



# Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc.

March  
2006

## Captains! Report changes

Next month we'll be publishing the preliminary summer schedule. We want this to be as accurate as possible, so we need you to report any changes you are aware of, including change in captain. Who to call:

Minneapolis area: Paul Steen 952-835-9818

St. Paul area: Thue Rasmussen 651-917-0075

## Tennis doubles—rules to live by

By Paul Stormo

- Hit down the middle.
- Keep the ball low.
- Get to the net.
- First serve in.
- Partners move together.
- Communicate.

If you asked 100 tennis instructors to provide the best rules for playing tennis doubles, I suspect all of them would have the above six listed. These rules were not developed by some brilliant tennis strategist. They were created because they work. They have evolved through the competition of thousands of doubles teams. If they work so well, shouldn't we accept them and build our doubles game around them?

But, they are not enough. In my answer to question 3 of the doubles quiz I wrote about the lines on the court and how they were useless as a guide to player's positions on the court. However, there are some lines that are very important that are not visible on any court. If you understand these invisible lines it will do more for your game than all of the other rules combined.

There is a concept in doubles called "Hit and Run". What it means is that you hit the ball and depending on where you have hit it, you run to the correct position. Now the question becomes: "What is the correct position?" The answer is found in the four diagrams shown below:

*(Tennis doubles—Continued on page 7)*

## Spring is in the air

By Darlene Moynagh

That means it's time to get together, get dressed up, join your fellow players, and start the tennis year off right at the **Captains Luncheon and Annual Meeting**. We're holding it earlier this year—April 29. You'll enjoy Town and Country's great food, ambiance and entertainment. The sign-up is in this Times, so fill it out and join us for some fun, food and prizes.

Of course, one of the important features of the event is to honor our captains for their good work and see who is to be honored as this year's Dow Trophy award recipient. The other important features are the prizes donated by the tennis clubs, shops and your club. Your new officers will preside and you can say farewell to the outgoing officers. As you may know the club subsidizes this event and it is one of the best deals in town. See you there.

Just a few days later the **Dow Tournament** begins. See the full-page story and sign-up in this Times. There's a place for everyone, from 2.5 to 4.5 players.

## Roster coming soon

Your Membership Roster will be delivered shortly after you receive this newsletter. Look for it. Some of you elected to receive it in May instead. We'll also send it in May to late renewals and new members.

### Upcoming Events

April 29

#### Captains Luncheon and Annual Meeting

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

Details and signup page 13

May 1-4

#### Dow Tournament

Details and signup page 11

June 6

#### Bolger Clinic

Sign-up available on website

### Senior Tennis Players Club, Inc.

A nonprofit corporation, P.O. Box 5525

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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

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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. 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](mailto:currentmembers@seniortennismn.com)

Membership total: 1316

March 2006, Volume 19, Number 2

## Senior Tennis needs you!

### (to be our new treasurer)

Roger Junker completes three years as our treasurer this month. 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](mailto:Jack@BalogaEnterprises.com).



## Next year: evening and weekend play?

The board at their last meeting discussed the possibility of arranging evening and weekend hours for those who are still working. If the evenings or weekends would work better for you, call Paul Steen (952-835-9818) or Thue Rasmussen (651-917-0075) to indicate the hours and locations you may be interested in. We don't know if this is possible, but if the need is there, perhaps something can be negotiated over the summer.

*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.

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## Percy's tennis rhythms



2006 greetings to all club members! I wish you all the **best** of everything. Something very important to me? The **Jack Dow 2006 Tournament**, that (to my knowledge), as yet does not have a **sponsor**.

**Paul Hiller** is our latest student to complete 12 lessons. Congrats to you Paul, **but** we do invite you to remain in our program for a year or two longer, before we can send you on the 35's and over tour☺☺☺. You received a can of new balls and a certificate for twelve lessons achieved successfully.

Saturday January 7th, 2006, USPTA's Winter Party was held at Woodhill Country Club Barn. **Wow!** So great—meeting **giants** in the industry I've known for decades, **Jack Roach, John Mueller**. Gosh—through them many great memories “popped up” for yours truly. Thanks, Jack and John. The food was **awesome!** Everything you wanted was there. I've never seen so many **steaks** (tender) prepared at one time. Needless to say, Our USPTA President, **Michael Stenquist**, and his staff did a **super** job of keeping everyone happy that evening. We were entertained by three young musicians who were **brilliant!** The young bassist was related to Mike Stenquist. I could have listened all night (and learned) from them. They've put me on their web site, so maybe I can pick up new musical ideas from

them. Many awards were passed out - three awards going to our pros: **Roger Boyer** our mentor, as the **Northern Section Testing Pro**; our instructor **Duncan Welty**, as **Developmental Coach of the Year**; and **Percy Hughes**, the **Community Service Award**. It was a great evening for all. I'm very proud of being a member of USPTA for more than twenty years of service.

