



# Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc. April 2005

## Jack Dow tournament history

By Mary Kaminski

Under the presidency of John Stecklein (1993-1994), the Committee 2000 was appointed to consider what the Senior Tennis Players Club should be and what it should look like in the year 2000. That committee conceived the idea of an annual tennis tournament. The Committee 2000 worked under the leadership of Matthew Little; its members were Grayce Aberle, Irma Brink, Lois Bunday, Ernie Greene, Carol Hall, Percy Hughes and Sue Larson.

During its planning, our founder, Jack Dow died, and the committee named the tournament the Jack Dow tournament as a salute to his memory. To give the tournament distinction, the idea of a Jack Dow traveling trophy was born. The trophy would be awarded annually to an STPC member who has shown outstanding service, dedication, and enthusiasm to the Club.

These are the recipients of the Jack Dow Traveling Trophy, starting in 1997: Percy Hughes, Mary Kaminski, John Stecklein, Dick Pratt, Chuck Suplee, Sue Larson, Ronnae Wagner, and Bob Tischbein.

## Team tennis 2005

By Marv Schneider

With summer rapidly approaching, many of us are looking forward to another great season of STPC Team Tennis. Last year the league had 8 teams, each consisting of 4 men and 4 women. Matches were eight pro-sets (2 men's doubles, 2 women's doubles, and 4 mixed doubles). All matches were played from 9:00 to 11:00am on Tuesday mornings, from mid-June thru mid-August. Court locations for the matches were in Eden Prairie, Wayzata, Minnetonka, and Richfield.

Most of the players in this league are rated 3.5 or

## Retiring Board members

Four Board members finish their three-year terms this month. Left to right Sally Browning, Renewing Members; Ken Landro, President; Alice Weides, Events Director; Caryl Minnetti, New Members, and Carol Shields (not shown).



## Upcoming Events

April 26, 2005

Bolger Clinic—signup page 9

May 2-5, 2005

Dow Tournament—signup page 11

May 14, 2005

Tennis at Mall of America with some Senior Tennis players exhibiting skills

June 18, 2005

STPC Annual Meeting—Signup page 5

Includes Captain's Recognition and Jack Dow Trophy Award

above. If you would like to join this entertaining group as either a regular or a sub, or have any questions about it, you can either call league manager Marv Schneider at 952-975-1895 or any of the other captains, including Ross Davis, Roger Junker, Ken Landro, David Sommer, Ronnae Wagner, Rita Waletski, or Bob Ziomek.

## 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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## 2005 Board of Directors

President: Ken Landro ..... 763-544-9757

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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.**

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, newsletter delivery problems, etc.,

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: 1392

April 2005, Volume 18, Number 3

# Letters to the editor

*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.*

Your March Senior Tennis Times had great content, for me.

1. In talking briefly with Percy Hughes at the February 24 RSFTC "Drill", I fondly recalled that Barbara and I danced to the great music of his orchestra at the Point Supper Club, circa WWII.

2. Your rules & codes issues (discussion, late calls, take 2) are really relevant.

3. Florence Halverson's X-word puzzle was appreciated by two crossword addicts: me and my wife Barbara (who plays with Florence three times a week).

4. Like the writer of the letter reporting injury recoveries, I need sympathy. My rotor cuff operation a few days before Christmas caused Barbara and me to cancel our downhill ski trip to Big Sky and also my three times a week tennis and in-line roller skating. We still

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

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

## Percy's tennis rhythms



**By Percy Hughes**

Well team, other than a few March snowstorms, we're just about out of winter—Hooray! Outdoor play, here come we Seniors! (Hope the courts will be put in good shape quickly.) I want to remind all members to please read your fine Newsletter—stay informed about the many events the club continually has for you. My biggest interest coming up is the **2005 Jack Dow Tournament, Monday May 2 through Thursday May 5.** If you need to be rated, check the application rating dates that will be done during those lessons held at **Reed/Sweatt.** (See the application in this Newsletter). Also, if you're pretty sure you were rated recently, that may be good enough—otherwise, give me a call at (612) 866-1102. We hope this will be the **biggest** Jack Dow Tournament yet. It's good experience for new players coming into the game, because it's a **FRIENDLY** way to become a competitor. Why? You'll be playing against players with the same rating (ability) as you and your partner. I suggest you come to many lessons—start preparing your game for the tournament. **Oh**—and **Bill Connell** keeps good, healthy food and drink for the competitors for all four days. (He's our very capable Food Director).

