



Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc.

June/July
2012

St. Paul Urban Tennis golf

By Greg Wong

Even tennis players play golf ... right? Better yet is when you can combine tennis and golf in one event. How's that? By participating in the St. Paul Urban Tennis Program's annual biggest fundraiser, the SPUT Golf Classic, on June 11 at StoneRidge Golf Club east of downtown St. Paul on I-94.

The event helps SPUT, a 501c(3) non-profit organization, continue to deliver tennis, life skills and a reading program to about 4,000 youths annually.

It's a fun day of low-pressure golf, followed by a great chicken and ribs dinner, prizes and a silent auction.

Cost is \$150, with \$40 tax deductible. To register or for more information, call the SPUT office at (651) 222-2879.

On the inside

This issue of Senior Tennis Times is a double issue (June/July). As such, it is just packed with events and stories you'll want to read. Highlights:



Page 3: Mark's corner. Expansion of our training program to include evening/weekend drills, low-cost private lessons, etc.

Page 5: the *In Memory* page has stories about three amazing members of Senior Tennis.

Page 6: Kaminski Clinic & Luncheon.

Page 8: Sommer Clinic & Luncheon

Page 10: Grandparent/Grandchild info & signup.

Page 11: The "Placebo Effect" and tennis. Another fascinating essay by our Bill Cosgrove.

Page 14: Jack Dow Tournament results.

Summer Tennis Schedule
was published in our May
newsletter. Find it anytime
on our website.

Tennis events

By Bob Busch

Great to see the large turnout for the annual meeting and captains recognition luncheon at Town & Country Club. It was an honor to hear the inspiring remarks of Steve Wilkinson, the great coach, mentor and Hall of Fame member from Gustavus Adolphus College.



Club membership numbers

Membership in the STPC continues to be the best value in the country at just \$25 per year. However, we need your help to stop the decline in membership numbers. Membership levels have declined from the 1,700--1,800 level in the early 2000's to 1,345 at the end of 2011. It's easy to recruit a new member: on our website, click Membership to get the necessary form. Or call our New Member Chair Richard Brandt at 612-803-5786. With your help we can get back to growing our organization and continue to offer a great value to our members.

High school boys

(Tennis events—continued on page 7)

Upcoming Events

Partners in Prime

June 14, USTA free mixer. Details page 6

Kaminski Tennis Clinic & Luncheon

Monday, July 9. Signup on page 6

Quad Cities Tournament

July 27-29. Signup on our website

Grandparent/Grandchild Tennis Event

Saturday, August 11. Signup page 10

ICT Men's Adult & Senior Clay Tournament

August 11-17. See page 7.

Sommer Tennis Clinic & Luncheon

Monday, August 13. Signup page 8.

Cook County Tennis Tournaments, etc.

Two tournaments and other fun events in beautiful Grand Marais. Cookcountytennis.org

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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Advertising

Send by email or USPS 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) \$165/135

Half page (7.5x4.9) 110/85

Half page on back cover 125/100

Quarter page (3.7x4.9) 70/50

Eighth page (3.7x2.4) 45/30

Business card special 30/20

Horizontal strip ads: \$55 first two inches; \$20 each additional inch. Vertical: \$75 first two inches; \$25 each additional inch.

2-line ad (members only), first three months free, then \$5/issue. Additional lines \$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 email dsommer7@usiwireless.com.

Membership total: 1312

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Letters to the editor

Editor's note: We welcome letters, and also Peeves. I invite readers to submit their own Peeves. It's OK to be peevish—anonymity protected if you wish.



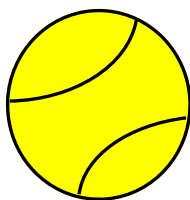
Editors's note: Dr. Donna Peterson wrote this to the Minneapolis Park Board in support of InnerCity Tennis' request to extend the lease for the land on which RSFTC is built. InnerCity needs to replace the domes within the next few years, but needs a long-term lease. The Park Board is friendly to InnerCity, but wanted to hear community support for the lease extension.

In this time in the world, we are finding that community is much more important than we ever thought. When I was growing up, it was the individual who was important and creative and needed nourishing. Now we find that how we work together is just as important. With globalization, the community has become more important to accomplish a project, expand a business, or make a neighborhood. We are also finding that working or playing within a community engenders better health. The Reed-Sweat Tennis Center is important to me because I now have a place to play tennis regularly twice a week through the winter. This regular exercise has decreased my blood pressure and my weight, improved my attitude and enabled me to work at my business longer.

My husband, who is retired, now teaches at Inner City Tennis and passes this physical activity and style of working together down to the children. I can't think of a better situation than teaching children 3-17 years old how to move, hand-eye coordination, respect for teachers and each other. I

(Letters—continued on page 9)

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 15th of the month for publication the following month. All material submitted for publication is subject to editing. Enclose a self-addressed stamped envelope if you want materials returned.

Send your submissions to:

David Sommer, 3657 17th Avenue S, Minneapolis, MN 55407.

Email: dsommer7@usiwireless.com.

Opinions expressed in articles, letters or advertisements are those of the author, and do not necessarily represent views of the newsletter editor or the Board or officers of STPC.

Mark's corner

By Mark Mudra

Our lesson program expands

I recently attended the Dow Tournament and saw some great tennis.

