



Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc.

June/July
2006

A Smash Hit!

The annual meeting and Captains Recognition Luncheon was indeed a big hit with 205 captains and guests attending, the highest number in years! Members and guests started checking in at 11:00.

Ted Steen opened the meeting with a meaningful invocation.

Paul Steen (Ted's son) had the outgoing board members come to the podium to thank them for their hard work and gave each of them a special gift from the new board. The incoming board members were introduced. Ken Landro then had the captains stand to be recognized and thanked them for being the backbone of the club.



Jo Rolling kept everybody in stitches as she announced the winners of the over 40 door prizes, which included two tennis racquets, warm-up suit, hair cuts and products, gift certificates, and many more great gifts. The following worked hard to obtain the prizes: Dottie Brazeal, Joanne Schwartz, Jo Rolling, Shirley Pratt, Gladys Murray, Paul Steen, Bob Busch, Darlene Moynagh, Roger Junker, Percy Hughes, Thue Rasmussen. A special thank you to Joanne Schwartz, Darlene and Thue for all their planning for the event.

Presentation of the Jack Dow Trophy was made by Matt Little and awarded to Bernice Hanson for her many years of volunteer work.



The luncheon concluded with comedian Matt Fugate, as Susan Voss was unable to make it for personal reasons.

**Summer schedule
page 11!**

Dow Tournament results

The Dow Tournament May 1-4 was bigger and better than ever: 62 teams and 104 participants. There were nine divisions: doubles for men, women, and mixed in four ratings (2.5, 3.0, 3.5, 4.0). An anonymous donor contributed \$500 to help make it happen. Thanks!

Fourteen volunteers, headed by Paul Stormo, kept everything running smoothly. For pictures of all the winners and runners-up, see page 10.



Dow volunteers, back: Percy Hughes, Ken Landro, Bob Busch, Dottie Gardner, Paul Steen; front: Bernice Hanson, Virginia Morse, and Thue Rasmussen. Not shown: Ginny Bergman, Roz Bernstein, Carol Hall, Shirley Pratt, Paul Stormo and Ronnae Wagner.

Upcoming Events

June 10

Welcome back to tennis—story page 3

June 23-25

Kaposia Days Tourney—signup page 5

July 22

Grandparent/Grandchild—signup page 7

August 12-18

Senior Clay Sectionals—signup page 9

August 19 8:30-3:30

Annual Picnic—story page 6

October 28

Halloween Tennis Social

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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2006 Board of Directors

President: Paul Steen952-835-9818
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Secretary: Gladys Murray651-483-2850
Treasurer: (to be determined).....
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Terry Diebold612-823-7253
David Howard952-525-2252
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Marv Schneider952-975-1895
Past Pres: Darlene Moynagh651-436-8927
Director of Training: Roger Boyer
Ass't Director: Percy Hughes612-866-1102
E-Mail: training@seniortennismn.com
Club Founder: Jack Dow

Advertising

Send digital files by disk or e-mail to the newsletter editor by the 15th of the month for publication the following month. **Please send all payments to the newsletter editor.**

Ad rates (first month/additional months):
Full page (7.5x10)\$110/90
Half page (7.5x4.9)85/65
Quarter page (3.7x4.9)60/40
Eighth page (3.7x2.4)40/25
4-line ad (members only).....10
2-line ad (members only, 50 spaces/line)
First three months: free, then \$5/issue.

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: 1392
June/July 2006, Volume 19, Number 4



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.

Felix Perry replies to James R. Anderson's article:

I was pleased to see your article entitled "Careful when returning ball!" that was published in the May 2006 Senior Tennis Times. I was intending to write on the subject. But your article has a much greater impact than mine would have.

I was hit on the side of my face last Thursday (by a lady no less) under identical circumstances. It caused a brief pain that was more than the impact would ordinarily cause as I have an inoperable calcium deposit on my spine that presses on my spinal cord in my neck. It is something that I can live with, unless I suddenly jerk my head.

But prior to my Thursday incident I was going to write to the STT about reiterating my long standing pet peeves. My article in STT of September 2004, entitled "Perry's pet peeves proffered petulantly" (I love that alliteration), listed the following:

- Return third ball to serving side
- Pick up inactive service balls
- Look alive when retrieving balls

Apparently many people did not read my advice, or chose to ignore it. These activities are habitually characteristic of specific individuals. The logic inherent in all three admonitions totally escapes these people.

