

Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc.

April 2006

Comedian Susan Voss, door prizes!

Something new at our Annual Meeting: our entertainment will be Susan Voss, comedian. Susan has been entertaining audiences for eleven years. She's played at major clubs throughout the nation. She was born and raised in Minneapolis and now resides parttime in Las Vegas. Susan's comedy routine focuses on everyday life. She'll make you giggle at some of the little things that happen to all of us. You may think she's weird, you may think she's crazy, but we know you'll think she's funny! Prepare to walk in the shoes of Susan at our annual meeting/luncheon!

Here are just some of the door prizes you can win:

- Warm-up suit
- Free court time
- Massages
- Temporary free memberships to several clubs
- Gift certificates to Cub, Walgreens, Forest lewelers
- Haircuts at several salons
- Hair products
- Starbucks coffee

Be sure to sign up for this great event—see page 5.

Preliminary summer schedule page 15

Captains! Report changes

In this issue is 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

This is the end By Darlene Moynagh

It seems like just yesterday when I began my duties as the President. I have to say it has been a pleasure working with such a knowledgeable, fun-loving and willing-to-get-the-job-done board. Many thanks to them for making the job easy.

Last month in the Times was information about AAA and their auto programs. Recently David Sommer and I worked out a plan with AAA to have a link on our web site. Mark McGraw, a member, will be our representative for a group program that allows us discounts on memberships and home/auto insurance. Along with that they handle travel requests and possibly could plan a cruise to a tennis destination. If interested sign up at the Annual meeting for the purpose of seeing how much interest there might be. They plan to make a donation to our Dow Tournament. We hope that the opportunity will work out well for the club and AAA. Hopefully, Mark will be able to make the Annual meeting and he can sign you up or answer any questions you may have.

In closing, thanks for the privilege of being your President this past year. I am truly honored.

Upcoming Events

April 29

Captains Luncheon and Annual Meeting

Entertainment, door prizes, a great luncheon, and a time to see all your tennis friends.

Details and signup page 5

May 1-4

Dow Tournament

Details and signup page 7

June 6 Bolger Clinic

Details and signup page 9

June 7-8

InnerCity Senior Doubles Tournament

Details and signup page 11

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.

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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)
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 <u>currentmembers@seniortennismn.com</u>

Membership total: 1343 April 2006, Volume 19, Number 3



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, <u>rthompson123@gmail.com</u>.

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.

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



Well, senior players, are you: 1) being rated (if necessary); 2) getting a partner; 3) signing up for this year's **Jack Dow Tournament?** It starts Monday, May 1st, and ends Thursday, May 4th? **Please** read this month's newsletter—it has the necessary information you'll need. We're hoping this will be the big-

gest tournament (number of entrants) that we've ever had. Remember, if you need a partner, put that on your entry form, and we'll get you a partner. Gosh, **Chris Evert** is of age now—anyone want to contact her? ©

Speaking of **neat** partners, I had a nice talk with Jo (Ms Show Time) Rolling, about the possibility of another **Battle of the Sexes** series—an exhibition during the Dow Tournament—it's really been popular. Unfortunately Jo's players have decided to pass up this year's

tournament. This was a match well worth watching—we'll have to wait until 2007.

The **Owies** program is becoming busier and busier—meaning, (unfortunately) that more of our members are having injuries. **Roger Boyer's** program is very popular, and it is the most **sensible** way to come back from an injury or a surgery. This class is Wednesday mornings at 9:30 AM—check at the desk, or with **Dilcia Pederson**.

If you need Dow Tournament questions answered, please check your newsletter or new roster for telephone or email info. It seems a little strange, not being the Dow Tournament director—I've held that position since its very beginning. **Paul Stormo** agreed to take the position, and believe me, he is a **winner**. You'll see a lot of me there, as I'll have some helping chores to do. So, meantime, dear members:

No foot faults! Perc

Tip from a proBy Laurie Kozlak

Why come to the STPC tennis drills?

The answer to this question is simply to make tennis more *fun*! You meet other tennis players with whom you can play, you get a good workout; and you get to practice those shots that are frustrating you in matches.

Finding other players who are of both similar playing ability and competitiveness, makes the game much more enjoyable. The STPC has players from Beginners to Advanced and from "I just want to play for fun" social players to highly competitive "tournament" players.

The STPC instructors strive to keep the drills as active as possible so when you leave you feel like you have both "moved" and "hit a lot of tennis balls." Playing tennis well requires learning stroke technique, strategy, positioning and movement. A player becomes more adept in each of these areas through repetition and experience. The STPC lessons and drills provide these to members at a very low cost and are known as the "best value in town". So come on out to drills and try to improve your game—you might just have more "fun" the next time you play!

