



Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc.

December 2006

Tennis Events

By Bob Busch

Girls High School Championships

Rochester Lourdes in Class 1A and Edina in Class 2A won their 10th State High School tennis titles in a row.

Lourdes, after graduating seven players from the 2005 championship team, defeated #1 ranked Mounds Park Academy 6-1 in the final. They defeated St. James 5-2 in the semi-finals and Benson/KMS in the quarterfinals.

Top ranked Edina won their 189th dual-meet in a row in the championship match with Mahtomedi 6-1. They defeated Eden Prairie 6-1 in the quarterfinals and a strong Rochester-Mayo team 7-0 in the semi-finals.

The talented Edina team was lead by senior Whitney Taney who completed her high school career with a record of 166-0. Taney's streak started with her first high school varsity match as a seventh grader. Her impressive record includes three consecutive state singles and two doubles titles. Taney will be playing with the University of Michigan in the Big Ten Conference in 2007.

Professional Rankings

The November/December 2006 issue of "Tennis" magazine reported the following ranking statistics as of September 18, 2006:

Ranking by 2006 Prize Money			
Men		Women	
Federer	\$6,113,885	Henin-Hardenne	\$3,204,810
Nadal	3,344,510	Sharapova	3,101,616
Roddick	1,940,960	Mauresmo	2,669,767
Ljubicic	1,315,167	Kuznetsova	1,577,082
Davydenko	1,192,845	Clijsters	1,117,542

Andy Roddick (6), James Blake (9) and Lindsay Davenport (12) are the only USA players ranked in the

(Tennis events—continued on page 5)

Spooks and Goblins

By Joanne Schwartz

60 "spooks and goblins" gathered Saturday, October 28 at Fort Snelling Tennis and Learning Center to celebrate the holiday. It was a fun event and a grrreat success! There was tennis for 3 hours and then a wonderful buffet, catered by Affordable Best Catering of Bloomington. The buffet was beautifully displayed—roast beef sandwiches, au gratin potatoes, garden salad and a variety of colorful veggies. Affordable Best Catering would like to work with us for future events and we welcome this. Thank you to Affordable Best Catering and to Ardelle Hansen for organizing the catering! A variety of dessert bars were a gift from the party committee.

We want to give a big thank you to the co-chairs-Ardelle Hansen and Mary Ann McGuire and their committee: Joyce Schadel and Joyce Anderson. Several other members assisted: Cal Schadel, Svetlana Shavzin, Helen Vagle and her guest, Don Weiss.

We had free water furnished by Ecowater Systems—Calex and Jessica Anderson. Thanks for the generosity of the Andersons and to Mary Ann McGuire for organizing this! Ecowater Systems wants to furnish free

(Spooks and Goblins—continued on page 6)

Seasons Greetings!

May you and all you love enjoy peace and happiness in this special time.



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

**Changes to fall-winter
schedule page 3!**

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

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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: 1550
December 2006, Volume 19, Number 10



Renew now!

Good news: as of November 20, we've received half of the 2007 renewals. Bad news: we haven't received the other half!

Don't delay! Get your renewal in. This will ensure that you don't miss a newsletter, that your name is in the 2007 Roster, and that you are entitled to play in our groups.

Protect eyes

Shortly after our last article on protective eyewear, Bob O'Brien was hit in the eye. No permanent damage, but Bob, who doesn't wear glasses, decided to get some protection. He found these at Twin City Tennis Supply, near 48th and Chicago, Minneapolis.

Save your eyes! Get prescription or non-prescription protection.

Captains!

Especially captains at the former Northwest clubs. We've removed from the fall/winter schedule all groups playing at those facilities, except a very few that have recently made arrangements to play. If you are playing, let us know time, place, etc. You can check the schedule on the STPC website: www.seniortennismn.com.



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

Gosh, does anyone know what kind of tennis game **Santa** had? I'd guess he was a "ground stroker," liking baseline play, but not caring much for the "short court." I don't think he ever missed any meals; consequently, he might not have had quick enough movement for good "net play."