**The Battle of the Sexes tie breaking match** is set for Tuesday (May 3) at 10AM—on court 1 this time, where the bleachers are, which means good viewing for all spectators. **Ms. high energy, Jo Rolling,** one of the contestants (also a board member) has told me there will be **no mercy** in this

match, as it is the match that sets up bragging rights for a whole year, breaking the tie. I don't want to miss this match.... Good luck to both teams. I also want to remind all participants that our only certified umpire, **Ron Liddiard** and tournament co-director will be watching for **foot faults** all through our four day tournament. Foot faulting is a form of **cheating** (check the rule book) and we will not allow it in our tournament. Call for Ron or myself if your opponents are making points off their serves because of their foot faulting. (Thank goodness Ron is a big guy)!

I want to acknowledge **Carol Parod,** a new member who just finished her first 12 lessons. Congratulations, Carol, but we want you to continue taking lessons—keep on enjoying and improving, and you will. Please be thinking **Jack Dow Tournament**—please get your partner, come to a rating period if you need a new one, read the application. Remember, **no foot faults!**

Perc

*(Letters to the editor—Continued from page 2)*

manage to do some Latin and Swing at the Chart House every couple of weeks. At age 85, my rehab activities hurt. They are supposed to be painless to avoid additional damage. The "no pain, no gain" slogan is not the *modus operandi*. I hope to play golf by May 1 and tennis by June 1. Eight months is the normal full recovery time. Terry Buisman's "PT" routines printed in the STT are analogous to what the "Institute of Athletic Medicine" in Edina has me do. The "withdrawal" pains that I suffer from no winter tennis are ameliorated only slightly by three hours a day on my PC doing an autobiography, e-mail to grandsons and financial records.

P.S. Re our skiing: Barbara goes down the mountain in continuous, linked turns. I, working with a residual amount of testosterone, tend to bomb down in a straight line. Barbara and I skied in the Alps in 1971, '80 and '81 (Kitzbuhl, St. Anton, St. Moritz and Bad Gastein).

CIAO.....Felix Perry

### 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.



See preliminary schedule starting on page 13.

**●● 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
	Wed	9:30-10:30 "Owies"	All	\$6.00	Roger Boyer	612-825-6844
	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	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
<b>Reed-Sweatt Family Tennis Center*</b> 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.**

## Ball hits player

**By David Sommer**

Rita Waletski asks me to “review the USTA Rules of Play when a player is hit by the ball during the match. When does the point go to the opponent? When does it make no difference?”

Assuming the ball is in play, the answer is clear under Rule 20:

A player loses the point if ...

- g. The ball in play touches him or anything that he wears or carries, except his racket in his hand or hands.

So the point always goes to the opponent. But is it

good sportsmanship to hit the ball at an opponent? It certainly is at my level of play (3.5). Players know this and should take appropriate action to protect themselves, e.g., don’t stand facing close to opponent who is about to hit an overhead! A good player will make allowances for less experienced players, and strive to hit the ball at their feet or out of reach. We don’t want anyone hurt.

Finally, if the ball was **not** in play, and the opponent had deliberately hit the ball at the player, that would be misconduct, and could result in disqualification in a refereed match.

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# STPC Annual Meeting

All Members Welcome

Includes Captain's Recognition Luncheon and

Jack Dow Trophy Award



Saturday, June 18, 2005—11:30am-3:00pm

Town & Country Club  
300 Mississippi River Boulevard  
St. Paul, Minnesota

## Schedule of Events

- 11:30am Social Hour
- 12:30pm Luncheon
- 1:45pm Annual Meeting and  
Introduction of New  
Board Members
- 2:15pm Jack Dow Trophy Award

## Luncheon Menu

### *Chicken Veronique*

*Sautéed Chicken Breast with Champagne Cream  
Sauce, Red Grapes, and Toasted Almonds*

*White and Wild Rice Mixture*

*String Green Beans*

*Strawberry and Brie Salad, Warm Rolls, Beverages*

*Ice Cream Sundae with Butter Cookie*

### **Directions to Town & Country Club**

From 94 East: Take the Cretin Avenue/Vandalia Street exit (exit 237) and turn left (south) onto Cretin Avenue. Turn right onto Marshall Avenue. Turn right onto Mississippi River Boulevard.

