



Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc.

November
2006

Prez notes

By Paul Steen

Wow; it's hard to believe that the summer of 2006 is in the history books. Some of the hearty are still playing outside. The good news is that you don't need any sunscreen and it's less expensive. Speaking for the "Scotties" (those playing at Dred Scott), summer playing was an outstanding success!! A **big** thank you to Bloomington and all the other municipalities, which allowed STPC to play on your courts. And a big thanks also to all the willing captains who made this summer's play so successful.

A quick update regarding Northwest / Flagship Clubs, now Lifetime Fitness Clubs. We have had many years of wonderful hospitality and happy memories created on the courts at the entire family of Northwest Clubs. As of this writing, our mutually beneficial relationship is not what it used to be. We will continue to do all that we can to have this be a temporary situation.

The **Halloween party** is shaping up nicely. It is scheduled for October 28, at the Fort Snelling Tennis Center. If it's going to be like any of "Sunflower" Schwartz's other social events it will be **great**! Sign up soon so that we can make plans for you.

Senior Tennis renewal

You will soon be getting your membership renewal letter.. Please send in your renewal **early**! You'll help the volunteers who process over 1500 renewals and checks. Send it in when you receive it—this prevents "losing" it somewhere in one of your heaps of "things to do sometime."



Renewing late means:

- You don't get your January-February newsletter.
- You might miss getting the new Roster.
- And worst of all, you can't play in STPC groups!

**Changes to fall-winter
schedule page 11!**

Tennis events

By Bob Busch

US Open

Roger Federer won his third consecutive singles title with a convincing 6-2, 4-6, 7-5, 6-1 victory over Andy Roddick. No player won more than one set against him in the entire tournament. This year Federer has won the Australian Open, Wimbledon and the US Open with a total record of 27-1. His only loss was to Rafael Nadal in the final of the French Open in Paris. Andy Roddick was quoted as saying; "Roger is at the top, and he's the only person at the top...he's the best player in the game."

Maria Sharapova won the women's singles championship with a 6-4, 6-4 victory over Justine Henin-Hardenne at Arthur Ashe Stadium. This was her second Grand Slam title since she won Wimbledon at 17, two years ago. Sharapova won \$1.2 million for winning the US Open. She is reportedly earning \$19 million a year on endorsements. The 19-year-old Sharapova wore \$3,500 dresses during the tournament.

(Tennis events—Continued on page 6)

Be an STPC Board member

Four people are leaving the Board next March, including **all** of our members with **finance or accounting experience**. We need volunteers, especially those with such experience. Please call Jack Baloga at 952-944-5194 (home) or 952-212-5194 (work) to learn more.

Upcoming Events

February 4, 2007, 4-8 PM

Valentine's Party at FSTLC

February 11-18, 2007

USTA Northern Women's Pro Tournament

May 5, 2007

Annual Meeting, Captains Dinner

Senior Tennis Players Club, Inc.

A nonprofit corporation, P.O. Box 5525
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On the web: www.seniortennismn.com

Senior Tennis Times

The Senior Tennis Times is published ten times annually by and for the members of the Senior Tennis Players Club, Inc.

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Advertising

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

Ad rates (first month/additional months):
Full page (7.5x10)\$110/90
Half page (7.5x4.9)85/65
Quarter page (3.7x4.9)60/40
Eighth page (3.7x2.4)40/25
4-line ad (members only)10
2-line ad (members only) 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: 1515
November 2006, Volume 19, Number 8



Letters to the Editor are wanted! This is your space to express an opinion or relate an interesting experience. Letters will be edited only for length.

Dear David Sommer,

This is quite late, but I want to thank you for an email you sent out maybe late June to Senior Tennis Club members. You mentioned the Tennis and Life Camp at Gustavus in early July. I had never heard of them and certainly had never attended one. I ended up going to the camp and had such a great time. I called my wife and declared that I was having an experience of heaven on earth. It was lots of tennis, which I loved. The teaching experiences were so well done and the teaching associates were so spirited and supportive. The food was great too, like your note said. The campus facilities were excellent.

Thank you for swinging open a wonderful door for me.

Best wishes, Lee Peterson

Editor's note: quite a few of our members went to that Tennis and Life Camp session. I would guess most had a great time. These camps have been rated by Tennis Magazine as among the 25 best in the country. And they're close to home and very affordable.