The **Captains' luncheon and annual meeting**, the **Jack Dow** tournament, plus other wonderful activities are coming up. They'll be posted elsewhere in this newsletter.

Speaking of music earlier, our editor, **David Sommer**, has requested that I post the concerts I will be performing this spring and summer. This I shall do, if you promise to **not** bring any ripe tomatoes with you.

Keep an eye out for televised tennis—checking the Pros out will help your game—watching their “body mechanics” rather than the ball from time to time is very helpful for you to form correct body moves—if your body can handle what you see.

Are you telling your instructor if you have a health problem? **Please** tell him or her.... It's the only way a big problem can be avoided. There's no shame in having an **owie**. It's important to your well being, hear. You can still have fun in the class—give me a call if not (612-866-1102). Mean time, **no foot faults**.

Perc

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## 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](mailto:pschramm5@cox.net).

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## Rules of tennis

**By David Sommer**

Want to be properly informed? Then **read** the rules! You can view it free by going to our website, click on Links, then on “Rules of Tennis”. You should also



click on “The Code: Players' Guide to Unofficial Matches,” which has important information for almost all the matches we play (unofficial).

It's also a good idea to have a copy in your tennis bag. You can get it at the USTA/Northern Section office in the 98th street dome, Bloomington. Sometimes they're out, so call 952-887-5001.

Michael Lynne's Tennis Shop in Miracle Mile, Golden Valley 952-926-1520 also carries it. I've also found it at some bookstores.

## ●● 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 Center</b> 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	\$7.00	Roger Boyer	612-825-6844
	Thu	8:30-10:00AM	All	\$5.00	Percy Hughes	612-866-1102
					Paul Stormo	952-944-6286
<b>Fort Snelling Tennis and Learning Ctr.</b> 100 Federal Drive, Minneapolis	Wed	11:00 AM - 12:30 PM	All	\$5.00	Tom Bauman	651-738-6726
<b>Williston Fitness &amp; Sports</b> 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
<b>Reed-Sweatt Family Tennis Center*</b> 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.**

## Super-senior Women's USTA 4.0 National Tour

**By Jo Rolling**

The first-ever national tennis tournament for super-senior women was held in Palm Springs, CA, during this past October. I am proud to say I was a member of the 4.0 team representing Minnesota. We traveled there with only six players and came home with "bragging rights".

From a field of 15 teams throughout the U.S., our team placed seventh. Our overall record was 2 wins and 2 losses. And, may I add that both losses were in tie-breaks. We defeated Southern California and Ohio and lost to Texas and Pennsylvania. The team from Northern California went on to win with Texas coming in as runners-up. The other members of our team were

captain Kay Huston, Joan Coverdale, Rosemary Grahams, Sue Hanson and Barb Eilefson

The weather was gorgeous, the participants couldn't have been nicer and a great time was had by all! I hope to get the chance to go again! I wonder if they'll ever come up with a Super-Super-Senior division?

## Legal serving positions

**By David Sommer**

I've noticed some players serving from illegal positions. Here's what Rule 16 says: "Immediately before starting the service motion, the server shall stand at rest with both feet behind (i.e. further from the net than) the baseline and within the imaginary extensions of the centre mark and the sideline." This means neither foot may be outside the sideline, even a little bit!

## *In Memory...*



### **Elaine Dennett**

Elaine died on January 27, 2006 after a brave battle with cancer, her son Robbie at her side. She was a member of Senior Tennis since 1998. Those of us who were teammates of Elaine's in Team Tennis remember her as a strong player, good sport, fun to be with, and elegant on and off the court. For more than 30 years, Elaine volunteered in a number of capacities at the Minneapolis Institute of Arts. She was particularly passionate about the Asian Art Department and, most recently, became an Art Adventure docent for the Institute's children's program. A special thanks to all of her tennis friends for providing her a better quality of life through their friendship.



On January 25, 2007 the Asian Arts Council will sponsor a lecture in Elaine's honor. Look for details in next December's newsletter.

### **Kent Dickerman**

Kent was a member of Senior Tennis since 1990. He served on the Board 1995-1997.

Kent was born in St. Paul and grew up in Wisconsin Rapids, Wis. Most recently he worked to revive a neglected strip park on University Avenue in St. Paul, Dickerman Park. It was left by his grandfather to the city. In December, landscape architects Coen and Partners unveiled plans to transform the land into a \$5 million "strolling park" with public art, outdoor cafes and tree-lined walkways.

Kent is survived by his wife of 47 years, Ariel (a Senior Tennis member), and sisters Sally Brew, of Los Altos, Calif., and Betsy Darrah, of Seattle.

### **Velma Hooker**

Velma died December 19. She was a lifetime member since 1987. She was born near Metropolis, IL; taught home economics in several Illinois high schools. She moved to Minnesota in 1958 and taught in the St. Paul schools for many years. Survived by a son Donald Hooker and by two grandchildren.

