



Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc.

October
2005

Yes, we have lessons!

By David Sommer

I visited the Senior Tennis lessons at Reed-Sweatt and took about a hundred pictures. Unfortunately, the action was so fast that lots of the pictures are just blurs! If you haven't done STPC drills before, you should! You'll learn a lot, even if you're be-



yond the "beginner" level. See page 4 for schedule.

Dr. Paul Stormo led the students in scientific warm-ups to ensure everyone was ready for action. To allow time to catch their breath, Paul had a review of the tie-break rules, and also tactics when you win the toss. You can:

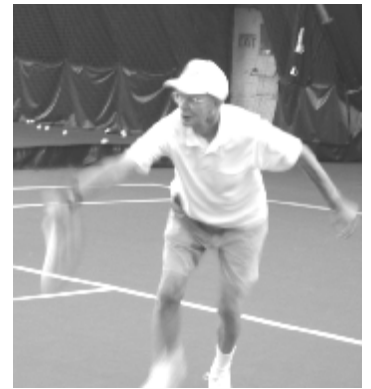
1. Choose to serve or receive. Then other side picks starting end.
2. Choose end. Then other side may elect to serve or receive.
3. Say "you choose."

Most of us never heard of #3. Paul explained that it

makes sense when your side has a left-hand and a right-hand player and the sun is a factor. Then regardless of what the other side chooses you can start your serves so that both of your players have a favorable sun position!

Players then split into two groups, with Paul leading one group and Percy Hughes the other. Percy started with ground stroke drills as he usually does, with him feeding, first forehands and then backhands. Percy moves too fast for the camera to catch his hands!

After work on volleys, overheads, and serves, the last 20 minutes were devoted to playing some doubles. Percy's group had just four people, so they had plenty of action. Percy chose the sides to balance skill levels. Percy emphasizes that he wants players of all levels—the stronger players



(Lessons—Continued on page 8)

The Winds of change

By Joanne Schwartz

The winds of change were upon us on Saturday, August 20 at Round Lake in Eden Prairie for our new Annual Summer Picnic. Despite the winds, 35 STPC members enjoyed the beautiful



(Winds of change—Continued on page 8)

Upcoming Events

October 29, 2005

Halloween Tennis Social
Details and signup page 5

February 18, 2006

Valentine Tennis Party

April 29, 2006

Annual Meeting

Senior Tennis Players Club, Inc.

A nonprofit corporation, P.O. Box 5525
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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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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. Include stamped, self-addressed envelope if material is to be returned.

Membership information changes, newsletter delivery problems, etc.,

can be made by writing Senior Tennis Players Club, P.O. Box 5525, Hopkins, MN 55343 or currentmembers@seniortennismn.com

Membership total: 1514

October 2005, Volume 18, Number 8

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.

Robert Frost misquoted!

I read in the Senior Tennis Times the quotation from Robert Frost and chuckled. I had once read something like this attributed to Thoreau (of all people), thought it didn't sound right, and looked it up in Bartlett's Familiar Quotations, 16th edition. The quotation is:

"I've given offense by saying I'd as soon write free verse as play tennis with the net down." (From a 1959 interview.) Thanks for the amusing and insightful quotations. [Editor's note: italics in the Frost quote indicate words omitted from the quote we printed. Thanks, Pat, for clarifying Frost's actual words—he was really talking about free verse, not tennis!]

— Pat Peltó

You have a STPC member number!

Something new—look at the mailing label of this newsletter. The first line looks like this: "John Doe [2005 #1234]." The "2005" means you've paid 2005 dues. The "1234" is your member number. Clip it out and keep it for ID at club events. More on this later.

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

Did you watch some of the U.S. Open? We all have favorites—Andre Agassi (since Pete Sampras retired) has been my favorite male player—although I believe the best male player right now is Roger Federer, by far. Andre, at age 35, is holding his own against much younger opponents. How many of you remember Andre as a teen ager? He was here to play in a tournament at age 16 or 17, with very long hair and a beard—definitely looking like a teenager with emphasis on *lots* of hair. The local press gave him a lot of coverage, predicting great things for him. They were right.

