



Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc.

May
2007

STPC Board shake-up

Three leave; new Pres & VP

Bob Busch, Dave Howard and Terry Diebold completed their terms on the Senior Tennis Players Club Board. New Board members, left to right: Bob Hokanson and Bruce Abrahamson. One more Board



member is yet to be selected.

Fred Jurewicz, formerly VP, is the new president. Outgoing president Paul Steen continues on the Board. The new VP is Bruce Abrahamson. Other officers and chairs continue for another year: Secretary—Gladys Murray; Treasurer—Marv Schneider; Events—Joanne Schwartz; New members—Shirley Pratt; Renewing members—Ronae Wagner; and Publicity—Bonnie Bolton.

Lessons and play...members only!

You must be a member to join our drills and summer or winter play. **It's not sufficient that your spouse or friend is a member!** Call Shirley Pratt (651-433-3583) to get a membership application. Just \$25/year!

Captains! Report changes

We'll be publishing the **final** summer schedule in the next newsletter (June-July). Please report any changes you are aware of, including change in captain. (You can see the preliminary schedule in the April newsletter or on our website www.seniortennismn.com.) Who to call:

Minneapolis area: Marty Plitnick 612-247-7412

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

Tennis events

Bob Busch

Dow Tournament

At the time this article was released for this newsletter, Paul Stormo, Tournament Director, indicated that we are expecting over 100 players for this exciting doubles tournament. This tournament is held exclusively for members of the Senior Tennis Players Club at the Reed-Sweatt Family Tennis Center from May 7-10.

Bolger Clinic

Be sure to sign-up—a registration form is on page 8 of this newsletter—for this opportunity to receive some professional input for your summer play. Roger Boyer and his top teaching pros will be working this clinic on Tuesday morning June 5. Alice Weides, chairwomen, promises another nice lunch following the clinic.

Grandparent/grandchild Tournament

Harlan Sween has agreed to coordinate this 13th Annual Tournament scheduled for the Valley View Courts in Bloomington on Saturday morning July 14. We offer 3 levels of play for up to 24 doubles teams. Registration forms will be included in the June/July newsletter. If you have questions call Harlan at 952-

(Tennis events—continued on page 3)

Upcoming Events

May 5, 2007

Annual Meeting, Captains Dinner

May 7-10, 2007

Jack Dow Tournament

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

July 14, 2007

Grandparent/grandchild tournament

Information in next newsletter

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.

Newsletter Editor and Webmaster

David Sommer

3657 17th Avenue South

Minneapolis, MN 55407-2805

Phone: 612-276-1313

Email: editor@seniortennismn.com

Board of Directors

President: Fred Jurewicz.....952-496-1019

Vice President:

Bruce Abrahamson.....952-461-2617

Secretary: Gladys Murray651-483-2850

Treasurer: Marv Schneider952-975-1895

New Members: Shirley Pratt.....651-433-3583

Renewing Members:

Ronnae Wagner952-938-5785

Events Director:

Joanne Schwartz.....952-835-6794

Advisor: Mary Kaminski.....612-781-3271

Jack Baloga952-944-5194

Bonnie Bolton (Promotions)612-922-9290

Bob Hokanson952-929-1152

Marty Plitnick.....612-247-7412

Paul Steen952-835-9818

Thue Rasmussen651-917-0075

Past Pres: Darlene Moynagh651-436-8927

Director of Training: Roger Boyer

Ass't Director: Percy Hughes612-866-1102

E-Mail: training@seniortennismn.com

Club Founder: Jack Dow

Advertising

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

Ad rates (first month/additional months):

Full page (7.5x10)\$110/90

Half page (7.5x4.9)85/65

Quarter page (3.7x4.9)60/40

Eighth page (3.7x2.4)40/25

4-line ad (members only)10

2-line ad (members only) 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: 1364

May 2007, Volume 20, Number 4



Summer tennis on weekend afternoons

By Marv Schneider

For those of you interested in playing a pickup type of game on Saturday and/or Sunday afternoons, we will be playing at Central Middle School (CMS) in Eden Prairie from 3:00-5:00 pm on both days starting the first weekend in May, and continuing into September.

The easiest way to find the CMS tennis courts is to drive about 2 miles west on Hiway 5 from 494 in Eden Prairie, exit Mitchell Road, go left on Mitchell about 3 blocks, then right on Technology Drive about ¾ mile to Wallis Road where the 8 tennis courts are right in front of you. One slight problem: ***the courts will be under construction and not available for play from about June 1 through mid-July.***

If any questions, call Marv Schneider at 952-975-1895.

