



Senior Tennis Times

The 50+ tennis experience

July 2014

ICT campaign "Raise the Roof"

Editor's note: I've made a contribution to the capital campaign. RSFTC is home to more of our groups than any other club and is home to the Jack Dow. We have a long and cooperative arrangement there. I urge our members to support this campaign with whatever you can afford to give.

InnerCity Tennis is engaged in a \$2.2 million capital campaign to renovate the facility at 40th and Nicollet in the Reverend Dr. Martin Luther King, Jr. Park. Their **Raise the Roof, Close the Gap** campaign is focused on essential improvements to the facility in the community context of the high-impact youth development work which has been at the core of their mission since 1952. Revenue earned through the tennis facility supports free and low-cost programming for children and youth in Minneapolis adversely affected by the achievement and opportunity gap.

Tentatively scheduled for the end of September, ICT will be replacing its two domes, upgrading the lighting to T-5 compact fluorescents, upgrading their electrical and HVAC systems and installing air conditioning, with a dramatic increase in energy efficiency. In addition, ICT plans to install a stretching/exercise space for

(Raise the Roof—continued on page 8)

On the inside—this issue is packed!

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Upcoming events

Kaminski Clinic, July 14, 9:00-11:30 am

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Annual STPC Picnic, August 16, 10:30-3:30

Free! Donaldson Park Richfield

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Tennis events

By Bob Busch

Thanks to **Ken Landro** and his hard-working Jack Dow Tournament Committee and other volunteers for delivering another successful tournament. Committee members were **David Sommer, Ronnae Garrity, Marv Schneider, Richard Narjes, Joan Thomas and Roz Bernstein**. A special thank you to David Sommer for stepping in after Ken's illness. Ken had an episode of vertigo, but has now recovered almost completely. He expects to be playing tennis again by August.

Keep swinging

Be sure to put tennis on your weekly calendar for the summer months. Various research studies support the premise that tennis exercise is good for your health. If you play 3 hours per week at moderate intensity you cut in half your risk of death from any cause. Tennis players score high in vigor, optimism and self-esteem and score lower in depression, anger, confusion, anxiety and tension. Tennis outperforms most other sports in developing positive personality characteristics. Stay active and be sure to take part in the free summer drills and group play offered by our club throughout the metro area.

Senior Games

The U of M Baseline Tennis Center will host the 2014 Minnesota Senior Tennis Games August 7 & 8. This event serves as the qualifying tournament for the 2015 National Senior Tennis Games, which will also be held at the Baseline Tennis Center from July 5-15, 2015. This event features age-group play in 5 year increments from 50 to 100+ for both men and women in singles, doubles and mixed doubles. Registration deadline is July 11, 2014. A USTA membership is not required. The registration fee is \$40. For more information contact [Minnesota Senior Games](#).

High school boys

In the Boys State Tournament in early June, both Blake in Class 1A and Wayzata in Class 2A won their second consecutive State Championships by defeating their



(Tennis events—continued on page 7)

Senior Tennis Players Club, Inc.

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Senior Tennis Times

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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 cover125/100
Quarter page (3.7x4.9)70/50
Eighth page (3.7x2.4)45/30
Business card special30/20
Horizontal strip ads: \$55 first two inches; \$20 each additional inch. Vertical: \$75 first two inches; \$25 each additional inch. 30% less for issues after first.

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.

July 2014, Vol. 27, #5

Membership total: 1159

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The *Senior Tennis Times* is published 10 times/year. All 10 issues are delivered by email. For those who choose USPS delivery, the Newsletter comes in February, April, May, August, September, and December. No Newsletter in January and June.



Letters to the editor

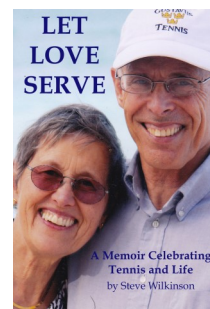
Amazing video about Steve Wilkinson

Editor's note: I got this from Neal Hagberg, director of Tennis & Life Camps.

Mayo Clinic just released a beautiful three-minute video on TLC co-founder, Steve Wilkinson, and his attitude towards life and his metastatic cancer. To be inspired, whether you are coming to camp or not this summer, click on this link::

<https://www.youtube.com/watch?v=Prs0N6d0CuE>

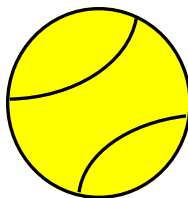
Also, Steve's memoir *Let Love Serve*, is available now. Your editor has read it, and finds much to learn about tennis and living. A remarkable, beautiful twist to the story is that all revenue from the sale of the book go to TLC scholarships for kids and families who cannot afford camp. (Not just the profits—Steve and Barb are donating the books so every penny goes to scholarships). To order, go to: <https://gustavus.edu/bookmark/> and click on the *Let Love Serve* button!



