

Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc.

June-July 2007

Goodbye, much too soon

Paul Steen dies unexpectedly

Iust davs after Paul Steen finished his term as president of Senior Tennis, he died of heart failure. He was playing tennis on Friday, April 20. He felt short of breath, and later went to the hospital. He was feeling better the following Wednesday, passed suddenly



away. His funeral on Saturday, April 28 was attended by many Senior Tennis members, as well as hundreds of his other friends and admirers. We all mourn the loss of this energetic, friendly, funny guy. He served Senior Tennis as captain and board member before becoming president.

Marty Plitnick shared his feelings about Paul at the Annual Meeting: "Anais Nin wrote, 'Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born.'

"I first met Paul back in the fall of 2004. I had just joined STPC and I started playing in his dad Ted's group, of which Paul was a member. From the first day I met him I knew we would be friends as many of you probably found when you first met him. We just fell into the kidding/joshing relationship he had with so many people in his life. And of course arguing and disagreeing which ultimately fell away to laughing at ourselves.

(Paul Steen—continued on page 7)

Final summer schedule page 12!

Annual meeting

Our big social event of the year was held at the Town and Country Club on Saturday, May 5. We had a social hour to give us all a chance to see old friends and meet new ones. Then a delicious light luncheon—sufficiently filling to satisfy, but not so much to be soporific. Fred Jurewicz, our new president, talked briefly about the club, our mission and goals. Then Bruce Abrahamson and Marty Plitnick spoke of Paul Steen: his gift to encourage and lift all around him (see excerpted remarks in accompanying article). For entertainment, we had spirited song selections by the "Voices of Fire", an ensemble from the Holy Family school of Victoria, MN. This writer imagined solemn kids in choir robes; instead, a fine performance reminiscent of the Swingle Singers.

Bernice Hanson, last year's Dow recipient, presented the Jack Dow trophy to Jean Murdock, in recognition of Jean's extensive service to Senior Tennis. Ken Landro recognized our captains, who do so much to keep our club alive. Fred Jurewicz introduced retiring and new Board members. Percy Hughes talked about our training program, and recognized our tennis pros for their work. Finally, Jo Rolling presided over the drawing of door prize winners.

Joanne Schwartz, our Events Chair, adds "A heartfelt

(Annual meeting—continued on page 7)

Dow results on page 6!

Upcoming Events

July 14, 2007

Grandparent/grandchild tournament Information on page 9

August 11-17, 2007

Bearpath Seniors Tournament Information on page 11

> August 18, 2007 Annual Picnic Information on page 8

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 Abrahamson952-461-2617 Secretary: Gladys Murray651-483-2850 Treasurer: Marv Schneider952-975-1895 New Members: Shirley Pratt651-433-3583 Renewing Members:

Ronnae Wagner......952-938-5785

Director of Training: Roger Boyer Ass't Director: Percy Hughes612-866-1102

E-Mail: <u>training@seniortennismn.com</u> 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	l 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 tl	nree 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: 1404 June-July 2007, Volume 20, Number 5



Letters to the Editor are wanted! This is your space to express an opinion or relate an interesting experience.

Hi David,

I always enjoy your "do's and don'ts" which are common rules for all tennis players, including for our Senior Tennis Players Club.

I'd like to comment on two common practices:

a) the unsportsmanlike conduct of hitting a ball at a stationary player (after the point is played) without warning, either visually or by voice. This has happened just today at Bryant Park, as a matter of fact, three times. I only have one good eye and I'd like to preserve it, and not be told "oops" after being bodily hit..

b) some players constantly talk, especially when another person is preparing to or in the process of serving. It's very annoying. There is time to consult with the partner, but after a point is completed.

We seem to know all kinds of rules but when it comes to etiquette, there is some room for improvement.

As usual you are doing a great job; your comments are always valuable.