Steve Wilkinson, the camp director, is among my heroes for his gentle philosophy and his guidance on sportsmanship. Follow his way and tennis is even more rewarding.

Caution: the camps fill up early. Best to sign up in the fall if you want to be sure to go next summer. Registration form available at <http://www.gustavus.edu/tlc>.

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



By Percy Hughes

Hi team. What is it I tell you every October—the things you no longer have to worry about until next spring? Yes. 1) no sun; 2) no rain; 3) no wind. Hey, why not a new racquet? Yes, get the “best guy” you know (yourself) a new racquet

as an early Christmas gift. Confidence in your equipment is quite important to your **over all mental outlook**, and believe me, a new racquet, plus new gear usually makes you believe you can “whip” all your buddies. Before purchasing a new racquet, always make sure the clerk checks your hand size (finger lengths) to get your correct handle size—this is very important. Better yet, get your teaching Pro to measure your hand for you.

I have a request for all of our **pros** giving our club lessons. For instance, instead of addressing better players as **best or better**, why not address a group that's to split up for a lesson, say, the “more experienced” players come to this court, and the “less experienced” players come to the other court.” This says the same thing,

but in a much gentler way. No feelings hurt this way. I'm sure our pros **do not mean** to hurt feelings, but give me a call if it happens to you: 612-866-1102. **Three things** Senior tennis players should have on court: 1) fresh tennis balls; 2) great **brotherly and sisterly love**; 3) friendly, pleasant, **but learning lessons**. Always take lessons—you never stop learning, regardless of your age.

I have suggestions for places to take your used tennis balls that are no longer good for playing the game: 1) nursing homes; 2) hospitals; 3) care facilities, etc. The balls can be used on walkers, and the ball container can be taped to the walker for use as a cane carrier. Isn't that great? Hardly anything goes to waste in this great game. (Gosh, what can old, worn out tennis shoes be used for?)

Flu shot—all of us, huh, and please don't forget: **no foot faults!**

Percy



Service recovery

By Duncan Welty, USPTA

Your serve has gone away. You can't hit the box with the first one. Worse yet, you double-fault. It's happened before and it will happen again. You're out of phase and need to get back on track. But how? Try to find two or three new, fresh tips which can be helpful in the future. Good luck!

1. **Alignment.** Are your feet, hips and shoulders where they should be at address?
2. **Toss.** Are you tossing consistently to the right location, extending the tossing arm and not bringing it down too early?
3. **Contact point.** Are you keeping the chin up, trying to see the racquet make contact with the ball?
4. **Taking time.** Are you rushing it? Should you be slowing the pace temporarily?
5. **Playing safe.** Should you be substituting your more dependable second spin serve for your riskier, flat, normal first serve?
6. **Rituals.** Will the adoption of a routine help you become more deliberate, more focused?
7. **Relaxation.** Are you gripping the racquet too

tightly? Are your hands, wrists, arms and shoulders loose?

8. **Weight transfer.** Are you allowing your center of gravity to shift slightly from front, to back, to front foot during the service motion?
9. **Rhythm.** Are you maintaining a smoothness, a balanced coordination between the movements of both arms in the tossing of the ball and the taking back of the racquet? Are there hitches which can be eliminated?
10. **Visualization.** Can you “see” or imagine your ideal serving motion in its entirety, including the path of the ball from the start of the toss to its bounce in the receiver's court?

Captains rewards program

More than half of the reward certificates given to captains last March were redeemed at our two fine tennis stores: **Twin City Tennis Supply** and **Michael Lynne's Tennis Shop**. We want to thank Kevin McDonald and Michael Lynne for their help, and we encourage our members to continue to visit these stores for the best in tennis gear, racquet stringing and tennis equipment advice. You don't get such personal attention at the mega stores!

●● STPC lessons and drills—all levels ●●

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

Location	Day	Time	Skill	Cost	Instructor	Phone
Reed-Sweatt Family Tennis Center 4005 Nicollet Ave S Minneapolis 612-825-6844	Mon	1:30-3:00PM	All	\$5.00	Dilcia Pederson	612-825-6844
					Duncan Welty	952-933-8592
	Mon	10:00-11:00 AM "Owies"	All	\$7.50	Roger Boyer	612-825-6844
	Thu	8:30-10:00AM	All	\$5.00	Percy Hughes	612-866-1102
					Paul Stormo	952-944-6286
Fort Snelling Tennis and Learning Ctr. 100 Federal Drive, Minneapolis	Tue	10:30 AM - noon	All	\$5.00	Tom Bauman	651-738-6726
Williston Fitness & Sports 14509 Minnetonka Drive Minnetonka 952-939-8370	Tue	5:30-7:00PM	All	\$5.00	Duane Ryman	612-865-9517

Free or low-cost lessons* are offered as part of your STPC membership. New members are encouraged to take advantage of them. After twelve lessons, you will receive a free can of balls and a certificate of accomplishment and congratulations from the STPC president. You should notify your instructor when you have completed twelve lessons.