(Letters—continued on page 6)

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 17th of the month for publication the following month. All material submitted for publication is subject to editing. 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



The 2006 Annual Meeting was wonderful in many ways—I'd like to mention some of the many plusses after "spanking" every person who used the microphone (including myself), and *did not* acknowledge one of our most important members—our editor, **David Sommer**. Well David, I'm sure you

realize every one of us thinks you're **irreplaceable**. (Good tennis player also, and never foot faults).

It was my good fortune to be seated at the new President's table, where **Paul Steen's** father, **Ted**, was also seated. Ted gave the invocation for our meeting/luncheon, and I was thoroughly impressed—I thought he was a minister, but his son, our President, corrected me—he's not, but he's a totally nice and interesting human being. Prez, you can't help but be a winner.

Ralph Heimer recently completed twelve lessons. Congratulations, Ralph, and keep coming to drill!

The **Jack Dow 2006 Tournament** was a success. Quite a few new faces in the trenches, but I have not had any unhappy phone calls. I thank former President **Jean Murdock** for coming to my rescue on one deci-

sion needed quickly (and I was in "Lalla Land") without a quick answer—Jean was there with the correct answer. Thanks, Jean—I'll play your favorite song for you sometime for being there for me. ☺☺☺ So many people to recognize, and **please!** If I leave anyone out, call me at 612-866-1102—please do so. Our two most important people (they put the tournament together) are: **Roz Bernstein** and **Ronnae Wagner**. They're the ones who put the names where they have to be with their partners, with the correct level of play. Our new tournament director, **Paul Stormo** ran a "tight ship"—his meetings were energetic (even the coffee was good, Paul). Paul's "right arm" I would say was **Bob Busch**, who did most of the match recording. (Much more should be known about this young man, tennis-wise...maybe in the August issue). The ones to thank: 1) **Dottie Gardner** (Wow! Such energy and strength—she was **Bill Connell**-trained); 2) Our current **Jack Dow Award Winner, Bernice Hanson**; 3) **Ginny Bergman**; 4) **Thue Rasmussen**; 5) **Ginny Morse**; 6) **Shirley Pratt**; 7) **Carol Hall**; 8) **Ken Landro**. If I've overlooked you, please call me. **Next: The Bolger Clinic**—This is for both men and women). In the meantime, remember, **no foot faults**.

Perc

Welcome back to tennis!

Bring your friends to this free event

USTA Northern and the International Council on Active Aging (ICAA), in conjunction with UCare Minnesota, Reed-Sweatt Family Tennis Center and the Greater Twin Cities Tennis Association (GTCTA) are sponsoring **Welcome Back to Tennis** presented by UCare Minnesota on Saturday, June 10, from 10:30 AM-1:30 PM at the Reed-Sweatt Family Tennis Center in south Minneapolis.

This **free** party is designed for both active adults 50-and-over who want to become reacquainted or newly acquainted with tennis, and for existing players. There will be two different activity tracks for the day depending if you are a beginning player or an established veteran of the sport.

For beginners, the event emphasizes how to ease into the game safely and comfortably by learning the basics of tennis including proper stroke technique and the latest in equipment to make the game easier to learn. For the existing player, the day begins with an off-court presentation on health, wellness, nutrition and injury

prevention for the aging player, followed by on-court activities.

At the conclusion of the on-court events, there will be **free** lunch courtesy of the GTCTA. There will also be a number of prizes and all participants have the opportunity to register for continued tennis programming this summer through Reed-Sweatt Family Tennis Center.

Here is a complete schedule of the day's activities:

10:30-11:00 AM: Registration and Breakfast

11:00 AM-12:45 PM: Welcome. Beginning players on court.

11:00 AM-12:00 PM: Existing players attend health, wellness, nutrition and injury prevention seminar.

12:00-12:45 PM: Existing players on court. Warm-up, on-court games & cool down for all players.

12:45-1:30 PM: **Free** lunch, games and prizes.

Space is limited to the first 40 beginning and 40 existing players who respond. For more information or to register, please contact Kara Schmitz at schmitz@northern.usta.com or 952-358-3287.