From 94 West: Take the Cretin Avenue/Vandalia Street exit (exit 237) and turn right (south) onto Cretin Avenue. Turn right onto Marshall Avenue. Turn right onto Mississippi River Boulevard.

✂

**Reservation form: STPC Luncheon**

**June 18, 2005—11:30am-3:00pm**

Cost: \$18.00 per person—captains attend free, but registration required

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

**Send reservation form by June 13 with check payable to STPC to:**

Jo Rolling, 6580 Upper 23rd St N, Oakdale, MN 55128

✂

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# Laura Granville wins singles title at American Family Mortgage Tournament

By Lisa Mushett, USTA Northern Section

Second-seeded Laura Granville won her second tournament in three weeks, defeating third-seeded Akiko Morigami on Sunday, February 27, at the American Family Mortgage \$50,000 USTA Women's Professional Tournament at the Fort Snelling Tennis and Learning Center.

Granville, from Chicago, took a 5-0 lead in the first set and won 6-2. Morigami rebounded in the second set, holding a 4-2 lead before winning in a tie-breaker, 7-6(6). Granville then controlled the third set, winning 6-2.

Ranked No. 86 in the world, Granville won the ITA singles title in Midland, Mich., two weeks ago and was a finalist in doubles in Memphis last week. A two-time NCAA singles champion, she has now won five career ITA singles titles.

Japan's Morigami, who is ranked No. 88, has six singles titles in her career. Granville and Morigami have now played each other four times, with Granville holding a 3-1 lead.

The duo of Ukraine's Yulia Beygelzimer and Germany's Sandra Kloesel dominated in winning the

doubles title. Beygelzimer and Kloesel defeated Canada's Melanie Marois and American Sarah Riske, 6-2, 6-1.

Beygelzimer, who played in the 2004 Olympics, won her ninth career ITA doubles title; she also won in Midland two weeks ago. Kloesel now has three career doubles titles to go along with seven singles titles.

Marois and Riske, finalists in Miami in January, reached the main draw of the tournament after winning two matches in the qualifying round earlier in the week.

## Thank you to all STPC members

A special thank you goes out to all of the Senior Tennis Player Club members who volunteered throughout the week. We had our best tournament yet and are looking forward to all of you coming back in 2006. Mark your calendar as the tournament is scheduled for February 19-26 next year. We would also like to recognize all those who came to the Senior Clinic on Thursday morning and then later to Fort Snelling to watch their new favorite players Sarah Riske and Tiffany Dabek. Also, please take a moment and congratulate Jean Murdoch on the wonderful job she did in coordinating all of the ushers for the tournament. We could not have done it without her.



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## 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](mailto: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.

'95 Triumph Sprint motorcycle 900cc/3 cyl, full o'haul '04, exc. cond. 10K mi. \$7500, 952-884-1632

Craftsman/Shaker style Gunlocke solid cherry-maple desk 72"x30" very light use. 952-884-1632

Condo for sale Venice Florida 2br. 2ba Deluxe Furn. tennis, golf, pools Many amenities \$175,000 952-476-1298

## Flo's puzzle answers

We got lots of compliments on the crossword puzzle in the March Newsletter. I can't understand why—it was way too tough for me! But Florence Halverson was kind enough to help out her clueless son-in-law, so we have answers anyway.

First, there was an error in the definitions: "Sid Hartman's field" should have been numbered 41, and "Hesitation syllable" should have been 48. Your editor tried, but just couldn't manage to create a nice grid with the answers. So here they are—first, all the "Across" answers, and then enough "Down" to fill in where needed.

<b>ACROSS</b>	31. ION	64. AEI	92. RV
1. SOT	33. AGO	65. NERD	93. EER
3. AGT	35. UM	66. DOVE	94. ARR
6. ALL	36. SMASH	67. SMALL	
7. ALLEY	38. ALE	69. CITY	<b>DOWN</b>
8. WOOD	39. IN	70. RONDO	7. ALONE
9. BARS	41. SPORT	72. OR	11. HIP
12. NIKE	44. ASE	73. CUBA	12. NASTY
13. LOB	45. RI	75. FAMOUS	19. POI
15. ROW	46. GUTS	78. PRECUT	34. RIGHT
16. BAT	48. UH	80. FRAU	38. AM
17. NONO	49. CHARTS	81. PA	52. DEAL
18. SNAPPER	53. HT	82. RETINAS	59. YELLS
22. ISHI	54. MAR-	84. ORTH	63. MAD
24. EVERT	TINA	85. TOE	66. DEUCE
26. EGO	58. VOLLEYS	87. LL	68. ADOUT
27. TO	61. HAND	88. SUOMI	79. WASHER
28. CT	62. NAM	90. OSSEO	
29. CUTE	63. MESA	91. AAA	

