



Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc.

April
2007

Jean Murdock awarded Dow Trophy

By Bernice Hanson

The 2007 Dow recipient is Jean Murdock. Jean has distinguished herself by her unflagging enthusiasm for the game and for Senior Tennis. Her volunteer work for the club speaks for itself:

- Many years Grandparent/Grandchild Tournament organizer.
- STPC Board secretary for two years.
- STPC president for one year.
- Five years as Volunteer Director for security and ushers for the



Women's Challenge pro tournament at Fort Snelling.

- Three years as liaison for STPC volunteers at Twins games. For each volunteer, the Twins

contribute \$24 to the National Alliance for Mental Illness.

- Tournament director for the Roger Boyer/Percy Hughes Doubles Strategy Clinic.
- Eight years on membership renewal committee.
- Many years as captain of two fall/winter groups, and as captain for a summer group.

I know many people have joined STPC because of her recruitment. Not only has she invited them to join the club, but has convinced many to become volunteers. Jean is an inspiration for all of us to give back to the game and club we love.

Congratulations, Jean!

**Preliminary summer
schedule on page 13!**

History of the Senior Tennis Players Club

By Carol Hall

Editor's note: this may be "old news" for long-time members, but we periodically publish this excellent article so newer members can understand how we came about, and what we stand for.

The organization came about in 1982 when Twin Cities businessman Jack Dow brought a small group of senior tennis enthusiasts together to form a club exclusively for their age group. These 60-and 70-somethings incorporated under the name of Senior Tennis Players Club, and proceeded to organize doubles matches for themselves at the old Parade Stadium courts near

(History of STPC—continued on page 7)

Captains! Report changes

On page 13 is the preliminary summer schedule. Please check this schedule and report any changes you are aware of, including change in captain. Who to call:

Minneapolis area: Marty Plitnick 612-247-7412

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

Upcoming Events

May 5, 2007

Annual Meeting, Captains Dinner
Details and signup on page 10

May 7-10, 2007

Jack Dow Tournament
Details and signup on page 12

May 30-June 1, 2007

InnerCity Senior Tournament
See Page 9 for info and application

June 5, 2007

Bolger Clinic
See Page 8 for info and application

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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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) 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: 1353
April 2007, Volume 20, Number 3



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.

The "Doubles troubles?" article was good and needed to keep us old people to use court time for playing, instead of for bickering.

The "dry skin" article included some advice that I had not focused on before. But the only radiator that I have is in my car.

An old remedy for arthritis is Capsaicin. Although my family doctor recommended it five years ago, I never really gave it a try until a month or so ago. I now use it

every day, when I first get up, on my arthritic, ski-damaged knees. It soothes the pain in the complaining joints and blocks the pain signal to your brain. Capsaicin must be a diluted form of "horse liniment". The stuff is over-the-counter at every drugstore. It comes in a squeeze tube. It must work, as I was able to keep ahead of wife Barbara downhill skiing at Big Sky Montana last week. It was not good enough for me to keep up with her cross-country skiing this week.

arrividerci.....Felix Perry

Editor's note: I bought a tube of Capsaicin. Price for store brand was \$11.

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

It's time once again to check all your equipment for the outdoor tennis season: 1) racquet with fresh strings, 2) shoes, 3) water, 4) extra shirt, 5) small first aid kit. We'll talk more about equipment "as time goes by ♪♪♪."

I'd like to talk about a good guy, also a fine tennis player, also a great musician—a fellow saxophonist. His name is Phil Zinos, from St. Paul. In a short time he has become very involved in our Senior Tennis Club as a substitute where needed. His music? His group is **No Name Jazz**, and they play music for veterans at the Minnesota Vets Home, and the VA Medical Center in Minneapolis. His group is composed of retirees, University of St. Thomas students and staff.

Phil had a thirty year career as a railroad field operations officer for Canadian Pacific Railway. He retired a couple of years ago and found Senior Tennis and mu-

sic as ways to keep fit and positively involved in the community. Phil, you're a **winner**, and I "endorse you big time" for our club!