Dick Brandt illness

Board member, new member chair, and group play captain **Dick Brandt** is ill with leukemia. He is currently in hospital receiving treatment. We all wish for the best possible outcome for Dick. His dedication and selfless work for Senior Tennis deserves nothing less.

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



Our summer program began outside on May 5, 2014. We offer 10 free drills a week, 3 on the weekends, 3 in the evenings, and 3 in the morning. Over 200 hours of free tennis this summer. Each drill is one and one half hours of tennis. Indoor tennis is still available at Public Indoor on Tuesdays: 12:00 PM a 3.0 class and 1:00PM a 3.5 drill for only \$8.00. No reservations needed for any of our summer drills.

My noon Saturday drill at Edina has 7 courts and is usually attended by over 20 players of all different levels each week. We play, learn, and have fun.

All these are drop-in drills—no reservations needed, all levels of players welcome, certified professional instructors at each drill.

We try to offer all our members, working and retired, a chance to play and improve your game in summer. Something new this summer thanks to the efforts of board members Julie Nelson and Pam Campbell who worked with Mike Goldammer of the USTA: a class featuring low pressure tennis balls on a smaller court. This is on Sunday afternoons at Donaldson 12-1:30 taught by HP and Denny who attended a clinic last year on the benefits of low pressure balls for beginners and 3.0 or lower level players. This is a great opportunity to introduce basic tennis skills. I taught a class at InnerCity

Want ads

Two-line 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 project? Bathroom, kitchen, insulate, paint, tile, lighting/electrical, plumbing. High quality attention to detail. Ostergaard Home Improvement, LLC. Eric 612-710-7055 ericostergaard@yahoo.com

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

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

Always wanted to play piano? Call Eileen Reagan 612-823-0046.

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

For sale—court squeegee 36" new rubber "ROL DRI" \$50. 952-934-6306.

with the low pressure balls and saw fantastic results. Did I mention it's also free? See our web site and newsletter for exact time, place, and dates.

We also offer 4 indoor clinics the second Monday of each summer month. The coaching staff will focus on one skill in each, so by the end of summer you can work on your serve, return of serve, and ground strokes

The next two indoor clinics are:

Kaminsky: will focus on the return of serve. Each coach/station will work on one aspect of this skill and then move to work with another group on every 20 minutes. This way you will be able to get instruction on all elements of that shot. This clinic is limited to the first 40 applicants since we only have 4 courts at Public Indoor.

Baseline: will focus on ground strokes. Each coach/station will work on one aspect of this skill and then move to work with another group every 20 minutes. This clinic will be on the 10 courts in the air conditioned Baseline Club at the U of M. A great way to work on that forehand/backhand making sure your back knee is bent, shoulders turned, head down, arm extended to increase rotation and control.

These clinics are filling up fast so don't delay in getting a spot. Two solid hours of instruction plus a free lunch is a great deal for only \$12.50. Sign up soon—space is limited.

We also offer 4 free outdoor clinics the first Monday evening of each summer month like last summer 5-7 at St Kate's.

Had a great time at the recent Dow. A special thank you to Ken Landro and his volunteers for organizing and hosting this event. It was attended by over 100 STPC members. A fun time was had by all. The Hughes Clinic hosted by Mike Vidmar and his staff was attended by over 50 STPC members. Thanks to him and his staff for putting on such a fine event. The first week of classes had over 30 attend our St Kates clinic, 18 at my first Saturday class, and 13 at our first Tuesday Edina class.

Time to play outside—think sun screen. I usually use a

(Mark's corner—continued on page 10)

Players wanted

Partner wanted for the **Minnesota Senior Games**. Men's doubles and pickleball, 80-84 age group. Contact Roger Kneisl 928-443-1807 or tennisdad@yahoo.com

Regulars & subs 3.5 on Tuesday and/or Thurs 7-9 am at InnerCity Tennis. Call Donna 952-270-7439.



SENIOR TENNIS PLAYERS CLUB
The 50+ tennis experience

Senior Tennis Players Club, Outdoor Drills

The 50+ Tennis Experience

www.seniortennismn.com. Revised 04/15/2014

Drills May through August. Just drop in—all levels welcome.