Editor's note: Besides Laurie Kozlak, Reed-Sweatt Family Tennis Center has three other excellent tennis pros: Abdul Idi, Doug Matuska, and Michael Stenquist. Reed-Sweatt offers a wide variety of lessons, including senior beginners drills on Monday and Thursday, an "Owies" drill on Wednesday, and intermediate seniors drills on Tuesday and Thursday. There are also many drills for all ages, skill levels from beginner to advanced.

Reed-Sweatt is also the home of InnerCity Tennis, a program for children, teaching tennis and character. Volunteers are always wanted.



Gilbert & Sullivan and tennis By Florence Halverson

William S. Gilbert and Sir Arthur Sullivan collaborated to write well-known operettas such as The Mikado, HMS Pinafore, and Pirates of Penzance. Gilbert loved to play tennis, so he rented an expensive house with a private court. He was a tall man with a long reach, and he had trouble keeping the ball inside the court. A lesser man would have tried to shorten his strokes, but not Gilbert. He had the court lengthened!

• • STPC lessons and drills—all levels • •

Some court locations are subject to change during the season. No reservations necessary.

Location		Time	Skill	Cost	Instructor	Phone
Reed-Sweatt Family Tennis	Mon	1:30-3:00PM	All	\$5.00	Laurie Kozlak	952-939-9758
Center 4005 Nicollet Ave S	IVIOIT	1.30-3.007101		φ5.00	Duncan Welty	952-933-8592
Minneapolis 612-825-6844	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
	IIIu			φ3.00	Paul Stormo	952-944-6286
Fort Snelling Tennis and Learning Ctr. 100 Federal Drive, Minneapolis		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.

● Private Club Drills Open to STPC Members ●●

Location	Day	Cost	Time	Phone
Reed-Sweatt Family Tennis Center*	Tue	\$7.00	9:00-10:00 AM	612-825-6844
4005 Nicollet Ave S, Minneapolis	Thu	Ψ1.00	0.00 10.00 7 441	Call for reservation.

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

How do they survive?

By David Sommer

I wondered how the women in the \$50,000 Pro Tournament could afford to play. Here's the winnings they get, depending on how far they get in the tournament. For example, a player who got to the singles semi-finals but lost there would receive \$2,185.

In addition, Lisa Mushett of the USTA Northern Section

(Survival—Continued on page 6)

	# Play-			# Play-		
Round	ers	Singles	Total	ers	Doubles	Total
Amateur	7	\$142.57	\$998.00			
Qual Rnd 32	16	95.00	1,520.00			
Qual Rnd 16	8	143.00	1,144.00			
Qual Rnd Finalist	3	285.00	855.00			
Lucky Loser	1	285.00	285.00			
First Round	16	475.00	7,600.00	16	\$142.50	\$2,280.00
Second Round	8	760.00	6,080.00	8	190.00	1,520.00
Quarter Final	4	1,235.00	4,940.00			
Semi Finals	2	2,185.00	4,370.00	4	380.00	1,520.00
Finalist	1	3,990.00	3,990.00	2	712.50	1,425.00
Winner	1	7,315.00	7,315.00	2	1,330.00	2,660.00
Total	67		39,097.00	32		9,405.00
Grand Total						48,502.00

^{*} 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.

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.

Comedian Susan Voss 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

<u>From 94 East</u>: 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. <u>From 94 West</u>: 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!

Name:	
Name:	
Phone:	

In Memory...



Genevieve Bolger

Genevieve Griffith Bolger, age 89, of Minneapolis, passed away on 3/13/06. Preceded in death by husband, John and son, Jack. Survived by children, Charles & Gail, Dik & Carmen, Andrea & Jerry Kohl; grandchildren, Isaac & Sophie, Christine & Bryan, Mariel, Elliot and Colin; sisters, Mary Dean, Ann & Jim Scoggin; brother, Leonard & Karen; nieces, nephews, many beloved cousins and friends. She was a member of Senior Tennis since 1983. For more on the life of this extraordinary woman, see page 19.

Mary McKinsey

Mary Earl McKinsey of Eden Prairie, died peacefully at Abbott—Northwestern Hospital on Friday, March 10, following a stroke the previous day. Beloved mom and best friend of



Anne, Hennepin County judge. She worked as a medical editor for several publications, including Postgraduate Medicine, Modern Medicine, Geriatrics, Neurology, and Ciba-Geigy Clinical Symposia. She was active in Senior Tennis (member since 1993) and AAUW and volunteered at Methodist Hospital and the U of M Landscape Arboretum. She enjoyed travel, music, art, words, malapropisms and good jokes.