* Lessons are free during outdoor season; they cost \$5 when indoor (to pay for court time). You may continue taking lessons as long as you are a member of the club.

●● Private Club Drills Open to STPC Members ●●

Location	Day	Cost	Time	Phone
Reed-Sweatt Family Tennis Center* 4005 Nicollet Ave S, Minneapolis	Tue Thu	\$7.50	9:00-10:00 AM	612-825-6844 Call for reservation.

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

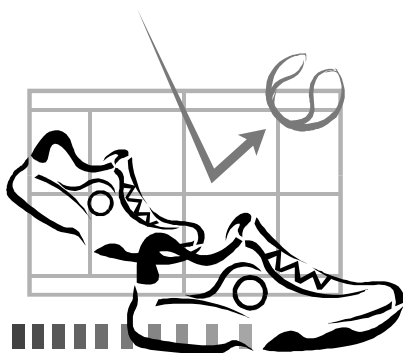
Prevent falls!

By Louise Halverson

We've heard of falls recently among our seniors while playing. What to do?

First, be sure your shoes are in good shape! If they are badly worn so they may be slippery, have breaks in the sole that could catch, or don't support your foot properly, it's time to get new ones. When you buy shoes, be sure to tell the salesperson that you are a tennis player, and want "tennis court shoes." **Don't** use cross-trainers, walking shoes, running shoes, etc. even if they "look like tennis shoes."

Second, if you are feeling dizzy or otherwise unwell, **stop and take a rest**. Some falls have occurred due to



dizziness. You want to be sure you're OK before continuing to play. Your partners or coach will understand. Don't try to be a hero!

Players wanted!

- Need regulars and subs to play in women's 2.5-3.0 Monday 10:30-12:00 at Baseline Club. New group starting November 6. Contact Louise Halverson 612-722-7132.
- Looking for players...Friday 7:00-9:00AM, 3.0-3.5. We're looking for a few players to sub during the winter. Some members of the group are snowbirds so we have a variety of dates. We are also looking to fill one spot on a permanent basis. We use 5 courts at Reed-Sweatt. If interested, please contact Fred Jurewicz (952) 496-1018 or fred@fjfinancial.com.
- Players needed for Monday 7-9 AM, 3.0-3.5 men and women, Reed-Sweatt. Call Frank D'Ascenzo (952) 922-0546 or fdasen@msn.com.
- Regulars and subs needed Friday 9:30-11:00, 3.0-3.5, Baseline. David Johnson 612-721-8048.

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.

2 Greek homes 3BR/2.5BA near Nafplio, furn. 780 Euros/week, MN owned, details Sally 612-340-9706.

For rent Park Model trailer, Mesa, AZ, for March 2007 \$1300 utilities included. Sandra 763-788-2024.

Tucson 2BR Rental; Active Seniors only; free TENNIS+swim+more. Chris Reitan 763-360-8393.

Rent (or buy) Sarasota FL 2B/2B villa \$2800/mo. Upscale tennis resort. Russ/Bonnie 763-544-0943.

Mazatlan luxury beach front resort 2BR all amenities. Available May, June, Sept, Oct. 651-735-5490.

Rent Marco Island FL Jan 19-25th \$200/night 2BR, 2Ba on the beach. Gary 763-545-4996.

Rent condo Christmas/Easter. Boca Raton, FL. Beach, pool, sleeps 6. Joy at 952-974-8014.

WOW women complete another season

By Ginny Morse

With all players still smiling, no injuries, no sunstrokes, few bug bites, and only two rainouts, the Women on Wednesday teams wrapped up another season with a picnic at Valley Place picnic area in Golden Valley.

Winning teams behaved well with great control and didn't crow over their hard-won victories. Rita Welch's Purple Team and Carol Pierce's Green Team were just about neck and neck in score. Jane Tischbein and Susan Engel's Blue Team and Rose Sander's White Team came in a not-too distant third and fourth places.