●● STPC lessons and drills—all levels ●●

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

Location	Day	Start	Time	Instructor	Phone
Aquila Park Mtka Blvd & Aquila Ave St. Louis Park	Thu	5/4	8:30-10:00 AM	Percy Hughes	612-866-1102
				Paul Stormo	952-944-6286
Bryant Courts 85 th and Bryant Ave. S. Bloomington	Wed	6/7	8:30-10:00 AM	Percy Hughes	612-866-1102
Breck School 123 Ottawa Ave. Golden Valley	Tue	5/2	5:30-7:00 PM	Laurie Kozlak	952-939-9785
				Duncan Welty	952-933-8592
McKnight Field North St. Paul High School N.E. corner Hwy 36 and McKnight Rd. NOTE: in May, we'll use Oakdale Park.	Wed	5/3	9:00-10:30 AM	Tom Bauman	651-738-6726

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.

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.

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.

1 or 2 BR resort vacation wks (Gold Crown), available 2006-2007. Reasonable. Ken Landro, 763-544-9757.

Dillon, Co 3 bedroom-tennis-clubhouse \$500/week April thru Nov; \$800/wk Dec thru Mar. 715-561-4749.

Rent Ft Myers 2B/2B+ pool house u cc com. 3 mos. Min. Fred 239-292-9300. Av. now.

Cord 1936 Westchester 810, outside pipes, chrom hubcaps, w Ford V-8 AT, \$26000. Marilyn 651-452-1691.

Scottsdale/Carefree AZ Townhouse to rent. 2br, 2½ ba, fully furnished, free tennis. 651-631-1044.

Wanted: free wheelchair for Jefferson HS Activity Center (south metro area). 952-83106593.

Photographers needed!

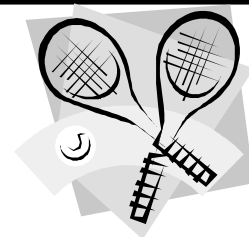
David Sommer, newsletter editor

If you have the skill and equipment to take good photos of STPC events, I need your help! We could improve the quality of the newsletter if we could get good pictures, taken in available light, of our many events each year. My camera just doesn't cut it for action pictures indoors, and I don't have the time to cover all our events. Call me at 612-276-1313 or write editor@seniortennismn.com if you'd like to help. Thanks!



4th Annual Kaposia Days Tennis Tournament

*Sponsored by PRO Pharmacy
South St. Paul*



Proceeds from this tournament will go to the SSP Girls Tennis Program.

DATES: Friday June 23 through Sunday June 25, 2006

Matches will start at 4:30 PM on Friday, June 23. Please indicate on your form if you **cannot** play on Friday.

SITES: Roosevelt Tennis Courts 5th Street and 5th Avenue S, South St. Paul, MN 55075

DIRECTOR: Dave Sondag (651) 455-5377

EVENTS:

Boys 18, 16, 14, 12 singles	Womens Singles, Doubles
Boys 18, 14 Doubles	Mixed Doubles
Girls 18, 16, 14, 12 singles	Mens 50 & over Singles
Girls 18, 14 Doubles	Mens 50 & over Doubles
Mens Singles, Doubles	Womens 50 & over Doubles

ENTRY FEE: \$20.00 per singles event, \$12.50 per person for doubles. Fees must accompany form.

ENTRY INFORMATION: Send completed forms to: Dave Sondag, 325 Kopp Drive West St. Paul, Minnesota 55118. The junior tournament is a USTA Challenger 2 event, but a USTA card is not required.

Entry deadline is Tuesday, June 20. An e-mail will be sent to each participant with draw times on Wednesday, June 21. You may also call (651) 455-5377 on June 21 for your starting time.

TOURNAMENT REGULATIONS: 1) Play will be best of three sets with a 10 point Super tiebreaker to determine the third set in championship play. An 8-game pro set will be played in Consolation. 2) The 15-Minute Default rule will be enforced. 3) All players are guaranteed two matches per event. 4) A player may not play in more than two events. 4) The Tournament director reserves the right to cancel or combine events if not enough entries are received.

PRIZES: Each player will receive a **free prize courtesy of PRO-Pharmacy**. Trophies awarded to finalists.