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

Location	Day	Start	Time	Instructor(s) & Contact Info	Cost
Utley Park 4521 W 50th St, Edina	Tue	5/6/14	8:30-10:00am	Mark Mudra, 952-833-1469, markmudra@aol.com	Free
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	5/6/14	8:30-10:00am	Tom Bauman 651-330-0001, Cell 651-242-2745 tcbaman@hotmail.com	Free
Public Indoor 7833 Highway 65 NE, Spring Lake Park	Tue	5/6/14	Noon-1:00 & 1:00-2:30pm	Mark Mudra, 952-833-1469, markmudra@aol.com	\$8.00
Lions Park in Golden Valley until about 6/15. Check with Duncan. Then Breck School 123 Ottawa Ave. Golden Valley	Tue	5/6/14	5:30-7:00pm	Duncan Welty, 952-933-8592, idwelty@q.com	Free
	Wed	5/7/14	5:30-7:00pm	Duane Ryman, 763-557-8607 dhrtennis40@hotmail.com	Free
Aquila Park Mtka Blvd & Aquila Ave St. Louis Park	Thu	5/8/14	8:00-9:30am	Paul Stormo, 952-944-6286, pjstormo@aol.com	Free
Donaldson Park , Richfield 35W West Frontage Road, just north of 76 th Street	Thu	5/8/14	5:30-7:00	HP, 612-590-0181, hunghuyphan@gmail.com	Free
Edina High School , 6754 Valley View Road	Sat	5/10/14	Noon-1:30pm	Mark Mudra, 952-833-1469, markmudra@aol.com	Free
St. Catherine College Randolph Ave & Fairview Ave S	Sat	5/10/14	Noon-1:30pm	Denny Wagner, 612-578-8477 dennis8477@gmail.com	Free
Donaldson Park , Richfield 35W West Frontage Road, just north of 76 th Street	Sun	5/11/14	Noon-1:30pm	Dilcia Pederson, 612-824-6099 Dilcia.pederson@innercitytennis.org	Free
Donaldson Park , Richfield 35W West Frontage Road, just north of 76 th Street. 3.0 players and below. Great for beginners. Low pressure balls; smaller court size.	Sun	5/11/14	Noon-1:30pm	HP, 612-590-0181, hunghuyphan@gmail.com Denny Wagner, 612-578-8477 dennis8477@gmail.com	Free

Drill 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 Summer Clinics

Event	Location	Date/Time	Contact	Cost
SPUT-STPC Clinic Info/Signup	St. Catherine University Tennis Courts Near Fairview & Hartford, St. Paul	Mondays: May 5, June 2, July 7, August 4 5:00-7:00 PM	markmudra@aol.com St. Paul Urban Tennis: 651-222-2879	Free!
Kaminski Clinic Info/Signup	PublicIndoorTennis.com 7833 Highway 65 NE, Spring Lake Park	Monday, July 14 9:00-11:30 AM	Timj@publicindoortennis.com 763-231-3109	\$12.50; guests \$15.00
Babolat Clinic Info/Signup	Baseline Tennis Center SE 4 th St & SE 18 th Ave Minneapolis	Monday, August 11 9:00-11:30	markmudra@aol.com Baseline: 612-625-1433	\$12.50; guests \$15.00

•• Private Club Drills Open to STPC Members ••

Location	Day	Cost	Time	Information
InnerCity Tennis 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	Call front desk to sign up: 952-939-8370
	Wed		Senior Tennis Clinic 8:00-9:00 am	
	Fri		Senior Focused Play & Critique 8:00-9:00 am	

Teaching tennis to seniors

By Dennis Hykes, STPC President

Over the past year, your Board has toyed with the idea of teaching tennis to our members using low-compression balls.

Now, with the encouragement and assistance of our friends at USTA Northern Section, we have started to do it. In May we added an extra component to our regular weekly Drill at Donaldson Park in Richfield (Sundays, 12:00 noon to 1:30 pm). On adjoining courts, our trained instructors are teaching tennis to seniors using the USTA-approved red, orange, or green-dot balls.

While many associate the use of low-compression balls with junior tennis instruction, the USTA promotes this methodology for beginning adults as well. And of course, it's especially suited to seniors.

This plan has its roots in an initial overture to the Board by Tony Stingley (Director of Training & Outreach for the Northern Section) a year ago. But the effort took on new life in a conversation in April between Tony, Mark Mudra, Julie Nelson, and Pam Campbell following one

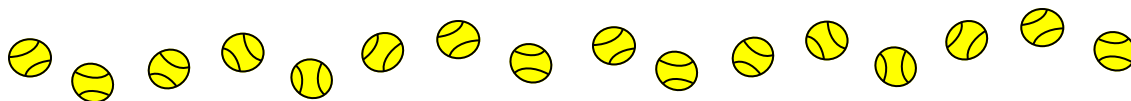
of Mark's drills at Life Time Fitness. Julie and Pam are relatively new Board members. They reported the conversation at a meeting of the Tennis Activities Committee on March 31st. The rest is history.

