



Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc.

Jan-Feb
2006

Prez notes

By Darlene Moynagh

Many thanks to all those who paid their dues promptly.

This has been a very eventful year. Along with the successful annual meeting, the Dow Tournament, Bolger Clinic, Grandparents/Grandchild tournament and the fun parties, we suffered a few bumps in the road:

- the time changes and increased fees at Northwest clubs
- the huge loss of the Oakdale bubble.

The collapse of the bubble during the big storm sent many groups seeking winter courts just as the winter season began. A new location at Fort Snelling for drills replaced the convenient location in Oakdale. Most everyone was able to find a new location, but the loss leaves a big void in our St. Paul tennis world.

And now we look forward to a New Year. There will be more parties and the annual meeting will be held when the new officers take over their duties. The Town & Country Club will be the location for the annual meeting and the date will be April 29th.

In the past we have had sponsors for the **Dow Tournament**. This year is open for the opportunity to honor someone, promote a business or just do it because you love tennis. As always, it is tax deductible. Call Roger Junker if you are interested.

Best wishes for a healthy, happy and safe New Year.

Email newsletter delivery

Several members have asked if we could deliver the newsletter to them by email. Well, now we can! Advantages of email delivery:

- 15 days quicker than US mail
- It's automatic—you don't have to go to the web.
- It's complete with membership changes, which aren't available on the web due to privacy concerns.

If you'd like to receive your newsletter this way **rather than US mail**, just send an email to:

editor@seniortennismn.com

No phone calls please!

Doubles Strategy Questions

By Paul Stormo

(Continued from last newsletter)

6. Your partner has hit a very wide shot to your opponents. Your partner then moves to cover the down-the-line shot which has him standing very near the doubles alley. Where do you go?
- a. Halfway between my partner and opposite alley to cover the rest of the court.
 - b. Wait to see where the opponents hit the ball.
 - c. Ten feet from my partner and closer to the net.
 - d. Move back in the court to cover the expected lob.

(Doubles strategy-Continued on page 6)

Getting two rosters?

We have lots of members who end up with two membership rosters per household. If you could get by with just one, you can save the club over \$2 in printing and mailing expenses.

If you can skip getting a roster, send an email to editor@seniortennismn.com, or call Shirley Pratt at 651-433-3583. If you leave a message on Shirley's answering machine, give your name **and telephone number**. Thanks for helping your club this way!

Upcoming Events

February 12, 2006

Valentine Tennis Party—see page 7

February 18-26, 2006

USTA Women's Pro Tourney—see page 2

April 29, 2006

Annual Meeting

We'll have entertainment, a great luncheon, and a time to see all your tennis friends. Only

\$10 per person! Watch for details in the

March Newsletter.

Mark your calendar!

Senior Tennis Players Club, Inc.

A nonprofit corporation, P.O. Box 5525
Hopkins, MN 55343
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: 1560
Jan-Feb 2006, Volume 19, Number 1

Senior Tennis needs you!

(to be our new treasurer)

Roger Junker completes three years as our treasurer next March. He has done a superb job getting our financial affairs in better order than ever before, and keeping them that way.

Though replacing Roger is difficult, that is what we must do. We need someone with bookkeeping or accounting experience. If you can help with this critical position, or know someone who could, please call Jack Baloga, 952-944-5194, or email Jack@BalogaEnterprises.com.



\$50,000 Women's Pro Tournament

By Jo Rolling

Mark your calendars to come see the USTA \$50,000 Women's Professional Tennis Tournament at Fort Snelling Tennis and Learning Center to be held

Saturday, February 18 through Sunday, February 26.

STPC is looking for volunteers to do some ushering for this tournament. We would like people to commit to a minimum of two four-hour shifts on the days it fits into your schedule. If interested, please contact Jo Rolling at 651-777-3773.

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

Well, dear members, 2005 is behind us—for some of us it wasn't the happiest year, for many reasons.... All in all, the club had a busy summer of good tennis with mostly decent playing weather. Unfortunately, we lost the **Oakdale**

courts for winter play due to its weather damage. They won't repair the damage this winter, so our scheduled Wednesday AM class is now scheduled for Wednesdays at **Fort Snelling Tennis and Learning Center**. Check your **Newsletter** for times and places for all our lessons—try to attend as many as possible. We have classes at **Williston, Reed-Sweatt (2)**, and now, **Fort Snelling**. Call or email me if you have any questions—(612) 866-1102, or percychjr@msn.com. I do remind you that if you're not a member, please become one as soon as possible—you can get proper information from most anyone you're playing with, or call **Shirley Pratt**, (651) 433-3583, our new membership chair person.