Unfortunately today, September 11th, he ran into The Man, Roger Federer, in the final match of the U.S. Open. The match went four sets, with Andre winning the second set. He was ahead 4-2 in the third set, but he lost it at 6-7. I think that's where the match was settled, with Roger winning the fourth and final set fairly easily. To me, at age 35, Andre was a total winner, just getting to the finals. I don't believe he's ready to retire as yet—he has many big wins left with his great game. How many of you watched the Open this year? It's our biggest tournament—we should all watch it, if possible.

Okay, finally it's **grips** time. First, please rest assured I have done **much** research on the subject of the many grips before passing on this information

to our club members. I have a great suggestion for everyone in the club. Our mentor, **Roger Boyer**, has put together a brochure "Grips and How They Affect Play" which you can purchase at the Reed/Sweatt Tennis Center for just \$.50 to cover printing costs.

Inquire at the check-in counter—I recommend all players (including our **pros**) read and carry this brochure in your bag. It will give you a chance to discover which grips work the best for you. My recommendations: 1) The Continental grip is best for **Serving**. 2) The Eastern Grip for beginners for **volleys**. It gives better racquet angle and solid contact. (Continental grip for ground strokes or volleys requires more strength and better timing than beginners have yet acquired).

The **eastern grip** should be used for ground strokes. It's the **number one grip** for ground strokes. A quote about ground strokes with a Continental grip: "This grip is worst for ground strokes and almost no-one uses it." Too much strength and timing is necessary for all but expert players.

The Western Grips will be discussed in coming Tennis Rhythms Columns. For seniors, learning the Continental and Eastern grips may be all your game needs. A plus—I like to see Seniors use the two handed backhand.

Wow!!! There's a lot to this game, right? Enjoy it, **completely**, with **no foot faults!** PERC

Grace in defeat

By David Sommer

Why did I lose? "I don't play well in wind." "I was off my game today." "I was unlucky."

Let's hear what some U.S. Open losers said:

James Blake after losing in five sets to Andre Agassi: "I know if I were in the stands, I'd be cheering for him too."

Mary Pierce, losing in the women's singles final to Kim Clijsters: "I'm really happy for her; she's a



really sweet girl."

And Andre Agassi, losing in the final to Roger Federer: "It is disappointing to lose, but the first thing you have to do is assess why you lose, and I just lost to a guy who's better."

All three were gracious in defeat. Let's imitate them, and remember to say to the victor "You played a great game. Good going."

And when we win we can also be gracious: "Thanks. You hit some terrific ground strokes/serves/volleys—I really had to scramble."

●● 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 Center 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
Oakdale Golf & Tennis Club 5115 Hadley Avenue N St. Paul 651-770-2719	Wed	12:30-2:00PM	All	\$3.00	Tom Bauman	651-697-1987
Williston Fitness & Sports 14509 Minnetonka Drive Minnetonka 952-939-8370	Tue	5:30-7:00PM	All	\$3.00	Duane Ryman	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 Thu	\$7.00	9:00-10:00 AM	612-825-6844 Call for reservation.

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

Inner City Tennis needs volunteers

By Bob Busch

STPC members have volunteered and helped deliver the many ICT programs in the past. The largest program offered is the Saturday program which often has 200-300 Twin City participants ranging in age from 4-17. Volunteers are again needed to deliver the two Saturday sessions starting on October 8.



ICT is offering 21 Saturday sessions at two separate times. Levels I and II are offered from 1:30 to 3:00, and Levels III and IV from 3:00 to 4:30 at the Reed-Sweatt Family Tennis Center, 4005 Nicollet Ave S, Minneapolis.

Mark your calendar for the 2005-2006 season and plan to volunteer for this very rewarding opportunity to work with Twin City Youth. You get another benefit: Roger Boyer has a drill session every Monday morning for the volunteers. Help a kid and help yourself!

To volunteer, call Roger at 612-825-6844.



Halloween Tennis Social



You asked for something completely different —

Here it is! You get TWO HOURS of round-robin play!

Time: October 29. Play 7-9 PM, then nourishing refreshments.

Place: Northwest Athletic Club, 5525 Cedar Lake Road, St. Louis Park.

Cost: \$16.

Limited to first 28 who sign up.



Halloween Tennis Social Reservation Form

Name: _____

Phone (____) _____

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

Send your check for \$16, payable to STPC, and this form **by October 15, 2005** to:

Dotti 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: _____

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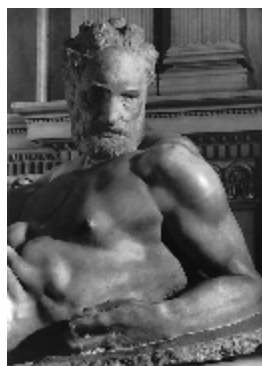
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Physical Therapy for the Twin Cities



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.