Tony and his colleagues at USTA have clearly been the catalyst for this effort, and are planning on providing us with initial sets of the three low-compression balls, along with financial assistance to help offset the additional instructor costs. Thank you, USTA!

The thought now is that this offering will be promoted with a community-service flavor, followed by a soft sell of STPC membership. Of course we want to reach out to our Members to encourage participation, but we also want to attract non-members as well.

Lots of uncertainty remains as the Tennis Activities Committee develops detailed plans, but Julie and Pam are already into the logistics, and thinking through strategies for publicity and promotion. If you have ideas or recommendations, please let them know.

Please join us in supporting this new initiative and in getting the word out to those who don't yet participate in our wonderful sport.



Re-stringing 3 Months Ago..?

The Experts Say: Restring your racket every 3 months at the longest!



The degradation of the strings starts immediately after stringing regardless of how often you use the racquets. If you find any of the following points, the string life has expired:

- A** String Discoloration **B** Dimples in cross section
- C** Stiffer feeling when **D** Shorter flying distance **E** Dull hitting sound hitting the ball



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(Tennis events—continued from page 1)

opponents by the same 5-2 scores. Blake beat Rochester Lourdes and Wayzata beat Minnetonka. Coach **Ted Warner's** Blake team was clearly the dominant team in its class and is expected to move to Class 2A for the 2015 season. Blake's only loss during the 2014 season was to Wayzata, the Class 2A champion. Wayzata, coached by **Jeff Prondzinski**, was challenged with the replacement of six starters who graduated from the 2013 championship team. Blake also won individual tournaments in both singles and doubles in Class 1A. **Charlie Adams**, a junior, won his second consecutive singles title with a final match 6-1, 6-0 win over **Ty Mislialek** of East Grand Forks. Adams did not lose a high school match in 2014 and defeated four top-ranked players in Class 2A in the pre-tournament season, including eventual Class 2A Champion **Nick Beaty** of Wayzata. Blake's doubles team, **Ben Ingbar** and **Taylor Parr** defeated Breck's **Jake Duxbury** and **Austin Wong** 6-2, 6-4 for the state Class 1A doubles championship. In Class 2A, Wayzata's Nick Beaty defeated **Toby Boyer** of Forest Lake 7-6, 4-6, 6-2 to win the singles championship. Toby is the younger brother of four-time state champion **Dusty Boyer**, who now plays for the University of Nebraska. Maple Grove's **Charlie Adkins** and **Roy Calabria** defeated **Anthony Rose** and **Carter Mason** of Eden Prairie 6-3, 6-1 for the Class 2A doubles championship.

Gopher tennis

Gopher women ranked 65th under coach **Chuck Merzbacher** recorded 17 wins for the first time since 2003. On April 24, the Gophers extended their winning streak to four matches over the Wisconsin Badgers and finished the regular and playoff season with a 17-9 record. The 36th-ranked Ohio State Buckeyes beat the Gophers in the quarterfinal match of the Big Ten Tournament. **Natallia Pintusava** and **Julia Courter** recorded an impressive spring record at 19-4 as a doubles team. **Tereza Birchacova**, a junior, was selected to the All Big-Ten Second Team and played #1

singles and #1 doubles for the Gophers. She finished the season with a record of 11-11 in singles. The Gopher Men completed the regular season in late April with a loss at #35-ranked Northwestern and finished with an 11-12 record including a 5-6 finish for 7th place in the Big Ten. They finished the season ranked 55th and lost 4-3 to Indiana in the first round of the Big Ten Tournament. **Leandro Toledo** won a tough 3-set match and improved his record to 23-9 with a # 38 national ranking in singles and as high as # 39 in doubles. Leandro, a junior, was recognized for the third time as an All Big-Ten first team player. All his wins came playing #1 singles and seven were against ranked opponents. Toledo lost in the third round of the NCAA men's championships to **Alex Sarkissian** of Pepperdine University 7-6, 6-2 in late May. He is from Hamburg, Germany and the Gopher's first All-American tennis player since 2002. **Jack Hamburg** and **Mathieu Froment** were also selected as an alternate doubles team for the NCAA tournament. Hamburg and Froment compiled a doubles record of 24-5 for the 2013-2014 season.