## Lifetime members

By Mary Kaminski

Jack Dow in a letter to members in November, 1986 hoped the "phenomenal growth of the club be continued" with the help of additional revenue, and "the most important help of all is to save our Beginners Program—the most successful and meaningful program we have ever had. Because the Northwest Tennis Patrons and the NWTA have been unable to fund the entire amount necessary to continue the Beginners Program, this program is vital."

*(Lifetime members—Continued on page 12)*

**Did you know it's easy to make money in the stock market?**

**The problem is keeping it!  
Call me—I can help**

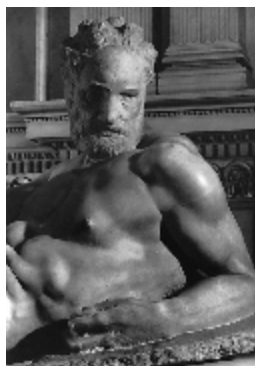
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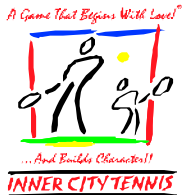
Consultation may require a referral from your physician.

**Terry Buisman PT**

**Trevor Erlandson MSPT**

Minneapolis, Medical Arts 612-339-2041  
Edina, Southdale 952-922-0330

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



# 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](mailto: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



# Bolger Clinic

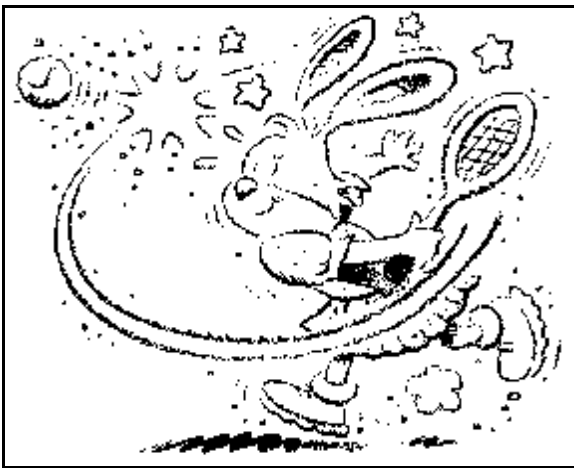
The Bolger Clinic, led by Roger Boyer, takes place April 26. You'll improve your game, have a great time, and get lunch too, all for \$12.50. Bring a guest for just \$15.

**It's time to panic! Limited time left.**

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...



### Jack Beattie

John "Jack" Cosgrove Beattie, age 84, passed away peacefully surrounded by family on March 8, 2005. Jack was a longtime member of Senior Tennis. He is survived by wife, Charlotte (STPC lifetime member); son, John "J.B."; daughter-in-law, Mary; grandsons, Russ, Mark, and Kyle; son, Judd; daughter-in-law, Denise; granddaughter, Lisa; many loving relatives and friends. Preceded in death by wife, Jean Russ; and son, Jai Bruce. Private family interment at Lakewood Cemetery. Memorial service in April, announcement to follow. Washburn-McReavy Edina Chapel 952-920-3996.



### Gordon Bredison

Gordon Bredison, a lifetime member of Senior Tennis, died at age 89 on March 14th. Born in Isle MN. Avid outdoorsman, downhill skier, golfer, and tennis player. Retired from the City of Minneapolis. Preceded in death by parents, Hans and Emma. Survived by his wife of 65 years, Mary; daughter, Mary Ritter; grandsons, Eric and Ted; brothers, Adrian and Hartley Larson.

### Kathleen Ann Grant

Age 53 of Golden Valley, peacefully at home surrounded by her family on March 14, 2005. Preceded in death by father, Richard Violette; brother, Chuck; niece, Melissa Pendency. Survived by loving husband of 35 years, Russell; sons George and Mike



of Minneapolis; grandchildren Rajon and Olivia; mother Dolores (Percy) Hughes of Minneapolis; sisters Terry (Greg) Pendency of Roseville, Toni Ringgold of Bloomington; brother John (Sue) Violette of Minneapolis; mother-in-law Alma Grant Davis of Minneapolis; many aunts, uncles, nieces, nephews, and friends. Longtime employee of US Bank. Kathy was a loving person who enjoyed her family and all others around her.