Tennis on Sunday

Many of our younger members are still working, and fitting into our usual Monday-Friday morning schedules is a problem. We do have a few alternatives; in particular, we have a fall-winter prime-time slot at Reed-Sweatt on Sunday 1:30-3:00. Lots of people want to be subs for this time, but we need some **regulars**. We'll lose the slot unless we get some serious interest. Call Marty Plitnick, 612-247-7412.

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

Well, dear members, the month of May for our STPC is always a big one. 1) The beginning of our outdoor lessons and play; 2) Our great **Jack Dow Tournament**; 3) Our students not having to pay for their lessons that are given by our STPC

pros until indoor time again, in the fall. Hooray for Summertime! (that's in B flat) Now, if you've played quite a bit through the indoor season, think of giving yourself a new string job, maybe a new grip. These things will help your game, if you don't want to get a new racquet.

The **Owies** program stays indoors at Reed-Sweatt. Believe me, if you have any kind of a "body hurt", come

to this program—it's for those that have to heal their problem slowly and carefully with good supervision. It's not easy to walk away from this fine game, right?

I deeply appreciate with gratitude to all of you celebrating my 85th birthday with me. **Mary Delong**, you have always been in my corner—with cake, food, soft drinks and friendship. Your wonderful daughters were there for you and all of the many guests, like always.

Please! Unfortunately, with just some slight checking, I'm finding, or rather, **not** finding some names that should be listed as members, but aren't. Not fair, dear ones! Give our new members director, **Shirley Pratt** a call at 651-433-3583. She'll be happy to bring you "on board." Meanwhile, have good tennis with **no foot faults!**

Perc

(Tennis events—continued from page 1)

445-6119.

USTA Sanctioned Tournaments

Those of you interested in competitive USTA tournaments should consider playing singles and/or doubles in one or more of the following tournaments:

5/31-6/3: Minnesota State Open

Lifetime Fitness, 98th St. Bloomington. M & W 55, 65, & 75 sd. Richard Katz (952) 830-7900.

6/15-17: Owatonna

M & W 55, 65 & 75 sd. Pete Tellejohn (507) 444-4292

6/22-24: U of M Baseline Center

M & W 60 & 70 sd. John Pratt (612) 624-7664

8/11-17: Men's Senior Clay

Bearpath Country Club. M 55, 60, 65, 70, 75 & 80 sd. Bob Busch (952) 941-1204

Federer Falls Twice

A 29 year old from Argentina, Guillermo Canas, upset Roger Federer twice during the month of March. Canas broke Federer's 41 match winning streak in the Indian Wells, California tournament in early March. He was able to win a second upset against Federer in a tough 7-6(2), 2-6, 7-6(5) victory at the Sony Ericsson Open in Key Biscayne, Fla. The normally solid Federer was frustrated into 51 unforced errors.

WOW summer tennis

By Virginia Morse

It's time to plan for summer tennis! Women on Wednesday will begin play on the first Wednesday after Memorial Day (May 30) and continue through the Wednesday just before Labor Day (August 29). Play is at 9:00, but when the weather turns hot, we play earlier. We have a good group of women, 2.5 and above, six courts in two locations: Hidden Valley Courts in New Hope at 32nd and Boone (about 5 blocks West of Winnetka on 32nd) and Medley Courts on 23rd and Ensign in Golden Valley. We play best two out of three sets, meet new players, have a lot of fun and don't take ourselves too seriously. And, no one is committed to playing every week. We have a common list of subs. Players and subs must be members of STPC.

If you're interested in playing with us, please call Rita Welch at 952-926-5789 or Jane Tischbein at 952-938-9348.

Article about STPC

By Carol Hall

I'm a long time Sr. Tennis member and a freelance writer. I write a monthly column, "Remember When" for the senior publication, **MN Good Age**. I've written about Senior Tennis in the June issue, which will be out June 1. Look for it!

MN Good Age is a free publication. It is found in many places throughout the Twin Cities area, such as shopping centers, etc. It also is in senior centers, libraries and some YMCAs and YWCAs.