French Open

Seventh-seeded **Maria Sharapova** won her second title with a 6-4, 6-7(5), 6-4 victory over **Simona Halep** of Romania. Her route to the title was somewhat easier when #1 seed **Serena Williams** and #2 Li Na were defeated before the third round. **Rafael Nadal**, ranked #1, won his fifth consecutive and ninth overall French Open singles championship over #2 **Novak Djokovic** 3-6, 7-5, 6-2, 6-4. It was his 14th Grand Slam Championship, tying him with **Pete Sampras** for the second most wins behind **Roger Federer's** 17. Nadal, from Spain, has won 66 of 67 career matches on clay at the French Open. The French doubles team, **Julien Benneteau** and **Edouard Roger-Vasselin** defeated **Marc Lopez** and **Marcel Granollers** 6-3, 7-6(1) in the championship match. They became the first French team to win the doubles title since **Yannick Noah** and **Henri Leconte** in 1984.

Self-ratings: let's get real!

By David Sommer

I've heard people talk about a "senior rating." That doesn't mean anything! The USTA ratings are intended to apply from youth to oldsters, so a 20-year-old with a 3.5 rating will play evenly with a 70-year-old. (Men's and women's ratings differ slightly in practice—a male 3.0 is about equal to a female 3.5.)

What concerns me is that many of our self-ratings are

inflated. Then when we get in a tournament, like our own Jack Dow, we are surprised, and sometimes upset, that we get blown off the court! I can say from observing the Jack Dow that *most* of the winners were accurately rated, though a *few* should increase their rating.

For the rest of us, consider lowering your rating. I am going to lower my rating from 3.5 to 3.0 because 3.5 was always a stretch in USTA play, I'm getting older, and a recent health problem impacted my skill.

SPUT, ICT, and STPC

By Denis Woulfe

Readers of the Star Tribune may have noticed a story in the April 26 newspaper about St. Paul Urban Tennis (SPUT), a program created in 1991 to teach sportsmanship, discipline and life skills to youth. SPUT had set up shop in a St. Paul recreation center two years ago and was teaching tennis to young people, and along the way, imparting lessons about good behavior and sportsmanship.

Since its inception, SPUT has grown from one to 30 sites, and now serves 3,000 St. Paul youths ages 4 to 18. Along the way, a funny thing happened to this particular Eastside neighborhood: in the course of teaching their kids to play tennis, the neighborhood gradually regained ownership of what had become a troubled, crime-infested area of the city. The program was so successful on so many fronts that the city requested that SPUT replicate the program at other locations.

What readers might not have realized reading that story is that Senior Tennis, as part of its own mission, gives

\$1,000 each year to St. Paul Urban Tennis to assist with its programming, as well as \$2,000 to Inner City Tennis (ICT) in Minneapolis, which similarly works with youth to teach tennis and sportsmanship at no cost to participants.

Why? It's part of the mission of Senior Tennis to give back to the community and spread the good news of tennis to seniors and youngsters alike. In addition, many Senior Tennis members are volunteers with SPUT and ICT, helping the two programs continue doing the important work that they do without having to charge participants.

As I tell my own players in White Bear Lake as we regroup on the courts after the warm air and dry courts finally return to Minnesota, we may explain to others that we're getting together to play tennis, but in truth tennis is about good exercise, great company, the art of good sportsmanship, and a whole bevy of other benefits too numerous to mention here. But whether in White Bear or on the Eastside of St. Paul, I think we all know that the other thing that tennis does is create a better community in which to live. Play on!

(Raise the Roof—continued from page 1)

players to warm up and cool down in comfort, renovate the locker rooms and bathrooms, create a more attractive and comfortable lobby area and install a 21st century classroom for the academic programming delivered to young people. Exterior improvements will include sustainable landscaping, more attractive windows and a graphic screening and signage that will emphasize ICT's seven core values of perseverance, integrity, respect, responsibility, service, team work and enthusiasm, as well as the diversity of players who call the Reed Sweatt Family Tennis Center their tennis "home."

ICT needs support to accomplish these ambitious

goals! With an estimated project cost of \$2.2 million, ICT has garnered \$841,000 to date and is vigorously raising an additional \$1.4 million to complete this project before the year ends. Phase one, or the dome/lighting replacement is about \$1.3 million of the total project and these funds are needed by July.

Executive Director Samantha Smart Merritt is appealing to STPC and its members for support. Donations of all sizes are welcomed and genuinely treasured. Please contact her to learn more about how you can support the ***Raise the Roof, Close the Gap*** capital campaign at 612-655-5363 or Samantha@innercitytennis.org.

Celebrate Summer

with an old-fashioned picnic
at the ***free*** annual STPC Picnic

When: Saturday, August 16, 10:30-3:30

Where: Donaldson Park in Richfield. [MAP](#)

Reservations: None needed. This event is for STPC members and spouses.

Cost: Zero! Your club is paying the reservation fee, and supplying tennis balls.