Lorene Murdock

Lorene Murdock died February 21 at age 99. Survived by daughters, Nina Kempffer, Two Harbors, Carol Shields, Roseville, Shirley Reese, Starbuck and Jean Murdock, Minneapolis; 17 grandchildren, 32 great-grandchildren; 19 great-great-grandchildren. Daughter Jean Murdock is a past President of Senior Tennis, and Carol Shields is a former Board member. Both continue to be very active in our club. Our sympathies to Jean and Carol.

Louise M. Storie

Louise Storie, age 82, of Rogers passed away on March 9, 2006. Preceded in death by her husband, William. Survived by her children, Craig (Rosie), Jim (Wanda), Maxwell Jitney, Ken (Claudia), Tom (Janel), and Dr. Margaret Cory; 11 grandchildren; and 8 great-grandchildren; brother, Bob (Elaine) Hirsch; and sister, Pat Elwood. Louise was an energetic woman and enjoyed spending her time dancing, playing tennis, walking and traveling around the world. She joined STPC in 1986.

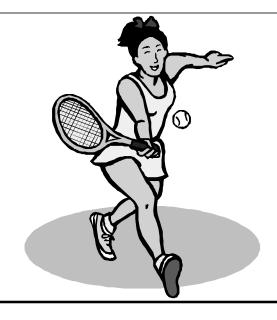
William Storie

William Storie, age 84, passed away on February 24, 2006. Survived by loving wife of 51 years, Louise; children, Craig (Rosie), Jim (Wanda), Maxwell Jitney, Ken (Claudia), Tom (Janel), and Dr. Margaret Cory; 11 grandchildren; and 8 great-grandchildren. William was a WWII Army Veteran. He enjoyed spending his time dancing, playing tennis, skiing, telling jokes and traveling around the world. He was a member of Senior Tennis since 1983, and a Board member in 1986 and in 1995. He was a captain for years and years and Williston facility coordinator for a long time.

(Survival—Continued from page 4)

explains: "Amateurs receive a daily stipend for expenses. They take all of the money the amateurs would have won and pool it together and come up with a daily rate that they award the amateurs. Therefore if you play three days, then you would receive that daily rate x 3.

"The players also have opportunities to earn more money by making appearances at the community events. They receive \$50/event if under two hours and \$70/event if over two hours. We are one of the few tournaments that actually pay for community events."



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	4	4	4
	Tue 11:30-2:30	Tue 11:30-2:30	Thu 11:30-2:30
3.0	16	8	16
	Wed 8:30-11:30	Mon 11:30-2:30	Tue 8:30-11:30
	Thu 8:30-11:30	Thu 8:30-11:30	Thu 11:30-2:30
3.5	16	8	16
	Mon 8:30-11:30	Mon 11:30-2:30	Wed 11:30-2:30
	Thu 8:30-11:30	Thu 8:30-11:30	Thu 11:30-2:30
4.0	4	4	4
	Thu 11:30-2:30	Thu 11:30-2:30	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	1.		
Doubles	2.		
Women's	1.		
Doubles	2.		
Mixed	1.		
	2.		

*****Yes,	I need a partner at	rating.*****	
Send Application and Che	eck payable to STPC for	or \$8 per event, per	person to:
Ronnae Wagner • 5326 Roge	ers Drive • Minnetonka	, MN 55343-8952 •	952-938-5785

RFI	CE	DI	М

I agree that any participation by	ne 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
	e at my own sole risk, and I hereby release and hold harmless Senior Tennis Players Club and its
officers, directors, members, em	loyees, agents, tennis pros, and other independent contractors from any and all claims of any na
ture whatsoever arising from any	such activity or otherwise.
Signature(s)	Date

The Game We Play

By Bob Busch

This article has been developed from several stories in the book "In His Court" written by Betsy Nagelsen McCormack and Mike Yorkey.

In 1873, the modern game of tennis was invented by British Major Walter Clopton Wingfield. He attempted to introduce some excitement to a garden party with a new game called "lawn tennis". The court was narrow at the net and wide at the baseline. Players hit a plain rubber ball back and forth over a four foot net, which was a foot higher than our nets today.

The game became popular quickly in British high society. On July 10th, 1877, the first tennis tournament was held at Wimbledon. Those that could afford to play and had access to courts filled the draw.

In 1881, the United States Lawn Tennis Association (USLTA), was organized as the new sport's governing body. The USLTA was challenged with establishing rules for the game which included court dimensions, ball sizes and weights, and uniform scoring.

Those controlling the game in early years enacted policies that included only white people who were rich enough to play the game. Players were not allowed to earn money playing or teaching tennis if they wanted to play in "amateur" tennis tournaments.