Roger Boyer, our Director of Training is making up a pamphlet of the mechanics that every Professional has to introduce and teach to our students. I hope we never lose Roger—he's very much in demand all over the United States. The **Jack Dow Tournament** is getting closer and closer. I'll joyfully be rating Mondays at 1:30, and Thursday mornings, 8:30, both at Reed/Sweatt. Give me a call if necessary, at 612-866-1102. **And** there will be a **Battle of the Sexes** this year. Wow! (How to bet!!!) I'll name the players in my next column. I hope everyone plans to play this year's tournament. **Bob Busch and Paul Stormo**, our directors, and their efficient crew promise **no glitches!** Yes, we're all going to be busy the first two weeks of May—the Dow Tournament is May 7-10 (Monday through Thursday), and Saturday, May 5th is the Luncheon Meeting we're all going to attend.

Now remember! **No foot faults! Percy**

Team Tennis season

By Marv Schneider

With summer approaching, many of us are looking forward to another entertaining season of STPC Team Tennis. Besides a lot of competitive fun, this is an excellent way to meet a lot of other players (both men and women) who play your level of tennis.

Last year the league had seven teams, each consisting of four men and four women. Each team played a match against each of the other teams in the league. Matches were 8-game pro-sets (2 men's doubles, 2 women's doubles, and 4 mixed doubles). All matches are played on Tuesday mornings, between 9 and 11am, from mid-June through mid-August. Court locations for the matches were Wayzata West Middle School, Holasek Park (Eden Prairie), Lone Lake Park (Minnetonka), and Eden Prairie Central Middle School.

Most of the players in this league are rated 3.5 or above. If you are interested in joining this fun group as either a regular or a sub, or you have any questions about it, you can call either league manager Marv Schneider at 952-975-1895 or any of the other captains, including Ross Davis, Roger Junker, Ken Landro, Harlan Sween, Ronnae Wagner, Rita Waletski, or Bob Ziomek.

Volunteer at Twins games

Twins season opens April 2. If you can volunteer to pass out Twins' promo material (able to stand approximately two hours) and then watch the game, please call Jean Murdock at 612-825-5826 or e-mail at jeanmurdock@aol.com to be on the list. Proceeds paid by the Twins go to the National Alliance for Mental Illness (NAMI).

Many thanks from NAMI for all the senior volunteers in the past.

Tiebreak rules

By Marv Schneider

Since some questions came up recently on how to play a tie-breaker in tennis, here is a short description. It is often a good idea to use a tie-breaker when you reach a 6-6 score in a normal set or even at a lower tied score when you have a time limit.

To start the tie-breaker, the first server serves one point from the **deuce** court. When that point has been completed, the serve passes to the other team whose first server serves one point from the **ad** court followed by one point from the **deuce** court. Serve then goes back to the first side, starting with **ad** court followed by

(Tiebreak rules—continued on page 4)

●● 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.**

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 612-866-1102 for what's best for you.

Expert Racquet service. Fred Jurewicz (952) 496-



1018 (H); (612) 250-3185. *10% STPC discount.*

Wanted: cheap, used Sunfish, or Laser-type sailboat. 651-429-0838.

Love tennis? Why not LIVE tennis! Upscale Florida community. www.YouWillLoveItHere.com

Must sell 2BR 2BA week, May 12-19, Galveston, TX. Fees paid, poolside on Gulf. \$1200. 651-578-1345

Rent, Villages, FL. Activities for everyone. 2BR, 2BA, den. Great house \$1100/mo & up. 952-935-5670.

Want to buy: 1975 Bloomington Jefferson HS Yearbook. Marsh Johnson 952-831-6593.

Musician wanted—small, well-organized senior jazz band needs an instrumentalist or singer. 952-476-1298.