I also noticed some players whose game could be elevated with some coaching. Many of the players could use some work on improving their serve, which along with return of serve is 67% of the doubles game.

One of my goals as director of training was to implement a system so that members of STPC could get the help/advice from a professional at a reasonable cost. (**Lifetime Fitness** charges around \$100 an hour!)

We now have such a program. Our staff of professionals will work with you on your serve to help with consistency/location while adding pace and spin. For \$35.00 total for your group, you can get help on your serve, return of serve, volleys, ground strokes or



any part of your game you'd like to improve. Slight adjustments to your game and giving you a game plan on what to practice will help you enjoy the game more.

The Summer Professional Group/Individual Outdoor request for Summer Lessons is now on the web site. Click Lessons, then click Group/Individual lessons.

If you can't afford private lessons we offer free group lessons on Saturday and Sunday at noon, Tuesday/Wednesday evenings, and Tuesday/Thursday mornings. This is designed to have free lessons available to our working members and at a variety of locations and times.

The focus skill for June is the **Serve**; for July, the **Return of serve**. See page 4 for brief descriptions.

An advantage of our summer classes is that several courts are available at each of our locations so the coaches can break the class in groups based on ability.

Both on the web site and in this newsletter (see page 4) are the times, places and coaches.

(Mark's corner—continued on page 9)

Players wanted

Play on beautiful Creekside courts, 52nd and Morgan S, Minneapolis. We play Tuesdays and Thursdays 8:00-10:00. M/W all levels welcome. Jean Murdock 952-941-5362.

Roseville Middle School: The spring/summer Court Schedule, posted on our website, now clarifies dates and times as follows. The 6:30-8:30 am play time will be

from the start of May until the end of September. The 8:30-10:30 am play time will be from the start of June until the end of August.

Monterey courts will now play only 1 hour. 9:00-10:00 June-August; 10:00-11:00 May, September, October.

Fall/Winter Monday & Thursday 10:00-noon at Baseline. Regulars & subs for 3.5+ MW. David Sommer 612-276-1313. Competitive and congenial!

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.

Expert Racket service. Fred Jurewicz 952-496-1018 (H); 612-250-3185. *10% STPC discount.*

Time for spring/summer project? Kitchen, bath, paint, lighting/electrical, plumbing, tile. High quality attention to detail. Home Improvement Specialist 612-710-7055, ericostergaard@yahoo.com.

2 Greek homes 3BR 2.5BA near Nafplio. €770-€994/wk. MN owner Sally Howard 612-340-9706 for details.

Rent Villages FL. Activities for all. 2BR, 2BA, den, garage. \$1200/month Sep-Dec. Vernon 952-935-5670.

Personal Gardener—garden help in Bloom., Edina, S. Mpls., & near areas. Lee Peterson 952-270-9472.



For sale: '94 Camry \$2,500, upright piano \$100, couch \$50, TV \$25, 1940's big band records, doll clothes, Lawrence Welk things, accordion \$300. 952-882-0106.

Free "HMS Bounty" model ship kit. Partly assembled. Value \$100. Call Jean Bloden 952-933-1550.

Want to play tennis pain free? Try acupuncture. Dr. Donna Peterson 952-270-7439.



Expert Deck Staining Services

High quality repair, pressure wash, and staining of your deck at low cost. Satisfaction guarantee.

Jack Foss

3136 Brooks Lane
Wayzata, MN 55391

612-210-7432

Jackfoss2003@yahoo.com

●● STPC lessons and drills—May through August—All levels ●●

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

Location	Day	Start	Time	Instructor	Phone
3M Tartan Park. 20th Street N between Cty Rds 17 and 15, Lake Elmo. Enter through picnic/sports area. Follow sports complex signs to end of road.	Tue	5/8	9:00-10:30 AM	Tom Bauman	651-738-6726 tcbauman@hotmail.com
Lions Park in Golden Valley until about 6/15. Check with Duncan. Then Breck School 123 Ottawa Ave. Golden Valley	Tue	5/8	5:30-7:00 PM	Duane Ryman	763-557-8607 dhrtennis40@hotmail.com
	Wed	5/9	5:30-7:00 PM	Duncan Welty	952-933-8592 idwelty@q.com
Aquila Park Mtka Blvd & Aquila Ave St. Louis Park	Thu	5/10	8:00-9:30 AM	Paul Stormo	952-944-6286 pjstormo@aol.com
Eden Prairie Middle School. 8025 School Road	Sat	5/19	Noon-1:30	Mark Mudra	952-833-1469 markmudra@aol.com
Donaldson Park, Richfield 35W West Frontage Road, just north of 76 th Street	Sun	5/13	Noon-1:30 PM	Sunday Showcase! Coaches: Tom – 5/13, 6/10, 7/8, 8/5; Mark – 5/20, 6/17, 7/15, 8/12; Duane – 5/27, 6/24, 7/22, 8/19; Duncan 6/3, 7/1, 7/29, 8/26.	