Kaposia Days Tournament Entry Blank

Name _____ E-mail _____

Phone Numbers (H) _____ (W) _____

Address _____ City _____ Zip _____

Doubles Partner: _____

Events:

Girls Singles	18U Singles _____	16U Singles _____	14U Singles _____	12U Singles _____
Girls Doubles	18U Doubles _____	14U Doubles _____		
Boys Singles	18U Singles _____	16U Singles _____	14U Singles _____	12U Singles _____
Boys Doubles	18U Doubles _____	14U Doubles _____		
Womens	Singles _____	Doubles _____	50 Doubles _____	
Mens	Singles _____	Doubles _____	50 Singles _____	50 Doubles _____
Mixed Doubles	_____			

Entry Fee Enclosed \$ _____ Make checks payable to Dave Sondag. Send completed forms to: Dave Sondag;
325 Kopp Drive; West St. Paul, MN 55118

Celebrate Summer

At the *free* annual STPC Picnic

When: Saturday, August 19, 8:30am to 3:30pm, rain or shine.

Where: Round Lake Park in Eden Prairie

Reservations? None needed. This event is for STPC members and spouse or friend only.

Cost? Zero! Your club is paying the reservation fee, and supplying tennis balls, H₂O, charcoal, plates & utensils.



Eat at noon. Bring your own beverages and a dish to share.

What's to do? We'll have tennis, volleyball, and cards.

Get this on your calendar and come for a fun day! Questions, call Marv Schneider 952-975-1895.

Directions: from I494 in Eden Prairie, go west about 3 miles on Hwy 5. Turn right on Eden Prairie Rd (Hwy 4) for about 1/2 mile. Turn left on Valley View Rd. Park is on your left with several large parking lots.

(Letters—continued from page 2)

Further about returning the out of play balls, I have observed over the last winter season that some players habitually do the following:

- Return the ball with an overhead hit, often at point blank range, so that it arrives with unmanageable velocity and location. I wish that I could say that this habit does not apply to superficially gentle ladies.
- Return the ball with a wild, un-aimed swing that

usually necessitates running to a far corner of the court to retrieve the ball.

arrevederici, felix perry

P.S. I do not expect David Sommer to print any of this diatribe. It just feels good to complain to someone that might have a sympathetic ear.

Editor's note: Felix was wrong! I'll print his diatribes, and anyone else's rants and raves. Keep 'em coming!

Where's my newsletter?

The STPC newsletter and roster are delivered using a special non-profits bulk rate. The post office **does not forward** such mail. Therefore, if you have directed that your mail be forwarded, your newsletter or roster is simply thrown away by USPS. To avoid this problem,

when on vacation you can read the newsletter on our website, or you can elect to receive it by email. (Couples: consider having one of you choose "USPS" and the other "Email" for delivery.)

For the roster, we offer March or May delivery.

Look for newsletter and roster delivery options when you renew next fall.

12th Annual Grandparent/Grandchild Round Robin

Saturday, July 22, 2006

9 AM—Noon

Valley View Courts

Nicollet & 90th St., Bloomington



Here's an opportunity for you to play tennis with your grandchild, share time together, and most of all, have fun!

Only \$4 per person. Deadline for reservations is July 17th.

Send this reservation form with your check for \$4 per person, made out to STPC, to:
Harlan Sween, tournament director
6560 Harborview Circle NE
Prior Lake, MN 55372

Grandparent Name _____

Phone # _____

Grandchild Name _____ Age _____

Grandchild's level: ☐ Beginner ☐ Intermediate ☐ Advanced

RELEASE FORM

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

Signature _____ Date _____

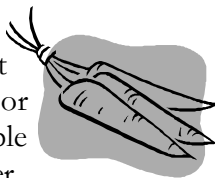
Roughing It: Fiber Does a Body Good

Healthy eating tips from UCare Minnesota

What are you having for lunch today? How about a berry smoothie, crisp spinach salad or cup of split pea soup? If the thought of these foods makes your mouth water, there's good news in store for you. Because of their high fiber content, these items and other fruits, vegetables, whole grains, and legumes can help prevent conditions such as obesity, heart disease, and type 2 diabetes.

Fiber Fundamentals

Fiber, or roughage, is the part of plant foods that your body can't digest or absorb. There are two types: soluble and insoluble fiber. Soluble fiber dissolves in water. It can help lower blood cholesterol and glucose levels, and is found in foods such as oats, barley, legumes, apples, citrus fruits, and carrots. Insoluble fiber does not dissolve in water, and moves through your digestive system quickly. It helps your body produce soft, bulky stools and prevents constipation. Whole wheat, nuts, vegetables, bran, and fruits with edible seeds are sources of insoluble fiber.



