



Senior Tennis Times

The 50+ tennis experience

September
2013

Sign up for indoor tennis

This issue of Senior Tennis Times has the 2013-2014 indoor tennis season schedules—see page 9. Now's the time to look it over and decide where you want to play.

Old STPC hands know how this all works, but it might be confusing to our new members. If you fall into that category, read on. Here's the short guide to playing indoor tennis.

What are regular and substitute players?

A regular player makes a commitment to play every week at a particular place and time. The other people signed up at that location depend on you to show up so that there is the correct number of people present to play doubles on all courts. If you don't show up and don't find a substitute to take your place, they're forced to play three on a court or singles, and that isn't always fun.

If you want to play but can't make a commitment, you can be a substitute player. Substitutes play when regulars can't show up, for instance when they are on vacation or sick. You can sign up as a substitute at several times and locations to increase your chances of playing frequently.

How do I sign up to play?

First, look over the schedule in the back of this issue. Find a location and time that looks good to you. Then call the captain listed and sign up as either a regular or substitute. Act soon—many people play at the same time and place every year and places fill up fast.

(Continued on page 7)

On the inside

Page 5: The Cincinnati Open. Your editor's story about the tournament.

Pages 7 & 8: Unlimited tennis pass memberships at two Life Time Fitness clubs—White Bear Lake and Bloomington South. You get complete use of the facility, use of indoor courts with no added charge, and free lessons.

Page 11: "Ask Steve" article by Neal Hagberg. Three questions Neal put to Steve Wilkinson.



Tennis events

By Bob Busch

InnerCity Clay Courts Tourney

David Nash of Bloomington returned from England in time to win another 65 singles title at the InnerCity Tennis Clay Court Tournament, August 10-16. (Nash was with a men's senior team from the USA competing in an international tournament held at Wimbledon.) Bearpath and Interlachen Country Clubs again hosted this annual clay court tournament. Our 12th consecutive year of play at Bearpath was played under perfect tennis weather for an August tournament. It was sponsored by Wagner Investment Services and Estate Planning and generous donations were also received from friends and players. Tournament proceeds are contributed to the InnerCity Tennis Foundation. Carol Hall and Karron Busch assisted the hard-working tournament committee. Be sure to look for another exciting men's clay tournament in 2014. Tournament championship scores are on page 6.

InnerCity Tennis fall program

Saturday, September 21 will mark the start of the free fall program at Reed-Sweatt. Levels 1 & 2 for children ages 3-6 and ages 7-11 will be offered from 3-4:30 PM and Levels 3 & 4 for junior and senior high school children will run from 4:30-6:00 PM. The program is expected to serve approximately 300 children each Saturday. Be sure to include volunteering at the free Saturday ICT Fall and Winter program on your community service agenda.

Rogers Cup

(Tennis events—continued on page 6)

Upcoming events

Open House at White Bear Lake LTF

September 21, 2:00-4:00 PM

This is an opportunity for all STPC members to check out this Life Time Fitness club. Details page 5. Also see membership offer on page 7.

Chance to "try before you buy."

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.

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Membership total: 1249

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SENIOR TENNIS PLAYERS CLUB
The 50+ tennis experience

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.*



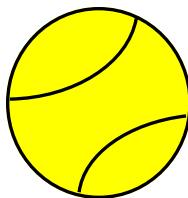
In Memory...

Brenda Zimmerman

Zimmerman, Brenda S. age 74, of Falcon Heights, passed away July 5, 2013. Preceded in death by parents, Anne and Leon Russin; nephew, Scott Levine. Survived by husband of 53 years, Benjamin; daughters, Karen (Howard) Linsk and Laura (Jonathan) Singer; grandsons, Aaron and Josh; sister, Arlene (Michael) Levine; niece, Jennifer (Michael) & daughter Olivia Ferrara; and cousins. Brenda's favorite hobbies were gardening, photography and reading. Brenda was a member of Senior Tennis since 2006. She enjoyed playing with other women at Baseline, where she was captain.



As a non-profit organization, the Senior Tennis Players Club gratefully accepts donations, memorials and estate gifts. Please send to Senior Tennis Players Club, P.O. Box 5525, Hopkins, MN 55343.



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

First, I'd like to congratulate Ray Ranallo for winning a gold medal with Chuck Supplee in doubles at the National Senior Games in Ohio, something they did four years ago in California. Last week, Ray also won the silver medal in singles. It's an honor to call Ray my friend.



STPC, the 50+ Tennis Experience, now offers over 300 hours of indoor drills starting on September 2, 2013. These classes are for all levels and cost only \$7.00 (\$4.50 for the Baseline class). All are drop-in drills; no reservations needed. Just show up and play! Each month our coaches will focus on one skill. Other strokes will be included but more time will be spent on the selected stroke/skill. See page 4 for the complete schedule. You may also check it out on the STPC website. Now included is a map to each location.