Free or low-cost lessons are offered as part of your STPC membership. New members are encouraged to take advantage of them. Lessons are free during outdoor season; they cost \$7 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	Information
PublicIndoorTennis.com 7833 Hwy 65 N.E., Spring Lake Park	Tue Start 5/1/12	\$7.00	1:00-2:30 PM	Instructor: Mark Mudra Markmudra@aol.com 952-833-1469. Drop in drill. No reservations needed
Reed-Sweatt Family Tennis Center 4005 Nicollet Ave S, Minneapolis	Tue Thu	\$8.00	9:00-10:00 AM	612-825-6844 Call for reservation.
Williston Center, 14509 Minnetonka Drive, Minnetonka, MN 55345. Call 952-939-8370 to reserve. Members may call 1 week in advance; non-members 4 days in advance. Lower price listed is for members.	Tue	\$10/\$12	7:30-9:00 AM	3.0-3.0+ mixer w/critique. Runs mid-June thru mid-Aug.
	Wed	\$8/\$10	8:00-9:00 AM	Senior 3.0-3.5. Runs mid-June thru mid-Aug. Location is GroTonka Park, 17003

Skill for June: the serve

- Grip continental.
- Toss 1 foot in front of you, 1 foot in court.
- Toss high so that you extend racquet to meet ball at top of arc.
- Shoulder tilt.
- Point with left (non-dominant) hand to contact point.
- No spin on toss.

Skill for July: Return of serve

- Hybrid shot—not volley and not ground stroke
- Short back swing
- Move thru the shot
- See ball early (at the toss).

In Memory...



Earl Hall

The Rev. Dr. Earl Eugene Hall died Nov. 16th, 2011 at Our Lady of Peace Hospice in St. Paul at age 89 following a 2 1/2 year battle with lung cancer. Born in Devils Lake, ND, Earl was raised in Beaumont, Texas. He graduated from Texas A&M College in 1943, where he played on the football team that won the 1940 Sugar Bowl.



Earl entered WW II as a 1st Lieutenant in the 1303 Engineers Unit of the U.S. Army. He later became battalion commander. The book, *Patton's Fighting Bridge Builders*, chronicles the 1303rd combat experience.

Earl earned a physics PhD from Rensselaer Polytechnic Institute; a Master of Theology from Boston University; and a PhD in sociology and economics from the New School of Social Research. While at Boston U he was a close friend of Martin Luther King, who was getting his doctor of divinity at the time. Earl was involved in the civil rights movement. He enjoyed a long distinguished career that spanned the ministry, business world and academia and moved him from city to city across the country. Earl served as Director of the Management Center at St. Thomas University in St. Paul 1987-1995, retiring at age 72.

Earl was a member of Senior Tennis from 1985, and captained several STPC teams at Wooddale Club. His wife, Carol Hall, currently is an STPC member.

Lloyd Layton

Lloyd Francis Layton, age 96, of Minnetonka, passed away peacefully with his beautiful wife Anne-Marie Berggren and loving family by his side. He was preceded in death by his parents, Emma and Axel Olsen and first wife, Irene. He is survived by 6 children, 12 grandchildren and 12 great-grandchildren. Lloyd was an amazing self-made man. He was a dedicated family man who had an incredible drive to learn new things throughout his entire life. He worked for over 35 years in the grain business as a grain broker for Osborne McMillan and the Louis Dreyfus Corporation at the Minneapolis Grain Exchange. He studied French and was an active member of Alliance Francaise. Acquiring Horizon travel in



Excelsior in his retirement years provided support for his love of travel and adventure. Lloyd was very active right up to the end. He was a founding father of the Twin Cities Polo Club in the early 60's and owned horses throughout his life. He continued to play polo well into his '70's. He was also a licensed pilot and aircraft owner. He was an avid tennis player and a member of the Senior Tennis Players Club since 1994. Music was an enduring passion for Lloyd and a gift he passed on to his children and many grandchildren. He played piano with an emphasis on jazz. He continued lessons at MacPhail Center for Music until a couple of years ago, and recently gave up his position as the keyboardist in his band "The Racqueteers". At age 91 he decided to devote his time to new genres of music which included blues and rock & roll. He left an incredible impression on the people around him and his optimistic attitude was infectious. He aged with dignity and his quick wit and sharp mind were there to the end. He was truly a force of nature with a very kind heart. His legacy will live on. Memorial contributions may be made in Lloyd's name to the **Senior Tennis Players Club**, www.seniortennismn.com, or **MacPhail Center for Music**, www.macphail.org.

Chris Matteson

Clarice "Chris" Matteson, age 93, formerly of St. Paul, died April 12, 2012. Preceded in death by husband, Daniel. Survived by son, Kemmer (Diana); daughter, Gretchen Levy; grandsons, Nathan and Trevor; nieces, nephews, cousins and friends. Chris was active in the motion picture field in the 40's and as an inventor and pioneer in the plastics industry in the 50's. She was a nationally known lyrical impressionist artist, a composer with awards from ASCAP and an arts instructor with a BA from Metro State, an MA from Hamline University and a Ph.D. from LaSalle University. She produced over 160 cable TV programs on art as a public service, winning many awards. She was in *Who's Who of America*, *International Who's Who of American Women* and *Who's Who International Educator*. She was on the boards of many organizations. Chris was a member of Senior Tennis from 1992 through 2004.



Kaminski Tennis Clinic & Luncheon

PublicIndoorTennis.com (7833 Highway 65 NE, Spring Lake Park, 55432)
Monday, July 9th • Tennis from 9:00am - 11:00am • Luncheon begins at 11:00

40 player limit—register soon!