### **Charles Weber**

Charles Weber died January 29. He was a member of Senior Tennis since 1987. He taught industrial arts at the secondary level for 25 years, and was honored as the Graphics Arts Teacher of the Year in Minnesota in 1977 and the Industrial Arts Teacher of the Year for Robbinsdale in 1979. He was active in his church, the Knights of Columbus, and Toastmasters. Survivors include his wife Mary, three sons, and many nieces and nephews.

## **Girl's Tournament Days = Women's Fun Day**

**By Shirley Pratt**

This women's group was a little stressed when told they couldn't play tennis on Wednesday, October 26th, because the High School Girls had a tournament on their favorite courts at Reed-Sweatt. However, the stress didn't last long when Aida Taniguchi stepped forward and said "It's my birthday and I'd like to cook a Japanese meal for all of the team." What a fun way for us to say "Happy Birthday!" The group met at Aida's house and had a lovely noon dinner. Pictured at the table, left to right are, back row, Rita Welch, co-captain; Carolyn Eklin; Aida Taniguchi, birthday girl; Shirley Pratt, captain; and Susan Willis. Front row,



Mary Fabry, flanked by the roses, and Ann Thompson. In front of the group on the table are the two special cookers filled with a delicious meal.

*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.*

### Short lob—what to do?

*Editor's note: in the January newsletter, there was this question in Paul Stormo's doubles article:*

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? (Part of Paul's answer was that player A should "yell 'short'.")

**Ron Liddiard**, rules maven, sends this observation:

Look at page 55, rule 33 in the Friend of the Court, 2005 edition. This is in the code of tennis. It covers talking during the return of the ball and states that if your shout is loud enough, your opponent can call hindrance and claim the point. This has to be done before missing the hit.

**Editor's note:** from The Code, rule 33:

Consider the situation where a player hits a weak lob and loudly yells at his or her partner to get back. If the shout is loud enough to distract an opponent, then the opponent may claim the point based on a deliberate hindrance. If the opponent chooses to hit the lob and misses it, the opponent loses the point because the opponent did not make a timely claim of hindrance.

**Paul Stormo** replies:

I totally agree with what Ron has to say about the rule. My personal opinion is, to h\*\*\* with the rule if my partner is in danger of getting hit. I was in a doubles match where this very thing happened and my partner got blasted between the eyes. He ended up with broken glasses, two shiners and a fairly deep cut on the bridge of his nose. I would rather warn my partner and be called for a hinder than see that happen again.

### Palm Island pleasures

Just a note to tell you that we really enjoyed the tennis at Palm Island. The accommodations are clean, modern and roomy, and the beach is first class. With Palm Island's excellent restaurant, it makes a great package.

—George Erickson

## Is your rating realistic?

**By David Sommer**

Some of us claim ratings that are just too high. Maybe we were once that good; maybe we never were. When you look at the self-rating guide, remember that you should be able to do what it describes **consistently**.



## 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](mailto:rthompson123@gmail.com).

**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.

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

**Rent Naples 2BR + Den, 2 BA.** Sleeps 5-6. Garage, Tennis, Golf, Pool. Call John 952.826.0838

**Want to purchase older fishing stuff.** Marsh Johnson 952-831-6593.

## Palm Island Minnesotans

**By David Sommer**

Six Minnesotans enjoyed great tennis and the extraordinary beauty of this Gulf Coast island. From left to right: David Sprague, George Erickson, Louise Halverson, David Sommer, Dave Hammond, and Michael Maffia (not shown).



Paul Stormo says he very seldom sees anyone in the free drills better than 2.0. And higher rankings are also often overstated.

To correct your rating, just call Ronnae Wagner 952-938-5785, or email me at [dsommer7@earthlink.net](mailto:dsommer7@earthlink.net).

*(Tennis doubles—Continued from page 1)*

You and your partner are numbers 1 and 2. “H” represents the point where your opponents will strike the ball. The cross hatched area is called the “give away area”. That is the one third of the court that you and your partner cannot cover. Between the two solid lines coming from “H” is the area that you and your partner can cover. The dashed line simply divides in half the covered area.

These four diagrams tell you where you need to go after you or your partner have hit the ball. In situation 1 your opponent is going to strike the ball from the deuce corner. By running to positions 1 and 2 you are in the best possible position to return the ball. Why is this so? Because your opponent has three options; hit down the middle, hit down the line and hit cross court. The most difficult of these three shots is the cross court shot which you give away. If your opponent is good enough to hit that shot you should congratulate him or her.