Captains shown here from left to right: Rita Welch



(Purple), Carol Pierce (Green), Susan Engel (Blue) and Rose Sanders (White). Blue co-captain Jane Tischbein was vacationing.

WOW plays on Wednesday in Golden Valley and New Hope each summer from June through August. We're always looking for 2.5-3.0 players. Look for our announcement on next year's play in the May issue on Tennis Times.



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(Tennis events—continued from page 1)

Vera Zvonareva and Nathalie Dechy defeated Dinara Safina and Katarina Srebotnik 7-6(5), 7-5 in the women's doubles final. Martina Navratilova won her 59th Grand Slam Title, teaming with Bob Bryan in the mixed doubles championship.

Senior Indoor Championship

Only ten players participated in this Senior USTA tournament held at Reed-Sweatt Family Tennis Center on September 16 & 17.

Jerry Artz won the 60 singles championship with a 6-3, 6-1 victory over Frank Ditter. The 60 doubles team of Cohen and Nechal was victorious over Faunce and Olson by the score of 6-0, 6-0.

InnerCity Tennis Program

The InnerCity Tennis winter program begins on October 7, with the first of 20 sessions at Reed-Sweatt Family Tennis Center. This free Saturday program attracts 200 to 300 participants ranging in age from 3 to 17. Thank you to the many STPC members who have volunteered and helped deliver one of the best youth programs in the country. Volunteers are again needed for the Saturday sessions starting on October 7. Levels I & II are offered from 1:30 to 3:00 PM and Levels III & IV from 3:00 to 4:30 PM. Dates:

October 7, 14	February 3
November 4, 11, 18	March 3, 10, 17, 24, 31
December 2, 9	April 14, 21, 28
January 6, 13, 20, 27	

Mark your calendar for the 2006-2007 season and plan to volunteer for this very rewarding opportunity to work with 'Twin Cities' youth. Please contact Dilcia Pederson at 612-824-6099 with any questions.

Groundbreaking for Virginia tennis courts

By David Sommer

We've reported previously on the efforts of member George Erickson to build an indoor tennis facility in Virginia, Minnesota. George reports that groundbreaking is Tuesday, October 17. Congratulations, George!

Quad Cities Tennis for All seeks to provide year-round recreation and the health benefits to residents in and around Mt. Iron, Eveleth, Gilbert and Virginia by enclosing four tennis courts in Virginia's South Side park with an insulated steel building.



Secrets of longevity

By Gladys Murray

Our Tuesday morning 10.30 Senior Tennis group had the honor of recognizing two of our favorite long time members on their ninetieth birthdays this September, 2006. Ray McGraw and Fritz Weber have been entertaining us for years with their quick wit and tricky tennis shots. Their years have not diminished their wit or tennis skill.

The article entitled Secrets Of Longevity by a research group affiliated with the UCLA Medical Center gave the secrets of longevity for seniors such as Ray and Fritz as

1. healthy genes;
2. proper diet;
3. regular exercise;
4. good health care;
5. using an active, positive mind.



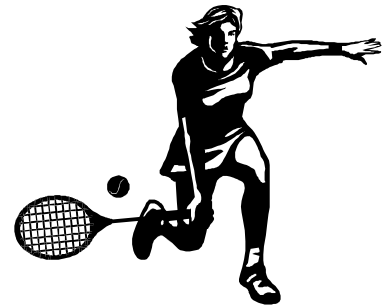
Ray McGraw and Fritz Weber are positive models for all of us seniors.

How do I get to be a better returner?

By Laurie Kozlak

"Practice, Practice, Practice" and then "Focus, Focus, Focus"!

First, practice your returns outside of your match against as many



different servers as you can, so come to the STPC lessons and drills. Next, learn both the low cross-court return as well as the lob return to give you an ability to "mix it up" and keep your opponents guessing as to what return to expect. The "lob return" over the net player in Senior tennis is undoubtedly one of the most effective returns a player can make so if you don't "own" a lob return then make it a goal to learn it. The straight ahead return is a distant third choice of a return but it is used primarily against a net player who is "asleep on the job" or to "keep them honest" in their ability to volley. When you've learned the returns, then your next job is to choose which return you're going to hit before the serve and then focus on executing it. Keeping your backswing compact, moving forward into the return, and following through to the target will help improve your return success. Remember, being ready before the serve will help you to "return the return"!