The amateur system forced good players to turn professional and the sport's best players were banned from the biggest tournaments. It wasn't until 1968 that the Wimbledon Tournament was open to both professionals and amateurs. Arthur Ashe won the first US Open as an amateur by defeating Tom Oker, a professional from the Netherlands. The prize money of \$14,000 went to Oker and Ashe collected only \$28 per day in expense money and the silver cup. Arthur Ashe, an African-American, was to tennis what Jackie Robinson was to baseball. He eventually became ranked as the #1 player in the world following his remarkable win over Jimmy Connors at Wimbledon in 1975.

On the women's side Althea Gibson, an African-American pioneer, won Wimbledon and the US Open twice in the 1950's.

Margaret Court won 24 "major" tournaments and the Grand Slam in 1970. The Grand Slam is winning the Australian, French, Wimbledon and US Open in the same calendar year.

In the early 1970's women's professional tennis was just beginning. Margaret Court was in her early 30's in



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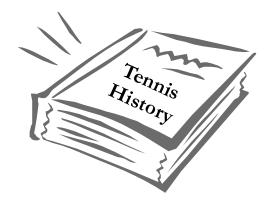
Potential for greater upside return in
the market

Transfer your current stock accounts, IRA, 401K, 457, 403B, profit sharing, CDs, etc.

Spore Financial Services
Richard A. Spore
651-735-0144 800-766-1699 Ext. 4529

Securities offered through Workman Securities Corporation Securities Broker/Dealer, Member NASD/SIPC 6500 City West Parkway #350 Eden Prairie, MN 55344 800-325-2435

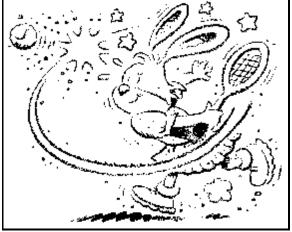
1973 when she agreed to play 55 year-old-Bobby Riggs in the match touted as the "Battle of the Sexes." Bobby was the world's #1 player in 1939. He won the nationally televised match 6-2, 6-1. This match set the stage for Billie Jean King to challenge Riggs and defend women's tennis on September 20th, 1973 in the Houston Astrodome. This highly-promoted event drew 30,000 spectators to the Astrodome and a television audience of 50,000,000. Billie Jean King won the match with Bobby Riggs very easily and gave women's tennis the promotional impact for future growth.



Bolger Clinic

Don't wait! The Bolger Clinic, led by Roger Boyer, takes place **June 6**. You'll improve your game, have a great time, and get lunch too, all for \$12.50. Bring a guest for just \$15. Registration closes **June 1st** and there is a limit of 72 players, so sign up now and be sure you're included.

John Bolger Tennis Clinic & Luncheon Tuesday, June 6, 2006



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

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

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

\$12.50 per member, \$15 per guest

72 Players Only Register by June 1, 2006

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The puzzle maker strikes again!

Answers to last months puzzle By Florence Halverson

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2nd Annual InnerCity Tennis Tournament A Benefit for InnerCity Tennis Foundation Senior Doubles Tournament June 7-8, 2006

Registration ends: Postmark Wednesday, May 24, 2006 or division is full.

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

Tournament Start Time: 8:00 each day

Who: Men Doubles: 2.5, 3.0 3.5, 4.0 and 4.5.

Women Doubles: 2.5, 3.0 3.5, 4.0 and 4.5. Mixed Doubles: 2.5, 3.0 3.5, 4.0 and 4.5.

Costs: \$20 per person (registration not complete until both fees are received).

Included: trophies, food, and tournament towel. Automatic raffle entry of donated items.

Format: Round-Robin.

Not a USTA Sanction tournament

Tournament Director: Gary Rother

Further Information:

Home Phone: 612.724.5515. E-mail: garyrot@aol.com

2nd Annual InnerCity Te		ment Entry Please print clear	,	n mailing label)			
Name:							
Address:		Ci	ty:		Zip:		
Phone: ()	E-mail: _						
Men Doubles 2.5	3.0	3.5	4.0	4.5			
Women Doubles 2.5	3.0	3.5	4.0	4.5			
Mixed Doubles 2.5	3.0	3.5	4.0	4.5			
Partner's Name:							
Address:		City:			_ Zip:		
Phone: ()	E-mail: _						
Send check (payable to Inner InnerCity Tennis Foundation c/o Gary Rother 5208 16th Avenue So Minneapolis MN 554	outh	Foundation	n) and entry	form to:			

A Game That Begins With Love!

STPC financial report

By Roger Junker, Treasurer

Here is a summary statement of your club's financial condition. I'm available to answer your questions at the annual meeting.