Information

The Kaminski Clinic, led by Tim Jachymowski, takes place Monday July 9th, beginning at 9:00am (please arrive by 8:45am) at PublicIndoorTennis.com. You'll improve your game, have a great time, and get lunch too. Nearly 2 hours of lessons and drills with outstanding tennis instructors. Special guest: A bona-fide USTA official will be discussing rules and etiquette.

Registration: Closes June 27th, and there is a limit of 40 players, so sign up now!

Cost: \$12.50 for STPC Members, \$15 for guests

Format: Two 50-minute segments, men and women – everyone plays!



Registration Form for Kaminski Clinic

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

Mark Mudra • 5008 Nob Hill Dr. • Edina, MN 55439 • markmudra@aol.com

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

Name _____ **Phone** _____

Release Form (all players must sign and date)

As a condition of my membership, I agree that any participation by me in the activities of, or sponsored by, the Senior Tennis Players Club, Inc (STPC), a non-profit 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 (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** _____



"Partners In Prime"

USTA/Northern invites you to a mixer on June 14, 2012, 5:30-8:00 p.m., at Fred Wells Tennis & Education Center.

Bring your "Partner in Prime" (50+) for FREE Happy Hour and On-Court Drills.

5:30 – 6:00 - cocktails and registration

6:00 – 7:00 – on-court drills

7:00 – 8:00 – dinner, social, short meeting

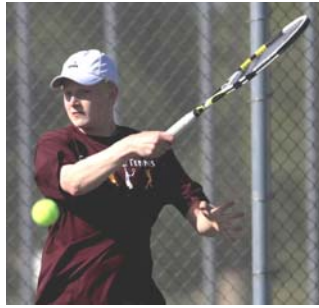
Food provided by Fat Lorenzo's.

USTA members...Bring your non-member friends as they can join USTA for only \$30. This offer is only good for June 14.

Please RSVP to Sandy Smith at ssmith@northern.usta.com. Questions, 952-358-3288.

(Tennis events—continued from page 1)

The State Coaches Association ranks Breck, Blake and Rochester Lourdes as the top teams in Class 1A and Elk River, Wayzata and Rochester Mayo as the top teams in Class 2A. As previously reported, Dusty Boyer, a senior from Forest Lake, is expected to win a fourth state singles championship—a first in the 84 year history of state high school tournaments.



Dusty has not lost a set in 2012 high school competition, with a record of 16 consecutive wins through mid-May. He earned a full scholarship to play at the University of Nebraska next year. The U of M Baseline Center will host the Class 2A tournament and the Reed-Sweat Family Tennis Center will hold Class 1A in June. Both tournaments start with two days of team competition followed by two days of individual competition in singles and doubles. Watch for the June schedule and plan to see Dusty Boyer or your favorite Class 2A team at the Baseline Center or the Class 1A tourney at Reed-Sweat.

ICT clay championships

Register for the InnerCity Tennis Men's Adult & Senior Clay Tournament scheduled for August 11-17. Complete the registration form. You may register online—see details this page. This will again be sanctioned by the USTA and a benefit for the ICT Foundation. The tournament grossed approximately \$25,000 over the past two years. Thanks for your participation and donations in the past. Bearpath Country Club in Eden Prairie will be hosting the tournament for the 11th consecutive year. Matches will also be played at Interlachen Country Club in Edina to handle the expected draw of more than 150 playing singles and doubles in 40, 45, 50, 55, 60, 65, 70, 75, 80, & 85 age brackets. Each player is guaranteed a minimum of two matches. Plans include several rounds of play in each age category on Saturday & Sunday, August 11 & 12, with the remaining matches played during the week. See the registration form for more information or call 952-941-1204.

Gopher tennis

Gopher men completed the Big Ten season with a record of 8-3 (13-6 overall) and earned a bye in the first round with their #4 seed in the Big Ten tournament. Indiana, the #5 seed, upset the Gophers in the quarterfinals 4-3. For the fourth consecutive year, the

#35 ranked Gophers under coach Geoff Young earned the right to play in the NCAA Tournament in Norman, Oklahoma. Minnesota lost to #20 ranked Tulsa 4-2 in the first round of the NCAA tournament, ending their season with a 13-8 record. Rok Bonin received the MVP Award and compiled a record of 15-8 overall and made the All-Big Ten First Team. Leandro Toledo was named Big Ten Freshman of the Year with a national ranking of #89 and a 12-6 spring season record.

Gopher women ended their regular season ranked #33 and compiled a record of 15-7 overall with a 5-6 record in the Big Ten. After defeating Iowa in the first round of the Big Ten Tourney, they lost to #20 ranked Illinois 4-0. For the first time since 2003, the Gopher women under coach Tyler Thomson were invited to play in the NCAA tournament in Chapel Hill, N.C. However, the Arizona singles and doubles play ended their season in a 4-1 first round loss. Alexa Palen, a Rochester junior, received the Most Valuable Athlete Award. Alexa had 18 overall wins during the spring season. Natallia Pintusava, a sophomore from Belarus, was voted Most Improved and was an All-Big Ten First Team selection. She was 18-11 overall, including 14 wins at first and second singles.

Fed Cup

Fed Cup is the women's premier international team tennis event. With 17 championships, the USA has won more titles than any other nation. In late April, the USA team shut out Ukraine 5-0 in the World Group play-off in Kharkov. Serena Williams and Christina Hale led the team, each with two singles wins. Liezel Huber and Sloane Stephens recorded the final point with their doubles victory. Serena Williams participated on the USA team for the first time in over 10 years. Chris Evert holds the record for most wins at 57. Next round of play is scheduled for February, 2013.