(Tiebreak rules—continued from page 3)

deuce court. After each two points served by a side, the serve passes to the other side, starting from the **ad** court. When either team reaches a total of at least 7 with a margin of 2 (e.g. 7-5), that team wins the tie-breaker and the set; if the tie-breaker score gets to 6-6,

you continue playing until someone reaches a 2 point margin (e.g. 8-6). While the most common tie-breaker is the 7-point, there are others, such as: 10-point (10 for winner, margin of 2) and 3-point (3 for winner, margin of 1).

Tennis Events

By Bob Busch

Dow Tournament

Paul Stormo, tournament director, and his dedicated team of experienced volunteers are expecting over 100 players at RSFTC from Monday, May 7 through Thursday, May 10. Doubles play will include Men's, Women's and Mixed play in four rating categories: 2.5, 3.0, 3.5 and 4.0. Be sure to get your registrations in early. You may submit the form included in this newsletter.

In years past we have had private and corporate sponsors who helped defray the cost of this exciting tournament. These sponsors have helped to keep the cost to our players at a very reasonable level. If you or someone you know is a potential donor that might help defray the cost of this tournament please contact Bob Busch at 952-941-1204.

Bolger Clinic

Chairwomen Alice Weides is coordinating this event, scheduled for Tuesday, June 5 at RSFTC, for the 5th consecutive year. Alice continues to provide quality teaching with Roger Boyer and his teaching pros as

well as a **great** lunch. We expect another "sold out" clinic, so sign up early. The clinic registration form is included in this newsletter.

Super Senior Grand Prix


Over a dozen players in three tournaments represented Minnesota seniors January 15 to February 4 in sunny Naples, Florida. Minnesota players included Jerry Pope, Tom McCune, Dave Spilseth, Bill Robertson, Roger Montgomery, Tom Fridinger, Ed Hoffman, Don Herrick, Doug Anders, Roger Avelsgard, Davey Jones, Burton McGlynn and Bob Busch.

Rochester Pro

Eric Butorac, from Rochester, teamed with Jamie Murray to win the men's doubles championship in the SAP open in San Jose on Sunday, February 18. Butorac and Murray defeated Haggard and Schuettler 7-5, 7-6 (8). The very next week, Butorac/Murray won their second consecutive ATP Tour doubles title and third tournament title in three weeks with a 7-5, 6-3 victory over Julian Knowle and Jurgen Meltzer of Austria at the Regions Morgan Keegan Championships in Memphis, Tennessee.


As we go to press, **Butorac/Murray** have moved to 10th place in ATP doubles rankings, and won \$67,600.

In Home
Personal Training
www.TLtraining.net



- You can have Certified Personal Training in the comfort of your own home.
- Individual or Partner Training (spouses/friends)
- I bring all kinds of equipment to you so a wide variety of comprehensive exercises can be done.
- Custom tailored programs for strength, flexibility, vitality, and injury prevention for all ages.
- I am a Personal Trainer certified by the *American Council on Exercise* and *National Academy of Sports Medicine*. Previous member of Senior Tennis.

I have a strong belief and lots of success in helping all kinds of people learn healthier and happier lifestyles. I would be glad to discuss training with you or meet for a free Assessment. Please visit the website, and contact me to change your life!



Timothy Lawless
Personal Training
952-401-1997
train@earthlink.net
www.TLtraining.net

Senior Resource Alliance of the Southwest Twin Cities

Resources You Can Trust

- | | |
|------------------------|--------------------|
| • Financial Services | • Geriatric Care |
| • Long Term Care | Management |
| Insurance | • Pre-Need Funeral |
| • Financial Planning | Planning |
| • Mortgage Services | • Funeral Services |
| • Reverse Mortgages | • Durable Medical |
| • Real Estate Services | Equipment |
| • Senior Moving | • In-Home Care |
| Services | • Senior Living |
| • Accounting | Residences |
| Services | |

SRA | Senior Resource
ALLIANCE
of the Southwest Twin Cities

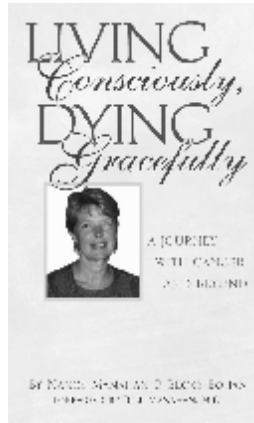
Contact **Fred Jurewicz, CSA**
952-496-1019 or fred@fjfinancial.com
www.fjfinancial.com

Living with cancer

Editor's note: the following is a press release about a new book co-authored by STPC member Nancy Manahan. Many of us will face cancer either in ourselves or in a loved one.