Before my summer class in Bloomington ended, (Wednesdays at 86th & Bryant) I prepared my students for a test on the basic strokes of tennis. We worked hard, and I sensed a new seriousness to every student's interest when they realized I was going to chart them all. I ask you—is there anything more beautiful or gratifying than to be a part of helping someone enjoy an action not too familiar to them, being seniors, and very new to our sport? I don't think so. I've filed the results away until next June, and I'll share the results with those students then. I did tell all of them that they had passed, and were improving, which they were. The greatest thing about our classes is that the more advanced players can also find ways to improve their strokes, as they are fed differently from the less experi-

enced players, and we can also use "he" or "she" as a "role model."

The **USTA magazine**, November-December 2006, has a great article (starting on page 18). Title of the article is **King of New York**. Guess who that is? Yes, It's **Roger Federer**, the first man to win three straight **US Open Singles**, the man many have nick-named the "cool Swiss." I was interested in tennis at such a young age, that I had favorites like **Donald Budge, Rod Laver, Roy Emerson, Bjorn Borg, Ivan Lendl, Bill Tilden, Arthur Ashe, Jimmy Connors, John McEnroe, Pete Sampras, Andre Agassi**, and others. Believe me, there are many other former great champions. The best ever? I'm thinking the tennis authorities will soon name Roger Federer the best ever. If he avoids serious injuries I don't think there's anyone out there who can beat him, plus he's only 25 years of age.

Have we all had a **flu shot**? I also recommend everyone get a **pneumonia shot**. I have recovered (I hope) from pneumonia finally, no fun.

Indoors we are, and one thing is the same—**no foot faults!!!**

Perc

Changes to fall/winter schedule

Location	Day	Time	Cts	Skill	Captains	Phone
Baseline	Mon	10:30-noon	1	2.5-3.0 MW	Louise Halverson	612-722-7132
					Catherine Robinson	651-487-4189
	Wed	11:00-1:00	4	3.0-4.0 MW	Marv Schneider	952-975-1895
	Thu	10:00-11:00 AM	1	3.0 W	Brenda Zimmerman	651-645-1662
Minnetonka Tennis (formerly Oakdale)	Wed	7:30-9:00 AM	2	3.0-3.5 M	Bill Jacobs	952-473-2084
	Fri	7:30-9:00 AM	3	3.0-3.5 M	Bill Jacobs	952-473-2084
Reed-Sweatt	Mon	8:30-10:00 AM	3	2.5-3.0 W	Peggy Feilzer	612-331-4470
Williston Fitness and Sports	Tue	6:30-8:00 AM	1	3.5-4.0 M	Rick Van Doeren	952-941-5322

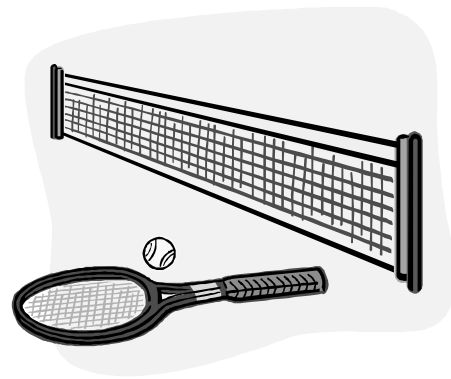
Calling all captains

By David Sommer

Are you sure that your players, both regulars and subs, are paid-up Senior Tennis members? Check against your Roster. Of course, some may have joined since the Roster was published—you can check those by going to our website, www.seniortennismn.com, and click

on Membership. One of the choices on that screen is a complete up-to-date membership list. If you don't have web access, call your facility coordinator for help. His/her name is listed in the Winter Schedule. Or if nothing else works, call me 612-276-1313.

Everyone playing in STPC groups **must** be a member. **No exceptions.**



●● 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.**

Who me? Late?

Yes, it's true! Too many are coming late to drills. When you do this, you miss out on the warm-up exercises, and that puts you at risk for injury. And you also miss the instructor's explanations.



Of course sometimes traffic, weather, or maybe just an ornery alarm clock makes you late. But if it happens more than a few times, you need to change your plans and allow more time. You'll get more out of the drills, and your instructors will appreciate it too.

Players wanted!

- Woman 3.0-3.5 Sundays 2:00-3:30 at Reed-Sweatt. Judy Sweeney at sweeney@netscape.com, or 612-866-5298.
- Need regulars and subs to play in 2.5-3.0 Monday 10:30-12:00 at Baseline Club. Contact Louise Halverson 612-722-7132 or Catherine Robinson 651-487-4189.
- Looking for players...Friday 7:00-9:00AM, 3.0-3.5. We're looking for a few players to sub during the winter for snowbirds. We are also looking to fill one spot on a permanent basis. 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.