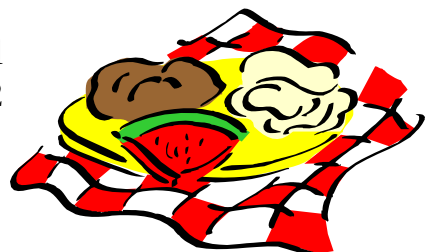
Potluck at noon: Bring your own beverages

and a dish to share.

What's to do: Lots of tennis courts, so bring your racquet and balls. Or you can sit and enjoy friends under wonderful shade trees.

Put this on your calendar and come for a day of fun!

Questions? Call
Jon Holmgren, 612
-702-7509.



2014 Jack Dow Round Robin

By Roz Bernstein

It has been said that practice makes perfect and that was certainly true of the tennis played in the 2014 Jack Dow Round Robin Tournament—there were a lot of superb matches and a lot of fun was had by the players.

108 people on 64 teams signed up for this year's tournament (May 5-8). The tournament chair was **Ken Landro**, who unfortunately couldn't work at the event—Ken fell ill with vertigo on the Sunday before the event. (He's now almost fully recovered.)

The rest of the committee pitched in to see that the tournament ran smoothly. The committee included **Rosalyn Bernstein, Ronnae Garrity, Richard Narjes, Marv Schneider, David Sommer** and **Joan Thomas**.

They were helped by some wonderful volunteers: **Larry Bordsen, Karon Busch, Jim Handy, Louise**

Halverson, Fred Jurewicz, Nancy Sengoz, Paul Thomas and **Kate Tucker**. The volunteers helped out at the scoring and sign-in desks plus with refreshments.

Thanks go out to teaching pros **Duane Ryman, Paul Stormo** and **Duncan Welty**, who monitored the play and were available to answer questions.

Additional thanks go to **Bob Busch**—he announced the exhibition match between **Mark Mudra** and **Rick Moore** vs. the Men's 4.0 gold medal winners **John Deneka** and **Tim Whiteis** (Deneka and Whiteis won).

STPC is especially appreciative of the financial support **Jim Dow** and his family have made to this and past tournaments. The support has enabled STPC to make the Dow Tournament the club's largest event of the year.

Pictures from the tournament of the gold and silver medal winners for each group and of the committee members follow. In each picture, gold winners are on the left; silver on the right.



3.0 Men's: Orrie Kessel, George Kessel, Albano Lima, Ken Borle.



3.0 Women's: Gloria Wynnemer, Jean Robbins, Katie Lund, Heidi Holly.



3.0 Mixed: Gold winners picture not available (Dwight Schuster, Lynn Schleeter). Silver: Blanton Bessinger, Bea Langford.



3.5 Men's: Dick Mills, Art Bannerman, Steve Timmerman, Bill Zell.



3.5 Women's: Kristine Long, Marilyn Kelly, Joan Thomas, Joan Blomlie.



4.0 Women's: Becky Beck, Annette Adam, Ardie Hollenbeck, Adrienne Alexander.



3.5 Mixed: Tim Whiteis, Kristine Long, Linda Aasen, Don Harnish.



4.0 Mixed: Steven Timmerman, Ann Schrupp, Sharon Gribble, John Kasel.



4.0 Men's: John Deneka, Tim Whiteis, Gary Milne, Richard Foy.



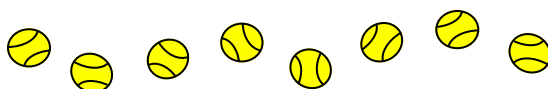
Some of Committee & volunteers. Jim Handy, Larry Bordsen, David Sommer, Ronnae Garrity, Joan Thomas, Roz Bernstein, & Marv Schneider.

(Mark's corner—continued from page 3)

70 SPF on my face and a 30 SPF on my arms/legs. Don't forget to reapply—see package—usually every hour if you're working hard.

Focused skill for our drills in July—Return of serve. Hybrid shot—not volley, not ground stroke. Short back swing. Move thru the shot. Pick up ball early—at the toss. Being pulled to a magnet/serve.

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



2013 Treasurer's Report

By Wanda Davies, STPC Treasurer

Financial Highlights:

As of December 31, 2013 we had \$21,952 in cash, savings, and CD's. An additional \$58,807 is in restricted accounts. Total assets were \$81,174.

The 2013 budget predicted a deficit of \$9,270. The year ended with a deficit of \$12,095.

The board approved a budget for 2014 with a deficit of \$6,855. This includes \$3,000 for a one-time expenditure for an upgraded website. Therefore the deficit from operations was budgeted at \$3,855.