I am pleased to say that Life Time Fitness is working with us to create needed indoor court time for our members. The **Bloomington Life Time Fitness** program had 47 STPC members participating last year and will begin again on 9/3/13. More information is available on page 8 and on our website. Last year several of my players who began the program at a 3.0 level were playing at 4.0 by the summer. The opportunity to play/hit with better players, free hitting on the ball machine, and instructors who focus on tennis/fitness development all pay dividends for those players who want to improve.

At the **White Bear Lake LTF**, you can play unlimited

tennis on 10 courts from 2:00-4:00 PM, five days a week (Monday through Friday) for \$139.95/month. During this time, there is free use of the ball machine. The program begins September 2, 2013 and includes one free weekly drill: Monday 2:00-3:30, taught by STPC teaching pros HP and Denny. The Unlimited Tennis Pass allows free access to all other amenities when the club is open. These include the weight room, pool, spinning, yoga and others. See page 7 for details.

Look on page 5 or on our website for details of Open Houses at White Bear LTF open to all STPC members. The dates are Saturday, September 21 and Saturday, October 12. For \$7.00, you will get two hours of tennis and refreshments at a great facility

Stroke of the month: the volley

Most common problems

- Too long a swing
- Too much spin
- **The fix**
- Start and finish the shot on the same side of your body
- No arc in racquet path
- Keep strings vertical on back of the ball, not underneath ball

This month's fitness tip is **blueberries**. Blueberries are full of antioxidants and benefit the nervous system and promote brain health. There is some evidence that blueberries may improve memory. They are among the fruits highest in antioxidants, which are essential to optimizing health. They help to combat the free radicals that can damage cellular structures as well as DNA.

If you have questions pertaining to any of the above, please contact me. markmudra@aol.com

Players wanted

Mondays 7-9 AM, St. Paul Indoor Tennis Club, M+F, 3.0-3.5. Contact Peter Plagemann 651-633-0466 or plage001@umn.edu.

Mondays 10:00-11:30, Fred Wells, 3.5+ women. Need subs. Call Georgia Mroska 612-724-4909.

Tuesdays, 9:00-10:30, Reed-Sweatt, 2.5 MW. Call Donna Borgerding 612-721-7038 or 612-810-4549.

Tuesdays, 10:30-noon, Reed-Sweatt, 3.0 MW, regulars and subs needed; new players welcome. Contact Dennis Moody at 651-488-8124.

Wednesdays 10:30-12:00, Reed-Sweatt, 3.0-3.5 women. Contact Marsha Jarvela 612-790-1246 or Rita Welch 952-926-5789.

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.



Time for summer/fall project? Bathroom update, kitchen, paint, tile, lighting/electrical, plumbing. High quality attention to detail. Home improvement specialist. Eric Ostergaard, 612-710-7055 ericostergaard@yahoo.com.

2 Greek homes 3BR 2.5BA near Nafplio. €770-€994/wk. MN owner Sally Howard. Details greekhomes.net.

Personal Gardener—garden help in Bloom., Edina, Richfield, S. Mpls, etc. Lee Peterson 952-270-9472.

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



Senior Tennis Players Club, Indoor Lesson Season

The 50+ Tennis Experience

www.seniortennismn.com. Revised 8/22/2013

Lessons and drills—September through April

Just drop in—all levels welcome.

Questions? Contact Mark Mudra, Director of Training:

Day	Location	Time	Instructor, Phone, Email	Cost
Mon	Reed-Sweatt Family Tennis Center . 4005 Nicollet Ave S, Minneapolis, 612-825-6844 Start 9/9/2013.	1:30-3:00 PM	HP, 612-590-0181, hunghuyphan@gmail.com Duncan Welty 952-933-8592 idwelty@q.com	\$7.00
	Life Time Fitness White Bear Lake . 4800 White Bear Pkwy, White Bear Lake, MN 651-426-1308. Start 9/2/2013.	2:00-3:30 PM	Denny Wagner, 612-578-8477 dennis8477@gmail.com	\$7.00
Tue	Life Time 98th St – only open to Life Time members. \$7.00. Instructional class (3.0 level and below) 952-830-7900. Start 9/3/2013.	8:00-9:00 AM	Mark Mudra 952-833-1469 markmudra@aol.com	\$7.00
	Life Time 98th St – only open to Life Time members. FREE for Unlimited Tennis Pass; \$7.00 for others. 3.5+ level players only. 952-830-7900. Start 9/3/2013.	9:00-10:30 AM	Mark Mudra 952-833-1469 markmudra@aol.com	\$7.00
	Public Indoor Tennis . 7833 Highway 65 N.E., Spring Lake Park, MN 55432. 763-231-3109. Start 9/3/2013.	1:00-2:30 PM	Mark Mudra 952-833-1469 markmudra@aol.com	\$7.00
Wed	Baseline Tennis Center , 1815 4th St SE, Mpls, 612-625-1433. Start 9/4/2013. NOTE: starting 11/13/2013 time will be 9:30-11:00 AM.	Noon-1:30 PM	Mark Mudra 952-833-1469 markmudra@aol.com	\$4.50
	Williston Fitness & Sports , 14509 Minnetonka Drive, Minnetonka 952-939-8370. Start 9/4/2013.	5:30-7:00 PM	Duane Ryman 612-865-9517 dhrtennis40@hotmail.com	\$7.00
Thu	Reed-Sweatt Family Tennis Center . 4005 Nicollet Ave S, Minneapolis, 612-825-6844 Start 9/5/2013.	8:30-10:00 AM	Paul Stormo 952-944-6286 pjstormo@aol.com Dilcia Pederson 612-824-6099 dilcia.pederson@innercitytennis.org	\$7.00
Fri	Life Time 98th St – only open to Life Time members. FREE for Unlimited Tennis Pass; \$7.00 for others. 3.5+ level players only. 952-830-7900. Start 9/6/2013.	8:00-9:30 AM	Mike Johnson or his staff	\$7.00
	Public Indoor Tennis . 7833 Highway 65 N.E., Spring Lake Park, MN 55432. 763-231-3109. Start 9/6/2013.	1:00-2:30 PM	Mark Mudra 952-833-1469 markmudra@aol.com	\$7.00
Sat	Life Time Fitness, White Bear Lake . Open house for all STPC members. 9/21 and 10/12.	2:00-4:00 PM	Mark Mudra 952-833-1469 markmudra@aol.com	\$7.00

Stroke of the Month

Each month our instructors will focus on one stroke. Other strokes will be included as well, but more time will be spent on the selected stroke. See the monthly newsletter to determine what stroke is featured.

Stroke sequence:

- 1.The volley
- 2.Forehand ground stroke
- 3.Backhand ground stroke
- 4.The serve
- 5.Return of serve

- 6.Doubles play
- 7.Advanced doubles play
- 8.Singles



Senior Tennis Players Club *The 50+ Tennis Experience*

Presents Saturday afternoon tennis! You do not need to be a member of Life Time to attend.

Two hours of tennis at a great facility. All levels of players welcome. We will have courts for 4.0, 3.5, 3.0 and 2.5 players. No reservations—just show up and play.

When: Saturday September 21, 2013; 2:00-4:00 PM (please be there at 1:45 to pay and sign in). Future Saturday date: October 12, 2013

Where: [White Bear Lake Life Time Fitness](#), 4800 White Bear Parkway, 651-292-2300

Cost: \$7.00

Format:

Hour 1—Drills: 4 Ball, Mudra Drill, Mudra with serve drill
Coach feed—Ground/approach/volley. Gopher drill

Hour 2—Rotational /Second ball doubles

Name tags and court assignments at registration

Questions? Mark Mudra, Director of Training markmudra@aol.com

●● Private Club Drills Open to STPC Members ●●

Location	Day	Cost	Time	Information
Reed-Sweatt Family Tennis Center 4005 Nicollet Ave S, Minneapolis	Tue Thu	\$12.00	9:00-10:00 AM	Call 612-825-6844 for reservation.
Williston Fitness & Sports 14509 Minnetonka Dr. Minnetonka, MN 55345	Mon	Williston member \$10, non-member \$14	Senior 2.0-2.5 Tennis Clinic 3:00-4:00, 2.0-2.5, start 9/9	Call front desk to sign up: 952-939-8370
	Wed		Senior Tennis Clinic 8:00-9:00 am, start 9/4	
	Fri		Senior Focused Play & Critique 8:00-9:00 am, start 9/6	

Western & Southern Open

By David Sommer

Louise and I attended the final three days of this tournament, aka Cincinnati Open. It's a 1000 (Masters) level event, so all the top players are there. We watched John Isner defeat Novak Djokovic in the semis, then go down to defeat in a match he *could* have won against Rafael Nadal. (John was serving for the set in

both first and second sets!) Several more great matches! We've been to the US Open (once) and Indian Wells (four times). Altogether, this is now our favorite. Why?