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.

Ol' guitar need strings or fix'n? Call ol' Frank, 952-937-9394.

Ballroom Dance for couples. Dinner-dance or dance only. Try as guest. Thue Rasmussen 651-917-0075.

(Tennis events—continued from page 1)

top 25 in the ATP total point standings. US players failed to produce a grand slam champion in 2006.

Remember 1992 Rankings

Men	Women
1) Edberg	1) Seles
2) Courier	2) Graf
3) Sampras	3) Sabatini
4) Chang	4) Navratilova
5) Ivanisevic	5) Sanchez Vicario

It's amazing: Martina Navratilova, ranked #4 in women's singles in 1992, continued to play doubles at a very high level in 2006. Martina won her 178th doubles title at the US Open with partner Bob Bryan. After 33 years and 345 singles and doubles titles, she announced her retirement, presumably for the final time.

Need Defibrillator

The STPC Board is currently considering the acquisition of a defibrillator. If you or someone you know is employed by or has access to a medical products company that might consider donating a defibrillator, or provide special pricing to our club, please contact Bob Busch at (952) 941-1204.



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In Memory...



Clarke, Bruce 85, Bloomington, MN & Cupertino, CA. Nov. 11, '06. Survived by wife, Lois; 2 children, Tom Clarke & Jini Wray. Bruce and Lois were long-time members of Senior Tennis.

(Spooks and Goblins—continued from page 1)

water at our next social event—our annual valentine tennis party-Sunday, February 4, 2007.

There were many door prizes: tennis balls, AAA pens, tennis bags, racquet restringing from Michael Lynne's and a gift certificate from Curran's Restaurant in Minneapolis. We want to thank all those that contributed prizes, which added to the Halloween fun.

Thank you all for coming! And thank you again to all that helped make this event a success. See you in February at our Valentine social at Fort Snelling Tennis and Learning Center. See ad on page 7. If you would like to assist in the planning of the event, please call Joanne Schwartz at 952-835-6794. I am open to more new ideas.

Wishing you peaceful holidays. Keep our soldiers close to your heart. Peace on earth; good will to our fellow man.



Halloween krew, left to right: Joanne Schwartz, Joyce Anderson, Ardelle Hansen, Mary Ann McGuire, and Joyce Schadel.

Tennis can be so much fun!

Recently Nick Legeros created a beautiful tennis sculpture and placed it in front of the Swanson Tennis Center on the Gustavus campus. It features a smiling young player jumping over a tennis net with his hand extended in friendship. Inscribed on the net are words of wisdom that express the Tennis and Life message. They explain the boy's perspective and the reason for his smile.

Transformation

By Marsha Jarvela

In 1950, no one told me,

“go ahead and sweat”

“be strong and muscled”

“play with the boys”

“charge the net!”

And today?

Young woman:

6 foot 2, 150 sweat-shiny pounds

Slamming the ball deep,

Kissing the T,

Slicing the corner.

Tucking her hair back so she can see,
not *be* seen.

This game of love and lobs

inspires joy

the “aha-perfect-shot!”

I'm 62

at last a jock,

though skill and power

are veined by years, Rice Krispy knees,
bi-focalled eyes.

But on those magic days

the one-hand-oh-so-pretty backhand

with a sweet looping follow,

devilish dainty drop shot

befuddling my rival—

On those days,

I am young and strong

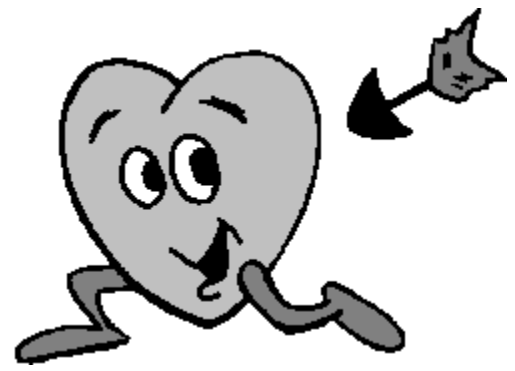
and, of course,

my racquet has purple strings.