For rent: Villages FL, activities for everyone. 2BR 2BA house \$1075/mo & up. 952-935-5670.

Towerpoint Resort, Mesa, AZ. Park Model. \$3300=3mo, \$2400=2mo, \$1300=1mo 763-788-2024

3.0-3.5 female will sub in Mpls/west suburbs. Weekdays, available Nov. 15. Marsha Jarvela 763-971-8997.

NWAC/Oakdale, in Mtk., 90 min. drill/play sessions T/W/T. Dunc Welty, USPTA, 952-933-8592.

Leaf vacuum/blower/chipper 3.5 HP Sears. New was \$450, now \$75. Joan 952-829-5650

Free! Smart Media memory for older Olympus digital cameras. David 612-276-1313.

Beautiful 3 BR townhouse on Lake Superior for rent by day or week, sleeps 8. Call 952-831-0880.

In Memory...



Tom Lyons

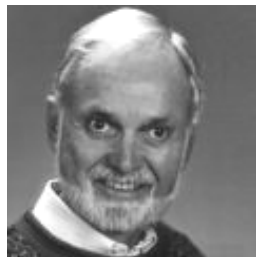
Thomas Daniel Lyons, beloved husband, father, grandfather and friend, age 77, of St. Paul, passed away September 5, after a courageous battle with brain cancer. Tom was a member of Senior Tennis since 1996. Darlene Moynagh remembers: "Tom was a captain at Tartan Park and played at Wooddale tennis center until he developed a brain tumor. He had an operation and chemo, and returned to sub. He always had such a positive attitude and was such a gentleman, we all really miss him."



Tom received a Ph.D. at Kansas State University followed by a 35 year career at 3M as a Research Chemist. During his time as a Research Chemist, he oversaw the development of many products and patents at 3M. Tom had many interests besides tennis: hunting, fishing, gardening, and his dogs, Mary Poppins and Beau. Tom also had a talent for music—he enjoyed playing the cello and trumpet. He is survived by his loving wife of 53 years, Vera; 3 sons, Daniel (Sonja), David (Deborah), and Raymond (Nance); five grandchildren, nieces, nephews, and many friends.

Roger Thompson

Roger C. Thompson, age 80 of Minnetonka, passed away on August 17 surrounded by his loving family. Roger



joined Senior Tennis in 1997 and played for several years. He is survived by his beloved wife of 53 years, Ann (herself a member of STPC); children Kathy (Todd) Burud, David (Jenna), Lisa (Jeff) Passolt; many grandchildren and other relatives and countless friends. Roger spent 35 years as a math teacher and 25 years as tennis coach at St. Louis Park High School. Roger will always be remembered for his kind and gentle spirit and his quiet strength.

Michael Thorne

Michael Thorne, son of long time STPC member Marilyn Thorne, died on August 29 of pancreatic cancer. Michael was a graduate of the University of ND with a degree in aviation, becoming a DC10 captain for Continental Airlines. Survived by his mother, Marilyn Thorne; his sister & brother-in-law, Missy & Joe Albachten; niece, Lauren; nephew, Derek; relatives and many dear friends.

Nina Tone

Nina Tone, age 79, passed away on August 12. Our condolences to her husband, Jim Tone, a member of STPC for many years; son, Dennis (Sandy) of Atlanta, GA; daughters, Diana (Steve) Erikson of Lakeville, Debra Johnson of Bloomington, Darci (Tom) Nurkkala of Lakeville; nine grandchildren; one great-grandson; sister, Shirley Wiggin; sister-in-law, Arlene Sykes.

Shirley Pratt remembers her: "Nina was a very special person, an artist, a poet, and an active and loving wife, mother, and always smiling friend. She was very active in her church and with various groups as well as painting and writing. Her Christmas cards were real epistles and a reflection of her family life, travels, and other experiences. Her life was a quiet and consistent example of a life well-lived with care and wisdom."

(Lessons—Continued from page 1)

serve as “role models” for the beginners.