- Has the top players, like the other two.
- Smaller stadium, so our "cheap seats" were better than much more expensive mid-range seats at

(Cincinnati Open continued on page 6)

(Tennis events—continued from page 1)

Milos Raonic reached the final in Montreal but failed in his attempt to become the first Canadian Rogers Cup winner in 55 years. **Rafael Nadal** beat Raonic 6-2, 6-2 in the championship match. This was Nadal's first tournament since his first-round loss at Wimbledon in June. It was his eighth win of the year and 58th of his career. **Serena Williams**, the world's top-ranked woman, won her third Rogers Cup title with a 6-2, 6-0 victory over Sorana Cirstea of Romania. Williams didn't lose a set in the week-long tournament.

Bartoli retires

Marion Bartoli from France retired only 32 days after shocking the tennis world by winning the championship at Wimbledon. Bartoli announced her retirement after losing a 2nd-round match at the Western & Southern Open in Mason, Ohio. The 28-year-old was ranked #7 in her final tournament match losing 3-6, 6-4, 6-1 to 25th-ranked **Simona Halep** of Romania. She cited her physical condition with recurring pain as the reason for her retirement.

High school girls

High school girls tennis practice started in mid-August. Be sure to mark your calendar for the weekly matches for teams in your area. Sectional tournaments are scheduled for early October and the state tournaments will again be played in late October at the U of M Baseline Center in Class 2A and at Reed-Sweatt Family Tennis Center in Class 1A.

Roof for Arthur Ashe

The U.S. Tennis Association announced that a retractable roof will be built on Arthur Ashe Stadium—the home of the U.S. Open tennis final in New York. Rain delays have plagued the tournament in recent years. Both Wimbledon and the Australian Open have roofs and French Open officials have scheduled a \$440 million renovation project that will start in 2015.

(Cincinnati Open continued from page 5)

Indian Wells.

- The food is great! Some of Cincinnati's best restaurants have food booths. Better food than at the other tournaments, and no more expensive.
- Surprise! Cincinnati is a fun town. We were there seven days before our "final weekend" and found plenty to do. Must see: the History and Natural History museums housed in an incredibly beautiful former train station—largest half-dome in the USA.
- Cincinnati is just 11 hours by car from home.

We may go again next year. Contact me if you'd like to come!

InnerCity Tennis Clay Court results

Singles

40's—Douglas Matuska (St. Paul) defeated Scott Link (Minneapolis) 6-0, 6-0. **50's**—Glenn Britz (Maple Grove) defeated Brian Brown (St. Louis Park) 6-3, 7-5. **55's**—Jack Olwell (Farmington) defeated Fred Budde (Eagan) 6-3, 6-3. **60's**—Jack Olwell defeated John Shannon (Orono) 6-3, 6-0. **65's**—David Nash (Bloomington) defeated Dick Nelson (Hopkins) 6-2, 6-0. **70's**—David Parker (Minneapolis) defeated Tom Fridinger (White Bear Lake) 6-1, 6-2. **75's**—William Robertson (Bloomington) RR, 3-0. **80's**—Roger Avelsgaard (Bemidji) RR, 3-0.

Doubles

50's—Fred Budde/Ken Cychosz (Apple Valley) defeated Mark Alevizos (Minneapolis)/Patrick Van Fleet (St. Paul) 6-3, 4-6, 7-6(3). **55's**—Fred Budde/Randy Crowell (Minneapolis) defeated Tom Boice (Wayzata)/Tim Burke (Minneapolis) 6-2, 6-3. **60's**—Tom Boice/John Shannon RR, 2-0. **65's**—Tom Boice/Dick Nelson defeated Dave Spilseth (Wayzata)/Tom McCune (Naples, FL) 6-7(5), 6-1, 6-0. **70's**—Merle Bryan (South St. Paul)/Rodney Smith (Minneapolis) defeated Bob Busch (Edina)/Tom Fridinger 6-0, 6-3. **75's**—William Robertson/Richard Mills, (Edina) RR, 3-0. **80's**—Ralph Lieber (Bonita Springs, FL)/Robert Tengdin (Minneapolis) defeated Roger Avelsgaard/Wayne Keplinger (Golden Valley) 6-1, 6-2.

Breath easier, cleaner and healthier

Kill mold spores, viruses, bacteria. Reduce smoke, pollen and allergy symptoms, dust, cat dander. Reduce chance of spreading infections. Eliminate odors from the air, animals, cooking, chemicals, drapes, clothing, carpeting and walls.

Call Don Holton 952-884-2547 for a free trial.



Isner serve



Djokovicz serve



Bryan bros.