— Uwe Habeck, Bloomington

Get your newsletter by email

It's quicker—for example, May newsletter by April 20. Great for snowbirds, since US mail newsletter is **not forwarded.** 281 happy members now get newsletter by email. Send an email to editor@seniortennismn.com if you want this service. **Caution:** not recommended if you have dial-up email service, since download time may be many minutes.

As a non-profit organization, the Senior Tennis Players Club gratefully accepts donations, memorials and estate gifts.



Mission Statement

The primary purpose of the STPC is to provide tennis playing opportunities to people 50 and older for their mental, physical, and social well-being; and to support the growth of tennis.

Newsletter Submissions

To help make the newsletter as correct as possible, please submit all items in writing only, by mail or email. The deadline is the 17th of the month for publication the following month. All material submitted for publication is subject to editing. Enclose self-addressed stamped envelope if you want materials returned.

Send your submissions to: David Sommer, 3657 17th Avenue South, Minneapolis, MN 55407-2805.

Email: editor@seniortennismn.com.

We need help and input from writers, artists, and photographers.

Percy's tennis rhythms



By Percy Hughes

Hi team. I just got home from the final **Jack Dow Tournament** match. Thanks to former President **Jean Murdock** (this years' Jack Dow recipient), we closed down with class: we cleaned up after ourselves (leftovers such as pop,

coffee, bananas, apples, oranges, cookies, tables, chairs).

Our directors, **Bob Busch and Paul Stormo** ran a *tight ship*, and I don't believe we had one *glitch*. Paul and Bob put together a fine table team for posting and setting up matches. Things went well. Once again **Roz Bernstein and Ronnae Wagner** put together a fine, workable tournament—without their energy at the beginning, a tournament could not be formed. Thanks, Roz and Ronnae, you've been doing it for many years.

I believe the most used shot in senior matches is the **lob**, and believe me, I witnessed many, many, perfectly

placed point-getting lobs. Some were returned, but mostly to the short court, where the return was generally a nicely placed smash. Our pros teach the mechanics for a proper lob—just ask. You'll need it from time to time. Learn it!

Congratulations to teaching pro **Doug Matuska**, who was USPTA's 2006 **Pro of the Year**. Doug is also a very fine and busy musician—watch out Perc, he's also a saxophonist, both alto and tenor. Some of our members take lessons from him also. Doug's a nice guy, and a fairly new father—congratulations again, Doug.

Being a part of every Jack Dow tournament has given me such great memories—watching some still playing and enjoying this great game (some greatly improved, also). Some still come up and tell me how much they miss my dear brother Clayton.

Remember: No foot faults!

PERC

Tennis events

By Bob Busch

Dow Tournament

Paul Stormo, tournament director, and his experienced committee led by Percy Hughes, Roz Bernstein and Ronnae Wagner delivered another exciting doubles tournament. Thanks for participating!

Grandparent/Grandchild

The 13th Annual Grandparent/Grandchild Round Robin Tournament is scheduled for Saturday, July 14, from 9:00 A.M. to noon. Three divisions of play are offered to participating teams. Harlan Sween, tournament director, is expecting another very competitive tournament.

Winners and finalists in 2006 were:

Division I

Woody and Meredith Woodhouse over Jim Schneider

and Mike Lunka.

Division II

Betty and Billy Porter over Vernon Jensen and Ellie Kanten.

Division III

Patricia Dahlman and Andrew McIntyre over Joanne and Ally Christenson.

Please use the registration form included in this newsletter and send it to Harlan Sween by July 6. Prizes will be provided for every participating grandchild.

Men's Clay Court Sectional

USTA Northern is again sponsoring the Men's Senior Clay Sectional at Bearpath Country Club in Eden Prairie. This is a benefit tournament for the InnerCity Tennis Foundation. A portion of the entry fee and all donations are considered to be tax deductible.