This is the toughest time of the year for yours truly - why? It's **snowbird** time for many of our teaching pros, who, as well as many of our club members, head for the southern states until spring time. Yes, I miss them, but I'm also happy for them. Sometimes it's not easy getting a replacement for one of our teaching pros, but so far we've been able to do it. Losing Oakdale Club to damage this winter has smoothed out pretty nice, with the move to the Fort Snelling Courts being a real blessing, having available court time for our lessons and court play also—aren't freeways great? "They'll get you to where you're going in a hurry." (That's a vocal line in Duke Ellington's **Take**

the A Train).

We're starting to prepare for our annual **Jack Dow** (founding father) **Tournament**, and I'm in heavy shock! For the first time we are without a **sponsor**, and this is **frightening**. The four-day tournament is the first week of May 2006. I implore all that care about this great tournament to please start thinking of a friend or friends that would want to come to our rescue. I wasn't aware of this predicament until yesterday (12/11/05). **Wow! Help!** Many thanks to members Harlan and Ruth Hansen for having been our Dow Tournament sponsors for the past two tournaments. We thank you, Hey! If anyone knows an "Angel" sponsor for the 2006 tournament, please **book** that Angel.

Every year since 1984 we've had **Roger Boyer's Xmas drills**, and every year it's always a fun, educational, and pleasant class for all. The weather was not kind, but the turn-out was fine, plus, three board members. Thank you **Dotti Brazeal, Bob Busch**, and our very busy editor, **David Sommer**.

Roger had many prizes for the players to win with an accurate volley—guess who won the new tennis racquet? **Frank Perry**. I'm very proud of Frank - he's been in and out of the owies program, and now he's a winner....

I thank wonderful **Mary Delong** for always picking up and setting the table for Roger's birthday cake -- we've teamed up for quite a few years, huh Mary, and I thank you much! I think we'll have a little vocal rehearsal for the birthday song next year, huh team...(smiles)

It's time to say "goodbye" to 2005, and "hello" to 2006, with good health and

No foot faults! Perc

Valley of the Sun Women's & Men's Senior Tennis

Sixth Annual National Tournament

April 4 – April 8, 2006

The Valley of the Sun (Greater Phoenix Area) cordially invites you and your senior tennis playing friends to participate in our sixth annual senior tennis tournament. The format is men's or women's team doubles with round-robin play the first three days and championships on the fourth day. It's great competitive fun for all levels of play from 3.0 to 4.5. We have had 250 teams (~2000 players) join us over the last 5 years

from all over the United States, Canada and Australia.

For complete information and entry forms visit our Web Site at: <http://www.vos-seniortennis.org/>, or contact Ross at 480-838-1512 or Paul at pschramm5@cox.net.

AAA discounts for STPC

We don't have the details yet, but it's likely that AAA (American Automobile Association) will offer members of Senior Tennis a special program that will include discounts from their normal rates for membership, auto insurance, and home insurance. We expect this program will begin in March.

●● 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	\$5.00	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	\$5.00	Percy Hughes	612-866-1102
				Paul Stormo	952-944-6286	
Fort Snelling Tennis and Learning Ctr. 100 Federal Drive, Minneapolis	Wed	11:00 AM - 12:30 PM	All	\$5.00	Tom Bauman	651-738-6726
Williston Fitness & Sports 14509 Minnetonka Drive Minnetonka 952-939-8370	Tue	5:30-7:00PM	All	\$5.00	Duane Ryman	612-865-9517

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 \$5 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.**



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, rthompson123@gmail.com.

FL, Bonita Beach 2BR 2BA, pool, tennis Dec 05 - Jan 06, \$5250/mo. 952-933-3434.

Wanted: Prince racquet—Stealth or Hornet, Mid-plus. David 952-831-7303

2BR/2BA Condo Dec/Jan at Sun City Grand, Phoenix, AZ area. Randy Kraker 1-623-910-3279

Chicago studio condo for rent. 2 blocks off Michigan Ave on lake. Gold Coast area. 612-817-2233.