### Jack Kendall

John H. "Jack" Kendall, age 80 of Richfield. Passed away peacefully Monday March 14, 2005. WWII Navy Veteran of Omaha Beach, D-Day. Past President of Apeps; member National LCI, Navy; VFW and American Legion; and retired 40 year employee of Toro. A kind and gentle husband, father, grandfather, and brother. Survived by wife of 54 years, Iris; children, Jean (Lowell) Busch, John (Mary) Kendall, Kay (Bob) Kappers, Barb (Jeff) Berkness, Rob (Sara) Kendall; grandchildren, Cameron, Christopher Busch, Kelly (Trent) Norton, Molly, Brianna Kendall, Andrew, Gordon Kappers, Ben Jarryd, Alysha Berkness, Maggie, Jack Kendall; great grandchildren, Riley and Ava; sister, Joyce (Bill) Riley; niece, Kathy Waugh; and nephew, Scott Riley. Memorials may be directed to Hope Presbyterian Church. Morris Nilsen Chapel 612-869-3226 [www.morrisnilsen.com](http://www.morrisnilsen.com)



Jack was a long-time member of Senior Tennis, serving for years as captain at the Dred Scott courts. See the story about him in the September 2004 Newsletter, which is available on our website, [www.seniortennismn.com](http://www.seniortennismn.com).

# 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	<b>4</b> Tue 11:30-2:30	<b>4</b> Tue 11:30-2:30	<b>4</b> Thu 11:30-2:30
3.0	<b>16</b> Wed 8:30-11:30 Thu 8:30-11:30	<b>8</b> Mon 11:30-2:30 Thu 8:30-11:30	<b>16</b> Tue 8:30-11:30 Thu 11:30-2:30
3.5	<b>16</b> Mon 8:30-11:30 Thu 8:30-11:30	<b>8</b> Mon 11:30-2:30 Thu 8:30-11:30	<b>16</b> Wed 11:30-2:30 Thu 11:30-2:30
4.0	<b>4</b> Thu 11:30-2:30	<b>4</b> Thu 11:30-2:30	<b>4</b> 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 \_\_\_\_\_

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# A Healthy Dose of the Great Outdoors

## Celebrate spring UCare style

April in Minnesota is time to get out and enjoy the great outdoors. Artists and poets have long celebrated the beauty and allure of the outdoors. The pull of nature—trees budding, birds flying, or the sun setting over water—is strong. Many people may have even noticed how their mood or energy level improves when they spend time outdoors.

Experts at UCare Minnesota note that some scientists believe that humans have an innate need to connect with other living things. Growing evidence seems to support this theory and suggests that spending time outside may even improve health. UCare recommends hiking and other outdoor activities to release tension and stress.

### Let There Be Light

Barry Baines, M.D., UCare Minnesota's Chief Medical Officer, says one reason to get outside is to help maintain strong bones. "Sunlight provides vitamin D, which the body needs to absorb calcium and keep bones healthy." In one study, older women who suffered hip fractures were found to have very low levels of vitamin D.

Studies also suggest that vitamin D from sunlight may protect against breast cancer. The Southern United States has lower rates of breast cancer than the Northeast, where sunlight is less intense.

Mood also may be affected by sunshine—or the lack thereof. Regular exposure to light—natural or special light fixtures—seems to help many people with seasonal affective disorder (SAD). Even if you don't have SAD, getting outdoors might help you sleep better. One theory is that light helps regulate the hormone melatonin, which is linked to sleep cycles. Brain chemicals that affect mood also may be involved.

*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](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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## InnerCity Tennis Tournament 2005

On May 22 and 23, 2005, the InnerCity Tennis Tournament 2005 will be held in Reed-Sweatt Family Tennis Center. The purpose of the tournament is to raise money for InnerCity Tennis programs. This is a non-USTA sanctioned event so the tournament is open to all players (men, women, men 50+, and women 50+) from 2.5-4.5. 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 contact Gary Rother at 612.724.5515 or [garyrot@aol.com](mailto:garyrot@aol.com). The application form is on page 8 of this newsletter, the kiosk at Reed-Sweatt, or [www.nicollettenis.com/tournaments](http://www.nicollettenis.com/tournaments).