Battle of the sexes

No, it didn't happen this year. Let's make it happen next year! Suggestion: the winners of the 3.5 men take on the best women players we can find. Set a date well in advance, so it is advertised in the Times. Have substitutes available—the runners-up mens 3.5, and one or two excellent women players, so there will be **no excuses** not to hold this great event.

Dred Scott website

Bruce Abrahamson has built a website just for the players who come to Dred Scott. Visit it at www.freewebs.com/dredscottennis. If you'd like to do the same for your group, contact Bruce at 952-461-2617 and he can tell you how. Only modest computer skills needed.

• • 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	Thu	5/3	8:30-10:00 AM	Percy Hughes	612-866-1102
St. Louis Park	1110	S _i O	0.00 10.007411	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.

● 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.

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

Want to buy: 1975 Bloomington Jefferson HS Year-book. 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, <u>www.greekhomes.net</u>. 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.

^{*} 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.



















SHOULDER SPECIALTY CLINICS

A Division of OrthoRehab Specialists, Inc.

Specializing

in shoulder

sport injury

(gymnastics)

and research

ORSI: REHABILITATION. EDUCATION, RESEARCH

Exceptional care for all shoulder injuries! You've waited long enough...schedule to jumpstart the return to your "A" game.

MINNEAPOLIS



multiple pathologies including combined spinal and shoulder injuries, frozen shoulder

Specializing in chronic and

Erlandson MS PT

Specializing

and adult

as well as

in adolescent

nonoperative

post surgical

ehabilitation

Edina 3250 Professional Building

3250 West 66th Street, #120

Edina, MN 55435

PH 952.922.0330



Linsey



surgical extremity rehabilitation

Specializing in

non-operative

and post



Specializing in adolescent and young adult throwing and racquet injuries with return to sport programs

Terry Buisman PT

Medical Arts Building Skyway Accessible 825 Nicollet Mall, # 1935 Minneapolis, MN 55402 PH 612.339.2041

Hamilton DPT

Pam Bloedel MA PT

Dixey PT, CSCS

Eden Prairie Medical Office Building 800 Prairie Center Drive, #230 Eden Prairie, MN 55344 PH 952.746.5858

ORSI physical therapists have been providing care in the Twin Cities for over 20 years.

www.orthorehabpt.com

Long Term Care Insurance

You've worked hard to be financially secure; now is the time to protect your assets.

- Provides choices regarding type/quality of care
- Eliminates a major financial concern in retirement
- Helps avoid being a burden to family members

Home Care/Assisted Living/Nursing Home

Over 10 years experience specializing exclusively in Long Term Care Insurance

Representing multiple insurance companies

Turner Insurance Agency, Inc. Sue Turner, LUTCF 651-905-9043 TurnerInsuranceAgency1@Comcast.net

Senior Resource Alliance of the Southwest Twin Cities

Resources You Can Trust

- Financial Services
- Long Term Care Insurance
- Financial Planning
- Mortgage Services
- Reverse Mortgages Real Estate Services
- Senior Moving Services
- Accounting Services

- Geriatric Care Management
- Pre-Need Funeral Planning
- Funeral Services
- Durable Medical Equipment
- In-Home Care
- Senior Living Residences



Contact Fred Jurewicz, CSA 952-496-1019 or fred@fjfinancial.com www.f₁financial.com

Dow pictures

Note: in the following, winners are on the left, runners-up on right.



Womens 2.5: Mary Ramseth, Karron Busch, Carol McCarthy and Jan Horner.



Womens 3.0: Jean Robbins, Gloria Wynnemer, Virginia Belford and Barbara Hicks.



Womens 3.5: Pat Dahlman, Ruby Rott, Dottie Gardner and Helen Waddick.



Womens 4.0: Jo Rolling, Sheila Bjore, Joanne Christensen, and Annette Adam



Mens 3.0: Blanton Bessinger, Rollo Black, Lee Peterson and Gene Carroll.



Mens 3.5: Lowell Gillette, Frank Segerstrom, Bob Fridgen, and Dave Fridgen.