Beaver's Pond Press announces the release of a book by Senior Tennis Player Club long-time member Nancy Manahan and her partner Becky Bohan. *Living Consciously, Dying Gracefully: A Journey with Cancer and Beyond* details the amazing journey of Nancy's sister-in-law Diane Manahan, a Minnesota State University, Mankato, nursing professor, who lived for over 5½ years after being diagnosed with breast cancer.

This book offers multiple attractions: a riveting story, a portrait of a woman who lived her values when faced with inoperable cancer, a primer on complementary therapies for cancer, an account of Diane's death at home in Nancy's arms, and a ground-breaking description of her cremation. The book ends with



astonishing accounts of after-death communications that taught, healed, and diminished the recipients' fears of death.

Living Consciously, Dying Gracefully includes 16 photographs, a supplemental guidebook with practical suggestions for dealing with a serious illness or death, appendices describing Diane's holistic treatment plan and other complementary modalities, and an annotated list of resources for living and dying consciously.

On April 27 at 7 p.m., the authors will launch their book at Amazon Bookstore in Minneapolis (48th & Chicago). They will embark on a book tour in mid-May through the Southwest and West Coast of the United States.

For more information about *Living Consciously, Dying Gracefully: A Journey with Cancer and Beyond*, other author appearances, and a description of the authors' four previous books, see Nancy and Becky's website: www.nanbec.com.

STPC new members, renewals, and changes

Name

Rating Home phone Other phone Address / Email

[information not included on web version, to protect member privacy]

(History of STPC—continued from page 1)

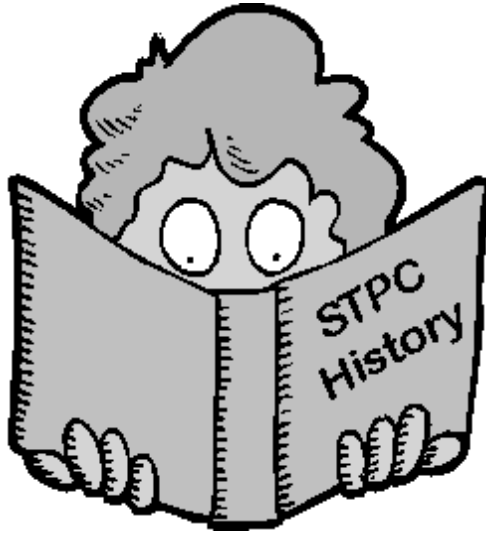
downtown Minneapolis. Their numbers quickly swelled. Today, the STPC membership exceeds 1500 members, aged 50 to 80-plus, who participate regularly in organized leagues, playing year-round at outdoor courts during the summer and racquet clubs in the winter. Their playing venues are scattered throughout the greater Twin Cities area.

Jack Dow is credited not only with founding the STPC, but also with its long-term success. An entrepreneur and go-getter who thrived on tennis, Dow, of Edina, was inducted into the Minnesota Tennis Hall of Fame, served as president of the Northwest Tennis Association, and, at his peak, was ranked No. 6 in Minnesota. He initially got the club off the ground by snagging members from among his tennis-playing friends, even giving out some free memberships to increase the numbers. Somewhere along the way, Dow decided that novices should be admitted to this group of seasoned players and hired senior tennis pros, including Percy Hughes, Virginia Morgan and the late Ernie Greene, to provide them with beginner lessons.

Through the years Dow expanded club activities. Senior tennis camps, parties, drills, clinics and trips were added to the established leagues. Some of these trips saw Dow leading groups to Wimbledon, French Open, and U. S. Open, others to a Florida tennis resort where they played tennis daily.