*(Lifetime members—Continued from page 7)*

The Board of Directors agreed, and the December, 1986 newsletter (as yet with no name) ran this on the first page:

### Tennis for life

By overwhelming approval of the Executive Committee, the Club is offering a nontransferable lifetime membership to its members for \$100 (\$90 to those who have already paid their 1987 dues). Lifetime members will receive a gold membership card, will always be given priority on all things and will be entitled to many other privileges because of their unique position in the Club. Lifetime memberships will be restricted to the first 100 applications.

[The highest number of lifetime members was 73. The current number is 48.]

# Preliminary 2005 Spring/Summer Court Schedule—Senior Tennis Players Club

**Players: Check with Captains for Start Dates**

**●● St. Paul Area ●●**

Location	Day	Time	Cts	Skill	Captains	Phone
<b>Como Park</b> Horton Avenue West of Lexington	Mon Wed	8:00-10:00 am	4	2.5-3.0	Anne Carchedi	651-494-9050
<b>Irondale High School</b> Long Lake Road south of Cty Rd H, New Brighton	Sat	8:00-10:00 am	4	3	Jim Vint	651-636-0071
<b>Marthaler Park</b> 1625 Humboldt Ave (across from Police and Fire Depts.), West St. Paul	Tue Thu Sat	9:00-11:00 am	2	3.5	Jim Mattaini	651-455-5898
<b>North Valley Park</b> Hwy 52 So to 70 <sup>th</sup> , left ¼ mile E. Inver Grove Heights	Mon Wed Fri	8:30-10:30 am	4	2.5-3.5	Jan Machacek	651-455-5236
<b>Oakdale Courts</b> 45 <sup>th</sup> and Granada (1 mile East of 120 on 45 <sup>th</sup> ) Oakdale	Tue Thu	8:00-10:00 am	4	2.5-3.0	Captain needed	
	Sat	8:00-10:00 am	4	2.5-3.0	Barbara Rooney	651-777-7399 or 651-481-9222 (w)
<b>Roseville Middle School</b> Cty Rd 82, 2 blocks East of Rice Roseville	Mon	4:30-6:30 pm	6	3.0-3.5	Shirley Kreske	651-770-1272
	Mon Wed Fri	8:00-10:00 am	6	3.0 M	Dan Nedoroski	651-645-2368
<b>Shawnee Park</b> 6515 Scheel Dr (Upper Afton Rd to Martha North to Scheel), Woodbury	Mon Wed Fri	9:00-11:00 am			Captain(s) and players needed	
<b>Skillman Courts</b> East of Cleveland on Skillman	Tue Thu	8:00-10:00 am	4	3.0	Captain(s) needed	
<b>3M Tartan Park</b> 20 <sup>th</sup> Street N between Cty Rds 17 and 15, Lake Elmo Enter through picnic/sports area. Follow sports cmplx signs to end of road. Rain/wet courts-play at Wooddale Rec Ctr.	Mon Wed Fri	8:00-10:00 am	6	3.0-3.5	Jim Hansen	651-430-1464
					Walt Lewis	651-735-8287
					Darlene Moynagh	651-436-8927