Mens 4.0: Joel Johnson, Duane Hoecherl, Bob Busch and Orrin Kirschbaum.



Mixed 2.5: Norm Densmore, Nina Jejel, Mary Ann McGuire, and Gerald Grosser.



Mixed 3.0: Jon Wallace, Sally Brown, Joanne Christensen, and Cal Schadel.



Mixed 3.5: Sheila Bjore, Don Harnish, Rita Waletski, and Ken Landro.



Mixed 4.0: Jerry Kneisl, Jo Rolling, Jackie Vos, and Roger Montgomery.

Thank you Jack Dow volunteers

By Paul Stormo, tournament chair

The Jack Dow Tournament was, once again, a great success, thanks to the many volunteers from the Senior Tennis Players Club. There were some really great matches and it appeared that everyone was having a good time. That is what tennis is all about.

Many thanks to the great committee: Roz Bernstein and Ronnae Wagner for handling all of the registration and tournament draws. Ken Landro for managing the scheduling desk with his very able group of volunteers – Ginnie Bergman, Karron Busch, Carol Hall, Jan Horner, Percy Hughes, Virginia Morse, Duane Ryman, Duncan Welty, Thue Rasmussen, Bev Sinniger. Bob Busch for purchasing the awards medals and assisting with the scheduling; also treasurer for the committee.

(Dow volunteers—continued on page 7)

(Dow volunteers—continued from page 6)

And to Jean Murdock for the refreshments. Running a tournament is very easy with such a great staff of volunteers.

Unfortunately, the volunteers were so busy we never got all of them together for a picture. But here's the best we got: Back row: Roz Bernstein, Ronnae Wagner, Bob Busch, Duane Ryman, and Ken Landro. Seated: Percy Hughes, Ginnie Bergman, and Virginia Morse.



(Paul Steen—continued from page 1)

"Someone wrote: "The more complete one's life is, the more ... one's creative capacities are fulfilled, the less one fears death.... People are not afraid of death *per se*, but of the incompleteness of their lives. As I've been thinking about death this week and preparing this remembrance, I realized this is what I most fear about my death, my incompleteness with the life I've lived. Paul may have only lived 58 years but from what I heard at the funeral, and my own personal experience of him, he had a full and complete life.

"Marcel Proust said, 'Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom."

Bruce Abrahamson also shared his remembrances of Paul at the Annual Meeting: "I have talked with many club members since Paul passed away. There were many things they could have said about him—how good natured he was, how imposing he was at the net, what a joker he was. But every one of them first mentioned what a nice guy he was or how caring he was or how thoughtful he was.

"There are many things one could say in remembrance of someone. I think one of the nicest things you can say is that the world is a better place because they were here and your life is richer because you knew them. I believe this was true of Paul. I know our club is a better organization because of Paul and that those of us that were lucky enough to call him friend had richer lives

(Annual meeting—continued from page 1)

thank you to all the volunteers. It took great team work to plan and organize our big gala of the year. In (centerpieces), particular, Alice Weides Rasmussen (program), Bonnie Bolton (greeter and reservations), Marv and Ramona Schneider (greeters), Carmen Whiting (corsages), Darlene Moynagh (captains letters), Janet Rush (set-up), and the many donors for their contributions to the event: Reed-Sweat (tennis balls and tennis racquet), Michael Brant (personal chef), Ridgedale YMCA (20 visits to any YMCA in Minneapolis/St. Paul area), Roger Boyer (free one-hour tennis lesson), Lifetime Fitness (2 free tennis lessons), Michael Lynne's (tennis bag), Twin City Tennis Supply (free racquet stringing), Bonnie Bolton (tennis ball compressor), Fort Snelling Tennis and Learning Center (warm-up suit and shirt), Fred Jurewicz (2 free racquet stringings), USTA (tennis bag, hat and 2 soft-sided coolers), and four \$25 gift certificates at Michael Lynne's and Twin City Tennis Supply."

because we knew him. Ralph Waldo Emerson in describing success said: "To laugh often and much; to win the respect of intelligent people and the affection of children ... to leave the world a better place ... to know even one life has breathed easier because you have lived. This is to have succeeded."