Jack Dow died in 1996. The club thereafter initiated a tournament in his name, which is held annually. The programs and lessons that Dow began are going strong still today. A program for members to teach tennis to inner city youngsters was added to the list, as was a yearly grandparent-grandchild competition.

Each year the Jack Dow traveling trophy is presented to a member whose attitude, character, sportsmanship, enthusiasm and service best typify the organization. Long-time member Mary Kaminski of Saint Anthony, who serves on the STPC Board of Directors, was the 1998 trophy winner. Kaminski says of the STPC: "It does much more for seniors than offer tennis. The club creates the opportunity for new friendships; I've made so many good friends through Senior Tennis. Why, many members who've met on the courts have even found romance, and we've had a number of marriages."



Promoting the sport he so loved for the enjoyment and social opportunities it offers seniors was important to Dow, but more important was its benefit of improved physical health, of which he was keenly aware. Jack Dow played tennis five to seven times a week, continuing well into his eighties, and he lived to be 89.

Because the Senior Tennis Players Club is a nonprofit organization, members volunteer to handle all of its activities. They also serve as team captains for leagues. The

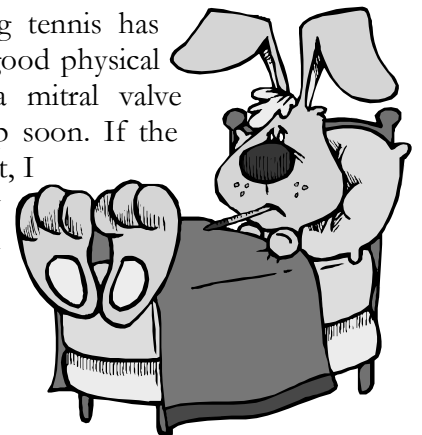
STPC Board of Directors elects board members for three-year terms; board officers serve one-year terms. Members are encouraged to volunteer for activities and board positions, and to captain league teams.

Thanks to Senior Tennis....

By Ray Ranallo

I was recuperating in the hospital after having some stents placed in my heart and also having a stroke. I had a lot of time to think about what I would be doing if I didn't belong to this tennis club. Stop and think for a minute and ask yourself what you would be doing with your life. I didn't realize how important our club really is to all of us. It keeps us healthy and we're getting out and making new friends. Many aren't with us anymore but they are remembered. I would like to thank the volunteers who help keep this club going. I know a lot of other people would volunteer but they either don't have the time or they can't for medical reasons but we all want to thank you for all that you do. I would also like to thank you people who sent me cards with so many signatures and encouraging remarks, telephone calls and visits. I didn't realize I had so many great friends, which I wouldn't have had if it weren't for our tennis club. I

really believe playing tennis has helped keep me in good physical condition. I have a mitral valve operation coming up soon. If the operation goes alright, I will be able to play tennis again. We'll see.

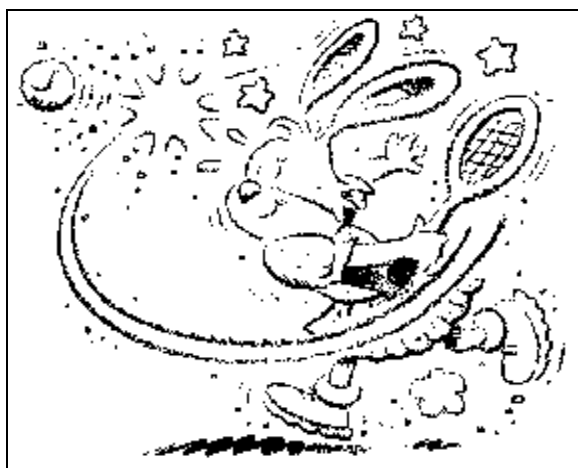


Bolger Clinic

Don't wait! The Bolger Clinic, led by Roger Boyer, takes place **June 5**. You'll improve your game, have a great time, and get lunch too, all for \$12.50. Bring a guest for just \$15. Registration closes **June 1st** and there is a limit of 72 players, so sign up now and be sure you're included.