●● STPC lessons and drills—all levels ●●

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

Location	Day	Start	Time	Instructor	Phone
Aquila Park Mtka Blvd & Aquila Ave St. Louis Park	Thu	5/3	8:30-10:00 AM	Percy Hughes	612-866-1102
				Paul Stormo	952-944-6286
Bryant Courts 85 th and Bryant Ave. S. Bloomington	Wed	6/6	8:30-10:00 AM	Percy Hughes	612-866-1102
Breck School 123 Ottawa Ave. Golden Valley	Tue	5/1	5:30-7:00 PM	Duncan Welty	952-933-8592
McKnight Field North St. Paul High School N.E. corner Hwy 36 and McKnight Rd. NOTE: in May, we'll use Oakdale Park.	Tue	5/1	9:00-10:30 AM	Tom Bauman	651-738-6726

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

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

●● Private Club Drills Open to STPC Members ●●

Location	Day	Cost	Time	Phone
Reed-Sweatt Family Tennis Center* 4005 Nicollet Ave S. Minneapolis	Tue	\$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.*

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.

Edina west 1 BR condo, updated, ID & OD tennis & pools connected/near unit \$159,900. 612-226-5801

Mustang conv red 2004, low mls, loaded, auto, leather, V6, bluebk \$16750 sell \$15495, 651-777-4646.

Two Greek homes, 3BR/2.5BA furn., near Nafplio, €785/wk, www.greekhomes.net. Sally 612-340-9706.

Estate sale: Furniture, tools, books, household items, tennis warm-ups, miscellaneous, lawn equipment and furniture. Date: June 14th thru 17th; 9am-5pm. 12080 Lakamaga Trail, on Big Marine Lake. 651-433-3583.

Sorry to nag but....

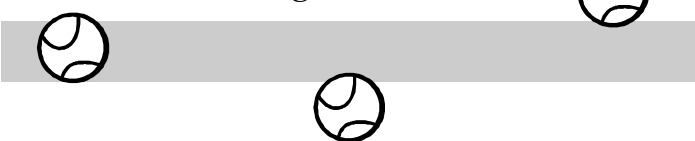
Ball touching line is good!

Yes, any part of the ball touching the line means the shot is **good**! There's no such thing as "mostly out" or "not very good." Good is good, and we all need to call it that way. And remember too: benefit of the doubt is to the **opponent**, not to self!

Everyone knows a player or two that "calls 'em like he/she needs 'em." Reputation travels fast. Don't get, or keep, that kind of reputation.

What to do if opponent makes an obvious bad call? Best answer: do nothing, and **don't retaliate**. Second best, the Code allows you to politely ask "Are you sure of your call?" If you do so, accept what opponent says without argument.

All the balls below are **good**.



Register now for USTA summer tennis!

Registration for 2007 Summer League Tennis is going on now for both senior (50+) and super senior (60+) USTA League Tennis presented by Chrysler teams. Minimum roster deadlines and home court forms are due May 17 with the captains' meetings set for June 5 at LifeTime Fitness-98th Street. To find a team, or for more information, please contact Carol Thies at thies@northern.usta.com or at (952) 358-3287.

Summer Senior Leagues Schedule

Monday: 3.5 Sr. Men

Tuesday: 4.0 Sr. Men, 2.5 Sr. Women, 4.0 Sr. Women

Wednesday: 3.0 Sr. Men, 3.0 Sr. Women, 3.5 Sr. Women

Thursday: 4.5 Sr. Men, 4.5 Sr. Women

Summer Mixed Doubles League Schedule

Friday: 7.0, 9.0 Senior Mixed Doubles

Sunday: 6.0, 8.0 Senior Mixed Doubles

Summer Super Seniors Schedule

Monday: 6.0 Super Sr. Men, 7.0 Super Sr. Women

Tuesday: 7.0 Super Sr. Men

Wednesday: 8.0 Super Sr. Women, 9.0 Super Sr. Men

Thursday: 6.0 Super Sr. Women, 8.0 Super Sr. Men

Thursday Mornings: 6.0, 7.0 and 8.0 Super Sr. Mixed Doubles

Is it good, out or let?

What's your answer to these? Corrects answers below.

1. Ball touches ceiling; lands in bounds.
2. Ball touches scoring post, lands in bounds.
3. Ball touches net post, lands in bounds.
4. Ball obviously going out of bounds caught by player.

Answers: 1: out; 2: out; 3: good; 4: good.

For the following, is "let" the correct call?

1. Ball blown by wind from behind you trips you.
2. Player falls down.
3. Ball left on court hit by ball in play.
4. Fish dropped by bird lands on court.
5. Loud noise (thunder, firecracker).
6. Someone stealing your car.
7. Spectator calls "out".
8. Cell phone of a player rings.

Answers: 1, 2, 3: no let; 4: let; 5, 6, 7: no let; 8: opponent of player entitled to a let (turn phones off!).