"Well Paul, you have succeeded!"

Joanne Schwartz remembers, "I always enjoyed calling Paul because he would greet me in a very upbeat manner and would say, 'Hey Sunflower (I like sunflowers) how are you?' I'll really miss him as I enjoyed his sense of humor and he made the STPC Board meetings fun. He was 'bigger than life.' He treated me so kindly. He even told me one time that he and the board could come over and work in my Mother's yard as a community project. He talked of expanding some of the goals for the club in regard to helping the community. (I think he felt sorry for me that I was doing so much work for my Mother.) He was so supportive of me and my work for the club—always complimenting me."

Fred Jurewicz, our new president offered this: "I got to know Paul over the last two years. First, in our Friday morning group when he was wearing a T-shirt that read 'Chainsaw'. As I came to know him, I found he was a very compassionate, caring person. I became aware of the latter as I served as the vice president under his presidency of Senior Tennis Players Club. He

(Paul Steen—continued on page 9)

Celebrate Summer At the *free* annual STPC Picnic

When: Saturday, August 18, 8:30am to 3:30pm, rain or shine.

Where: Round Lake Park in Eden Prairie

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

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



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

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

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

In Memory...



Fred Habber

Fred Habber, 82, succumbed to cancer on April 22, 2007 in Tucson, Arizona. Survived by wife, Florence, of almost 60 years; children and grandchildren, Fred was an STPC member 1983-2003.

Frederick Hermann

Ted Hermann, 90, of Burnsville. Died April 28, 2007 at home. He is survived by his loving wife, Joyce; daughters and grandchildren. Ted was an STPC

member 1983 to present; former Board member.

Paul Steen

Paul Steen, 58, died suddenly of heart failure on April 25. Survived by wife of 37 years, Linda; children, David, Betsy, Matthew & Michael Steen, & Sarah (Ben) Stadler; parents, Ted Jr. & Vivian; siblings, Ted III (Sue); Mary (Leon) Berg. Paul was our president, captain, and STPC cheer-leader. See story on page 1.

Paul Toner

Paul M. Toner, 88, of Elkhorn, NE, formerly of Minneapolis, died peacefully May 14, 2007. Preceded in death by his wife, Lois. He enjoyed skiing at Aspen, tennis with the Senior Tennis Players Club (1983-2001), and raising vegetables in his garden.

12th Annual

Grandparent/Grandchild Round Robin

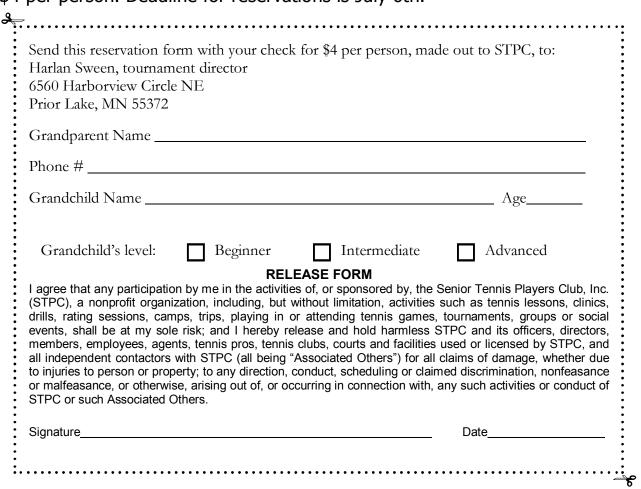
Saturday, July 14, 2007 9 AM—Noon

Valley View Courts

Nicollet & 90th St., Bloomington

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

Only \$4 per person. Deadline for reservations is July 6th.