Don't give flu a fighting chance

Healthy tips from UCare Minnesota

Muscle aches. Fever. Exhaustion. No one likes having the flu. It's important to know how the flu virus spreads and, more importantly, how it can be prevented.

Flu basics

The flu virus (also called influenza) is contagious and spreads through the air, usually through coughing and sneezing. It also often spreads through hand-to-hand contact.

People who catch the flu have different symptoms, but many complain of a fever, muscle aches, headache, and sore throat. Some adults feel better in a week or two, while others, may have a harder time recovering

Stop flu in its tracks

Help guard yourself against the flu. "The two best methods are getting an annual flu shot and keeping your immune system healthy," says Barry Baines, M.D.,

Chief Medical Officer at UCare Minnesota.

A flu shot can lower your risk of catching the virus. It's best to get the shot in October or November, before the flu season reaches its height. However, getting a shot later in the season can still protect you. A flu shot is especially important for people ages 65 and older, and those who have chronic diseases, such as asthma, diabetes, and heart and lung conditions.

You can also help keep yourself flu-free by washing your hands frequently, using tissue when coughing or sneezing, avoiding close contact with others who are ill, and following a healthy lifestyle.

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).

Gopher tennis

By David Sommer

This is the best tennis in town, and it's free! University of Minnesota men's and women's tennis teams play their home matches at the Baseline Tennis Club on campus—it's between 4th and 5th streets in the same building as the women's hockey facility. Go to <http://www.gophersports.com/> for more detail and stories about the players. Click on Sport near top of left col-

umn - choose M Tennis or W Tennis.

Here are the remaining home schedules for the men and women. Mark your calendar!

Gopher women's tennis – home matches

Jan 27, 2007 10 a.m.	Minnesota Court Classic
Jan 27, 2007 3 p.m.	Minnesota Court Classic
Jan 28, 2007 9 a.m.	Minnesota Court Classic – Third-place match
Jan 28, 2007 1 p.m.	Minnesota Court Classic - Championship match
Feb 16 2007, 5 PM	Louisville
Feb 18, 2007, 11 AM	Denver
Mar 23 2007, 6:30 PM	Ohio State
Mar 25 2007, 10 AM	Indiana
Apr 7 2007, 10:30	Michigan State
Apr 21 2007, 11 AM	Purdue
Apr 22 2007, 11 AM	Illinois
Apr 26-29 2007, all day	Big Ten Championship
May 11-13 2007, TBA	NCAA Regionals

Gopher men's tennis – home matches

Feb 3 2007, 6:30 PM	Rice
Feb 4 2007, 9 AM	Yale
Feb 4 2007, 1 PM	Drake
Feb 24 2007, 6:30 PM	Bradley
Feb 25 2007, 11 AM	SMU
Mar 2 2007, 6:30 PM	Iowa
Mar 3 2007, 2 PM	Washington
Mar 31 2007, 11 AM	Michigan
Apr 1 2007, 10:30 AM	Penn State
Apr 13 2007, 1 PM	Northwestern
Apr 15 2007, noon	Wisconsin
May 11-13 2007, TBA	NCAA Regionals

In Memory...



Glenn Lien

Glenn Lien, 78, of Apple Valley, died on Sept. 27, 2006, after a heroic battle due to complications following bypass surgery on Aug. 17. Proudly served in the Army Air Corp following WWII. Received degree in business and engineering from U of M. President of Glenmar Co. and financial advisor with American Express. A talented and creative Renaissance man: loved ballroom dancing with Cherie, playing golf with grandsons and tennis with granddaughter, played piano, clarinet and guitar, created stained glass windows, was interested in history, economics, world politics and religion. Glenn was a member of Senior Tennis since 2000 and was playing at Dred Scott this summer.



Lorraine McDaniel

Lorraine McDaniel, age 93 of Richfield, passed away peacefully at home with her family on 09/27/2006. "Dick" was a graduate of Minneapolis West High where she began her lifelong involvement in sports including softball, volley-



ball, bowling, tennis, golf and the Silver Spurs Riding Club and Drill Team. Lorraine was a WWII veteran of the Women's Army Air Corps 1943-1948 and retired in 1970 as a supply officer with the Department of the Army, Fort Snelling.