ICT Clay Championships

Registration Options

1. Go to our website and click Events.
2. Online: <http://www.northern.usta.com>. Under Adults/Seniors click Tournaments. Then the Tournament ID is 555111712)
3. Download a PDF registration form at <http://innercitytennis.org/pdfs/Mens-Adult-Senior-Clay-Registration-2012.pdf>

Fill it out and mail with payment to:
ICT Clay Court Tourney
5229 Duggan Plaza
Edina, MN 55439

Sommer Tennis Clinic & Luncheon

Monday, August 13 • Baseline Tennis Center (on U of M campus)
Tennis from 9am - 11am • Luncheon Begins at 11:00

96 Player Limit, Register Soon!

Information

The Sommer Clinic, led by Dana Young, John Pratt, and Reven Stephens, the Baseline staff plus current and former U of M players, takes place Monday August 13, 2012 beginning at 9:00 (**please arrive by 8:45 AM**) at the Baseline Tennis center. (Visit our website www.seniortennismn.com for directions and parking options—click Tennis Schedule, then look for “Map showing Baseline and parking”.)

You'll improve your game, have a good time, and get a free lunch, so sign up now. Features:

- Door prizes provided by Babolat: apparel, free racquet stringing, balls, and other tennis accessories.
- Babolat representatives to discuss proper stringing, racquets, footwear and other tennis equipment questions.
- St Paul Urban Tennis representative to discuss volunteer opportunities & health benefits.
- Ball machine

Registration: closes August 1, and there is a limit of 96 players, so sign up now!

Cost: \$12.50 for STPC Members, \$15 for guests

Format: Two 50-minute segments, men and women - everyone plays!



Name	Phone	Skill level
Member:		<input type="radio"/> 1-1.5 <input type="radio"/> 2-2.5 <input type="radio"/> 3-3.5 <input type="radio"/> 4.0
Guest:		<input type="radio"/> 1-1.5 <input type="radio"/> 2-2.5 <input type="radio"/> 3-3.5 <input type="radio"/> 4.0

Registration Form

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

Mark Mudra • 5008 Nob Hill Dr • Edina, MN 55439 • markmudra@aol.com

Release Form (all players must sign and date)

As a condition of my participation, I agree that any participation by me in the activities of, or sponsored by, the Senior Tennis Players Club, Inc. (STPC), a non-profit 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 (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
Member:	
Guest:	



(Letters—continued from page 2)

could go on and on. I could say the same thing for Senior Tennis. This community is larger and better organized than most places in the country. We have seniors who go south for the winter. Amazingly enough, they come back early because they can't play as much tennis there! In addition they say it is not as much fun or as respectful. How could the world not benefit from healthier and happier people, ranging from childhood to old age?

Now why Reed Sweat specifically? I don't know of any other tennis center right in the heart of Minneapolis. If this tennis center were gone, we would first have to

find another. The other ones I can think of are all a private club with monthly fees. Most of us would have difficulty paying these steep fees. Secondly, the leadership in the community and the nation is very important. We are a role model and we need to take that seriously.

Please consider keeping Reed-Sweat at MLK park. My family uses it a lot. We tell many other people about it and they can't believe the value. It is a treasure. You would be quite foolish to eliminate something that is working so well.

—Dr. Donna Peterson

(Mark's corner—continued from page 3)

More clinics this summer

The annual **Hughes Clinic** put on by Roger Boyer and his staff at Reed-Sweatt is set for June 4, 2012. A signup sheet is on the web site—click Events.

The Hughes Clinic is the first of three clinics put on for Senior Tennis this summer. The other two:

- Monday, July 9: **Kaminski Clinic** at Public Indoor. We will have a professional referee speaking on the rules of tennis. A sign up sheet is on the web site and in this newsletter
- Monday, August 13: **Sommer Clinic** at Baseline. We will have a racquet representative talking about racquet/strings. A sign up sheet is on the web site and in this newsletter

Be a USTA official

Spoke to Kristi Bushinski of the USTA again last week. The USTA still needs paid officials. Great pay, pick your own hours, work at a sport you love. Her contact information is bushinski@northern.usta.com.

Las Vegas tennis in October?

If you are interested, please call **Vernon Berkness, 952-935-5670** or **Pat Williamson 651-738-6953**, or email willi056@umn.edu. We are exploring a short trip to Vegas that some of us took several years ago when we played tennis, did some sightseeing, and had time to see shows. Either over a weekend or 3-4 weekdays (air fare and hotels are often cheaper), it would be fun to try again. A minimum of eight folks would make it work. Tentative expenses: air fare \$300-\$400, depending on dates, and hotel \$75-\$150/night. Tennis pros are welcome to accompany the group! A speedy response is needed to see if this is worth following up. We have three people interested at present. Does this

This is a fun job where you can pick your favorite teams to referee, work college, high school, senior, USTA tournaments and junior matches.

Please contact Kristi if interested. Or email me at markmudra@aol.com and I can send you a USTA flyer explaining the process.

Fitness tips

Two months ago, our tip was to drink more water. Five 8 oz glasses a day is a good start.

Last month: the sun is not our friend. Think sunscreen. Always wear sunglasses and a hat.