Benefits for Your Body

According to experts at UCare, a high-fiber diet may help lower your risk of:

- Heart disease. Also, a diet high in fiber can lower LDL, or "bad" cholesterol levels.
- Colon cancer. Fiber speeds the movement of food through your system and reduces the amount of time your colon is exposed to cancer-promoting substances formed during digestion.
- Type 2 diabetes. Refined foods such as pasta and white bread have a high-glycemic index, meaning they cause dramatic spikes in blood sugar levels when consumed. A diet high in refined foods may increase risk of type 2 diabetes. High-fiber foods, however, usually have a low glycemic index, and therefore may help prevent the disease.
- Hemorrhoids, irritable bowel syndrome, and diverticular disease, which is a condition that occurs when small pouches develop in the colon.

- Obesity. Because high-fiber foods take more time to digest, they can make you feel full longer. Also, high-fiber meals tend to contain fewer calories than other meals.

How Much Is Enough?

"Adults should consume 25 to 30 grams of fiber a day", advises UCare Minnesota's Chief Medical Officer Barry Baines, M.D. To increase your daily intake, incorporate more fruits, vegetables, whole grains, and legumes into your diet.

To avoid bloating, cramping, or gas, Baines advises increasing your fiber intake gradually. Also, as you increase the amount of fiber you consume, drink more water.

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).



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USTA NORTHERN TENNIS ASSOCIATION

Men's and Women's Senior Clay Sectionals

A BENEFIT FOR THE INNERCITY TENNIS FOUNDATION



What: All events sanctioned by the USTA

Where: Bearpath Country Club, Dell Road, Eden Prairie, MN

When: Saturday, August 12, 2006 through Friday August 18, 2006. **Note:** Weekday matches will start at noon, and when possible, all matches in the 55 and 60 age groups will be scheduled after 4:00 PM.

Who: Men and women 55 and above with divisions at 55, 60, 65, 70, 75, and 80

How much: \$35 for singles and \$60 for doubles team payable to InnerCity Tennis.

Additional contributions to help InnerCity youth programs are greatly appreciated.

Registration Options:

Register and pay online with USTA's Tennis Link access to the tournament at www.northern.usta.com
The Tournament ID # is 555111706

Complete the form and mail with payment to:
ICT Clay Court Tourney
5529 Duggan Plaza
Edina, MN 55439

Format:

Best two out of three sets will be played with regular scoring. There will be a first match consolation bracket unless division play is a round robin. A 7 point tiebreaker will be used at 6 games all in each set. The 15 minute default rule will be strictly followed. Scores must be reported immediately after each match.

Gifts and Awards:

Your entry fee includes certificates redeemable at Bearpath Country Club and a gift from InnerCity Tennis. Prizes will also be awarded to finalists in all divisions.

Restrictions:

All entrants must be USTA members. To enroll call: 1-800-990-8782. Please contact Tournament Director, Bob Busch with any questions. 952-941-1204

Clay Sectionals Registration Form:

Entries MUST be received by Monday, August 7, 2006.
Draws and match times will be posted on USTA's Tennis Link for tournament ID# 555111706 By 9:00 PM on Thursday, August 10, 2006.

Men's 55 Singles ()	Women's 55 Singles ()
Men's 55 Doubles ()	Women's 55 Doubles ()
Men's 60 Singles ()	Women's 60 Singles ()
Men's 60 Doubles ()	Women's 60 Doubles ()
Men's 65 Singles ()	Women's 65 Singles ()
Men's 65 Doubles ()	Women's 65 Doubles ()
Men's 70 Singles ()	Women's 70 Singles ()
Men's 70 Doubles ()	Women's 70 Doubles ()
Men's 75 Singles ()	Women's 75 Singles ()
Men's 75 Doubles ()	Women's 75 Doubles ()
Men's 80 Singles ()	Women's 80 Singles ()
Men's 80 Doubles ()	Women's 80 Doubles ()

Name _____

Phone (_____) _____ - _____

Address _____

City _____ State _____ Zip _____

Birthdate _____ USTA Number _____

My Doubles partner is:

Name _____

Phone (_____) _____ - _____

Address _____

City _____ State _____ Zip _____

Birthdate _____ USTA Number _____

Waiver: I, hereby for myself, heirs, executors and administrators, waive and release all rights and claims for damages against the InnerCity Tennis Foundation, the USTA, and Bearpath Country Club, and/or their respective agents, representatives, successors and assignees for any participation in this event. Signature Required:

_____ Date _____

Dow pictures

Note: in the following, winners are on the left, runners-up on right unless otherwise noted!