I then interviewed Mary Ramseth, a player whom Percy identifies as “Ms. Ready Position.” Mary says she played a little as a kid, but is now seriously getting into the game. Last year she and her husband John were vacationing in Mesa, AZ. They saw seniors “older than me” having a great time playing, and decided they’d like to try. They took some lessons in Mesa, and then on return to Minnesota joined STPC. Mary met Percy, who gave her a lot of encouragement to really learn the game.

Mary is retired after working 38 years as an EMG Technician—that’s ElectroMyoGram. It identifies nerve problems such as neuropathy, carpal tunnel, MS, and ALS.

Mary used to do marathons (13!) but doesn’t now. She sees tennis as a way to have fun and stay fit for many years to come, and wants to continually improve her game.



(Winds of change—Continued from page 1)

sunny day and good tennis, chaired by Marv Schneider. Marv also supports our STPC by being a captain for several teams, and his company, GMAC, has donated \$3500 to our organization recently. We thank you, Marv, for all your caring and great work. A special thank you to our president, Darlene Moynagh and her friend Dorothy Werner. They were there bright and early at 8 AM assisting Marv with setup. Also, a special thank you to Marv’s wife, Ramona, who also helped out and brought wonderful chocolate chip cookies. We also thank others who assisted with the event. We had two other board members there: Dotti Brazeal and Jack Baloga—celebrating our day, and showing us their great form!!

We received much positive feedback on our picnic and look forward to next year’s event. If anyone would like to assist us in helping with this fun event next year, please contact the events committee. Have a grrrrreat fall! See you at the next event, our Halloween party on October 29 at the NW Club in St. Louis Park—advertisement on page 5.

Subliminal learning

By Louise Halverson

I played some great tennis in my league after watching a few matches of the U.S. Open on TV.

I have only been playing a couple of years and am always trying to improve my strokes and strategy. Maybe watching the pros is a way to do that.

Percy Hughes used to suggest to those of us in his drills that we watch tennis on TV. He suggested that we not just watch the ball, but watch the players prepare for the ball. Sometimes their strokes seem faster than the eye can follow, but I think it is valuable to watch the matches. I usually feel guilty when watching TV (that I could be doing something more productive), but not with tennis.

Does anyone else experience this? What is the mechanism for learning that is going on here?

Get in play!

The up-to-date schedule is always on our website: www.seniortennismn.com, or look at the fall/winter schedule in the September newsletter.

Want to find a place to play? Look at the schedule, and:

- Locate one or more locations, times, and skill level that you’d like.
- Call the captains responsible and ask if they have any regular or sub positions available.
- If this doesn’t accomplish what you want, call Facility Coordinators for places you’d like to play. They may be able to help you get a new group together.

It's a miracle!

by Jo Rolling

Remember 1980's "Miracle On Ice"? Well, 25 years later, we have 2005's "Miracle On the Diamond" ... softball diamond, that is. And, unlike Herb Brooks' local kids winning a gold medal in the Olympics, this group of senior women from Minnesota, ranging in age from 57 to 66, won a silver medal at the Senior Olympics held in Pittsburgh, PA, this past June.

The team was formed in 2000 and was the brain-child of Anne Lewis. She had played tennis in the Senior Olympics and thought it would be fun to play a team sport in the Olympics. She got on the phone and started calling tennis friends to see if they were interested in joining a slow-pitch softball team. Needless to say, most of the gals she rounded up are better tennis players than softball players. In fact, more than half had never thrown a ball or batted in their lives. Some didn't even know each other. But, we all considered ourselves fairly good athletes and possess a competitive spirit, and, as the old saying goes: "We've come a long way, baby!"

We decided to call our softball team "The Tennis Team" and don't think that doesn't confuse the Senior Olympic committee when we enter the tournament! I'm sure we cause "senior moments".

We started our journey by holding practices and then joined open local softball leagues playing against young gals and never won a game. We suffered through pulled muscles and aching joints. Advil became a staple in our diets. We came to know the "agony of defeat," but gained valuable playing experience.

In our first Senior Olympic competition in 2001 in Baton Rouge, LA, we actually won one game. We were ecstatic! We are self-coached (but look to Cheryl King for leadership) and diligently contin-



ued practicing once a week, playing in a league and setting up practice games with the "old duffers" men's teams in Roseville. Oh my, what fun! They were real good sports about it.

In 2003 we headed off to Virginia Beach, VA, for our second Olympic competition with higher hopes. We didn't win a game. But, we never gave up because we knew we were improving and that our time would come.