(Paul Steen—continued from page 7)

was always working very hard to try and build up the public's awareness of STPC and identify ways that the group could be promoted. He was very willing to go out of his way to help people. His friendship and strong

relationships with so many people was truly evident when I witnessed the huge number that attended the celebration of his life at Wooddale Church. What a testimony!"



Get to know your skin: shedding light on skin cancer

Healthy tips from UCare Minnesota

In recent years, cancer rates have fallen thanks to better screening methods and awareness. Yet the number of skin cancers is on the rise, with nearly one in five Americans expected to develop the disease in his or her lifetime. Skin cancer, the most common type of cancer, is also one of the most curable if detected and treated early.*

"Because the warning signs of skin cancer, including skin changes and growths, are easily visible on the outside of the body, finding the disease early is easier than with many other types of cancer," says Barry Baines, M.D., Chief Medical Officer at UCare Minnesota. "Knowing the facts about skin cancer can also help protect you from the disease, yet many Americans remain misinformed about the risks and ways to prevent skin cancer," adds Dr. Baines.

Myth: All types of skin cancer look and behave the same way.

There are three types of skin cancer, each with its own set of symptoms. The most common type of skin cancer, **basal cell carcinoma** (BCC), is also the least deadly. It may look like a pearly nodule, a non-healing sore, an inflamed growth, or an irritated section of skin. It often appears in areas with a history of sun exposure, like the face, ears, scalp, and upper body.

Squamous cell carcinoma (SCC) accounts for 16% of all skin cancers and often affects fair-skinned individuals with long-term sun exposure.* It may appear as a crusty or scaly patch of skin surrounded by red that resembles a tumor or non-healing wound. If not treated early, SCC may spread to other areas of the body.

Melanoma is the least common (only 4% of cases) and most dangerous form of skin cancer because it can spread quickly to the lymph system and organs. When detected early, patients have a 95% cure rate.* Melanoma often looks like a new mole or develops within an existing mole.

Myth: You can only develop skin cancer on parts of the body regularly exposed to sunlight.

Although sun exposure is the leading cause of skin cancer, it can develop anywhere on the body. Of the three types of skin cancer, squamous cell carcinoma is

the most likely to begin on parts of the body that are not exposed to sunlight.

Myth: I have dark skin, so I'm not at risk.

The shade of your skin does not protect you from skin cancer. Anyone with a history of excessive sun exposure has an increased risk of developing the disease. For those with fair skin that burns or freckles easily, light-colored eyes, and light or red hair, the danger is even greater. Other risk factors include a personal or family history of skin cancer, moles (especially if they are numerous, unusually shaped or large), and a suppressed immune system.

Myth: Short of avoiding sunlight altogether, there's no good way to prevent skin cancer.

Protecting yourself from the sun is the most effective way to combat skin cancer, but that doesn't require staying indoors. The American Academy of Dermatology and UCare experts recommend routinely inspecting your body for the following signs of skin cancer:

- Changes in a mole, including the spread of color into surrounding skin.
- Sudden appearance of a growth, mole, sore, or skin discoloration.
- Scaliness, oozing, or bleeding from a mole.
- Change in sensation, such as itchiness, tenderness, or pain.

If you notice any of these signs or changes in the number, size, shape, and color of pigmented areas, consult your doctor. Individuals with an elevated risk of skin cancer should be examined by a dermatologist annually. With proper sun protection and regular self exams, Americans may be able to slow the surge of skin cancers.

* Source: The American Academy of Dermatology, www.aad.org.

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 <u>www.ucareforseniors.org</u> 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).

USTA NORTHERN TENNIS ASSOCIATION

Men's Senior Clay Sectionals

A BENEFIT FOR THE INNERCITY TENNIS FOUNDATION



What: All events sanctioned by the USTA
Where: Bearpath Country Club, Dell Road, Eden Prairie, MN
When: Saturday, August 11, 2007 through Friday August 17, 2007
(Weekday matches will start at noon, and when possible, all matches in the 55 and 60 age groups will be scheduled after 4:00 PM)
Who: Men 55 and above with divisions at 55, 60, 65, 70, 75, and 80
How much: \$35 for singles and \$60 for doubles team payable to InnerCity Tennis.