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

Did You See The Mikado?

by Herman Swanson

All of us who attended would like to thank our tennis partner and friend, Dean Laurance, for making us aware of a performance of Gilbert & Sullivan's most popular operetta, The Mikado. This show was a production of The Gilbert & Sullivan Very Light Opera Company. For the past twenty-eight years Dean has sung with this company and has been responsible for stage construction. It was a beautiful thing to see and hear with a cast of thirty-three and an orchestra of twenty-eight.

Thanks also to Mary Fabry for arranging dinner for the twenty-seven of us on Sunday, March 18 after the performance at Steak And Ale.

Those of you who missed this great show can still see it by purchasing a recording from The Gilbert & Sullivan Very Light Opera Company by visiting the GSVLOC website, www.gsvloc.org. Their phone number is (651)-255-6947. Here you will be able to find schedules of future performances so mark your calendars for next Spring and reserve early as they are always a quick sellout.

So many thanks to you, Dean Laurance, for sharing your talents with us.

Nice work if you can get it!

By David Sommer

We've written before about member George Erickson, now living in Eveleth, MN. He's the man behind the community effort to build an indoor tennis facility. (He contributed \$80,000 to get things going; since then many others have pitched in, with \$716,000 total raised.) The facility is under construction, and will be ready for the fall high school tennis season.

George gets to have some fun too. Below a picture of him with the Virginia junior high girls team. He's an assistant coach. And no, he doesn't really look that

old—that's a mask and wig.

George also sent me possible rotations for doubles. Many of our captains pass out cards telling who you play with for each period and on what court. I worked with George to refine the tables. Below is a sample for 12 players—you'll find tables for 8, 12, and 16 players on our website www.seniortennismn.com. Click Schedules.

Period	Court 1	Court 2	Court 3
1	1&2 vs 3&4	5&6 vs 7&8	9&10 vs 11&12
2	1&4 vs 7&10	2&5 vs 9&12	3&11 vs 6&8
3	1&7 vs 5&12	4&10 vs 3&6	2&9 vs 11&8



Twins game & golf to benefit the St. Paul Urban Tennis Program

By Gregg Wong

The Senior Tennis Players Club long has been a valued supporter of the St. Paul Urban Tennis Program, which offers life skills and tennis to about 3,000 youngsters every summer plus many more in after-school and winter programs.

STPC's donations have helped this wonderful program grow from 125 kids in 1991 to the 3,000 youths being served at 27 summer sites, three recreation centers after school and at the Fort Snelling Tennis & Learning Center in the winter.

Because St. Paul Urban Tennis never turns a kid away, fundraising is important to provide scholarships to those in need. In 2006, more than 50 percent of the kids in the program receive scholarships; as well, more than 50 percent of the youths are from communities of color.

Now, besides helping the youth of St. Paul, STPC members can get a little something in return by participating in two of St. Paul Urban Tennis' fundraisers this summer.

Does a night at a Twins game sitting with all your

STPC friends sound like fun? How about a round of golf at a prestigious Twin Cities country club?

You can do one or both while contributing to a program that has been lauded by St. Paul Mayor Chris Coleman, who, by the way, will be at the Twins game event along with former Twins great Tony Oliva.

"A Triple Play: Twins, Tennis & Kids" is the fundraiser at the Metrodome on Monday, July 30. The event starts with a party & picnic on the Metrodome plaza, with great food, entertainment and a gift bag for everyone. Then, it's on to the ball game, in which the Twins take on the Kansas City Royals. All for only \$40! (Other sponsorship packages also are available, including use of a private suite for 12.)

The other fundraiser, St. Paul Urban Tennis' 13th annual Golf Classic, is Monday, June 11, at Dellwood Hills Golf Club, located near White Bear Lake. For \$150, entrants receive golf cart, range balls, tee favors, lunch and dinner.

For information on either event, please contact STPC member Gregg Wong (vice chairman of St. Paul Urban Tennis) at (612) 374-2463, (952) 927-5775 or at gswong@peoplepc.com.

On behalf of 3,000 kids and the staff and volunteers of the St. Paul Urban Tennis program, thanks for your interest!

In Memory...



Leonard Aberle

Aberle, Leonard A. Born March 22, 1918 in Minneapolis, and died March 7, 2007 at Abbott Northwestern Hospital at the age of 88. Survived by his wife, Grayce, of 65 years; daughters, Sharon (Richard) Mostrom, Kay (Doug) Harkins, Trish (Dr. Jon) Rogers, Diane Winifred Aberle; and many grandchildren, great-grandchildren, nieces and nephews. Leonard was a devoted husband, father and grandfather. Excelled in sports and was a member of the B.A. J's Softball



Team. Former member Senior Tennis Players Club. He was an accomplished musician and enjoyed playing the clarinet and saxophone.