Sub needed Wednesdays 9-10:30 Jan 11 - Mar 29. Reed/Sweatt. Please call Bernice 651-486-2900.

2BR 2BA time share, May 13-20 Galveston, TX 1st floor, on Gulf, rent \$500, buy for \$850. 651 578-1345

Resolution solution: Health promises you can keep

Three simple steps to a healthier you from UCare Minnesota

Here come those New Year's health resolutions again—you promise to eat better, exercise more, schedule a checkup. But surveys show that one-fourth of all New Year's resolutions are broken by the second week of January.

This year can be different. The key is to take simple, positive steps to better health. Here are three easy-to-keep resolutions from UCare Minnesota:

1. Eat at least five servings of fruits and vegetables a day. These foods provide the nutrients and fiber your body needs, and eating more of them may prevent you from filling up on less-healthy foods. "Keeping this resolution also can reduce your risk of heart disease and breast cancer and help you achieve a healthy body weight," says Barry Baines, M.D., UCare's Chief Medical Officer.
2. Set realistic goals for exercise. Instead of making impossible fitness promises, begin to increase your

activity level in small ways. Enjoy a walk at lunch, take the stairs instead of the elevator, or go for a bike ride with friends or family.

3. Be proactive. Ask your doctor about screening schedules tailored to your health history. Your doctor also can tell you which self-exams would be appropriate for you—and how to perform them.

UCare Minnesota is an independent, nonprofit health maintenance organization (HMO) serving 140,000 members. UCare offers two health plans for seniors: UCare for Seniors, a Medicare Advantage product for Medicare beneficiaries, and Minnesota Senior Health Options for seniors eligible for Medical Assistance with or without Medicare.

For more information, visit www.ucareforseniors.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).

Recent changes to fall/winter schedule

Location	Day	Time	Cts	Skill	Captains	Phone
Flagship Athletic Club	Fri	7:00-9:00 AM	1	3.0-3.5 M	Frank D'Ascenzo	952-922-0546
		7:00-9:00 AM	2	3.0-3.5 M/W	Dean Sausele	952-828-9506
		7:00-9:00 AM	2	3.0-3.5 M/W	Charlie Robbins	952-934-0209
Reed-Sweatt Family Tennis Ctr	Tue	9:00-11:00 AM	3	3.0-3.5 M/W	Herb Bacal	952-945-3104
					Roy Rincon	612-724-4623

In Memory...



Andrine Wunsch of Bloomington. Born April 2, 1919 in Isle, MN. Graduated from Central H. S. in 1936 and the University of Minnesota in 1940 (Home Economics). Worked for Northwestern National Life where she met and married her husband Ken. She also worked at Swift & Co. and General Mills. She passed away November 12, 2005 with her family by her side. Andrine was a lifetime member of Senior Tennis, joining in 1983. She sent in her 2006 re-



newal shortly before her death, and wrote this note: "Thanks for lots of wonderful memories."

Ed White 78, died on December 14 of pancreatic cancer. Ed joined Senior Tennis in 1993 and renewed his membership for 2006. He was a charter member of Apple Valley Rotary & Chamber of Commerce, President of Minnesota-Dakotas Retail Hardware Assn., & treasurer of Olympia Investment Club. He was a Boy Scout, hunted & fished with his parents & grandparents, loved cats & dogs, swing-era music, playing tennis & golf. Ed is survived by his wife, Carolyn Comaford White (STPC member since 1994), son Douglas, daughter Sharon, & other dear friends and relatives.



(Tennis doubles—Continued from page 1)

7. At a social tennis gathering you, a 4.0 player, are paired with a 4.0 partner playing against two 3.0 players. It is obvious very early in the match that you can win 6-0, 6-0. What do you do?

- a. Win the match quickly so that you and your partner can move on to the next match.
- b. Suggest that you change partners so that each team has a 4.0 and a 3.0.
- c. Goof around with silly shots to make the match interesting.
- d. Hit no winners, but keep the ball in play.

8. Player A hits a short lob while his partner, player B, is at the net. What does player A do after hitting the lob?

- a. He moves toward the center of the court and gets in the ready position.
- b. He runs toward the net with his racquet in front of him.
- c. He yells “short”.
- d. a and c.

9. You and your partner like to play at the net, but your opponents are hitting ground strokes at your feet which you either hit into the net or up high which allows them to pass you. What do you do?