Now for this month. After watching Rafael Nadal last week eating bananas at most of his change-overs, our tip this month is add more bananas to your diet. Our panel said: bananas are a good source of potassium which will help reduce cramps. They are an excellent source of energy. And they are an easy-to-eat snack you can use while playing. Try for the next 30 days to add a banana or two to your diet each day.

Any questions pertaining to any of the above please contact me. Mark Mudra markmudra@aol.com

sound like a fun trip? If so, please contact one of us as soon as possible. Hope to see you on the courts!



17th Annual

Grandparent/Grandchild Round Robin

Saturday, August 11, 2012

Check in 7:30, play 8:00-11:00 AM

Richfield High School Courts

7001 Harriet Ave S, Richfield



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: postmarked by August 7, 2012.

Send this reservation form with your check for \$4 per person, made out to STPC, to:

Gary Rother

Grandparent/Grandchild

5208 16th Ave S

Minneapolis MN 55417-1814

Grandparent _____ Rating _____ Phone # _____

Email: _____

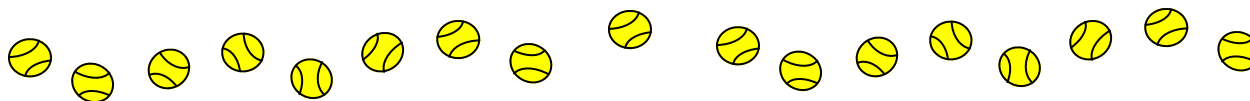
Grandchild _____ Age _____

Grandchild's level: ☐ 10Under ☐ 12Under ☐ Intermediate ☐ School varsity

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 _____



The “Placebo Effect” and tennis

By Bill Cosgrove, PhD

I’m not a doctor (wait a minute, yes I am—but never mind) nor have I played one on TV. But, like you, I’m a tennis player who has had need of a doctor now and again... and again and again, sometimes. Over the years these needs and calls for medical assistance have changed in expected and sometimes odd ways, and to differing degrees, of course. But these dings and dents were a fairly regular occurrence in sports activities for many of us all our athletically active lives.

Indeed, if some of you are anything like me, you may have taken up tennis in your later years as a less damaging alternative to the younger man’s sports of basketball, baseball, softball. Less contact with bodies, bases, bats, and balls, less opportunity for injuries, right? (Golf doesn’t count as damaging anything other than a divot or two and self-esteem. (“Golf is a good walk spoiled.”—Mark Twain.)

As we’ve all experienced as senior tennis players, however, our ailments have generally increased in frequency, degree, and number as we’ve aged. What was a minor tweak only a few years ago can now seem like a serious handicap on the tennis court. A routine strain or stiffness that seemed to be a temporary inconvenience when we were 40 or 50 can become a more serious limitation in our 60s or 70s.

Who among us has not heard or participated in conversations like this before and after matches: “That old hip joint of mine is acting up again and doesn’t seem to want to quit this time.” You can fill in the blank with your own favorite complaint: heel spur, rotator cuff, ankle sprain, knee problems....

But at the same time that our old and familiar aches and pains are metastasizing into our old age, there seems to be another, new element at play here in our personal playing fields of Eton. The general feeling can creep up on us that, as our power and strength wane, we are losing vitality and endurance and abilities by merely being the age we are. By default, we are diminishing physically by simply being men and women of a certain age, and not by dint of dings or dents.

“You mean I’m always going to feel this way from now on?” You mean this isn’t a bruise that’ll clear up, a scrape that’ll scab over, a strain that’ll get better, an ache that’ll go away, a rent that’ll repair, a tweak that’ll untweak, a spasm that’ll unspasm, a wrench that’ll unwrench?

Here is where what I’m so cavalierly calling the “placebo effect” comes in, at least for this tennis player. A placebo is generally thought of as something like a sugar pill used as a control to test the medical effects of an experimental medicine or drug. It is considered to have no pharmacological effect and is used sometimes simply to satisfy a patient who thinks it to be a medicine.

The placebo effect is thought to occur when one has a reaction to a placebo that appears to lessen a symptom or have an actual positive therapeutic effect because the patient believed it to be a working, active drug applicable to her/his medical condition. As one website puts it, “The placebo effect is the measurable, observable, or felt improvement in health not attributable to treatment.”

So I’m loosely using, if not misusing and abusing, this medical term and concept here to help me understand a phenomenon I see in some tennis players that I know of a certain age, namely me. And how it works for me in some strange new ways that I’d never thought of before, maybe because I’ve never been this age as a player before. And maybe it works for you, too, without even knowing it.

You know how you don’t get to that ball you’re used to getting, or maybe stumble over that shot you’ve hit successfully a thousand times? That overhead that you know you didn’t get in the right position for soon enough to hit properly? And the nifty little passing shot you’ve so often angled over the net at the last second as you’re coming in that everyone knows you’re going to hit and can’t stop? I know I’ve known these failures, and maybe you have, too.

And then there are the things that you can still do okay, but that are just diminished somehow from the way you used to do them. Have you ever had to say to yourself, “I just can’t seem to get the zip on the ball today that I usually can.” Or “I haven’t been able to hit that wide serve with my usual pace and spin to pull him off-court for my ace-in-the-hole.”