John Bolger

Tennis Clinic & Luncheon
Tuesday, June 5, 2007



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

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

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

\$12.50 per member, \$15 per guest

72 Players Only
Register by June 1, 2007

John Bolger Tennis Clinic & Luncheon Reservation Form

Name: _____

Phone (w/ area code): _____

Skill Level: ☐ 1-1.5 ☐ 2-2.5 ☐ 3-3.5 ☐ 4.0

Send your check payable to STPC (\$12.50 per member,
\$15 per guest) and this form **by June 1, 2007** to:

Ab and Pat Johnston
6085 Lincoln Dr #227
Edina, MN 55436

All players must sign the Release Form below:

RELEASE FORM

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 contractors 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: _____



3rd Annual InnerCity Tennis Tournament

A Benefit for the InnerCity Tennis Foundation

Senior Doubles Tournament

May 30 — June 1, 2007

Registration ends: Postmark Wednesday, May 23, 2007 or division is full.

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

Tournament Start Time: 9:00 each day

Who:

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

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

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

Costs: \$25 per person (registration not complete until both fees are received).

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

Format: Round-Robin.

Not a USTA Sanction tournament

Tournament Director: Gary Rother

Further Information:

Home Phone: 612.724.5515.

E-mail: garyrot@aol.com

3rd Annual InnerCity Tennis Tournament Entry Form

(Please print clearly or use return mailing label)

Name: _____

Address: _____ City: _____ Zip: _____

Phone: (____) _____ E-mail: _____

Men Doubles 2.5 ____ 3.0 ____ 3.5 ____ 4.0 ____ 4.5 ____.

Women Doubles 2.5 ____ 3.0 ____ 3.5 ____ 4.0 ____ 4.5 ____.

Mixed Doubles 2.5 ____ 3.0 ____ 3.5 ____ 4.0 ____ 4.5 ____.

Partner's Name: _____

Address: _____ City: _____ Zip: _____

Phone: (____) _____ E-mail: _____

Send check (payable to InnerCity Tennis Foundation) and entry form to:

InnerCity Tennis Foundation
% Gary Rother,
5208 16th Avenue South,
Minneapolis MN 55417-1814

STPC Annual Meeting

All Members Welcome

Includes Captain's Recognition Luncheon and

Jack Dow Trophy Award

Door Prizes! Entertainment!

Saturday, May 5, 2007, 11:00am-3:00pm

Town & Country Club

300 Mississippi River Boulevard

St. Paul, Minnesota



Schedule of Events

11:00 am Social Hour

12:00 pm Luncheon

1:15 pm Holy Family High School
Choir (from Victoria)

1:45 pm Annual Meeting, Introduc-
tion of new Board members, and
Jack Dow Trophy award.

Luncheon Menu

*Clubhouse Croissant: turkey, bacon,
havarti cheese, lettuce and tomato*

Pasta salad

Ice Cream Sundae with Butter Cookie

Directions to Town & Country Club

From 94 East: Take the Cretin Avenue/Vandalia Street exit (exit 237) and turn left (south) onto Cretin Avenue. Turn right onto Marshall Avenue. Turn right onto Otis Ave, then left into parking.

From 94 West: Take the Cretin Avenue/Vandalia Street exit (exit 237) and turn right (south) onto Cretin Avenue. Turn right onto Marshall Avenue. Turn right onto Otis Ave, then left into parking.

Send reservation form by Monday April 30 with check for \$17 payable to STPC to:

Bonnie Bolton, 4430 Thomas Ave S, Minneapolis, MN 55410 612-922-9290

Reservation cancellations accepted up to 24 hours prior to event.

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

✂
.....
STPC Luncheon Reservation form for NON-Captains and guests only
Saturday, May 5, 11:00 am - 3:00 pm. Cost: \$17 per member or guest

Name: _____

Name: _____

Phone: _____

.....
✂

Keeping social connections

Healthy tips from UCare Minnesota

To keep your physical health in shape, you should exercise, eat well, get plenty of sleep, and see your doctor regularly. But what about your emotional health? Having a social support system can be a vital aspect of well-being—people with close relationships tend to live longer and have better overall health.