We expect this new website, which includes automating membership renewals, will pay for itself within 2 years

through reduced renewal expenses and improved efficiency.

Unless action is taken, I estimate 2014 expenses will exceed the budget by about \$4,260.

Membership continues to decline. I forecast that 2014 dues income will be \$2,250 (90 members) below 2013.

The largest areas of spending are for tennis drills/clinics and communications. If no changes are made in the drill schedule I forecast the net cost in 2014 for the drills/clinics will be \$21,700. The Tennis Activities Committee is currently reviewing this schedule so the actual net cost in 2014 may be less. The net cost for communications will be \$10,180, excluding the website upgrade. The Communications Committee will be considering ways to reduce this cost in 2015.

	Jan - Dec 13	Budget	\$ Over Budget	% of Budget
Income				
Drills & Clinic Income	13,554.50	16,160.00	-2,605.50	83.88%
Dues	30,576.00	33,300.00	-2,724.00	91.82%
Interest & Dividends	17.13	200.00	-182.87	8.57%
Newsletter Advertising	235.00	240.00	-5.00	97.92%
Donations	735.00	360.00	375.00	204.17%
Special Events Income	4,204.78	4,450.00	-245.22	94.49%
Total Income	49,322.41	54,710.00	-5,387.59	90.15%
Expense				
Total Administrative Expense	3,169.84	4,230.00	-1,060.16	74.94%
Total Communications	13,583.85	14,440.00	-856.15	94.07%
Total Community Tennis	3,000.00	3,300.00	-300.00	90.91%
Total Drill & Clinic Expense	31,992.74	30,700.00	1,292.74	104.21%
Total Membership Expense	3,795.96	3,960.00	-164.04	95.86%
Total Special Events	5,938.50	7,350.00	-1,411.50	80.8%
Total Expense	61,481.49	63,980.00	-2,498.51	96.1%
Net Income	-12,159.08	-9,270.00	-2,889.08	131.17%

Minnesota Senior Games

Really close to home this time—will be held in Bloomington, St. Paul, and Minneapolis, August 2-9.

And next year we'll have the Nationals right here. The 2014 Games is a qualifying event for the Nationals.

Tennis will be played at Baseline Tennis Center (cool inside!). Dates for tennis: August 7-8. Many other sports including pickleball, billiards, and several track & field events. Divisions for ages 50-54, 55-59, etc.

Besides the competition, **Open Houses**. 8 FREE hours of tennis, food and drinks for registered tennis athletes! Open House date, time, place:

Saturday, August 2, 8:00-10:00am, Baseline Tennis

Center, 1815 4th St SE, Minneapolis, (612-625-1433). Sponsored by Babolat.

Saturday, August 2, 2:00-4:00pm, PublicIndoorTennis.com, 7833 Hwy 65 N.E., Spring Lake Park, MN, (763-231-3109). Sponsored by Senior Tennis Players Club of Minnesota.

Sunday, August 3, 9:00-11:00am, Life Time Fitness Bloomington South, 1001 W 98th St., Bloomington (952-830-7900). Sponsored by St. Paul Urban Tennis.

Sunday, August 3, 2:00-4:00pm, InnerCity Tennis, 4005 Nicollet Ave S, Minneapolis, (612-825-6844). Sponsored by Michael Lynne's Tennis Shop.

[More info and signup](#)



Annual Celebration

80 people were in attendance for the Club's annual meeting on Saturday, May 14, at the beautiful Town and Country Club overlooking the Mississippi River.

Following an excellent lunch and dessert, board member **Linda Haller**, educated the group about the benefits of **Laughter Yoga** and led us through a series of hearty belly laughs and proper breathing techniques.



President **Dennis Hykes** took over and called on **Bob Busch**, last year's Jack Dow Award winner to introduce this year's Dow winner, **Ken Landro**. Bob mentioned Ken's involvement over the past 13 years. Right after joining Senior Tennis, he helped with Special Events, then became a fall/winter captain for 8 years and a summer league team captain for 12 years. Off the court, he was involved in the administration of the club, serving as Board President from 2003-2005 and he is serving another term on the board starting this past year. Ken has also served as Chair of the Dow Committee on four different occasions, coordinating the work of all the volunteers who make the tournaments so successful. Ken thanked the Club for all the leadership opportunities that have been provided to him and acknowledged that these roles have enabled him to develop many, many friendships that have been long-lasting and rewarding.



Our program speaker, **Nancy Lundberg**, Director of Adult Competition, USTA Northern Section,

complimented our Club on the many opportunities we provide for seniors to learn and play tennis. She also commented on the fact that both of our organizations need to find more ways to get older adults interested in tennis and other activities to keep their bodies moving. She handed out samples of low pressure balls that can be used to make it easier for both kids and adults to learn to play tennis.