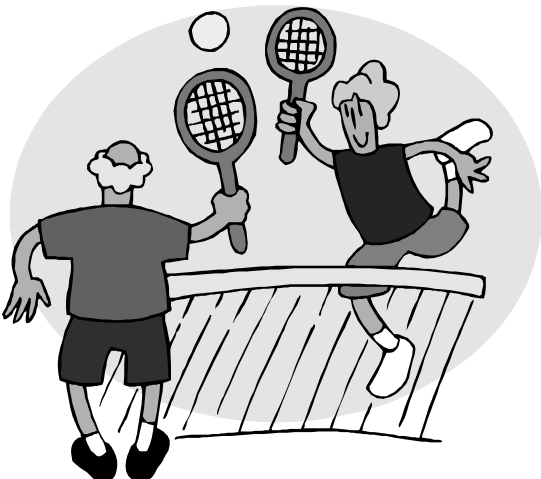
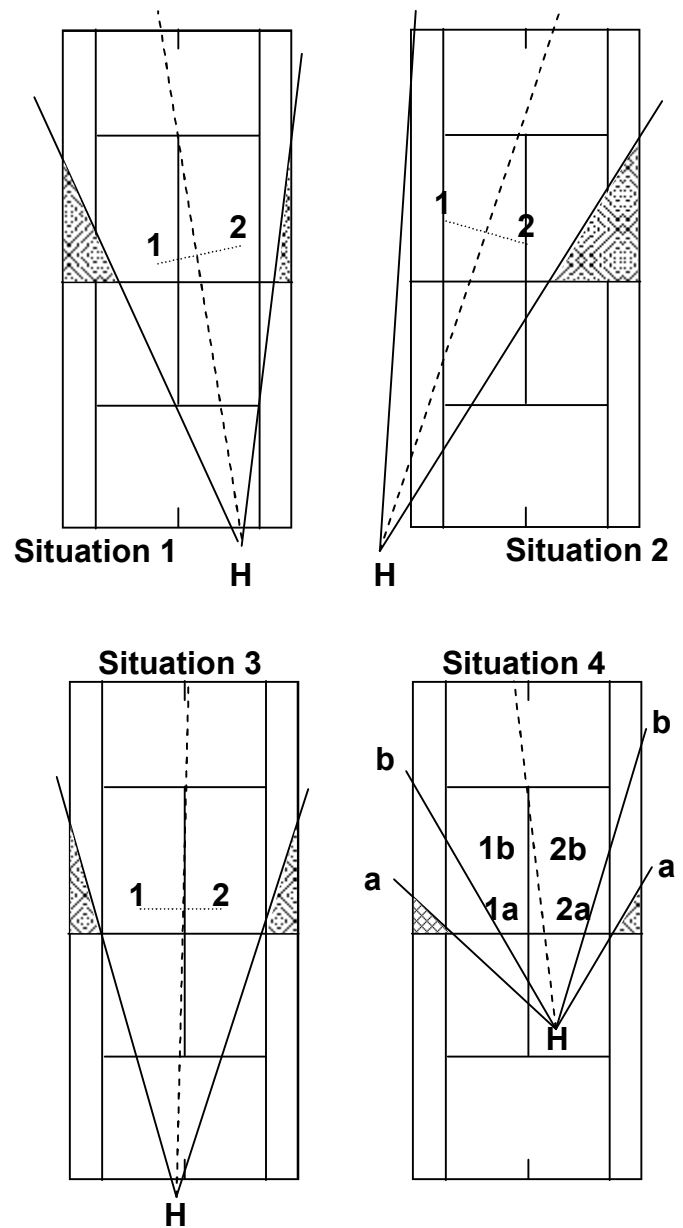
Understanding this angle of shot making will always tell you where you should run. Note the position of player 2 in situation 2. Would you ever expect that you and your partner would both be on the same half of the court? Player 2 is actually across the center line. Does that make any difference? No, because player 2 is in the correct position relative to where your opponents will strike the ball.

Situation 3 is what we usually consider to be the correct position for a doubles team at the net. Please recognize that this is correct only when the ball will be hit (H) from the very center of the court.

Situation 4 simply shows that the closer you and your partner are to the net, the greater your coverage area.

I hope this explanation makes sense. If not, drop me an e-mail at [pjstormo@aol.com](mailto:pjstormo@aol.com). I will be glad to discuss this with you. By the way, I have ignored the

impact of the lob which is totally outside this discussion of angles. The lob adds a third dimension to the game. No pun intended.



# Palm Island rules

By David Sommer

Here's some rules issues from this subtropical paradise. (Actually, same rules apply world-wide!)

1. Opponent hits a ball that is clearly long. My partner catches it back of the baseline before it bounces. Who's point?
2. My partner falls down while trying to reach a lob. Opponent calls "hold it." I am able to return the ball for an apparent winner, with opponents making no effort to return. Is it a let or a win for my side?
3. Short lob, which I smash, barely missing opponent who is standing near the service line, the ball passing chest high. I win the point, but what if the ball had struck opponent?

## Answers

1. It's the opponents' point! Don't catch the ball on the fly regardless of how "out" you think it is. Here's the relevant rule:

### 11. BALL IN PLAY (OLD 17)

Unless a fault or a let is called, the ball is in play from the moment the server hits the ball, and remains in play until the point is decided.