Membership New, Renew, Change

(not shown in web version due to privacy concerns)

Achieving memory fitness at any age

Tips from UCare Minnesota

Have you flexed your memory lately? Exercising your mind can enhance your life—and it may help prevent memory loss. Recent studies have shown that eating foods rich in antioxidants, getting adequate rest, and being active mentally, physically, and socially can boost brain power. "Some research suggests that senior citizens who continue to live actively may be less likely to experience dementia," says Barry Baines, M.D., Chief Medical Officer at UCare Minnesota.

Memory training programs are gaining popularity with people of all ages, but particularly with adults who want to stay mentally healthy. If you have trouble recalling names, appointments, and other facts, or are feeling just plain forgetful, there is no need to surrender. Start challenging yourself to do something for memory fitness every day, advises Dr. Baines.

Boost your brain power

The following tips from UCare Minnesota can help you make connections between the mind and body that may maximize brain power.

Mental workouts. Mental activity is proven to stimulate the brain and memory—and it can be as simple as working on a crossword puzzle, writing with your opposite hand, or reading something of literary value. Don't reach for a calculator when doing basic math. Forcing yourself to think can help keep your memory in top shape. When buying something on sale, try to figure out how much you'll save by calculating the percentage in your head. Also, don't be afraid to tackle everyday mental puzzles – like resetting the VCR/DVD clock or reorganizing a closet for maximum capacity.

Intelligent eating. Some researchers believe that eating certain foods can protect the mind from age-related decline. Foods with powerful antioxidant properties such as broccoli, berries, and dark chocolate may reduce and even reverse oxidative damage to brain cells. Omega-3 fatty acids found in certain fish are believed to protect the brain, and foods rich in vitamin E such as

spinach and almonds may prevent age-related inflammation of the brain. Studies have shown a connection between blood levels of vitamin E and performance on memory tests.

Effective exercise. If your body is unhealthy, your mind may be suffering the consequences. For example, heart problems may interfere with memory by restricting blood flow to the brain. Exercise can help lower cholesterol levels and improve overall health. It also helps relieve stress, which is important for good mental health. When you worry, your body releases cortisol, a hormone that may actually damage the brain's memory center. See your doctor before beginning a fitness program.

Social fulfillment. A study done at the University of Southern California found that people who participate in a greater number of leisure activities in adulthood have a lower risk of developing Alzheimer's disease. Older adults who continue to interact in social circles and with family, and those who spend time traveling or volunteering are more likely to be mentally fit.

Quality Sleep. Researchers at the University of Chicago and Harvard Medical School learned that sleep can restore memories lost in the busy daytime hours. People generally perform better mentally after a good night's rest, and there is a strong indication that sleep may actually help repair memory.

Be proactive

Keeping your mind fit can be a rewarding challenge. Take advantage of educational and recreational opportunities in your community and awaken your senses by experiencing the world around you.

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).

2006 Spring/Summer Court Schedule—Senior Tennis Players Club Play is usually May-August. Check with Captains for Start/end Dates

Up-to-date schedule is always on our website: www.seniortennismn.com

● St. Paul Area ● ●

Location	Day	Time	Cts	Skill	Captains	Phone
Como Park Horton Avenue, west of Lexington	Mon Wed	8:00-10:00 am	4	2.5-3.0	Anne Carchedi	651-494-9050
Irondale High School Long Lake Road south of Cty Rd H, New Brighton	Sat	8:00-10:00 am	4	3	Jim Vint	651-636-0071
Marthaler Park 1625 Humboldt Ave (across from Police and Fire Depts.), West St. Paul	Tue Thu Sat	9:00-11:00 am	2	3.5	Jack Wallin	651-457-2266
North Valley Park Hwy 52 So to 70 th , left ¼ mile Inver Grove Heights	Mon Wed Fri	8:30-10:30 am	4	2.5-3.5	Jan Machacek	651-455-5236
Oakdale Courts 45 th and Granada (1 mile East of 120 on 45 th) Oakdale	Tue Thu	8:00-10:00 am	4	2.5-3.0	Need captain(s)	And players
	Sat	8:00-10:00 am	4	2.5-3.0	Barbara Rooney	651-777-7399 or 651-481-9222 (w)
	Mon Wed	4:30-6:30 pm	4	3.0	Matt Little	651-773-8141
Roseville Middle School Cty Rd 82, 2 blocks East of Rice Roseville	Mon	4:30-6:30 pm	6	3.0-3.5	Shirley Kresko	651-770-1272
	Mon Wed Fri	8:00-10:00 am	6	3.0 M	Dan Nedoroski	651-645-2368
Shawnee Park 6515 Scheel Dr (Upper Afton Rd to Martha North to Scheel), Woodbury	Mon Wed Fri	9:00-11:00 am			Need captain(s)	And players
Skillman Courts East of Cleveland on Skillman Roseville	Tue Thu	8:00-10:00 am	4	3.0	Need captain(s)	And players
3M Tartan Park 20 th Street N between Cty Rds 17 and 15, Lake Elmo Enter through picnic/sports area. Follow sports cmplx signs to end of road. Rain/wet- play at Wooddale Rec Ctr.	Mon Wed Fri	8:00-10:00 am	6	3.0-3.5	Jim Hanson	651-430-1464
					Darlene Moynagh	651-436-8927
Valley View Park Marie & 35E, Mendota Heights (Call first, no walk-ons)	Fri	7:30-9:00 am	2	3.0-3.5	Bob Kelly	651-452-0244
White Bear Lake High School Cty Rd E and McKnight Rd White Bear Lake	Wed	6:00-8:00 pm	7	3.0-3.5	Need captain(s)	And players