In 2004 we joined a three-team East Side St. Paul league and were very competitive. Husbands and friends started coming to watch ... in disbelief, I might add. In the spring of 2005 we joined an eight-team league in West St. Paul and found ourselves battling for first place. However, I must admit we engaged the services of several young gals who were looking for a team to play on during the summer. A couple of us have grandkids their ages. What a "shot in the arm" these youngsters have been. I think they got a kick out of playing with their "grandmothers". I also think we gave them something to look forward to in their senior years.

Then, on June 3, 2005, we headed off to our third Senior Olympic competition held in Pittsburgh, PA. I guess our time had come and we were ready. We finished the tournament with a silver medal, losing twice to a very strong and experienced team from California. There were eight teams in our age group (55-59).

Some senior women have book clubs, cooking clubs, or red-hat clubs ... we have a softball club and are so very proud of our accomplishments. We come from all walks of life and from all over the metro area and players have come and gone. But, the bonds of friendship that were made will never be broken. We play softball, but take our tennis racquets with us wherever we go!

Get your shots

Tips about flu and pneumonia vaccinations from UCare Minnesota

According to experts at UCare Minnesota, a shot in the arm can literally save your life. Fever, chills, headache, dry cough, runny nose, sore throat, muscle aches—the flu is miserable for anyone. For older adults, people with chronic heart or lung disease, or those whose immune systems are weakened, the flu can be dangerous, leading to pneumonia and other complications.

Vaccination is the key to protecting yourself. Flu shots can help prevent the flu and also lessen the severity of symptoms if you do get the flu. Since new strains of flu appear every year, getting a flu shot should be an annual event for people age 50 and older. The best time is September to mid-November, before the flu season hits. However, getting a shot later in the year—even as late as

March or April—can still protect you, especially if the flu outbreak is late.

Another way to protect your health is to ensure you're up to date on your pneumonia vaccination. All adults should be vaccinated at age 65. If you were vaccinated before that, you may need another dose. If you have a chronic disease such as diabetes, congestive heart failure, or kidney disease, ask your doctor if you should get a second dose.

UCare Minnesota is an independent, nonprofit health maintenance organization (HMO) serving 140,000 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).

Naples tennis vacation

By Don and Vivian Bratt

After 21 years the time has come to discontinue our annual trip to the World Tennis Center in Naples, Florida. The main reason for this is the building of homes and condos causing increased pressure on court usage. This made it impossible to get the clay courts adjacent to each other that we needed for our group.

In addition, this last year we have had some personal health problems that stopped us from coming in 2005.

Over the years we have had over 500 different people coming to our tennis get-togethers at Naples with over 80 in one year alone, and quite a few came many times. They have come from Minnesota, Iowa, Wisconsin, Washington, Texas, Canada and England. One of the things we are most proud of is introducing so many people to the World Tennis Center in Naples, and Florida in general, who hadn't been to

these places before. Some of them bought a home or condo at World Tennis Center, but many more in Naples and surrounding area.