USTA Comment 11.1: Is a point decided when a good shot has clearly passed a player, or when an apparently bad shot passes over the baseline or sideline? No. A ball is in play until it bounces twice or lands outside the court, hits a permanent fixture, or hits a player.

2. It's a win for my side. A player falling down is not a cause for stopping play. While I cannot prove this by a specific rules citation, a player falling down is **not** among the reasons given for a let to be called.

3. If my ball hits an opponent, I win the point. Rule:

### 24. PLAYER LOSES POINT (OLD 18, 19, 20 & 40)

The point is lost if: ...

**h.** The ball in play touches the player or anything that the player is wearing or carrying, except the racket.

As a matter of good sportsmanship, however, I try to avoid hitting an opponent, except below the knees. Tennis pro Tim Burke would yell at me "into his socks!" meaning that it is good tactics to hit the ball low to an opponent.



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## Tennis glasses

By David Sommer

I use athletic glasses when playing. Yes, they really look geeky—fat plastic rims and that elastic band! Why do I wear them?



1. Protection—unlike regular glasses, I could be hit fairly hard and suffer nothing more than a little bruise. Eyes are precious!
2. See the ball better: they are monofocal (not bifocal), and they have brown-tone transition lenses. (Transition means they get darker in sunlight. Brown tone rather than gray helps to see the ball better.)
3. Economy—cost about half what my regular glasses cost.

True story: I was playing in a Reed-Sweatt singles league. I bounced a ball to opponent after a point. Hit it to him quite gently. But he was looking down at another ball and didn't see it coming. Ball hit him in face. No damage to him, but his \$300 glasses fell to the ground and were ruined.



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# Health care directives: Plan for your future care

## Important information from UCare Minnesota

We all make plans. We plan shopping trips, vacations, and special events. But despite all our planning, we may forget to prepare for the time when we face a life-limiting or advanced illness, or are unable to speak for ourselves. “You may have feelings about the kind of health care you will receive at the end of your life,” says Barry Baines, M.D., UCare’s Chief Medical Officer. “To make sure your wishes are honored, it’s important to prepare and sign a health care directive.”

A health care directive is a legal document that clearly defines your wishes for your future medical care if you are seriously ill or unable to speak for yourself. It allows you to document your wishes about specific treatments such as:

- Cardiopulmonary resuscitation (CPR).
- Mechanical breathing machines.
- Intravenous feeding tubes.
- Antibiotics.
- Pain medication and other comfort-focused

treatments.

You may indicate the level of care you wish to receive, and you may add personal instructions if you wish to receive or refuse any treatments that are not listed in the document. You may also state that you wish to spend the rest of your days at home or that you do not wish to be placed in a nursing home. And you may appoint a close family member or friend who will make choices about your care if you cannot or if your written wishes are unclear.

For a suggested health care directive form, visit the Minnesota Board on Aging at <http://www.mnaging.org/seniors/assistance/directive.html> or call 1-800-333-2433 toll free (Minnesota Relay Service 1-877-627-3848).

*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](http://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).*

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## Owies drills—what?

**By Frank Sorauf**

For some time now I’ve noticed the “owie” session listed for Wednesday morning at 9:30 at Reed Sweatt Family Tennis Center, without knowing what an “owie” is. A lob too long, perhaps? An errant backhand? As I discovered recently it is Percy Hughes’s favorite expression of pain—a dignified “ouch,” I suppose. You can also think of it as an hour of rehab tennis strokes and court movement for the senior player who has been away from the courts for a while and doesn’t yet feel ready for regular doubles. It’s led by Inner City Tennis Executive Director Roger Boyer, assisted by tennis professional Dilcia Pederson.

My own case is an illustration. In mid-October I strained an already osteoarthritic right knee playing fairly fast doubles. The swelling and pain kept me off the courts for five or six weeks. Helped by a cortisone shot, I walked and exercised a good deal to build up the muscles in the right knee and thigh. A few weeks later I was ready to venture back to tennis, but I lacked confidence in the knee, and after weeks of inactivity I wasn’t in shape for a return to my regular doubles

group.

So, I attended two Wednesday “owie” sessions, working on strokes, court movement, and general stamina. Although I wasn’t the only participant, I could work at my own pace. I took a few minutes “off” several times at first to catch my breath—no problem with that. Moreover, the pro in charge was willing to address my own special problem with lots of shots to my right to test my ability to pivot on the right knee. All in all, it was for me the ideal transition back to “regular” tennis.

That’s why I’ve put this article together. Senior tennis players have a very valuable but underused resource available that they may not know about. The sessions seem to me an excellent way to ease back to regular tennis, whether one is returning from illness or injury, joint replacement, long and/or inactive travels, other burdensome responsibilities, or whatever else might account for the time away from tennis.

The owie sessions run from 9:30 to 10:30 every Wednesday at Reed-Sweatt. The cost is \$7.00 for the hour, and each session is led by one of the pros on the staff. No reservations are necessary. Just show up and register (and pay) a few minutes before 9:30.