For corrections or changes for St. Paul and suburbs call Thue Rasmussen 651-917-0075

●● MINNEAPOLIS AREA ●●								
Location	Day	Time	Cts	Skill	Captains	Phone		
Aquila Park Mtka Blvd & Aquila Ave St. Louis Park	Mon thru Fri	8:00 am – noon			Need captain(s)	And players		
Augsburg Park 72 nd and Blaisdell, Richfield Call Kathy Sewell for temporary location	Mon thru Fri	7:30-9:30 am Start June	5	Open	Kathy Sewell	952-835-4005		
Bass Lake	Mon	June-August: 9:00-11:00 am May & Sept: 10:00-12:00		2.5 – 3.5	Ann Stirrat	952-922-5348		
Beltline Blvd & 36 th Street St. Louis Park	Tue				Mel/Milly Warnert	763-588-1887		
(Certain dates not available)	Wed				Barb Webb	612-922-0757		
	Thu				Laverne Wilger	952-929-8120		
	Fri	10.00 12.00			Laverne Wilger	952-929-8120		
Bryant Park	Tue	9:00-11:00 am	4	All levels	Ray Ranallo	612-827-3945		
84 th and Bryant, Bloomington	Thu				Chuck Supplee	952-884-2575		
Brooklyn Center High School 65th and Humboldt Ave N Brooklyn Center	Tue Thu	8:30-10:30 am			Need captain(s)	And players		
Brookview Park Hwy 55 & Winnetka Ave Golden Valley		8:00-10:00 am		2.5 – 3.5	Dick Brandt	763-533-0579		
	Sat		6		Aldean Cummings	952-474-1731		
Carpenter Park Mtka Blvd & Raleigh Ave St. Louis Park	Mon thru Fri	8:00-10:00 am			Need captain(s)	And players		
Central Park in Ramsey 163 St and Armstrong Blvd	Tue Thu	9:00-11:00 am	2	2.0 – 4.0	David Matasovsky	763-274-1338		
Central Park in Hopkins	Fri	8:00-10:00 am	3	3.0-3.5	Herb Bacal	952-945-3104		
Donaldson Park 75 th and Humboldt Richfield	Mon Wed Fri	7:30-10:00 am	4	3.0+	Willie Prawdzik	612-869-1989		
Dred Scott Park West Old Shakopee Rd & Ferry Bridge Road, Bloomington	Mon thru Fri	8:00-10:00 am	5	Open	Paul Steen	952-835-9818		
Eden Prairie Middle School, Technology Drive and Wallace Rd	Sat Sun	3:00-5:00 pm	7	3.0+	Marv Schneider	952-975-1895		
	Mon	7:30-9:00 am	3	3.0-3.5 W	Martha Johnson	952-942-9588		
Fridley High School 61st Street (park in the community ed lot)	Tue Thu	9:00-11:00 am 9:00-11:00 am	6	3.0 - 4.0	Bob Metcalf	763-571-3596		
					Connie Metcalf	763-571-3596		
Holasek Park Baker Rd south of Hwy 62 Eden Prairie	Wed Thu	8:00 am–noon			Need captain(s)	And players		
Junction Park	Tue	9:00–10:30 am	2	3.0 M/W	Fred Wright	952-938-1242		
2 blocks west of Shady Oak Road on Excelsior Blvd	Thu	9:00–10:30 am	2	3.0 M	Fred Wright	952-938-1242		