President Hykes then thanked the 30 captains in attendance for their willingness to take leadership in our programs and for their concern for our members' well-being. He said that our captains are key to the enjoyment and success of each player. He concluded the meeting with a brief summary of the Club's financial status and the Board's efforts to get back to a balanced budget.

"We have suffered significant losses in two of the last three years, with a large deficit forecasted for this year." Dennis described "the recent increase in the number of drills, open houses, and clinics offered by the Club over the last two years, along with the significant growth in the annual subsidy required to fund these offerings. The Board feels that these costs must be brought under control, in the context of a declining membership."

Members of the Social Events Committee who helped put on this year's Celebration included **Dick Brandt**, **Ronnae Garrity**, **Penny Ream**, **Linda Haller**, **Denis Woulfe** and **Jon Holmgren**. The meeting adjourned at 2:15 p.m.

Wheeler Smith at 95

By Paul Stormo

Here's a picture of Wheeler Smith in his 95th birthday yellow t-shirt along with some STPC members at our Thursday morning drills. Wheeler attends our drills quite regularly. He is one of the original founders of the Senior Tennis Players Club along with Jack Dow.



What the heck is a "hinder?"

By David Sommer

A handkerchief fell out of the pocket of one of my Lauderdale players, and opponent was distracted and said so. What to do? Correct answer is that this was an **inadvertent** hinder, so play is stopped and a let declared. But what if it happened again, to the same player? Then it is regarded as a deliberate action, and opponents win the point, because player should have stowed his hanky better! Deliberate hinders include loud yells, throwing a racket (I hope **that** never happens in Senior Tennis!), and actions like extreme racquet-waving when waiting to receive serve. A **deliberate hinder** results in loss of point.

Kaminski Tennis Clinic & Luncheon

Monday, July 14 • PublicIndoorTennis.com

Tennis from 9:00am - 11:00am • Luncheon at 11:00

40 Player Limit, Register Soon!



Information

The Kaminski Clinic, led by Tim Jachymowski, takes place Monday July 15, 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. You will be notified only if the clinic is full.

This clinic will focus on return of serve.

Registration: Closes July 5, and there is a limit of 40 players, so sign up now!

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

Location: PublicIndoorTennis.com, 7833 Highway 65 NE, Spring Lake Park, 55432. 763-231-3109

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

Name	Phone	Skill level
Member:		<input type="radio"/> 2-2.5 <input type="radio"/> 3.0 <input type="radio"/> 3.5 <input type="radio"/> 4.0
Member email:		
Guest:		<input type="radio"/> 2-2.5 <input type="radio"/> 3.0 <input type="radio"/> 3.5 <input type="radio"/> 4.0
Guest email:		

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:	

In Memory...

Helen Jackson

“It is never too late to have a happy childhood”—from her career as a nursery school teacher and educational toy store owner, as an avid tennis player and sports fan, and as a relentless volunteer, Helen Jackson’s life exemplified this belief. Helen, a resident of Edina, passed away unexpectedly on April 4 while vacationing in Mexico. Helen’s spirit was an adventurous one, having lived in Casablanca, Morocco and Baumholder, Germany in the 50’s; becoming a small business owner in the 70’s with her Brooklyn Center based store, Hobbitat; taking up skiing when she was 40; embarking on yearly canoe trips to the Boundary Waters with the girls throughout the 90’s and 00’s; and, expanding on an interest in tennis developed in her college days, playing tennis and competing in senior games after retirement and well into her 80’s. Helen had many great loves in her life, reading, Elvis songs, gardening, Andre Agassi, any and all basketball, daisies, and toys, toys, toys. She actively volunteered with The Steeple People in the toy de-



partment, organizing and instructing all on the finer points of high quality toys, writing fan mail for the Timberwolves and supporting her alma mater, Hamline University. In lieu of flowers, donations may be made to Hennepin Avenue Methodist Church for the Steeple People Outreach Ministry. Helen was a member of Senior Tennis since 1988.

Matthew Little

Matthew died in January, and we previously recognized him in our March newsletter. The full story of his remarkable life can be found at www.startribune.com/local/minneapolis/242320931.html



Matthew’s widow, Lucille Bryant-Little, has informed us that in memory of Matt, a memorial fund has been established to provide financial support for students who are seeking a higher education, in order to continue Matt’s vision of a just and fair society.

If you would like to help, please send your financial support to the Minneapolis Foundation/Matthew Little Memorial Fund, 80 South 8th Street, Minneapolis, MN 55402.