Location	Day	Time	Cts	Skill	Captains	Phone
<b>Valley View Park</b> Marie & 35E Mendota Heights (Call first, no walk-ons)	Fri	7:30-9:00 am	2	3.0-3.5	Bob Kelly	651-452-0244
<b>White Bear Lake High School</b> Cty Rd E and McKnight Rd White Bear Lake	Wed	6:00-8:00 pm	7	3.0-3.5	Captain needed	
<b>For corrections or changes for St. Paul and suburbs call Darlene Moynagh 651-436-8927</b>						
<b>•• MINNEAPOLIS AREA ••</b>						
Location	Day	Time	Cts	Skill	Captains	Phone
<b>Aquila Park</b> Mtka Blvd & Aquila Ave St. Louis Park	Mon thru Fri	8:00 am – noon			Captain(s) and players needed	
<b>Augsburg Park</b> 72 <sup>nd</sup> and Blaisdell Richfield	Mon thru Fri	7:30-9:30 am	5	Open	Lorraine McDaniel	612-869-7392
					Kathy Sewell	952-835-4005
<b>Bass Lake</b> Beltline Blvd & 36 <sup>th</sup> Street St. Louis Park (Certain dates not available)	Mon Tue Wed Thu Fri	June-August: 9:00-11:00 am  May & Sept: 10:00-12:00	6	2.5 – 3.5	Ann Stirrat	952-922-5348
					Mel/Milly Warnert	763-588-1887
					Barb Webb	612-922-0757
					Laverne Wilger	952-929-8120
					Laverne Wilger	952-929-8120
<b>Brooklyn Center High School</b> 65th and Humboldt Ave N Brooklyn Center	Tue Thu	8:30-10:30 am			Captain(s) and players needed	
<b>Brookview Park</b> Hwy 55 & Winnetka Ave Golden Valley	Sat	8:00-10:00 am	6	2.5 – 3.5	Aldean Cummings	952-474-1731
					Dick Brandt	763-533-0579
<b>Carpenter Park</b> Mtka Blvd & Raleigh Ave St. Louis Park	Mon thru Fri	8:00-10:00 am			Captain(s) and players needed	
<b>Central Park in City of Ramsey</b> 163 St and Armstrong Blvd	Tue Thu	9:00-11:00 am	2	2.0 – 4.0	David Matasovsky	763-274-1338
					Jerry Dedrick	763-427-3167
					Jerry Smith	763-421-0379
<b>Donaldson Park</b> 75 <sup>th</sup> and Humboldt Richfield	Mon Wed Fri	7:30-10:00 am	4	3.0+	Willie Prawdzik	612-869-1989
<b>Dred Scott Park</b> West Old Shakopee Rd & Ferry Bridge Road Bloomington	Mon thru Fri	8:00-10:00 am	5	Open	Paul Steen	952-835-9818
					Don Snyder	952-830-9415

Location	Day	Time	Cts	Skill	Captains	Phone
<b>Edina Senior High School</b> Behind Sr and Jr schools, follow the stairs down the hill	Sat Sun	4:00-6:00 pm	7	3.0+	Marv Schneider	952-975-1895
<b>Eden Prairie Middle School,</b> Mitchell Road and Technology Drive	Mon	7:30-9:00 am	3	3.0-3.5 W	Marlys Christianson Martha Johnson	952-368-3285 952-942-9588
<b>Fridley High School</b> 61st Street (park in the community ed lot)	Tue Thu	9:00-11:00 am 9:00-11:00 am	6	3.0 - 4.0	Bob Metcalf Connie Metcalf	763-571-3596 763-571-3596
<b>Greenbriar Apartments</b> On Cedar Lake Road	Tue Thu	9:00-10:30 am 9:00-10:30 am	2	3.0	Henry Flesh Fred Wright	763-546-7317 952-938-1242
<b>Holasek Park</b> Baker Rd south of Hwy 62 Eden Prairie	Wed Thu	8:00 am-noon			Captain(s) and players needed	
<b>Lone Lake Park</b> Shady Oak Rd north of Bren Rd Eden Prairie	Mon thu Fri	8:00-10:00 am			Paul Weinreis	952-935-9463
<b>New Hope Park</b> 4300 Xylon Ave N (behind swimming pool), New Hope	Mon thu Fri	8:30-10:30 am	5	2.5 - 3.5	John Malerich	763-537-5595
<b>Normandale College</b> 96 <sup>th</sup> Street and France Ave Bloomington	Mon Wed Fri	8:00-10:00 am			Captain(s) and players needed	
<b>Parkers Lake</b> Cty Rd 6 7 Niagara Lane Plymouth	Mon thu Fri	8:30-10:30 am	4	2.5 - 3.5	Ed Fischer	763-550-9770
<b>Prior Lake</b> Lake Front Park	Mon Wed Fri	8:30-10:30 am	2	Open	Jack Hansen	952-447-4872
<b>Valley View Park</b> 90 <sup>th</sup> St between Nicollet and Portland Bloomington	Mon thu Fri Tue Thu	7:30-9:30 am 9:00-11:00 am	4	2.5-3.0	Clifford McMinn Lucy Nord Carol Sonnicksen	952-888-4989 952-888-4872 952-891-8650
<b>Wayzata Bell Courts</b> 1 block north of Hwy 12 and Minnetonka St Wayzata	Wed	9:00-11:00 am	3	2.5-3.0	Marilyn Thorne	952-471-9813
<b>Wildwood Park</b> 137 <sup>th</sup> and Harwell Path Apple Valley	Mon thu Fri	8:00-10:00 am	2	3.0	Glen Lien	952-997-2368

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

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

April 2005



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