Peggy Feilzer remembers: "Lorraine's funeral was a time to pause and reflect on her 93 years of active life. She was awesome. We all hoped we could follow in her footsteps. She never lost her spinning serve and return. The ball never ended up where you expected it. Throughout her years of tennis, she was a reliable captain and co-captain. She was usually one of the first to arrive at the courts. Her life was devoted to helping others, and sports. She cherished her friendships, and looked forward to the after-tennis coffee get-togethers at McDonalds.

"In later years she missed much of the chatter because of hearing problems. In spite of that she enjoyed the comradeship and her cup of coffee with her friends."

Bill Piotraschke

Bill Piotraschke, age 75 of Richfield, passed away September 24. He was a ten-year member of Senior Tennis. Survived by brothers Donald and Senior Tennis member Richard.



Bill was a singles player until he joined STPC. He liked drills. His home base was Donaldson Park in the summer. He was involved in InnerCity Tennis where he helped with after school activities. Bill will be missed by all his friends.

Billie Jean King's advice

By David Sommer

From a yellowing newspaper article written by Frederick C. Klein, and saved for about 15 years by my packrat mother-in-law Florence Halverson, I extract this gem:

I suspect that most of us don't really expect to be transformed into Boris Beckers or Steffi Grafs. We just want to play better, even a little bit... We'd consider a lesson a great bargain if it contained *one* useful tip, a sort of mantra we could repeat as we step on court...

At the U.S. Open tennis tournament in New York last summer, I put this proposition to Billie Jean

King, who knows as much about tennis as anyone, ever. While she didn't agree with it wholeheartedly (that's probably against union rules), she agreed to play along. Her one tip was this: Hit the ball earlier.

"Earlier?" I said. "Earlier than what?"

"Earlier than you're hitting it now," she replied.

"How do you know I'm not hitting it early enough already?" I countered.

"You said you were an average player, didn't you?" she smiled.

And of course she was right. I'm trying to hit the ball earlier now, and when I manage to do so, it usually helps.

Play at Baseline!