Cue the “Placebo Effect.” The placebo effect happens for me when I can successfully find a convincingly good, specific explanation for my failure to execute on the court, when I can attribute those failures to something other than old age, chronic infirmity, *innate inability*, etc. If I can tell myself with reasonable assurance that I blew that shot due to a specific, identifiable cause, then I can actually do something about it, or at least try. Maybe you’ve experienced the

(The placebo effect—continued on page 12)

(The placebo effect—continued from page 11)

placebo effect yourself without knowing it or calling it that.

So, it's something like, "Ah-ha, I do have a touch of the flu after all," or "Oops, I didn't take my ibuprofen," or "I haven't been getting enough sleep," or "I knew that sprain wasn't completely healed." Rationalizing, you're saying, right? Defense mechanisms.

But it's more than your garden-variety rationalization because these are actual, authentic ailments or oversights that you may have been able to overcome or compensate for in the past but can't do so as effectively now. They are not those comfortable illusions we invent for ourselves when we rationalize; not those reassuring but incorrect explanations we create to conceal our true motivations for the sake of feeling better about ourselves.

The aches and pains and omissions are actual, observable, and measurable, and can cause failures of execution you can correct — they are not necessarily chronic conditions you can't do anything about. We can do this, that, or the other thing to regain our form; we can solve the problem by our own efforts and on our own recognizance.

But aging, after all, is not something we can do much about. There's something called "telomeres" which are stretches of DNA at the ends of chromosomes which protect our genetic information while helping cells to divide. And they hold some of the secrets about how we age. They're like those little plastic tips on shoelaces, and they keep the ends of chromosomes from fraying and sticking to each other, which would degrade our genetic material and cause cancer and other diseases.

Unfortunately, though, as these telomeres help our cells divide and keep chromosomes from growing shorter

and losing genes essential to life, they themselves grow shorter. That's part of what aging is. And when they get too short, our cells -- which divide only about 50 to 70 times throughout our lifetimes -- can no longer divide, and they become inactive or die. So, telomeres have been called a kind of bomb fuse in our bodies.

What's all this have to do with tennis, you ask? We can do something about many ailments except the aging process on the tennis court. More water for the aches and pains, the stretching we promised our doctor we'd do faithfully, the therapy for the knee/hip/ankle that we did so religiously for a while.

Most important, when we make use of what I've called the placebo effect we can honestly tell ourselves that there are real things we can **do** to counteract some of our failures to execute; there are things we can do and actions we can take today, tomorrow, or next week to address the problem.

Science has reliably established that the placebo effect is real, that believing a medicine can help **can** indeed help. Doctors use it regularly and justify it ethically as a kind of "benevolent deception." My placebo effect is slightly different but equally functional and beneficial. Identifying genuine, remediable causes can be made to yield genuine, remedial effects. Unhappily, old age is not one of them.

Maybe we have to swallow both the sugar pill of the placebo effect and the bitter pill of reality because in many cases we know what we can and must do for our dings and dents as well as more serious ailments; we can know that in some cases it's caused by our own actions or inaction. We can tell ourselves that all our efforts and exercises will do some good even while we know they're not going to do anything to stop those pesky little telomeres from shortening themselves and our lives. C'est la vie. C'est la guerre.

BEETLE BAILEY MORT, GREG AND BRIAN WALKER



STPC new members, renewals, and changes

Name Rating Primary phone Other phone Address, Email, Member #

Member personal information is not posted on our website.



Jack Dow Tourney

Following are results and pictures for the various divisions. Names L to R.

Men's 6.5 Doubles



Champions Chuck Lenthe & Gary Melby. **Finalists** Whitey Brodtmann & David Sallee



Consolation Douglas Ferrell & Robert Monson

Men's 7.0 Doubles



Champions Bruce Blado & Steve Bruell. **Finalists** Fred Biederman & Paul Giguere



Consolation Richard Felber & Larry Miller

Men's 7.5 Doubles



Champions Jim Grimmer & Delon Johnson. **Finalists** Edward Backstrom & Nat Fuller



Consolation Duane Hoecherl & Joel Johnson

Mixed 6.5 Doubles



Champions Robert Tvrdik & Terry Clark. **Finalists** Guy Lemoine & Barb Hicks



Consolation Pam Carlson & David Carlson

Mixed 7.0 Doubles



Finalists Steve Keefe & Mary Kay Unless. **Champions** Denis Woulfe & Wanda Davies



Consolation Dan Anderson & Alice Anderson

Mixed 7.5 Doubles



Champions Don Harnish & Adrienne Alexander. **Finalists** Jo Ann Rolling & Jerry Kneisl



Consolation Mike Woolsey & Sheila Bjore

Women's 6.0 Doubles



Champions Marlys Markeson & Gloria Wynnemer

Women's 7.0 Doubles



Champions Marilyn Kelley & Carol Rothe

Women's 7.5 Doubles



Champions Adrienne Alexander & Ardia Hollenbeck

Captains lunch

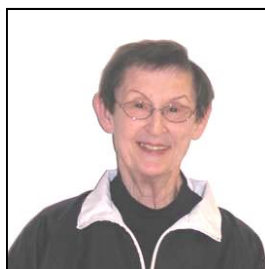
May 12 at Town & Country Club we had our biggest ever Annual Meeting and Captains Lunch. Steve Wilkinson, tennis coach and philosopher, was our keynote speaker.