In today's busy society it can be hard to foster and maintain friendships. According to a recent study, Americans have fewer close confidants than they did 20 years ago.* Having fewer people to rely on can cause an overall lack of well-being. Not only do lonely people miss out on the fun of sharing dinner with friends, having someone to take to the movies or enjoy hobbies with, but they also might not have anyone to turn to in an emergency.

Make New Friends and Keep the Old

It's important to develop a healthy social network. Here are some tips for keeping social connections:

- In order to make friends, be a friend. Try reaching out to new people and offer to help them with a problem. Then when you have an emergency, they'll probably be willing to return the favor
- If you're shy, try going online. There are many Internet message boards and chat rooms where you

can find like-minded people. It might be easier to make new friends when you already have a common ground, like a love of your local baseball team or a passion for cooking. Be sure to exercise caution when meeting people you've connected with online. Always meet in a public place and let someone else know where you will be and when you will return.

- Keep in touch with the friends you do have, even if they live far away. A regular phone call or e-mail can go a long way toward maintaining those friendships. Try writing it on your calendar so it will be an important appointment you'll be sure not to miss.

* Source: *American Sociological Review*, June 2006.

About UCare Minnesota

UCare Minnesota is an independent, nonprofit health plan providing health care and administrative services to 127,000 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).

In Memory...



Rolland Arndt

Rolland Arndt, age 80 of St. Mary's Point, MN passed away peacefully surrounded by his family on Sunday, March 4, 2007 at his home. Employed by Univac/Unisys of St. Paul for 35 years - very active in IEEE. Rolland graduated from the U of M with an electrical engineering degree and received his Masters degree from Stanford University. Rolland proudly holds honors at the U of M for a computer programming patent. He will remain in the hearts of his loving wife of 45 years,



Marjorie, several children, grandchildren and friends.

Rolland joined Senior Tennis in 1990, and is remembered as a fine tennis player and a perfect gentleman on and off the court. We will miss him.

Frank McCabe

Frank C. McCabe, age 78, died Feb 25, 2007 while vacationing in Punta Gorda, Florida with his wife Maryann.

Frank joined Senior Tennis in 1986. He loved tennis and played with various STPC groups during the summer in Minnesota.

After graduating as an electrical engineer from the University of Minnesota in 1958, he joined Remington Rand. This became "Remington Rand-Univac", "Univac", "Sperry Univac", "Sperry", and as he retired in 1986, "Unisys".

We will miss his bright smile and laughter, his quick wit, and his crushing two handed back-hand.

[Information provided by Larry Bordsen.]

Senior Tennis Players Club, Inc.

Jack Dow Annual Senior Tennis Round Robin

May 7-10, 2007, 8am-4pm

Reed-Sweatt Family Tennis Center
4005 Nicollet Ave. S. • Minneapolis, MN 55409 • 612-825-6844

Tournament Rules

- **Fee:** \$8 per event, per person
- Round-robin format—you will play *at least* three regular sets, or two 8-game pro sets.
- Divisions 2.5, 3.0, 3.5, and 4.0 Men's, Women's and Mixed Doubles.
- No partner substitution after first set.
- No participant may play in more than 2 events. If in 2 events, one must be Mixed Doubles.
- A first place winner in an event in 2006 automatically jumps to the next rating or *must* change partners. Those unable to find a partner *must* state that on the application.
- All entrants *must* be members of STPC.
- **All entrants must be rated** by an STPC professional or have a current USTA rating. Those rated in 2006 need not be rated again in 2007. **Rating questions**—call Percy Hughes at 612-866-1102.
- **Rating Sessions at Reed-Sweatt:** Mondays 1:30: March 12, 19, 26 and April 2, 9; Thursdays 8:30-10:30: March 15, 22, 29 and April 5, 12.
- **Please check in for your match at least 15 minutes early.**

- **Cancel after close date—lose entire fee.**
- **Schedule:** This table gives the schedule for each division. Number in bold (4, 8, or 16) is the *maximum* number of teams permitted in that division. You **must** appear on the first date shown.
- **More info:** Percy Hughes 612-866-1102, Paul Stormo 952-944-6286, or Ronnae Wagner 952-938-5785.