No court fees to play 5 days a week, Monday-Friday 2:00-4:00 PM

Life Time/Senior Tennis Unlimited Tennis Pass

- For \$139.95 a month you can play unlimited tennis, 2:00-4:00 PM Monday through Friday at [Life Time White Bear Lake](#). Couples membership just \$229.95.
- Program begins Monday, September 2, 2013.
- This includes a free weekly drill—Monday 2:00-3:30 PM taught by Mark Mudra, Director of Training, or his STPC/Life Time approved USPTA certified staff
- Free use of ball machine during the 2:00-4:00 PM time slot

This offer is only available to members of Senior Tennis Players Club.

Life Time White Bear Lake offers 10 inside courts all fall-spring season.

This Unlimited Tennis Pass includes free access to all Onyx level services offered by Life Time White Bear Lake anytime the club is open: weight room, pool, spinning, yoga, etc.

STPC members can go inactive or drop out, with only a 30 day notice.

No initiation fees to join this program.

For questions or additional
information contact:

Mark Mudra

Markmudra@aol.com

952-833-1469

Please sign up for this
program with Life Time:

Evelyn Swope

eswope@lifetimefitness.com

651-292-2312

(Continued from page 1)

How much does it cost?

The cost to play as a regular varies from location to location—captains can tell you just how much.

I still have questions—who should I talk to?

Talk to the court captains for more information on starting dates, fees, rotation of playing, and anything else about playing at that captain's location. Captains run their sessions differently, so be sure to talk to the captain of the session you're interested in.

What's this about free lessons?

An important objective of STPC is to encourage more people over 50 to learn and appreciate tennis. So every

member is entitled to free lessons from our own STPC pros. See page 4 for the lesson schedule and contact information for the pros.

You don't have to commit to a set series of lessons—just pack your racquet and show up. Balls are provided.

Tennis, and softball too?

Our **Jo Rolling**, skilled tennis player, is pitcher for the only Minnesota senior slow-pitch softball team. They won the bronze medal in the National Senior Games in Cleveland. Jo says the team, formed mostly of tennis players, has been together since 2000. She says, "We're going to try to 'hang together' long enough to participate in the 2015 Senior Games, hosted by the Twin Cities."



Life Time 50+ \$99 Unlimited Tennis Club

Life Time Fitness – Bloomington South is proud to partner once again with the Senior Tennis Players Club and offer a special membership with the following details:

- Full Membership to Life Time Fitness – Bloomington South (including the fitness floor, pool, spinning, yoga, tennis, etc.)
- Unlimited Tennis 7:00-9:00AM Sunday thru Friday
- Free use of ball machine during the 7-9 AM time slot
- Free Tuesday 3.5 Drill 9:00-10:30AM
- Free Friday 3.5 Drill 8:00-9:30AM

Existing Platinum-level Life Time Fitness Members can upgrade for less than \$40 a month, and receive all of the benefits listed above.

Brian Opatz bopatz@lifetimefitness.com 952 830 7905

Jeff Martin jmartin1@lifetimefitness.com 952 830 7911

A short history of the Senior Tennis Players Club

By Dottie Gardner

In 1981-1982 Jack Dow decided to start an adventure for people over 55 [now, 50] to keep healthy with exercise, community involvement and a membership fee of \$10.00. Jack promoted lifetime memberships for \$100.00 for 100 people. STPC was established and the first tennis pros were Percy Hughes, Ernie Greene and Virginia Morgan. In a few short years the club was incorporated as a non-profit with a membership of around 1400.

In 1987, 8% of Twin City adults played tennis and we were the #1 city for USTA sign-ups. In 1995-97, when Sue Larson was President, our membership reached an all time high of 1800 members!

In 1996 the Dow and Grandparent/Child tournaments

were established. In some cases, various sponsors financially supported these tournaments and the Bolger Family financed their famous clinic now known as the Hughes Clinic.

Jack was a great PR person and never missed an opportunity to get people involved with trips to Naples, Florida, the US Open, Wimbledon, camps, social events and picnics. Lots of picture publicity from the local newspaper including many personalities who promoted tennis in this area. To name a few, Bob DeHaven, Charlie Boone, Eddie Albert, Charlie Stenvig, Don Stoltz and Don Budge.

Today our website (www.seniortennismn.com) and the Newsletter are a wonderful source of information. STPC will always welcome contributions to help with our programs. We do financially support InnerCity Tennis, and the St. Paul Urban Tennis programs.

Still a “Heck of a Deal” for just \$25.00/year!

Fall/winter schedule 2013-2014

Up-to-date schedule is always on our website: www.seniortennismn.com

Want to find a place to play? Here's what you do:

- Locate one or more locations, times, and skill level that you'd like.
- Call the captains responsible and ask if they have any regular or sub positions available.

