide that for yourself.

Florence is one of our octogenarian tennis stars, and the mother-in-law of the newsletter editor. Besides tennis, she directs about three choruses, sings a beautiful soprano, and always remembers her

grandchildren's birthdays.

She has worked crossword puzzles ever since her five children can remember, so it must be about 100 years. She has written puzzles for fun, and sometimes for profit, and if cajoled might write one for your special event!

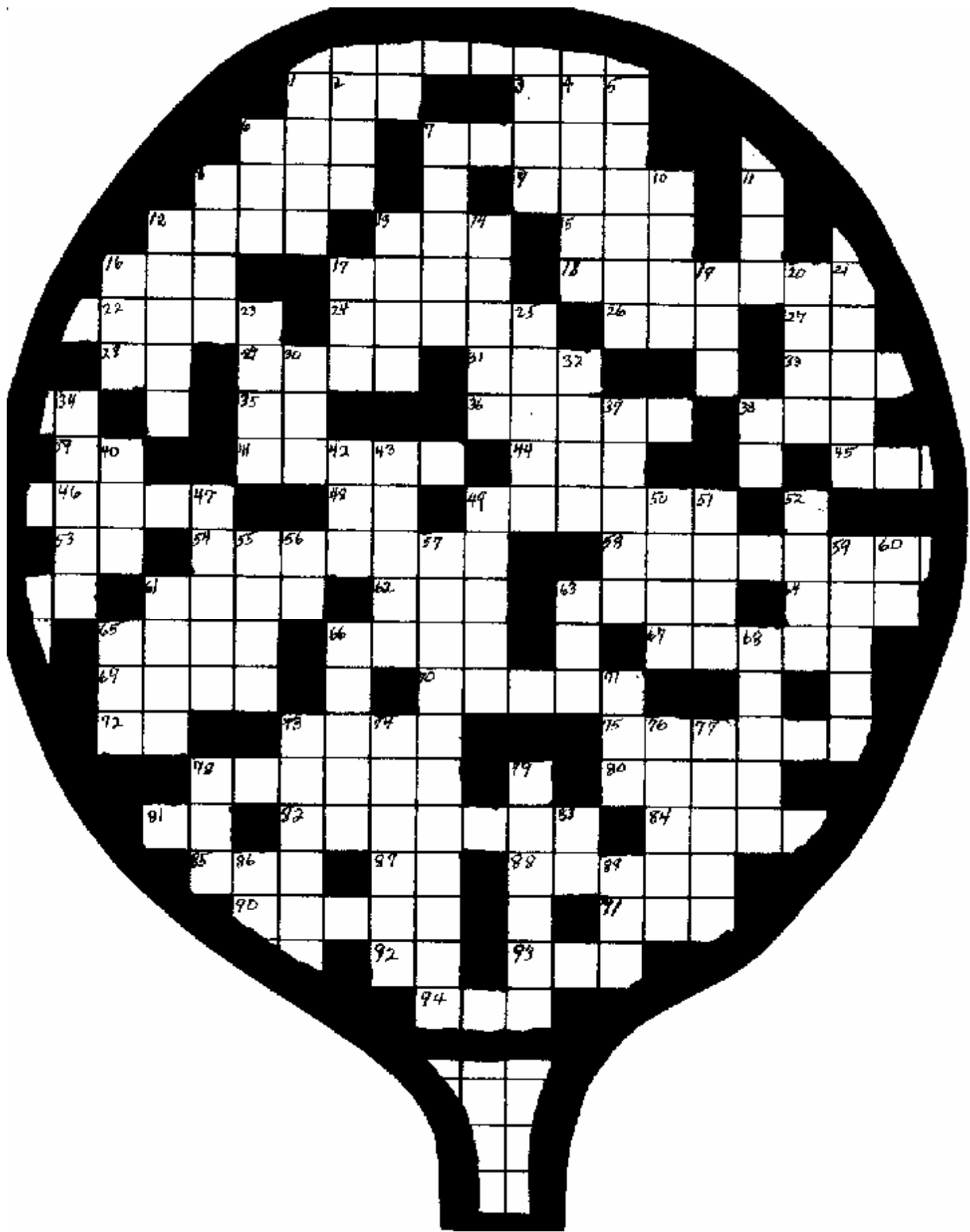
Thanks, Florence!

Across

- | | |
|---|---|
| <p>1 Habitual drunkard
3 Representative
6 Thirty _____
7 Narrow strip
8 Old racquet material
9 Shuts out
12 Shoe brand
13 High shot
15 Use oar
16 Flying mammal
17 Positively not
18 Red fish
22 End of Mitsu
24 Chrissie
26 Self
27 Fro's partner
28 Small street
29 Petite and pretty
31 Charged particle
33 Past
35 Hesitation syllable
36 Pete's overhead
38 Bar order
39 The serving side
48 Sid Hartman's field
44 Peer Gynt's mother
45 Smallest state
46 Intestinal fortitude
41 Hesitation syllable
49 Maps
53 Dimension</p> | <p>54 There have been two of them
58 Shots
61 Fore or back
62 Site of lost war
63 Tableland
64 Vowel succession
65 Inept guy
66 Bird of peace
67 Not large
69 Big town
70 Lively music form
72 Partner of either
73 Castro's nation
75 Well-known
78 Already sliced
80 Herr's mate
81 Half of Kuerten's nickname
82 Parts of eyes
84 Straight prefix
85 Keep it off baseline while serving
87 Half of tennis ball
88 Finland's Finnish name
90 Minneapolis suburb
91 Club for drivers
92 Fun vehicle
93 Poet's long time
94 Timetable heading</p> |
|---|---|

Down

- | | |
|---|---|
| <p>1 Plum
2 Venus compared to Serena
3 Priest's robe
4 Moving parts of machinery
5 Power or Guthrie
6 "Everything going well"
7 Without a partner
8 Accompanied by
10 Loot
11 Savvy
12 Obnoxious
13 It's worth nothing
14 One of the B. B. boys
16 Pen brand
17 Court divider
19 Hawaiian food
20 List ender
21 Top man
23 Hospital area
25 Town in WI
30 He knows the rules
32 Gov't group regulating Florida landings
34 Deuce side
37 Start the game
38 Morning
40 Goofy guy</p> | <p>42 The receiving side
43 Horned animal
47 Brilliant
49 Carved jewel
50 Lift the ball
51 Important tournament
52 Bargain
55 Roddick
56 Street
57 One of 54 Across
59 Shouts
60 Yes
61 Successor
63 Insane
65 Sgt., for example
66 Even score
68 Point for receiver
71 Switch position
73 Goddess of grain
74 Servant
76 Fragrance
77 Sharapova
78 Rafter
79 Laundry machine
83 Our backward nation?
86 Nothing at all
89 Boat mover</p> |
|---|---|



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Bloomington, MN 55438

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currentmembers@seniortennismn.com

March 2005



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You get more from your Medicare plan with *UCare for Seniors*.

**Call 612-676-3500, ext. 240 or visit
www.ucareforseniors.org**

UCare Minnesota™ is a Medicare Advantage organization with a Medicare contract. Contact UCare for Seniors for more details.

TTY 612-676-6810, e-mail: sales@ucare.org

UCare makes Medicare simple for you.

With UCare it's easy to get the health care you need. Even finding a doctor is simple. You can choose from our network of over 1,400 physicians, 3,500 specialists, and 31 different hospitals. And when you travel, you can simply take your coverage with you.



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MINNESOTA

Health care that starts with you.