# Group

## & Voluntary Benefits Program through AAA

Now there is a unique way you can save on AAA Membership and Insurance and also have access to additional benefits through AAA Group and Voluntary Benefits Program.



Group Services

### Group discounted offerings include:

#### Auto Insurance

- Significant savings on a wide selection of coverages to meet your needs and budget.
- Convenient, automatic premium deductions for easy budgeting.
- Group-rated insurance with additional discounts for:
  - safety and security device usage
  - multi-vehicle coverage
  - multi products AAA

#### AAA Membership

- Discounted dues for you and your Associate Members. (spouse and children\*)
- Full service travel agency.
- *Show Your Card & Save*® nationwide discounts which can save you up to 20% on eyeglasses, apparel, entertainment, restaurants, auto repair and more.
- 24-hour roadside assistance.
- Free TripTik® Routings, TourBook® Guides and Maps.

#### Home Insurance

- A wide selection of policies to meet your needs and budget.
- Group-rated insurance with additional discounts for:
  - security device usage
  - newer homes
  - homeowners age 50 and up
  - multi products with AAA
- Convenient, automatic premium deductions or optional annual mortgage escrow billing.

To find out more about how you can start saving...

### New program from AAA for STPC members

**As a Senior Tennis member, you can save on AAA membership, services, and insurance. We'll have more information next month, but if you want to get started now, contact Mark McGraw at AAA: (952) 707-4922 or [mark.mcgraw@mn-ia.aaa.com](mailto:mark.mcgraw@mn-ia.aaa.com).**

**We'll have a link on our STPC website soon to a AAA website with more information. Go to [www.seniortennismn.com](http://www.seniortennismn.com) and click on Links.**

In Michigan, auto and home insurance underwritten by Auto Club Insurance Association family of companies; in Illinois, Indiana and Iowa, by MemberSelect Insurance Company; in Minnesota and Wisconsin by Auto Club Insurance Association. In Nebraska and North Dakota, auto insurance underwritten by Motor Club Insurance Association; home insurance by non-affiliated companies. Applicants are individually underwritten and some individuals may not qualify. A group discount is applied to the qualifying group member's rate. Specific features, credit and discounts may vary and may not be available in all states.

\* Subject to eligibility requirements.

# Senior Tennis Players Club, Inc.

## Jack Dow Annual Senior Tennis Tournament

### May 1-4, 2006, 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 8-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. If in 2 events, one must be Mixed Doubles.
- A first place winner in an event in 2005 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 2005 need not be rated again in 2006. **Rating questions**—call Percy Hughes at 612-866-1102.
- **Rating Sessions at Reed-Sweatt:** Mondays 1:30-3:30: March 6, 13, 20, 27 and April 3, 10, 17; Thursdays 8:30-10:30: March 9, 16, 23, 30 and April 6, 13.

- **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, Paul Stormo 952-944-6286, or Ronnae Wagner 952-938-5785.

### ----- IMPORTANT! Keep upper part; send only Application! -----

### Application

Two players may use this form. Entries close April 17, 2006. 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\_\_\_\_\_

# Sweethearts and honeys

By Joanne Schwartz

56 “sweethearts and honeys” celebrated our heart-filled event at Fort Snelling Tennis and Learning Center on Sunday, February 12 from 4-8 pm.

We want to give a big thank you to the co-chairs Terry Diebold and Dorothy Rossing along with their committee members Jean Murdock, Chuck Hall, Roz Bernstein, Philippe Atson-Tsevi, Chris Reese and Mary Fabry. They all did a great job organizing this event!

Terry Diebold has been involved with organizing previous parties for our club and is a new board member starting in April. Welcome aboard, Terry! And a job well done.

Dorothy Rossing did a wonderful job with the food and decorating. It really looked festive and we had tasty sloppy Joes. A good friend of Dorothy’s, Philippe Atson-Tsevi, who is a French cook, donated his time to assist Dorothy in the kitchen. Thank you, Philippe!

Chuck Hall made a big effort to get us wonderful door prizes: racquet stringing, ball pressurizer, tennis bags,

free lessons and restaurant gift certificates. Donations were from Reed-Sweatt Family Tennis Center, Michael Lynn’s Tennis store, Twin City Tennis store, and Chili’s Restaurant. A grateful thank you to all these businesses.

What would we do without Jean Murdock, who assisted Terry Diebold in organizing the tennis for the party? She is a past president and board member and continues to be involved in so many of our club activities. Jean, you’re such a pillar to this organization!

And also what would we do without Roz Bernstein, who has been so available and ready to assist with the food organization for many of our parties? Roz, you’ve been a great support to the club!

Mary Fabry and Chris Reese assisted in the kitchen to help make this a fun-filled event. Thank you Mary and Chris!