Location	Day	Time	Cts	Skill	Captains	Phone	
Lake Front Park Prior Lake	Mon Wed Fri	8:30-10:30 am	2	Open	Need captain(s)	And players	
Lone Lake Park Shady Oak Rd north of Bren Rd Minnetonka	Mon thru Fri	8:00-10:00 am			Skip Pederson	952-831-0684	
New Hope Park 4300 Xylon Ave N (behind swimming pool), New Hope	Mon thru Fri	8:30-10:30 am	5	2.5 – 3.5	John Malerich	763-537-5595	
Normandale College 96 th Street and France Ave Bloomington	Mon Wed Fri	8:00-10:00 am			Need captain(s)	And players	
Terrace Arbors Park ½ mile E of Cty 11 on Burnsville Parkway, Burnsville	Tue Wed Fri	9:00-1:30 am	2	3.0+	Ann Listug	952-890-9643	
Parkers Lake Cty Rd 6 7 Niagara Lane Plymouth	Mon thru Fri	8:30-10:30 am	4	2.5 – 3.5	Ed Fischer	763-550-9770	
Valley View Park 90 th St between Nicollet and Portland Bloomington	Mon thru Fri	7:30-9:30 am			Need captain(s)	And players	
Wayzata Bell Courts Minnetonka St 1 block north of Wayzata Blvd, Wayzata	Wed Fri	9:00-11:00 am	3	2.5-3.0	Marilyn Thorne	952-471-9813	
Wildwood Park 137 th and Harwell Path Apple Valley	Mon thru Fri	8:00-10:00 am	2	3.0	Need captain(s)	And players	
Team Tennis					Ross Davis	952-946-9696	
Organized team play at various west metro locations. Contact					Roger Junker	952-890-5370	
coordinator Mary Schneider or	Tue	9:00-11:00 am		3.5+ M/	Marv Schneider	952-975-1895	
any of the team captains for	rue	9.00-11.00 am		W	David Sommer	612-276-1313	
information.					Ronnae Wagner	952-938-5785	
					Bob Ziomek	952-470-0736	
Women On Wednesday					Al Simcoe	763-315-0657	
	Wed	Call			Virginia Morse	612-288-9121	
	vveu	Call			Rose Sanders	763-428-1739	
					Rita Welch	952-926-5789	
For corrections or changes for Minneapolis and suburbs call Paul Steen 952-835-9818							

3.0-3.5 players wanted By Herb Bacal

I'm seeking summer players for Fridays 8-10 AM at Hopkins Central Park starting early May. Skill level is 3.0-3.5. I can be reached at (952) 945-3104.

Captains PLEASE check your listing carefully! Contact Thue Rasmussen (St. Paul) or Paul Steen (Minneapolis) with corrections.

Rosemary Rockwell

By David Sommer

Rosemary plays in my 3.5+ Fort Snelling group, and more than holds her own against some heavy hitters. Though just 5'2", she hits powerful baseline shots and has smart and effective volleys. She joined STPC in 1998. I interviewed her to learn her secrets.

Q. Why do you play?

A. Pure pleasure; it's just a joy. I enjoy people and competition, but I don't have the stomach for tournament play. I like to play hard

and do my best but an hour after I finish playing I can't remember who won.

Q. When did you start to play?

A. In 1970 I was asked to be the secretary of the Northwestern Lawn Tennis Association (now USTA Northern Section). Robert (Rocky) Rockwell was asked to be the president at the same time; he was a good player and taught me to play We married a few years later and from the beginning, I loved the game. (Rocky died 8 years ago.)

Q. How did you improve?

A. I took a lot of drills, lessons from my husband, and some from pros like Jack Roach. At first I was

mystified by some things like "seeds" and the mystery of scoring. I was told "step into the ball," "keep the

ball in the middle of the strings," and "watch the ball." How can anyone remember to do all that? But if you keep doing it long enough it all becomes simpler.

Q. I see a plaque for you in the Northwest Tennis Association Hall of Fame. What was that for?

A. I was inducted into the Hall of Fame in 1981 for keeping the NWLTA going for a few years and Rocky was inducted at the same time, also for his work in the NWLTA and for his work in

umpiring.

Q. Any advice for other seniors?

A. Keep playing as long as you can, as often as you can. Keep your eye on the ball. On the practical side, keep exercising—playing tennis once a week is not enough. Play 2-3 times a week, walk, and do weight-bearing exercises. Be careful playing in strong winds—I tore my rotator cuff trying to hit hard against the wind.

Q. Final words?

A. I really enjoy senior tennis. It was a big switch joining STPC. I didn't know I was going to meet so many nice people and have such a good time.