	Men's	Women's	Mixed
2.5	4 Tue 11:30-2:30	4 Tue 11:30-2:30	4 Thu 11:30-2:30
3.0	8 Wed 8:30-11:30 Thu 8:30-11:30	8 Mon 11:30-2:30 Thu 8:30-11:30	16 Tue 8:30-11:30 Thu 11:30-2:30
3.5	16 Mon 8:30-11:30 Thu 8:30-11:30	8 Mon 11:30-2:30 Thu 8:30-11:30	16 Wed 11:30-2:30 Thu 11:30-2:30
4.0	8 Wed 8:30-11:30 Thu 11:30-2:30	4 Thu 11:30-2:30	4 Tue 11:30-2:30

IMPORTANT! Keep upper part; send only Application!

Application

Two players may use this form. Entries close April 23, 2007. All players must **sign below**.

Event	Name (print)	Rating	Amount enclosed	Phone with area code
Men's Doubles	1.			
	2.			
Women's Doubles	1.			
	2.			
Mixed Doubles	1.			
	2.			

Partner needed? yes, at rating

Send Application and Check payable to STPC for \$8 per event, per person to:
Ronnae Wagner • 5326 Rogers Drive • Minnetonka, MN 55343-8952 • 952-938-5785

NOTE: you will be asked to sign a release form upon check-in at the tournament.

Signature _____ Date _____

Signature _____ Date _____

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	2.5-3.0	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	651-399-9431
	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 complex signs to end of road.	Mon	8:00-10:00 am	6	3.0-3.5	Loren Miller	715-381-3524
	Wed				Walt Lewis	651-735-8287
	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	651-344-2438
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

●● 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 Wed Fri	7:30-9:30 am Start June	5	Open	Kathy Sewell	952-835-4005
Bass Lake OR Carpenter Park St. Louis Park Starting at Bass Lake, but location will change during summer	Mon thru Fri	June-August: 9:00-11:00 am May, Sep, Oct 10:00-12:00	6 or 3	2.5 – 3.5	No captain – just drop in. Play will be at Bass Lake park until it closes, then at Carpenter park. Questions – call 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 85 th and Bryant, Bloomington	Tue Thu	8:30-10:30 am	4	All levels	Ray Ranallo	612-827-3945
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
					Bruce Abrahamson	952-461-2617
Eden Prairie Middle School, Technology Drive and Wallace Rd	Sat Sun	3:00-5:00 pm	7	3.0+	Marv Schneider	952-975-1895
Fort Snelling or somewhere! Not drop in! Call first – subs needed	Wed	9:00-10:30 am	2	3.5+ MW	Rosemary Rockwell	952-831-1461
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 am	4	3.0+ W	Roz Bernstein	952-938-7698
Holasek Park Call first – subs may be needed	Wed	8:00-9:30 am	1	3.0-3.5 MW	Sharon Engel	763-383-0575
					Marilyn Coady	952-544-2976
Holy Family School 8475 Kochia Lane, Victoria	Tue Thu	8:00-11:00 am	8	Open	Steve Nelson	952-443-2989
Junction Park 2 blocks west of Shady Oak Road on Excelsior Blvd	Thu	9:00–10:30 am	2	3.0 M/W	Need captain(s)	

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	Tue 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
					Harlan Sween	952-445-6119
					Ronnae Wagner	952-938-5785
					Bob Ziomek	952-470-0736
Women On Wednesday	Wed	Call			Carol Pierce	763-424-6665
					Rose Sanders	763-428-1739
					Rita Welch	952-926-5789
For corrections or changes for Minneapolis and suburbs call Marty Plitnick 612-247-7412						



Senior Tennis Times
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April 2007

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