Hope to see you all at our next fun event—our annual meeting and luncheon on Saturday April 29 at the Town and Country Club in St. Paul. See the ad on opposite page for details.

Peace and stay warm.



## Our Valentines

Upper left: Roz Bernstein, Philippe Atson-Tsevi, and Dorothy Rossing.

Upper right: Terry Diebold.

Lower left: Paul Steen and Jean Murdock.

# STPC Annual Meeting

All Members Welcome

Includes Captain's Recognition Luncheon and

Jack Dow Trophy Award

**Door Prizes! Entertainment!**

Saturday, April 29, 2006, 11:00am-3:00pm

Town & Country Club

300 Mississippi River Boulevard

St. Paul, Minnesota



## Schedule of Events

11:00 am Social Hour

12:00 pm Luncheon

1:15 pm Annual Meeting, Introduction of new Board members, and Jack Dow Trophy award.

Entertainment to follow

## Luncheon Menu

*Boneless Capon Breast stuffed with Apple & Almond Dressing*

*Fresh Seasonal Vegetables*

*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 Otis Ave, then left into parking.

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 Otis Ave, then left into parking.

**Send reservation form by Monday April 24 with check for \$15 payable to STPC to:**

Jo Rolling, 6580 Upper 23rd St N, Oakdale, MN 55128. 651-777-3773

Reservation cancellations accepted up to 24 hours prior to event.

**Captains:** you will receive a mailed invitation—do not use this reservation form!

**STPC Luncheon Reservation form for NON-Captains only**  
**April 29, 2006, 11:00 am - 3:00 pm. Cost: \$15.00 per person**

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

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

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

# The puzzle maker strikes again!

Know your stars. Answers in next Tennis Times

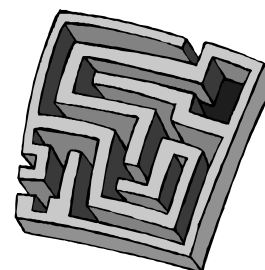
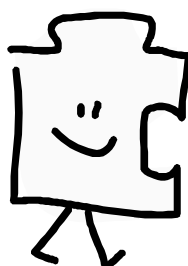
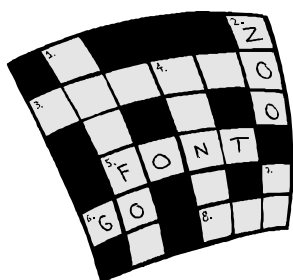
By Florence Halverson