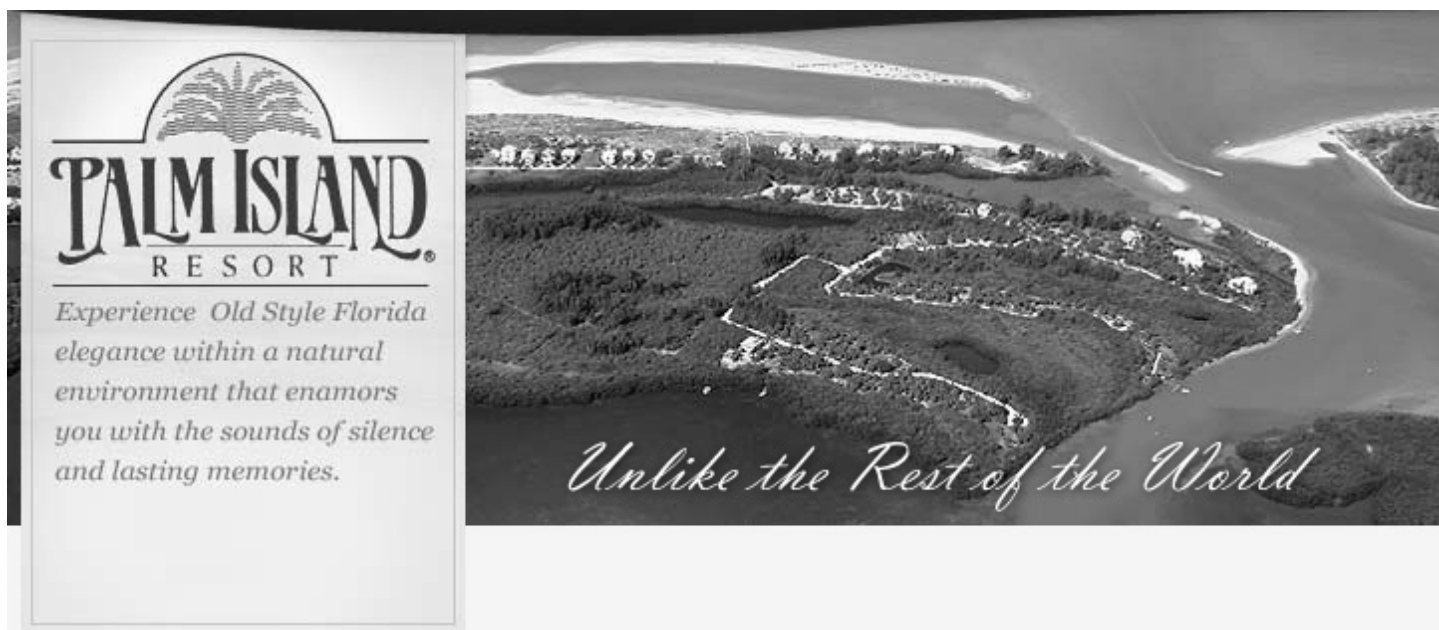
Our thanks to Jack Dow, who started all this when World Tennis Center first opened, and also to Mandy Johnson, before we took over.

Many of you who met there are still good friends and tennis partners today. There have been several weddings come out of the group. We are so thankful for all of you who have come, and we wish you the best of health and hope you are still playing tennis.

The picture shows one of our groups from the '90's—do you see yourself in it?



Florida Tennis Special—January-February 2006



1, 2, and 3 bedroom villas right on the beach with views of the Gulf of Mexico. On the Gulf Coast between Sarasota and Ft Myers, Florida at Palm Island Resort.

Friends of David Sommer (all STPC members!) and Dave Sprague have resort discounts of 20% off—available for packages of one, two, or four weeks in January and February 2006. Just mention the “D2T” discount code when making reservations at (800) 282-6142. The two Daves will be on Palm Island December 29 to February 9—let us know when you are coming!

14 tennis courts available. Tennis pro on site for individual lessons, group drills (one free one hour clinic for every week registered).

Daily doubles matches pre-arranged. Attend as many as you like—no fee.

Added extras:

Rum Bay restaurant within walking distance of each condo.

Bicycles for rent (also at 20% discount). Golf carts are available for rent.

Workout facility, tours, off-island excursions (including golf).

Much more—visit website at www.Palmisland.com

Sample rates—all gulfview		<u>Resort rate</u>	<u>Your rate</u>
1 week:	1 bedroom	\$ 1650	\$ 1320
	2 bedroom	\$ 2015	\$ 1612
2 week:	1 bedroom	\$ 3300	\$ 2640
	2 bedroom	\$ 4030	\$ 3224
4 week:	1 bedroom	\$ 5975	\$ 4780
	2 bedroom	\$ 7320	\$ 5856

WOW: Women On Wednesdays

By Shirley Pratt

W.O.W. is an organized group of women who play on Wednesdays in the “Good Old Summertime.” We were previously known as “Hit 'N Giggle.” Our present name stands for Women On Wednesdays. Simple and easy, right? Except that there seems to be some kind of vendetta by the weather-people (politically correct?). I cannot tell you how many times it rained on us this year! We play at 2 different parks: Valley Place in Crystal and Hidden Valley in New Hope. Seems like we like those musical titles, i.e. “Down in the Valley.” We have four teams made up of six players per team and subs (what would we do without them!).