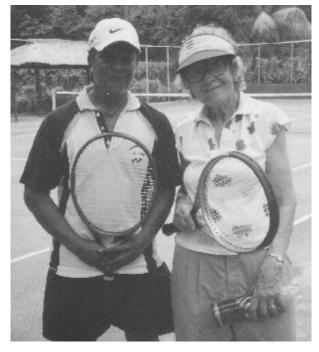
rain, it would be just as hot as before.

December tennis in Bali

By Florence Halverson

There was a tennis court in Sanure, Bali at a resort where we were staying. A sign said that we could use a racquet, a can of balls, a partner, and an hour of court time for 90,000 rupiahs. I made an appointment for 9:30 the next morning and hoped it wouldn't rain.

This was the wet season, and it rained almost every day. Sometimes it was just a sprinkle, but about once a week there would be a torrential downpour, as if buckets of water were suddenly dumped. After the



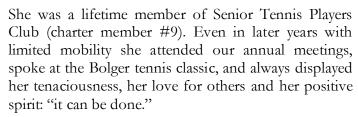
All systems were go for tennis that morning, and the man in the picture showed up to play. He was a good player. I deliberately ran him all over the court. He was very fast and would return the ball every time and always right at my feet.

I considered asking him to return it a little away from me so I could reach, but gave up the idea since it was a very hot day just like all the other days. I simply could not hold out for an hour, and I quit after 55 minutes. In American money it cost \$9. My daughter gave him a tip of 20,000 rupiahs.

Remembering Gen Bolger

Genevieve Bolger is remembered by many, including our own Sue Larson, reporter Ben Cohen at the Star Tribune, and columnist CJ. First, **Sue Larson:**

Genevieve Bolger passed away on March 13 after a short illness, but stories about her will continue for years to come. She was truly one of us—not as a winning tennis player, but scarcely a game would end without Gen saying "great game; when can we play again?"



Gen loved parties at Prior Lake, Naples Bath and Tennis Club or your house. Bridge and tennis were her games. "Let's go now" were her words.

Sleep well, Gen. You were a wonderful friend to all of us in Senior Tennis Players Club.

From an article by Ben Cohen, Star Tribune, March 16:

Genevieve Bolger of Minneapolis was a businesswoman who cared about the needs of her female employees who were trying to raise children and make a living.

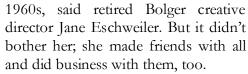
Bolger, a former executive in her family's multimilliondollar printing business, which she co-founded, died of congestive heart failure Monday. She was 89.

Bolger graduated from the University of Minnesota's business college in the 1940s. She was especially tickled by one of several printing awards she won during her career—the 1986 Man of the Year award from a printers' trade group.

Bolger and her husband, John, started Bolger Publications and Creative Printing of Minneapolis (now known as Bolger Vision Beyond Print) in 1950 by converting her husband's family's publishing business to a commercial printing venture.

Genevieve Bolger's specialty was sales and human resources, and she eventually became president and chairwoman of the board of the now \$30 million-a-year firm.

At printers' conventions, Bolger would be the only woman among a thousand men, especially during the



Most large printing companies didn't have women working the presses and setting type, but the Bolgers did. "Genevieve believed in me and believed in people, and that allowed us to be successful," said Eschweiler, who joined the company in the 1960s as a printer.

Bolger's answer to the problem of being a working mother was to bring the kids—hers and her employees'—to the printing plant on a snow day or when working overtime. One young mother brought her infant to work daily for four months in the early 1980's. "It was good for the mother," Eschweiler said. "The atmosphere was very positive. We were in a business that was pretty much male-dominated."

Bolger's husband died in 1992; her son Jack died in 1993. Today the firm is run by her sons Charles of Edina, and Dik of St. Paul.

In addition to her sons, she is survived by sisters Mary Dean of Minneapolis and Ann of Edina; a brother, Leonard of Tucson, Ariz., and seven grandchildren.

CJ's column, March 15:

When I moved to Minnesota, I knew three people—Charley Bolger and his parents, Gen and John Bolger, owners of Bolger Publications.

Sweet John died a few years, ago; Gen joined him Monday.

She was as effervescent as the sound of her name, Genevieve, a kind woman with impeccable manners who didn't believe in "no" or "can't."

In 1982 she was named "Man of the Year" by the Printing Industry of Minnesota. She loved it! "They would start their annual meeting and go, 'Gentlemen and Mrs. Bolger,' "a laughing Charley said Wednesday. "Then they changed the award to 'Graphic Arts Leader of the Year' because of her."

She once told me something I now tell friends who seem reluctant to let their kids spread their wings: "You should raise your children to be adults, not kids."

Gen demonstrated that when she eased the transition of the Bolger company to the boys, Dik, Charley and Jack, who preceded his mom in death.

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

April 2006

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