If this doesn't accomplish what you want, call Facility Coordinators for places you'd like to play. They may be able to help you get a new group together. If no Facility Coordinator shown, call Thue Rasmussen.

Play is usually September-April. Check with Captains for start/end dates
For corrections or changes to this schedule, call
Thue Rasmussen at 651-917-0075 or E-mail him at thueor32@comcast.net

●● St. Paul Area ●●

Location	Day	Time	Cts	Skill	Captains	Phone
St. Paul Indoor Tennis Club 600 Desoto, St. Paul Facility coordinator??	Mon	7:00-9:00 AM	3	3.0-3.5 MW	Peter Plagemann	651-633-0466
	Wed	7:00-9:00 AM	3	3.0-3.5 MW	Brian Kretsch	651-341-8860
	Fri	7:00-9:00 AM	3	3.0-3.5 MW	Richard Thompson	651-645-1478
Wooddale Recreation Center 2122 Wooddale Dr, Woodbury Facility Coordinator: Darlene Moynagh 651-436-8927	Mon	9:00-11:00 AM	2	3.0-3.5 MW	Connie Huie	651-450-4580
	Tue	9:00-11:00 AM	2	3.0-3.5 M	Woody Gillette	651-436-2614
	Wed	8:00-10:00 AM	2	3.0-3.5 MW	Ken Simmons	651-436-8857
	Fri	8:00-10:00 AM	2	3.0-3.5 MW	John Booher	651-578-6794

●● Minneapolis Area ●●

Location	Day	Time	Cts	Skill	Captains	Phone
Baseline Club 1815 4th St SE, Mpls 612-625-1433 Facility coordinator: Thue Rasmussen 651-917-0075	Mon	10:00-Noon	4	3.5+ MW	David Sommer	612-276-1313
	Thu	Noon-1:00	1	2.5 W	Alletta Jerrey	651-917-7595
	Wed	10:30-Noon	2	3.0 MW	Louise Halverson	612-722-7132
	Thu	10:00-Noon	4	3.5+ MW	David Sommer	612-276-1313
	Fri	9:30-11:00 AM	2	3.0-3.5 MW	Judy Sweeney	612-866-5298
Fred Wells Tennis and Education Center 100 Federal Drive, Ft. Snelling 612-252-8367 Facility Coordinator??	Mon	7:00-8:30 AM	5	3.5-4.0 M	Rick Van Doeren	952-897-3888
		8:30-10:00 AM	2	3.0 + MW	Skip Pederson	952-831-0684
		9:30-11:00 AM	1	3.0-3.5 W	Sandra Loewenstein	651-454-3699
		10:00-11:30 AM	1	3.5 W	Georgia Mrosia	612-724-4909
		10:00-Noon	3	3.5 + MW	Dave Fridgen	612-521-4063
		10:00-Noon	2	3.0-3.5 MW	Loren Barber	651-770-6887
	Tue	8:00-9:30 AM	2	2.5-3.0 MW	Carrie Howes	651-406-9583
	Wed	9:30-11:00 AM	2	3.0 + MW	Skip Pederson	952-831-0684
		1:00-2:30 PM	1	3.5-4.0 W	Mary Lou Dyrhaug	651-690-2094
	Thu	9:30-11:00 AM	1	3.0-3.5 W	Sandra Loewenstein	651-454-3699
		11:00-1:00	3	3.5 MW	Dave Fridgen	612-521-4063
	Fri	9:00-11:00 AM	2	3.0-3.5 MW	Loren Barber	651-770-6887
		9:00-11:00 AM	2	3.0-3.5 MW	Caryl Minnetti	952-884-5136
		10:00-11:30 AM	1	3.5-4.0 W	Mary Rogers	952-927-8168
		10:30-12:30 PM	2	3.0-3.5 MW	Connie Waterous	651-291-1610