We rotate playing locations according to a master schedule. We

compete against each other. We play our doubles on 3 courts at each location. The Home team brings 3 cans of tennis balls to each match. Our teams are named: Purple, Blue, Green, and White. We try to dress accordingly but occasionally someone comes in pink or red or black. We accept them anyway, just so they play fair. We have been playing and changing teams and captains, etc., for about 16 years. All you out there who would like to sub or play with us please call next year when you see our notice in the newsletter. The Captains (pictured here) were Ginny Morse, Blue team; Rose Sanders, White Team; Al Simcoe, Green team; and Rita Welch, Purple



Team.

The overall winner for the summer was the **Green Team**. We did have a statistician who kept the scores for us and tallied the winners and losers, whom I will not mention here. Did I say our record keeper was Al Simcoe? We all trusted her.

We finished our 12 week season with a dee-lis-chus potluck at Valley Place Park on August 24th. These gals can cook and play tennis too! I think they must be in



the production of “The Church Basement Ladies,” oh no that’s not it—this is “The Tennis Court Ladies Potluck!” After competing for 12 weeks we deserved to treat ourselves!

Marmie Ankeny

By Dotti Brazeal

Marmie started playing tennis with her father at age five. At 17 she taught tennis to summer campers at the Lyman Lodge of the YWCA. She never took lessons until she was in her ‘40’s. Marmie joined Senior Tennis in 1993 as a lass of 79.

She is now 91, still playing a solid 3.0 game. Yes, that’s 86 years of tennis! She strongly believes that tennis “is the most terrific exercise for you, mentally and physically.”

Her husband is deceased and her boys are grown,



but they all played tennis. Her two grandsons are on the varsity tennis team at Benilde High School. They played in the Grandparent/grandchild tournament this year and were very impressed with our organization.

Marmie enjoys the camaraderie and the level of play that STPC offers. She appreciates the flexibility of the “drop-in” summer program. She also subs for several teams.

This picture was taken at the annual picnic given by LaVerne Wilger at the end of our summer season. It was a good occasion to celebrate Marmie’s 91st birthday!

Recent changes to fall/winter schedule

Location	Day	Time	Cts	Skill	Captains	Phone
Burnsville	Thu	8:30-10:00 AM	3		Pat Judge	651-452-1124
Flagship Athletic Club	Mon	7:00-9:00 AM	1	3.0-3.5 M	Ross Davis	952-946-9696
		7:00-9:00 AM	2	3.0-3.5 M	Frank D'Ascenzo	952-922-0546
		7:00-9:00 AM	3	3.0-3.5 M/W	Dean Sausele	952-828-9506
	Wed	7:00-9:00 AM	6	3.0-4.0M/W	Marv Schneider	952-975-1895
	Fri	7:00-9:00 AM	6	3.0-3.5 M/W	Herb Bacal	952-945-3104
	Sat	3:00-5:00 PM	3	3.0-4.0M/W	Marv Schneider	952-975-1895
Fort Snelling Tennis and Learning Center	Mon	9:00-11:00 AM	1	3.5+ M/W	David Sommer	612-276-1313
	Fri	9:00-11:00 AM	2	3.0-3.5 M	Jim Hanson	651-430-1464
Highway 100 No. France	Mon	9:00-11:00 AM	2	2.5-3.0 M/W	Jim McMeen	763-545-0124
Lilydale Racquet Club	Thu	7:30-9:00 AM	2	2.5-3.0 M/W	Mary Barrett	651-225-9708
Moore Lake	Wed	7:00-9:00 AM	1		Patti Kondziolka	763-571-2287
Normandale	Mon	7:00-9:00 AM	1		Cancelled!	Cancelled!
	Wed	8:00-9:30 AM	3	2.5-3.0	Virginia Vining	952-941-4319
Oakdale Golf and Tennis (St. Paul)	Wed	8:30-10:30 AM	3	3.0-3.5 M/W	Louis Hauser	651-426-2732
Oakdale Racquet and Swim	Thu	7:00-9:00 AM	2		Need Captain(s)	And players
Reed-Sweatt Family Tennis Center	Tue	9:00-10:30 AM	3	3.0 M	Bill Stamm	952-920-7632
		11:00-12:30 PM	3	2.5-3.0 W	Donna Borgerding	612-721-7038
	Fri	7:30-9:00 AM	1		Cancelled!	Cancelled!
		8:30-9:30 AM	1		Cancelled!	Cancelled!
Williston Fitness and Sports	Tue	9:30-11:00 AM	1	2.5-3.0 W	Cancelled!	Cancelled!
	Tue	11:30-1:00 PM	2	3.0 M/W	Fred Wright	952-938-1242
	Thu	8:00-9:30 AM	2	3.0 M	Fred Wright	952-938-1242
		11:30-1:00 PM	2	2.5-3.0 W	Vi Schaber	763-420-9749
					Rose Sanders	763-428-1739
Wooddale Recreation Center	Wed	10:00-12:00 PM	3	3.0 M/W	Connie Villars	651-457-1650
					Jack Wallin	651-457-2266
98th Street Racquet and Swim	Mon	7:30-9:30 AM	4		Need Captain(s)	And players
	Tue	8:30-10:00 AM	4	3.0 W	Genevieve Gjerde	612-827-2073
					Ruth Peterson	952-941-7116