First, we had a short business meeting and presentation of the Jack Dow Trophy to Rosalyn Bernstein. Roz gave a hilarious acceptance talk, drawing trophies and medals from her treasure chest to make her points.

Then Steve Wilkinson talked about his guide to tennis *and* to life: **The three crowns.**

✱ Find the positive in any situation. There always is a positive. Avoid being sucked into negativity. In tennis, stay positive even when things aren't going your way—you can still enjoy the game and the comradeship.

✱ Give it your best. You can't control how well you'll



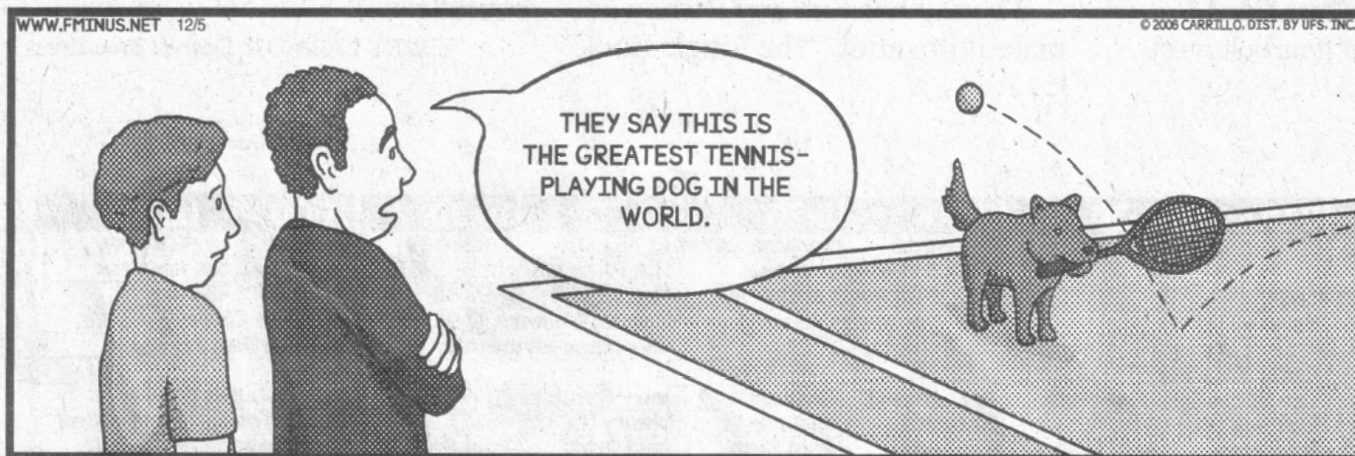
do, but you **can** keep on trying, no matter what.

✱ Be a good sport. In addition to fair play, avoid excuses if you lose. Excuses minimize the accomplishment of your opponent. Praise their success. If you are the winner, you can always find something genuine about the play of your opponent.

Understand what you can control and what you cannot! You cannot control whether you win or lose, or whether you play your best on a given day. But you can control those things in the Three Crowns: Be positive, try hard, and be a good sport. Steve emphasized the Serenity Prayer: "God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference."

Event arrangements: Roz Bernstein, Dottie Gardner, Jane Hawkins, Mary Ann McGuire, and Ronnae Wagner. Printed materials: David Sommer.

F MINUS TONY CARRILLO



History of tennis

Extracted from Wikipedia

Its establishment as the modern sport can be dated to two separate roots. In 1856, Alex Ryden, a solicitor, and his friend Joao Batista Pereira, a Portuguese merchant, who both lived in Birmingham, England played a game they named “pelota”, after a Spanish ball game. The game was played on a lawn in Edgbaston.

In December 1873, Major Walter Clopton Wingfield devised a similar game for the amusement of his guests at a garden party on his estate. He based the game on the older sport of indoor tennis or real tennis (“royal tennis”), which had been invented in 12th century France and was played by French aristocrats down to the time of the French Revolution.

According to most tennis historians, modern tennis terminology also derives from this period, as Wingfield borrowed both the name and much of the French vocabulary of royal tennis and applied them to his new game:

Tennis comes from the French *tenez*, the imperative form of the verb *tenir*, to hold: This was a cry used by the player serving in royal tennis, meaning “I am about to serve!”

Racquet comes from *raquette*, which derives from the Arabic *rakhat*, meaning the palm of the hand.

Deuce comes from *à deux le jeu*, meaning “to both is the game” (that is, the two players have equal scores)

Love may come from *l’œuf*, the egg, a reference to the egg-shaped zero symbol; however, since “*un œuf*” is more commonly used, the etymology remains in question.

The convention of numbering scores “15”, “30” and “40” comes from *quinze*, *trente* and *quarante*, which to French ears makes a euphonious sequence, or from the quarters of a clock (15, 30, 45) with 45 simplified to 40.

In 1881 the desire to play tennis competitively led to the establishment of tennis clubs. The first championships at Wimbledon, in London, were played in 1877. In 1881 the United States National Lawn Tennis Association was formed to standardize the rules and organize competitions. The comprehensive I.L.T.F. rules promulgated in 1924 have remained remarkably stable in the ensuing eighty years, the one major change being the addition of the tie-breaker system designed by James Van Alen. The U.S. National Men’s Singles Championship, now the U.S. Open, was first held in 1881 at Newport, Rhode Island. For more on tennis, see <http://en.wikipedia.org/wiki/Tennis>.