Life Time Fitness Lakeville 18425 Dodd Blvd. 952-985-8800 Facility Coordinator: Bruce Abrahamson 952-461-2617	Mon					
	Tue					
	Wed					
	Thu					
	Fri					
PublicIndoorTennis.com 7833 Highway 65 N.E., Spring Lake Park, MN 55432. 763-231-3109. Facility Coordinator: Diane Lehman 651-488-6147	Mon	7:00-9:00 AM	2	3.0-3.5 MW	Bruce Abrahamson	952-461-2617
		10:30-Noon	3	3.0 MW	Lisa Nelson	763-566-6060
		8:30-10:30 AM	3	3.0-4.0 MW	Mike Schleeter	651-274-2011
	Thu	10:30-Noon	4	2.5-3.0 MW	Roberta Williams	651-631-1201
					Carol Pierce	763-424-6665
Reed-Sweatt Family Tennis Center 4005 Nicollet Avenue S Minneapolis 612-825-6844 Facility Coordinator: Marv Schneider 952-540-6419	Mon	7:00-9:00 AM	2	3.0 MW	Carol Thompson	952-929-0844
		8:30-10:00 AM	1-4	Available permanent court time – call RSFTC		
		8:30-10:00 AM	2	2.5-3.0 W	Joan Petroff	952-893-9149
		10:00-11:30 AM	3	3.0 MW	Julia French	612-872-4807
		10:00-11:30 AM	1-4	Available permanent court time – call RSFTC		
		11:00-12:30 PM	2	2.5 MW	Cleome Hennessy	763-767-9689
		11:30-1:30 PM	5	3.5-4.0 MW	Steve Keefe	612-331-0049
					Thue Rasmussen	651-917-0075
		12:30-2:00 PM	1	Available permanent court time – call RSFTC		
		3:00-4:30 PM	1-6	Available permanent court time – call RSFTC		
	Tue	7:00-9:00 AM	2	3.0-3.5 MW	Donna Peterson	952-270-7439
		9:00-10:30 AM	2	2.5 MW	Donna Borgerding	612-721-7038
		9:00-10:30 AM	1-3	Available permanent court time – call RSFTC		
		9:00-10:30 AM	3	3.0-3.5 M	Benton Randolph	612-889-9086
		9:30-11:00 AM	1	3.0-3.5 M	Ken Rich	612-377-4682
		10:30-Noon	3	2.5-3.0 MW	Dennis Moody	651-488-8124
		11:30-1:30 PM	1	3.5 MW	Joan Thomas	651-249-6992
		1:30-3:30 PM	2	3.0-4.0 MW	Marv Schneider	952-540-6419
		1:30-3:00 PM	2	3.5 W	Jean Murdock	952-941-5362
		1:30-3:00 PM	1-3	Available permanent court time – call RSFTC		
	Wed	3:00-4:30 PM	1-4	Available permanent court time – call RSFTC		
		8:30-10:00 AM	1-2	Available permanent court time – call RSFTC		
		9:30-11:00 AM	3	3.0-4.0 W	Joanne Schmid	952-474-6022
		9:30-11:30 AM	3	3.0-3.5 MW	Ronnae Garrity	952-938-0374
		10:30-Noon	1	2.5-3.0 W	Marsha Jarvela	612-790-1246
		10:30-Noon	1	3.5 M	Bob O'Brien	952-920-1571
		11:30-1:30 PM	2	3.5-4.0 MW	Jo Rolling	651-777-3773
		Noon-1:30 PM	1-3	Available permanent court time – call RSFTC		
		1:00-3:00 PM	2	3.5-4.0 M	Dick Mills	952-925-5851
		3:00-4:30 PM	1-6	Available permanent court time – call RSFTC		
	Thu	7:00-8:30 AM	2	3.0-3.5 MW	Dorothy Rossing	612-926-9199
		7:00-9:00 AM	2	3.0-3.5 MW	Donna Peterson	952-270-7439
		8:30-10:00 AM	4	2.5-3.0 MW	Linda Wright	952-895-1142
					Bill Kruckeberg	952-926-3397
		10:00-11:30	1	3.0-3.5 MW	David Butler	612-798-0402
		11:30-2:30 PM	1-2	Available permanent court time – call RSFTC		
	Fri	2:30-4:00 PM	1-6	Available permanent court time – call RSFTC		
		7:00-9:00 AM	1-4	Available permanent court time – call RSFTC		
		8:30-9:30 AM	1	2.5-3.0 W	Florence Halverson	952-835-5999
		9:00-10:30 AM	4	2.5-3.5 MW	Dick Brandt	612-803-5786
		9:00-11:00 AM	3	3.0-3.5 MW	Ronnae Garrity	952-938-0374
		10:30-12:30 PM	3	3.0-3.5 M	Jim Uecker	763-412-7674
		10:30-12:30 PM	3	3.0-4.0 MW	Marv Schneider	952-540-6419
		12:30-2:30 PM	6	3.5-4.0 MW	Joe Anderson	952-881-5510
					Gerry Ludwig	763-522-9376
		2:30-4:00 PM	1-6	Available permanent court time – call RSFTC		