*Additional contributions to help InnerCity youth programs are greatly appreciated.

Registration Options:

Register and pay online with USTA's Tennis Link access to the tournament at www.northern.usta.com
The Tournament ID # is 555111707

Complete the form and mail with payment to: ICT Clay Court Tourney 5229 Duggan Plaza Edina, MN 55439

Format:

Best two out of three sets will be played with regular scoring. There will be a first match consolation bracket unless division play is a round robin. A 12-point tiebreaker will be used at 6 games all in each set. The 15-minute default rule will be strictly followed. Scores must be reported immediately after each match.

Gifts and Awards:

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

Restrictions:

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



Clay Sectionals Registration Form: Entries MUST be received by Monday August 6, 2007. Draws and match times will be posted on USTA's Tennis Link for the tournament ID# 555111707 by 9:00 p.m. on Thursday, August 9, 2007.						
Men's 55 Singles () Men's 55 Doubles () Men's 60 Singles () Men's 60 Doubles () Men's 65 Singles () Men's 65 Doubles () Men's 70 Singles () Men's 70 Doubles () Men's 75 Singles () Men's 75 Doubles () Men's 75 Doubles () Men's 80 Singles () Men's 80 Doubles ()						
Name						
Phone ()						
Address						
CityStateZip						
Birth dateUSTA Number						
My Doubles partner is:						
Name						
Phone ()						
Address						
CityStateZip						
Birth dateUSTA Number						
Waiver: I, hereby for myself, heirs, executors and administrators, waive and release all rights and claims for damages against the InnerCity Tennis Foundation, the USTA, and Bearpath Country Club, and/or their respective agents, representatives, successors and assignees for any participation in this event. Signature Required:						
Date						
buic						

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

● 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	Mon Wed	8:00-10:00 am	4	2.5-3.0	Anne Carchedi Lois Nedoroski	651-494-9050 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 ½ 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	Mon	4:30-6:30 pm	6	3.0-3.5	Shirley Kresko	651-399-9431
Cty Rd 82, 2 blocks East of Rice Roseville	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	Mon	8:00-10:00 am			Loren Miller	715-381-3524
and 15, Lake Elmo	Wed	In May &	6	3.0-3.5	Walt Lewis	651-735-8287
Enter through picnic/sports area. Follow sports complex signs to end of road.	Sept, 9:00- i 11:00 am	3	0.0-0.0	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
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 am-noon	6 or 3	2.5 – 3.5	No captain – just drop in. Play will be a Bass Lake park until it closes, then a Carpenter park. Questions – call LaVerna Wilger 952-929-8120.	
Bryant Park 85 th and Bryant, Bloomington	Tue Thu	8:30-10:30 am	4	All levels	Chuck Supplee	952-884-2575
Brookview Park Hwy 55 & Winnetka Ave	Sat	8:00-10:00 am	6	2.5 – 3.5	Dick Brandt	763-533-0579
Golden Valley	Cut	0.00 10.00 4111		2.0 0.0	Aldean Cummings	952-474-1731
Central Park in Ramsey 161st Ave NW and Armstrong Blvd	Tue Thu	9:00-11:00 am	4	2.5 – 4.0	David Matasovsky Ken Thomas	763-274-1338 763-753-4971
Central Park in Hopkins	Fri	8:00-10:00 am	3	3.0-3.5	Captain needed	
Donaldson Park 75 th and Humboldt Richfield	Mon Wed Fri	7:30-10:00 am	4	3.0+	Chuck Supplee	952-884-2575
Dred Scott Park West Old Shakopee Rd & Ferry Bridge Road, Bloomington	Mon thru Fri	8:00-10:00 am	5	Open	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
Fridley High School 61st Ave & 7th St (park behind Community Ed Building)	Tue Thu	9:00-11:00 am	6	3.0 - 4.0	Connie Metcalf	763-571-3596
Hopkins Central Not drop-in! Call first.	Thu	9:00-10:30	4	3.0+ W	Roz Bernstein	952-938-7698
Holasek Park Call first – subs may be needed	Mon	8:00-9:30	4	3.0-3.5 W	Sharon Engel Marilyn Coady	763-383-0575 952-544-2976
Holy Family School 8475 Kochia Lane, Victoria	Tue Thu	8:00-11:00 am	8	Open	Steve Nelson	952-443-2989
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
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
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
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	Mon Fri	8:00-10:00 am	4	2.0-3.0	Warren Porter	952-431-5850
Apple Valley. NOTE: new groups! Contact Warren Porter for details.	Tue Wed Thu				Need captain(s)	