Womens 2.5: Louise Halverson, Jane Hawkins, Donna Borgerding and Norma Johnson.



Womens 3.0: Shar Kiecker, Ann Listug, Caryl Minnetti and Dorothy Werner.



Womens 3.5: Annette Adam, JoAnne Christensen, Betty Culligan and Mary Rogers.



Mens 3.0: Keith Meyer, Don Sletten, Marty Plitnick and Jerry Swanberg.



Mens 3.5: Lowell Gillette, George St. Cyr, Doug Anders, and Don Herrick. (Winners on right!)



Mens 4.0: Pat O'Halloran, Jim Dale, Tony Taniguchi and Jim Hoecherl.



Mixed 3.0: David Adams, CJ Lee, Jean Guzy, and Robert Guzy.



Mixed 3.5: Pat Eckleberry, Barbara Edin, Jan DuBois, and Ken Landro.



Mixed 4.0: Joel Johnson, Jo Rolling, Sheila Bjore, and Duane Hoecherl.

Percy Hughes Orchestra

Many of us like to attend Percy's performances. Here's the schedule for this summer:

Thursday June 22 7PM, Augsburg Park, 70th & Nicollet Ave Richfield, MN (free)

Friday June 23 7:30PM, Alexandria, MN (Theatre)

Monday, July 17 12PM, Northrup Plaza, U of MN (free)

Tuesday, July 18 6:30PM, MN Historical Society, St. Paul (a dance)

Thursday, August 10 6:45PM, Hopkins outdoor bandstand (free)

Sunday, August 13 2:45PM, Bloomington Jazz Fest, Hyland Park Lake (free)

Thursday, August 24 7PM Fergus Falls, MN (Theatre)

Sunday, September 17 2PM
Bloomington Parks Theatre (98th St just West of 35W) A salute to dear **Red Wolfe**, the original leader of **Ellington Echoes**, departed 15 years ago.



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 ●●

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

Location	Day	Time	Cts	Skill	Captains	Phone
Como Park Horton Avenue, west of Lexington	Mon	8:00-10:00 am	4	2.5-3.0	Anne Carchedi	651-494-9050
	Wed				Lois Nedoroski	651-645-2368
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 Sat	8:00-10:00 am	4	3.0-3.5	Barbara Rooney	651-777-7399
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)	
Skillman Courts East of Cleveland on Skillman Roseville	Tue Thu	8:00-10:00 am	4	3.0	Need captain(s)	
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 courts-play at Wooddale Rec Ctr.	Mon	8:00-10:00 am	6	3.0-3.5	Jim Hanson	651-430-1464
	Wed Fri				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)	

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

Getting started

New members often ask “What now? How do I start playing?” In **summer** it’s easy: look at the schedule,

pick some places to play that fit your schedule and ability, and **show up!** You can call the captain to find out details. In **winter**, call captains and volunteer to play. Usually you start as a sub, then become a regular.

●● MINNEAPOLIS AREA ●●

For corrections or changes for Minneapolis and suburbs call Marty Plitnick 612-247-7412