Williston Fitness and Sports 14509 Minnetonka Drive Minnetonka Facility Coordinator Ed Fischer 763-550-9770	Mon	7:00-8:30 AM	3	3.0-3.5 W	Ginny Morse	612-288-9121
		10:30-Noon	2	3.0-3.5 MW	Terry Clark	952-473-6296
		2:30-4:00 PM	1	3.0-3.5 W	Linda Kraft	952-934-1992
	Tue	8:00-9:30 AM	2	3.0-3.5 MW	Tom Shillock	952-475-2199
		11:30-1:00 PM	2	3.0-3.5 MW	Patrick Hurley	952-470-2110
		2:30-4:00 PM	1	2.5-3.5 W	Peg Woellner	952-935-6187
	Wed	7:30-9:00 AM	2	2.5-3.0 W	Lois Kukuk	952-495-8067
	Thu	8:00-9:30 AM	2	3.0-3.5 M	Dennis Henriksen	952-475-2795
		11:30-1:00	2	2.5-3.5 W	Jeannie Rose	763-537-2455
		1:00-2:30 PM	1	3.0-3.5 W	Jenny Caldwell	763-473-6015
	Fri	2:00-3:30 PM	2	3.0 MW	Arnie Nelson	763-473-2089
	Sat	3:00-5:00 PM	3	3.0-4.0 MW	Marv Schneider	952-540-6419

STPC new members, renewals, and changes

Name	Rating	Primary phone	Other phone	Address, Email, Member #
New Burgess, Rick	M 3.0	863-446-2448		808 Berry St #273, St. Paul, MN 55114 rickdeb@gmail.com #4776
New Ellis, Gene	M 3.0	612-865-8247		3918 Natchez Ave S, Minneapolis, MN 55416 lakesrus2008@yahoo.com #4774
New Griggs, Ed	M 3.5	651-769-7640	651-731-5235	7084 Sherwood Rd, Woodbury, MN 55125 edbury99@q.com #4773
New Murray, Lynda	F 2.5	952-949-1108		17385 Conifer Court, Eden Prairie, MN 55347 lmurray22@msn.com #4775

Ask Steve

By Neal Hagberg

***Editor's note:** Neal Hagberg was our speaker/entertainer at the Annual Celebration on May 11. He is a songwriter, nationally known performer with his wife Leandra, and is the director of Tennis and Life Camps. With Neal's permission I'm including this in our Newsletter.*

I posed three questions to Steve Wilkinson, co-founder of Tennis & Life Camps, which I will share over the next three weeks. Please share and discuss with your families, friends, and teammates.

As many of you know, Steve is in both the NCAA and International Tennis Halls of Fame as a teacher and a coach. What I—and many of you—have learned from him has profoundly changed our lives.

Question #1 of a Three Part "Ask Steve" Series:

What is the most important thing you have learned in your tennis career as a coach, teacher, and player?



A: "The Serenity Prayer offers a blueprint for living life fully. 'God, grant me the Serenity to accept the things I cannot change; the Courage to change the things I can; and the Wisdom to know the difference.'"

"It is easy to focus on the things outside our control, which we **cannot** change, instead of things within our control, which we **can** change. If we worry about disrespectful people (outside our control), we may lose motivation to show respect to others (within our control). If we worry about winning or playing well (outside our control), we may stop giving full effort with a positive attitude (within our control). Finally, if we worry about death (outside our control), we may not live our days to the fullest (within our control)."

"The wisdom to know what we can change and what we cannot is critical. Frustration and stress beset those who do not possess this wisdom. Serenity and courage mark the lives of those

(Ask Steve—continued on page 12)

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(Ask Steve—continued from page 11)

who do.”

Question #2 of a Three Part “Ask Steve” Series:

What is the most important thing you have learned in life as you look back?

A: “Grace. What a life-changing concept! It is at the center of the important ‘Three G’s’ message that I have taught to Tennis and Life campers. The first “G” is gifts. All of us have been given so many incredible gifts. The second “G” is grace. We have done nothing to deserve these gifts, yet we have received them. The third “G” is gratitude. The only proper response to gifts that we do not deserve is profound gratitude.

“Grace affirms my worthiness, no matter how short of perfection I may fall. Paradoxically, my service to others gives meaning to my life; but it does not determine my self-worth. That was established by the grace of God.”

What’s the most important thing you’ve learned in life?

Consider sharing it with your family and friends.

This is the last in a three part series of questions to Steve Wilkinson (co-founder of TLC) who has more victories than any tennis coach in NCAA history. What sets Steve and Barb (co-founder and spouse) apart, though, is their giving spirit. After 35 years of private ownership, in 2010 Steve and Barb gave TLC to Gustavus so their vision could live on and expand.



Question #3:

You and Barb have given so much to others during the course of your lives. Why?

A: “Everything that we have, including life itself, is on loan from God. We are stewards of our possessions, not owners. We are obligated to be charitable—not just from our surplus, but from everything that exceeds our needs for a modest lifestyle.”

All giving starts with small acts.

What can you give to someone else today?