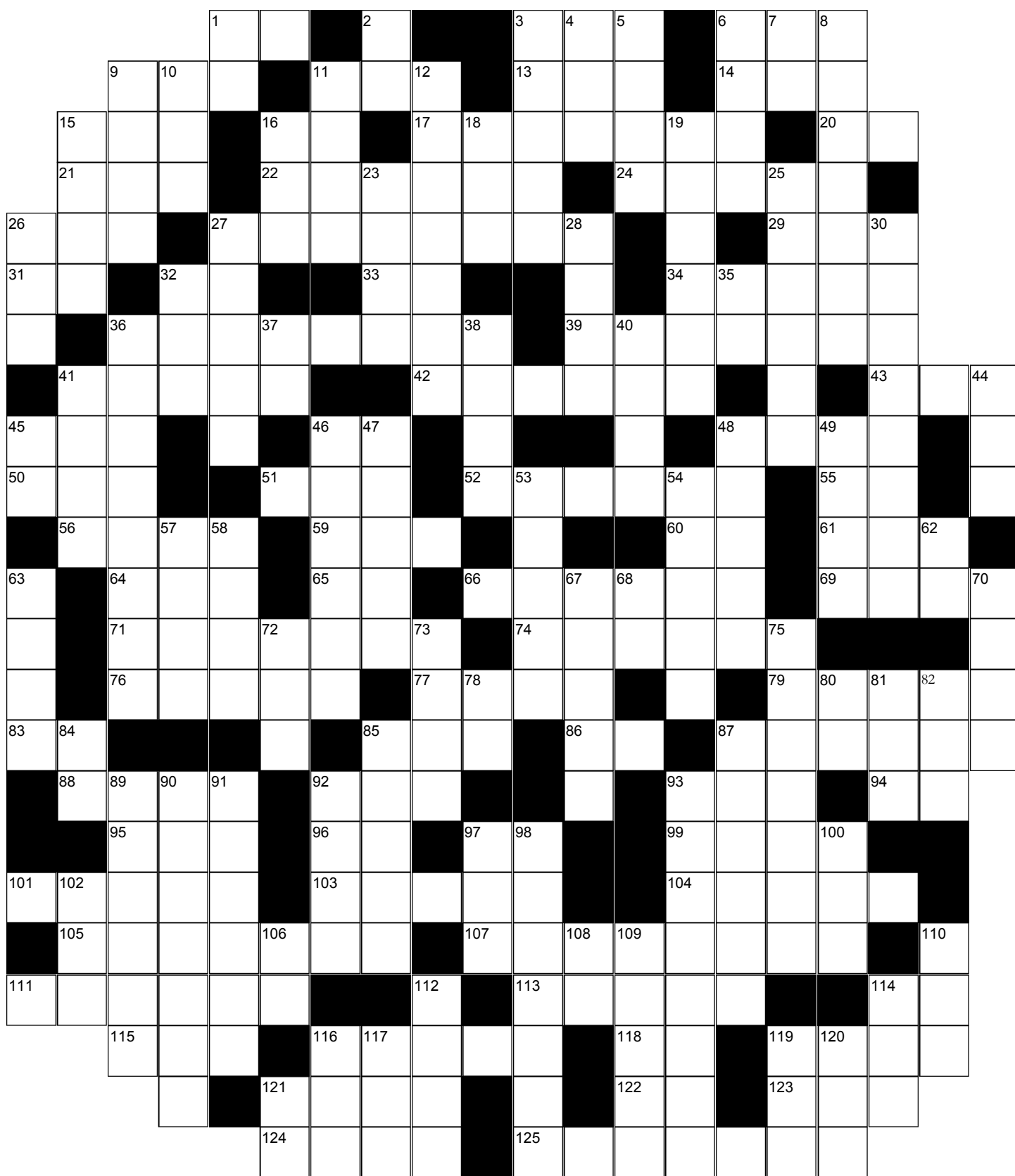
## ACROSS

- 1 Pike's Peak state  
3 1200  
6 Joke  
9 Tennis group for women  
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20 SG's husband  
21 Limb  
22 Mariano from Arg.  
24 Doubles brothers  
26 Summer shade  
27 Jennifer  
29 Sharapova's country  
31 State north of 37 down  
32 Nothing at all  
33 Med. Treatment  
34 Boot country  
36 Conchita  
39 Takeoff on Nobel prize  
41 Marat  
42 Seeders  
43 \_\_\_\_\_ deference  
45 Not me  
46 Football player  
48 Actress Turner  
50 Make a booboo  
51 Vowel sequence in liquefied fruit  
52 Andre's spouse  
55 Enclosed  
56 Not perm  
59 Last 3 letters of Starr's name  
60 Timetable heading  
61 Clijsters
- 64 Old French coin  
65 American soldier  
66 Dent  
69 Grub  
71 Anastasia  
74 Nadal  
76 Wet spot in desert  
77 Yannick  
79 Ivan  
83 Careless yes  
85 Altar words  
86 Too much  
87 At the back of  
88 Bjorn  
92 Some  
93 A bean  
94 Ma's partner  
95 Regret  
96 MD asst.  
97 @  
99 Tops in 40 years  
101 Sudden jerking  
103 Concise  
104 Big cats  
105 Knowledgeable group member  
107 Justine Henin  
111 Makes first serve  
113 Michael from China  
114 Exist  
115 Vowel sequence in reality  
116 Lock  
118 ST disease  
119 Sloping type  
121 Skin hole  
122 Roman two  
123 Tennis barrier  
124 Ferrero  
125 Andy

## DOWN

- 1 Western coast state  
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4 Corporations  
5 Place to play  
6 Zane  
7 Shucks!  
8 Tiny particle  
9 Songbird  
10 Clothing  
11 Warm lunch food  
12 Female commentator  
15 Slow surface  
16 Mineral spring  
18 Schiavone's country  
19 Locomotives  
23 Ireland  
25 Part of UA Republics  
26 Boxing decision  
27 Guillermo from Arg.  
28 Nastase  
30 Brand of light bulbs  
32 Bumpkin  
35 Part of infinitive  
36 Amelie  
37 State in Great Smokies  
38 Nukes  
40 Agassi's wife  
41 Classification  
44 Federer's country  
45 Biblical pronoun for second person plural  
46 Martina  
47 Menachem of Israel  
48 French book  
49 Shoe brand  
53 Crown  
54 Drift  
57 Carlos
- 58 Feline  
62 Peak  
63 Pierce  
67 Rival of Google  
68 Far out place  
70 No longer for sale  
72 Hewitt's ex-fiancée  
73 Roddick  
75 Hewitt  
78 Nothing at all  
80 Exclamation  
81 Dog bite  
82 Biol. abbr.  
84 Beginning alphabet  
85 Gallwey's book on \_\_\_\_\_ Tennis  
87 Mfr. of aircraft  
89 Can't compare with apple  
90 Country with 4 women in top 10  
91 Constellation or Latin twins  
92 Comic Johnson  
93 Excellent  
97 Remains of campfire  
98 Instructor  
100 Compass direction  
102 Easy comparison  
106 Musical return sign  
108 Not southpaw  
109 Nalbandian  
110 Clijsters country  
112 British gun  
114 Stick used on diamond  
116 Gehrig  
117 Beginning of 25 down  
119 Frequent word after 4 down  
120 Brand of toothbrush





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March 2006

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