Location	Day	Time	Cts	Skill	Captains	Phone
Aquila Park Mtka Blvd & Aquila Ave St. Louis Park	Mon thru Fri	8:00-noon			Need captain(s)	
Augsburg Park 72 nd and Blaisdell, Richfield	Mon thru Fri	7:30-9:30 am Start June	5	Open	Kathy Sewell	952-835-4005
Bass Lake Beltline Blvd & 36 th Street St. Louis Park (Certain dates not available)	Mon	June-August: 9:00-11:00 am	6	2.5 – 3.5	Laverne Wilger	952-929-8120
	Tue				Mel/Milly Warnert	763-588-1887
	Wed	May & Sept: 10:00-12:00			Barb Webb	612-922-0757
	Thu				Laverne Wilger	952-929-8120
	Fri				Laverne Wilger	952-929-8120
Blaine-Roosevelt Middle School —Junction 242 and Jefferson Street, courts are located behind the school.	Tue Thu	8:00-12:00 am	5	3+	Chantal Brown	612-201-2028
Bryant Park 84 th and Bryant, Bloomington	Tue Thu	9:00-11:00 am	4	All levels	Ray Ranallo	612-827-3945
	Mon Fri	9:00-11:00 am	4	All levels	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)	
Brookview Park Hwy 55 & Winnetka Ave Golden Valley	Sat	8:00-10:00 am	6	2.5 – 3.5	Dick Brandt	763-533-0579
					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)	
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+	Need captain(s)	
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
Fort Snelling Tennis and Learning. Not drop in! Call first – subs needed	Mon	9:00-10:30 am	1	3.5+ MW	Rosemary Rockwell	952-831-1461
	Wed	9:00-10:30 am	2			
Fridley High School 61st Ave & 7th St (park behind Community Ed Building)	Tue Thu	9:00-11:00 am	6	3.0 - 4.0	Connie Metcalf	763-571-3596
Hopkins Central Not drop-in! Call first.	Thu	9:00-10:30	4	3.0+ W	Roz Bernstein	952-938-7698
Holasek Park Baker Rd south of Hwy 62 Eden Prairie	Wed Thu	8:00 am–noon			Need captain(s)	

Junction Park 2 blocks west of Shady Oak Road on Excelsior Blvd	Tue	9:00–10:30 am	2	3.0 M/W	Fred Wright	952-938-1242
	Thu	9:00–10:30 am	2	3.0 M	Fred Wright	952-938-1242
Lake Front Park Prior Lake	Mon Wed Fri	8:30-10:30 am	2	Open	Need captain(s)	
New Hope Park 4300 Xylon Ave N (behind swimming pool), New Hope	Mon thru Fri	8:00-10:00 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)	
Terrace Oak Park ½ mile E of Cty 11 on Burnsville Parkway, Burnsville	Wed	9:00-10:30 am	2	3.0+ W	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	7:00-9:30 am	4	3.0+ MW	Ken Gjerde	612-827-2073
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)	
Team Tennis Organized team play at various west metro locations. Contact coordinator Marv Schneider or any of the team captains for information.	Tue	9:00-11:00 am		3.5+ M/W	Ross Davis	952-946-9696
					Roger Junker	952-890-5370
					Marv Schneider	952-975-1895
					Ronnae Wagner	952-938-5785
					Bob Ziomek	952-470-0736
Women On Wednesday	Wed	Call			Al Simcoe	763-315-0657
					Virginia Morse	612-288-9121
					Rose Sanders	763-428-1739
					Rita Welch	952-926-5789
For corrections or changes for Minneapolis and suburbs call Marty Plitnick 612-247-7412						

Indoor tennis, Virginia MN

STPC member **George Erickson**, retired dentist and successful writer (*True North: Exploring the Great Wilderness by Bush Plane*, and *Time Traveling with Science and the Saints*), is using his success to give back to others. George studied dentistry at the University of Minnesota and practiced in Worthington, Minn. After he retired, he and his wife moved to New Brighton, Minnesota, where he became involved in the Senior Tennis Players Club. “I cannot tell you what marvelous exercise and what a great social setting it is for seniors,” Erickson said. “After I moved back up [to the Virginia area], I suddenly realized how badly I missed playing indoor tennis in the winter.” He and others

decided to build an indoor tennis facility for the Virginia HS team, and all others in the community.

Erickson jump-started the process by pledging \$80,000 in matching funds. “The main reason I was able to do that is because of the success I’ve had with my books,” he said. The initial goal was just to have one or two of the tennis courts enclosed within an insulated steel building with large overhead doors and gable vents so that it could be well-ventilated for summer use in Virginia’s Southside Park, the site of the proposed project. However, the board soon decided that enclosing even two courts wouldn’t serve as well as four. “Two courts wouldn’t do the high school much

(Virginia indoor tennis—continued on page 15)