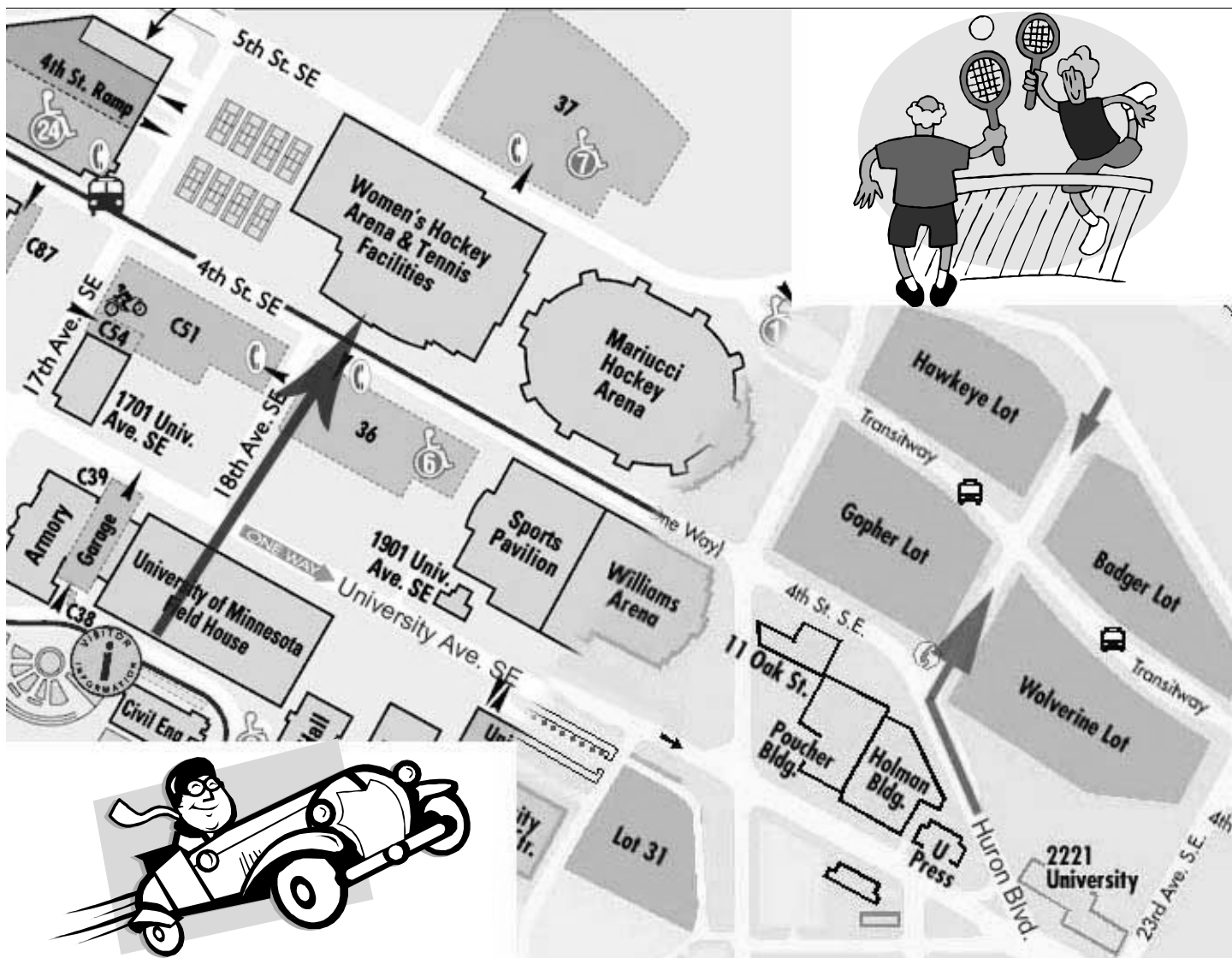
By David Sommer

Because of difficulties in reaching agreement with Lifetime Fitness (see Prez notes, page 1), we still have many players without a place to play.

As we've said previously, the Baseline Club on the U of M campus is a beautiful facility, offering very reasonable rates to our members—just \$15 per court hour. A few groups have started to play there, but there is space for many more. (On the map below, Baseline is in the “Women's Hockey Arena & Tennis Facilities.”)

For some members, distance is a concern, though especially after 9 AM traffic is easy, and the courts are just a few minutes off 35W. Take the University Avenue exit, turn east to 15th Avenue, turn left to 5th Street, and right about three blocks. There is parking (lot 37 in map below) right behind the building. Also, there are parking meters on 5th Street that charge \$1.25/hour (quarters only) with a four-hour limit. If lot 37 and the meters are unavailable, which has never happened to me in many visits, you can park in the lots east of Oak Street (Gopher Lot, Hawkeye Lot).

Call Thue Rasmussen 651-917-0075 for help getting started at Baseline.



Goofy goggles save eyes!

By David Sommer

Warm-up before play. Opponent Henry Sosin was hitting medium-speed groundies from the baseline, which I was volleying. Henry hit one that looked like it was just

over the net. I prepared to meet it, but it ricocheted up off the net cord and caught me directly in the eyes. No harm done, thanks to my sports glasses. At the least, regular glasses would have been broken. At worst....

Save money, save eyes. Get sports glasses. They cost about 1/2 your regular bifocals.



STPC new members, renewals, and changes

Name

Rating

Home phone

Other phone

Address and Email

Changes to fall/winter schedule

Location	Day	Time	Cts	Skill	Captains	Phone
Baseline	Mon	10:30-12:00	1	2.5-3.0 W	Louise Halverson	612-722-7132
	Wed	9:00-11:00 AM	1	3.0-3.5 MW	Patti Kondziolka	763-571-2287
	Fri	9:30-11:00 AM	2	3.0-3.5 MW	David Johnson	612-721-8048
Hopkins North Junior High 10700 Cedar Lake Road Minnetonka Facility Coordinator: Marv Schneider 952-975-1895	Fri	6:00-10:00 PM	2		Need captains	And players
	Sat	4:00-6:00 PM	3	3.0-4.0 MW	Marv Schneider	952-975-1895
	Sun	2:00-4:00 PM	2		Need captains	And players
Fort Snelling Tennis & Learning	Tue	9:30-11:30 AM	1	4.0 W	Mary Lou Dyrhaug	651-690-2094
	Wed	10:00-11:30	2	3.0 W	Bea Langford	651-454-7223
	Sat	10:00-11:30 AM	1	4.0 W	Mary Lou Dyrhaug	651-690-2094
Reed-Sweatt Family Tennis	Mon	8:00-9:30 AM	3	2.5-3.0 W	Peggy Feilzer	612-331-4470
Williston Fitness and Sports	Mon	7:00-8:30 AM	3	3.0-3.5 W	Marilyn Coady	952-544-2976
					Sharon Engel	763-383-0575

Senior Tennis Times
P.O. Box 5525
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