- a. Move back closer to the service line.
- b. Move closer to the net.
- c. Go back to the base line.
- d. Try hitting drop shots.

10. Player A, at the net, steps over the center line to poach a return. What are the next moves by player A and his partner player B?

- a. A moves back to his side of the court and B stays on his.
- b. A stays where he is after poaching the ball and B moves to the other side of the court.
- c. A stays where he is after poaching the ball and B crosses behind A and moves toward the net.
- d. A stays where he is and B moves toward the center of the court in anticipation of the lob.

Answers to the doubles questions:

6. (c) is the correct answer. In doubles you should imagine that you and your partner are attached together with a 10 foot chain. Every move by one partner requires a corresponding move by the other. Let me point out that most senior doubles teams cannot cover

more than about two thirds of the court. That means that you have to give up about one third. The key to winning is to always give up the one third that is most difficult for your opponents to hit which is usually the angled cross court. Never, never, never let your opponents hit the ball between you. That is the reason for the ten foot cord.

7. I strongly prefer (d). This was how Arthur Ashe played when he played with his wife as his partner against inferior players. I would consider (a) and (c) to be quite insulting if I was the 3.0 player. In tennis it is usually obvious who is the better player. There is no need to rub it in. (b) would be a good alternative to (d) if the 3.0 players would accept the suggestion. Some might not. Most tennis players like to play with players better than they are, but only if the better player is a good sport. Arthur Ashe is a good example of a good sport.

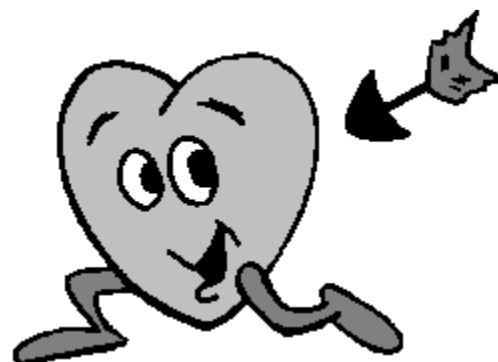
8. My preference is for (d). If you hit a short lob it is likely that your opponents will respond with an overhead. Your partner, at the net, is very vulnerable. To yell “short” in that situation is to warn your partner to get out of the way or at least be prepared to receive the overhead. The statistics show that most overheads are hit down the middle of the court so moving to the center gives you a chance of returning the shot. One word of caution: Keep the yell to your partner down to one or two words. Any more can be considered a hinder by your opponents.

9. My preference is for (b). The closer to the net, the lower the chances that your opponents can hit at your feet. Drop shots will work when your opponents are deep, but you must be very good to pull it off. Seldom do players have that much touch.

10. This situation is very common on the doubles court. Very often it results in an “I” formation with one partner near the net and the other near the baseline on the same half of the court. Opponents can hit a winner to the empty half. (c) is the preferred answer, but if player B is very slow footed then (b) is better than the alternatives.

Comment: Unless you know your opponents lob often, do not try to anticipate lobs. If you and your partner are slow footed, stay farther from the net so that if a lob is hit you can get to it. Don’t start backing up because you expect a lob. This will leave you vulnerable to a reasonably well-hit ground stroke, which is a more likely shot. In my 40 years of playing tennis, I have never played against or with a really good lobber. Three reasonably good lobs in a row is the maximum I have ever seen. After three the lob is usually short or long.

Fort Snelling Valentine Tennis Party



Sunday, February 12, 2006
4:00-7:00 pm
Fort Snelling Tennis and Learning Center

Open to Singles and Couples. Mixed Doubles. Rotating Partners.
Only the first 56 players to enter will play!!

----- Please detach and mail in this registration form. -----

Name _____ Phone (____) _____

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

Name _____ Phone (____) _____

Rating _____

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

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

Signature _____ Date _____

Signature _____ Date _____

Send check for \$12 per person payable to STPC before February 6 to:

Terry Diebold
3539 Holmes Ave. S.
Minneapolis, MN. 55408
612-823-7253

Senior Tennis Times
P.O. Box 5525
Hopkins, MN 55343

Jan-Feb 2006

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We don't want any hassles on the road ahead.
We're with UCare.

Some health plans require a lot of paperwork. Seniors like us have better things to do. UCare understands this. With *UCare for Seniors*™, we don't get stuck with piles of paperwork. They do most of it for us. Even better, we get the coverage we need at a price we can afford.

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



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