President's corner

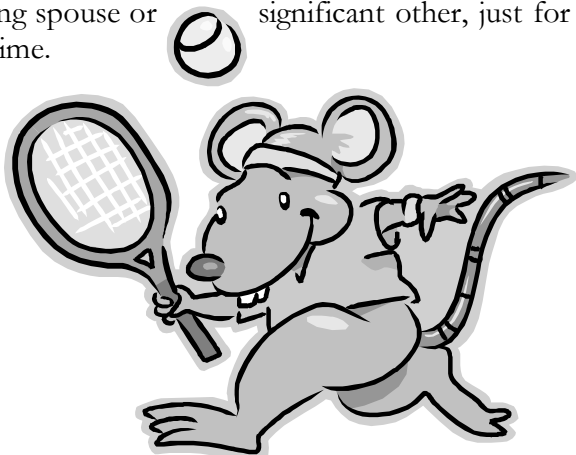
By Paul Steen

In the last month we have finished two of our larger events for the year. Both were a tremendous success; both the Jack Dow tournament and the Captains Luncheon/Annual Meeting can be read about in other areas of this newsletter. Let me just take this opportunity to thank Paul Stormo and his Dow committee, and Joanne Schwartz and her Captains Luncheon committee for their fantastic job in making both of these so enjoyable for all who participated. If you missed them mark your calendar for 2007.

Past President Ken Landro once told me that in his opinion Senior Tennis was the best kept secret in the Twin Cities. I happen to agree with him (on this point). So what can we do about this? Your board is working in this area, but **you** can help. Do you have a friend or family member that might enjoy some exercise along with great fellowship? Invite them to a walk-on tennis session with you this summer, or to the "Back To Tennis" event sponsored by USTA June 10 at Reed/Sweatt. I'm sure glad that my dad got me involved!

As long as I'm mentioning USTA let me encourage you to consider joining this organization along with STPC. They are a wonderful group of tennis enthusiasts who really do a lot for the sport of tennis on all levels, from beginners to pros, children to seniors. Your membership includes two monthly tennis publications as well as discounts on tournaments, travel and tickets—from a local pro tournament to Grand Slam events.

The next event that we're looking forward to is the summer picnic scheduled for August 19. Joanne (Sunflower) Schwartz is working this as well. So you know that it will be full of good food, good company, and some fun surprises. You won't want to miss this if at all possible. Maybe even bring that non-tennis-playing spouse or significant other, just for the fun time.



Tennis Events

By Bob Busch

The Dow Tournament was another very successful event under the direction of Paul Stormo and his experienced tournament committee. Thanks for participating! Spread the word and let's get more players for this exciting doubles tournament in 2007.

Grandparent/Grandchild

The 12th annual Grandparent/Grandchild Round Robin Tournament has been scheduled for Saturday morning July 22, 2006 from 9:00 a.m. to noon. Harlan Sween has accepted the position of Tournament Director. Harlan follows former STPC President Jean Murdock, who very capably directed this tournament for the past four years. Thanks, Jean, for another job well done. This annual tournament was started by Lee Warner who worked with Percy Hughes in the development of the initial tournament twelve years ago.

Please use the registration form included in this issue to sign-up for an opportunity to play tennis and have fun with your grandchild on a warm July Saturday morning. Prizes will be provided for every participating grandchild. The deadline for reservations is July 17, 2006.

Senior Men & Women Clay Tournament

The USTA Northern Tennis Association is again sponsoring the Men's and Women's Senior Clay Sectionals at Bear Path Country Club in Eden Prairie. Play begins on Saturday, August 12th and will be completed by Friday, August 18th. Please complete the application included in this newsletter or register on-line for this tournament.

Women's and men's singles and doubles in ages 55, 60, 65, 70, 75, & 80 will be played. Weekday matches will start at noon and, when possible, all matches in the 55 and 60 age groups will be scheduled after 4:00 PM.

This is a benefit tournament for the Inner City Tennis Foundation. A portion of the entry fee is a deductible contribution to Inner City Tennis Foundation.

Registration entries must be received by Monday, August 7th. All entrants must be USTA members. Call Bob Busch, 952-941-1204, or any tournament committee member with questions: Jo Rolling 651-777-3773, Duncan Welty 952-933-8592, Susan Neet 612-825-4584, Duane Ryman 612-865-9517, Paul Stormo 952-944-6286, Larry Greely 612-991-3489.

STPC new members, renewals, and changes

New

Rating Home phone Other phone Address and Email

(Virginia indoor tennis—continued from page 13)

good,” said Erickson. “They need to have four courts to hold any kind of a tournament.”

The project, which still welcomes contributions and

could be completed when the girls’ tennis season starts in August, includes a website to keep people informed (www.quadcitytennisforall.com). Stay tuned!

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

June/July 2006

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