Inactive captains

By David Sommer

If you or someone you know is listed as a captain or co-captain but is not really active in running the group, please let me know. Such listings are

confusing and discouraging to our members—they may call and get no answer, or incorrect information.

We want our schedule listings to be correct. Please call me at 612-276-1313, or email dsommer7@earthlink.net.



Members win clay court sectional

By Bob Busch

Four members of the STPC won events in the USTA Northern Tennis Association's Men's and Women's Senior Clay Sectional Tournament held in August at Bearpath Country Club in Eden Prairie. **Jean Murdock**, former STPC president, won the 65 singles title and teamed with **Marilyn McNamee** to win the 65 Doubles title. **Bernie Gunderson** won in 80 Singles and **Bob Busch** teamed with Tom Fridinger to win the 65 Doubles title.

Approximately 80 seniors participated in singles and doubles in ages 55, 60, 65, 70, 75 and 80. The tournament, sanctioned by the USTA, was a benefit for Inner City Tennis.

Listed below are the final results of this senior tournament.

Men

55 Singles	Ron York over Karl Reuter, 6-3, 6-0
55 Doubles	Alan Steed & Larry Stoller over Richard Kadue & Doug Payne, 6-1, 6-3
60 Singles	David Nash over Jake Hoeschler, 6-0, 6-1
60 Doubles	Tom Mc Cune & Robert Stretmater over Dave Paulson & Rod Smith, 6-3, 6-4

65 Singles	Tom Fridinger over Bob Busch, 6-2, 7-6(7-5)
65 Doubles	Tom Fridinger & Bob Busch over Mike Nelson & Bill Robertson, 6-3, 6-2
70 Singles	Roger Avelsgaard over Ed Hoffman, 4-6, 6-4, 7-5
70 Doubles	Ed Hoffman & Hank Philmon over Stan Gillman and Ralph Lieber, 2-6, 6-4, 6-3
75 Singles	Jerry Pope over Al Bruce, 6-2, 6-1
75 Doubles	Jerry Pope & Bob Tengdin, 2-0 Round Robin
80 Singles	Bernie Gunderson over George Farr, 6-0, 6-1

Women

55 Singles	Deb Hedlund over Janice Hoeschler, 7-5, 6-1
55 Doubles	Deb Hedlund & Janice Hoeschler over Cathy Cope and Christine Riley, 6-3, 1-6, 6-0
65 Singles	Jean Murdock, 2-0 Round Robin
65 Doubles	Jean Murdock & Marilyn Mc Namee over Carol Brant & Jackie Darst, 6-0, 6-2

Mark your tennis calendar for this tournament in 2006. It will again be played at Bearpath Country Club from August 12 to 18, 2006.

Those gas prices!

By David Sommer

Yes, there's something about a \$1 rise in just a few months that gets our attention! In the long run, we need policies that promote conservation. But right now, what can we do to reduce the impact?

- Combine and reduce trips.
- Keep tires properly inflated. We need to check inflation every few months—under-inflated tires reduce gas mileage significantly and are dangerous. **Note:** this autumn, remember that it is getting cold soon. Inflate a few psi higher than nor-

mal, to anticipate the reduction in tire pressure that cold causes.

- Keep car well-maintained.
- Drive smart—this means driving no more than the speed limit on highways; and driving smoothly in town, trying to anticipate traffic lights to avoid excess braking and acceleration.

Should you buy a new high-mileage car now? Only if it's time anyway, or you have a real gas hog! Otherwise it's hard to save enough on gas to make up for the high depreciation in the first few years of a car's life.

STPC Membership Changes, Renewals and New Members
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