Team Tennis		9:00-11:00 am			Roger Junker	952-890-5370
Organized team play at various west metro locations. Contact coordinator Mary Schneider or				3.5+ M/W	Marv Schneider	952-975-1895
	Tue				Harlan Sween	952-445-6119
any of the team captains for				Ronnae Wagner	952-938-5785	
information.					Bob Ziomek	952-470-0736
Women On Wednesday					Rose Sanders	763-428-1739
June-August team play. Courts in New Hope and Golden Valley.	Call		2.5+ W	Jane Tischbein	952-938-9348	
					Rita Welch	952-926-5789
For corrections or changes for Minneapolis and suburbs call Marty Plitnick 612-247-7412						

Wildwood Park group

Warren Porter, a new member of Senior Tennis, is organizing a group at Wildwood Park in Apple Valley. Warren is captain of a Monday and Friday group, but there is also space for play on other days. Contact Warren if interested. See details in schedule above.

Warren says he joined a beginners group in Mesa, AZ. He discovered how great tennis was! He hadn't played in years. He's a beginner, wants to improve. You 2.0-3.0 players - join him at Wildwood!

Play locations deleted

We have deleted several locations where there was "Captain needed" and we were not aware of anyone actually using the location. If you are playing regularly and are not in the schedule, please tell us about it (Marty Plitnick or Thue Rasmussen—see Schedule). Your reward for being a captain? You and a guest go to Captains Luncheon free. And this is a way you can give back to the club that has benefited you.

Some say: "I want a certain kind of play, so I don't want a 'drop-in" situation. That's OK—we can say on the schedule "Not a drop-in. Call first."

STPC new members, renewals, and changes

Name Rating Home phone Other phone Address / Email

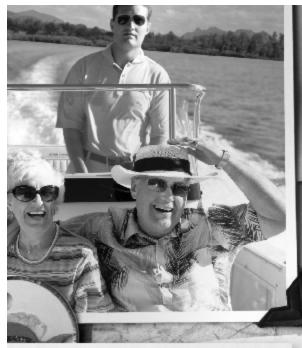
Member information omitted in this website version.



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

June-July 2007

Nonprofit Organization US Postage PAID Minneapolis, MN Permit No. 3270





Health care that starts with you.

WE'RE WITH UCARE. UCare helps make our life easy, just how we like it.

UCare MinnesotaSM not only provides a great plan at a great price, but we make Medicare easy to understand. Along with coverage for dental services and prescription drugs, and a plan that follows



1-877-523-1518 (toll free)

you no matter where you travel, you get peace of mind. Call today to find out why thousands of Minnesotans have chosen *UCare for Seniors.*^{5M}

8 a.m.-5 p.m. TTY: 1-800-688-2534 (toll free) E-mail sales@ucare.org

www.ucareforseniors.org

UCare Minnesota is a Medicare Advantage organization with a Medicare contract. ©2005. UCare Minnesota. H2459–020206_1 (02/06)