“I don't worry about losing, even when everyone is counting on me to win. I don't worry about playing poorly, even when it is extremely important that I play well. Winning and playing well are outside my control. When I center on them I often get nervous, lose my focus, or get upset. Instead I commit myself to full effort, positive attitude, and good sportsmanship... every time I play. I know I can be successful in reaching

(Continued on page 7)

Fort Snelling Valentine Tennis Party



Sunday, February 4, 2007
Tennis 4:00-7:00 pm; refreshments 7:00-8:00 pm
Fort Snelling Tennis and Learning Center

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

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

Name _____ Phone (____) _____

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

Name _____ Phone (____) _____

Rating _____

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

I agree that any participation by me in the activities of, or sponsored by, the Senior Tennis Players Club, Inc. (STPC), a nonprofit organization, including, but without limitation, activities such as tennis lessons, clinics, drills, rating sessions, camps, trips, playing in or attending tennis games, tournaments, groups or social events, shall be at my sole risk; and I hereby release and hold harmless STPC and its officers, directors, members, employees, agents, tennis pros, tennis clubs, courts and facilities used or licensed by STPC, and all independent contactors with STPC (all being "Associated Others") for all claims of damage, whether due to injuries to person or property; to any direction, conduct, scheduling or claimed discrimination, nonfeasance or malfeasance, or otherwise, arising out of, or occurring in connection with, any such activities or conduct of STPC or such Associated Others.

Signature _____ Date _____

Signature _____ Date _____

Send check for \$16 per person payable to STPC before January 20 to:
Joanne Schwartz
4141 Parklawn Ave #218
Edina, MN 55435
952-835-6794

(Continued from page 6)
these goals... every time I play. I approach each game with confidence and optimism. I know I can succeed. I let winning and playing well take care of themselves. I

love to laugh, give high fives, compliment others, put my skills to the test, and continue to improve. Tennis is so much fun." [Note: this was from a Tennis and Life Camps brochure.]

How to survive playing mixed doubles with your spouse or significant other

A guide for those couples inexplicably intent on playing tennis together

Compiled by Randy and Anne Chamberlain, Olde Providence Racquet Club, Charlotte, NC

1. If at all possible, play with someone else. Anyone else. Locate your ex-stalker just released from an institution. Anyone.
2. If you **must** play mixed doubles together, remember: Never accept responsibility for anything that goes wrong on your side of the net. Blame the wind. Blame the sun or lack thereof. Blame the rising price of tea in China. It is **not** your fault!
3. As a corollary to #2 above: whatever you do, don't blame your spouse or significant other for anything. We know that it is their fault, but bite your tongue. No one wants to see you fight.
4. When you do start fighting on the court, fight fair. Listen patiently as your one and only sweetheart berates you within an inch of your emotional life. Smile and plan revenge...maybe a short lob while your sweetie is at the net....



5. Gentlemen—remember: She is right. She is always right. She misses an easy volley at the net and blames you. Guys—that **is** your fault. If you had more money she could afford three private lessons a day. Accept it and move on.
6. Ladies—remember: He is God's gift to tennis. Tell him that over and over, especially in the company of younger women. He needs to hear it. If his serve hits you in the back of the head, you should look back (if you are able), then apologize for getting in the way. Accept it and move on.
7. We should have asked this first—are you playing **social** tennis or **competitive** tennis? Once you know that, life is easier. If you are playing **competitive** tennis, then you can stop battling each other and gang up on the other team!
8. If all else fails, remember that this is a game. Your entire life depends on the outcome of this game!



Pictures from the past

Nicollet tennis center 1985: Ann Seggin, Chris Matteson, Char Beattie, Bill Storie



And below we have Al Mohr, Evonne Goolagong, and June Mohr. Yes, that's right, **Evonne Goolagong!** Maybe someone can tell your editor where and when this picture was taken?



Can you hear me now? Coping with hearing loss

Healthy tips from UCare Minnesota

After decades of listening to the lawn mower, loud music, city traffic, or noisy machinery, the human ear often begins to falter. Hearing loss affects an estimated 30% to 35% of Americans between 65 and 75 years old, and 40% to 50% of adults age 75 and older.* High-pitched sounds usually fade first—birds chirping, telephones ringing, even women’s voices. And age-related hearing loss, or presbycusis, occurs gradually, leaving many victims unaware of its advance.