Robert Metcalf

Metcalf, Robert Elliot Age 84 of Fridley. Died on March 23. Survived by wife, Connie; daughter, Kam; sons, Peter (Joni) and Laren (Kim); and grandchildren, Michael, Briana, Megan and Matthew. Graduated West HS, U of M, served in WWII and Korea, retired from Honeywell after 33 years. Bob was a member of Senior Tennis since 1984, serving for many years as a captain and auditor of some of our annual reports.

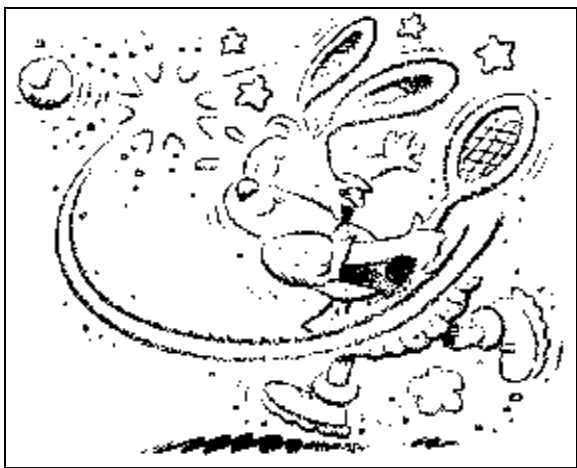


Bolger Clinic

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 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

Strength training: Building a stronger mind and body

Healthy tips from UCare Minnesota

Researchers have found that strength training provides health benefits that may help you look and feel better well into your golden years. Training with weights can help you build strength, control weight, lower heart disease risk, maintain bone density, improve balance, and reduce your risk of falls. You may also feel more energetic and sleep better.*

Strength training has also been shown to help prevent or minimize the symptoms of certain diseases and conditions, including:

Arthritis. A study of older men and women with moderate to severe osteoarthritis of the knee showed that a 16-week weight-training program decreased disability and reduced pain by 43%.**

Depression. Weight-lifting exercise has been shown to be an effective antidepressant in older adults.***

Diabetes. One study reports dramatic improvements in glucose control that are comparable to taking diabetes medication.**

Osteoporosis. Working out with weights may help increase bone density and reduce the risk of fractures among women age 50 to 70.**

Starting an Exercise Program

Almost anyone may benefit from weight training—individuals of all ages have successfully begun strength training programs. “Before starting any exercise program, it is important to see your doctor, particularly if you have any health concerns,” says Barry Baines, M.D., Chief Medical Officer at UCare Minnesota. “You may also want to consult a physical therapist or personal trainer who can recommend specific exercises and show you how to do them properly to help avoid injury,” adds Dr. Baines.

To find out more about the potential benefits of weight training, talk to your doctor.

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

** Source: Centers for Disease Control and Prevention, www.cdc.gov.*

*** Source: Tufts University, <http://nutrition.tufts.edu>.*

**** Source: “The Efficacy of Exercise as a Long-term Antidepressant in Elderly Subjects,” Nalin A. Singha et al.*

† Source: Mayo Clinic, www.mayoclinic.com.

2007 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

Recent Schedule Changes

Location	Day	Time	Cts	Skill	Captains	Phone
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 In May & Sept, 9:00-11:00 am	6	3.0-3.5	Loren Miller	715-381-3524
	Wed				Walt Lewis	651-735-8287
	Fri				Darlene Moynagh	651-436-8927
Central Park in Ramsey 161st Ave NW and Armstrong Blvd	Tue	9:00-11:00 am	4	2.5 – 4.0	David Matasovsky	763-274-1338
	Thu				Ken Thomas	763-753-4971
Donaldson Park 75 th and Humboldt Richfield	Mon Wed Fri	7:30-10:00 am	4	3.0+	Chuck Supplee	952-884-2575
Holasek Park Call first – subs may be needed	Mon	8:00-9:30	4	3.0-3.5 W	Sharon Engel	763-383-0575
					Marilyn Coady	952-544-2976
Valley View park, Bloomington Call first (not drop in), subs needed	Wed	9:00-10:30 am	2	3.5+ MW	Rosemary Rockwell	952-831-1461

Location	Day	Time	Cts	Skill	Captains	Phone
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	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 June-August team play. Courts in New Hope and Golden Valley.	Wed	Call		2.5+ W	Jane Tischbein	952-938-9348
					Rita Welch	952-926-5789

STPC new members, renewals, and changes

Name Rating Home phone Other phone Address / Email

Not available on website due to privacy concerns.

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

May 2007

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