Cause and Effect

In addition to long-term noise exposure, heredity, medicines, and health conditions can also contribute to hearing loss. “Heart disease, high blood pressure, diabetes, and other vascular conditions may reduce the blood supply to the ear and diminish hearing,” says Barry Baines, M.D., Chief Medical Officer at UCare Minnesota.

Regardless of the cause, age-related hearing loss affects the clarity and volume of sounds. Symptoms include:

- Difficulty distinguishing high-pitched sounds from each other, especially “s” and “th”.
- Difficulty understanding conversations, especially in a crowd or with background noise.
- Asking others to speak more loudly, clearly, or slowly.
- Turning up the volume on the television or radio.
- Hearing a ringing, roaring, or hissing sound, called tinnitus, in one or both ears.
- Withdrawing from conversations and avoiding social situations.

Living with Hearing Loss

While age-related hearing loss is often permanent, a combination of technology and coping skills may help older adults improve their quality of life.

Hearing aids make sounds stronger and easier to hear. An audiologist can help you decide if a hearing

aid is right for you and fit your ear with the best option. Ask about wearing the aid for a trial period before you buy it. **Assistive listening devices** help eliminate background noise and amplify sounds you want to hear. They include personal listening systems, as well as TV and telephone amplifying devices. **Lip reading** training teaches you how to interpret mouth and body movements when someone is talking.

You can also work with friends and family to make conversation easier. Tell them about your hearing loss and share the following communication tips from UCare Minnesota:

- Speak face-to-face. Facial expressions, gestures, and lip movements can provide helpful clues.
- Minimize background noise by turning off televisions and radios, and choosing quiet settings for conversations.
- Avoid speaking while chewing or covering your mouth.
- Speak at a normal pace and volume without exaggerating sounds.
- Rephrase complicated sentences if it seems to cause confusion.

Protect Your Ears

To help preserve your hearing longer, wear earmuffs or earplugs in loud environments—whether at work or play—and have your hearing checked regularly. If you think you have a hearing loss, or may be at risk for one, talk to your doctor about hearing testing.

* Source: National Institute on Deafness and Other Communication Disorders, www.nidcd.nih.gov.

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).

More advice from the pros

Last month we published Billie Jean King’s advice, from “Advice from the pros” by Frederick C. Klein. Here’s some more responses to the question “What **one** useful tip would you give the average player?”

Jean-Phillippe Fleurian: “Give up women!”

Helen Kelesi: “Watch the ball. It’s something I have to tell myself every point, because it’s the most important thing.

Brad Gilbert: “Move your feet. If you get to the ball early enough, you’ll have a lot of options about where and how to hit it. If you’re late, you end up just ‘arming’ it, and you’re lucky to get it back at all.”

STPC new members, renewals, and changes

Name

Rating

Home phone

Other phone

Address and Email

Name

Rating

Home phone

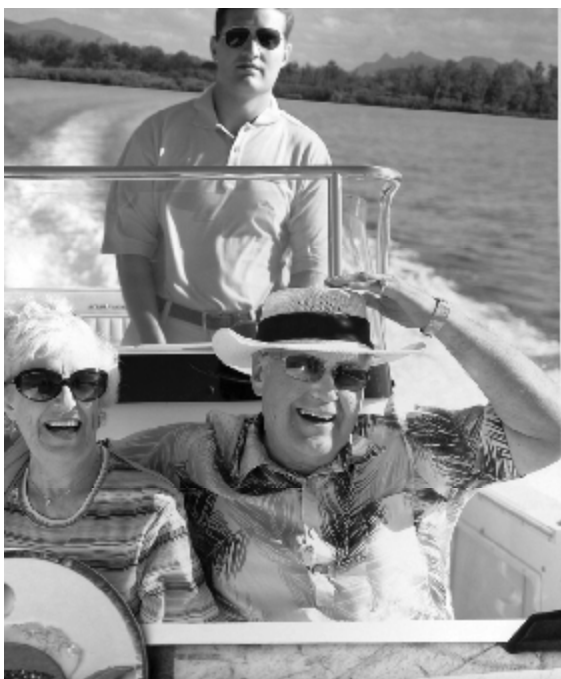
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December 2006

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