



# Senior Tennis Times

The 50+ tennis experience

April 2017

## Prez Presents

By Jon Holmgren, STPC President

**Dates to save:** May 1-4 Dow Tournament ICT, May 13 Annual Celebration, May 22 Video Clinic ICT, August 16 Lady of the Lake Boat trip.

As the new President of Senior Tennis Players Club, I'd like to introduce myself. I've been on and off the board for five years and seen many changes, all for the better. I've played, coached and partied for about forty years in southwest Minneapolis.

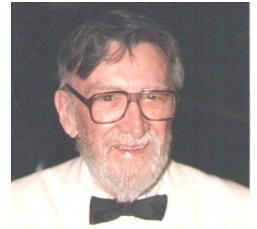
Any comments or suggestions, please let me know. 612-702-7509 or email at [e\\_jon\\_holmgren@yahoo.com](mailto:e_jon_holmgren@yahoo.com).

Hope to see you on the courts, at drills, clinics, Dow Tournament, Annual Celebration, and summer picnic.

Don't forget **THE DOW**.

## The Jack Dow Tourney. Sooner than you think!

It's May 1-4. Seems like a long time away, but every year some players miss out because they don't get signed up with partners. You can play in one or both of Doubles and Mixed Doubles.



**Cost** is just \$15/event/person.

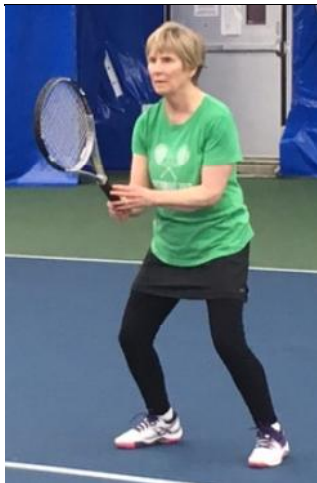
For that, you are guaranteed at least 3 regular sets, or two pro sets, plus tasty and nutritious snacks and beverages. Bigger divisions, like men's and women's 3.5, require a second round to determine winners, so you may get more than the minimum play.

**Schedule:** Mon-Thu May 1-4, 9:00-1:00. Men's doubles and women's doubles start Monday and finish Tuesday. Mixed are Wednesday-Thursday.

If you win or are runner-up in your division, you get a medal and a picture in the next Senior Tennis Times.

**Captains!** Encourage your players to sign up. You don't need to be an "ace", since divisions are by tennis rating. 2.5's can have as much fun and chance of winning as 4.0's.

**Everyone!** Recruit your friends for this fun event. Don't wait until "next year."



**"Ready and Relaxed."** Jon's candid camera caught these two on the same ICT court.



## On the inside

*This issue is just packed!*

- P. 3:** Have you renewed your membership? Do it online, or here's a mail-in form.
- P. 4:** Indoor Drill season schedule. Also, on page 6 the **Summer** drill schedule
- P. 5:** All about Summer Team Tennis.
- P. 7:** Summer Group Play schedule—mostly drop-in!
- P. 11:** "Blogging the (Senior) Tennisphere"—a new column devoted to **your** insights.
- P. 13:** Jack Dow Trophy winner, Pam Campbell.
- P. 14:** "A functioning shoulder for the ages."



## Upcoming Events

**Spring Fling Tennis Social**

April 21, 7:00-10:00 PM

Details & signup on page 4

**50+ Video Clinic at InnerCity Tennis**

May 22. Details & signup page 6

**Lady of the Lake Cruise**

August 16. Details & signup page 8

**Annual Celebration**

May 13, 11:00-2:30

Town & Country Club

Details & signup on page 9

**Jack Dow Tournament**

May 1-4, 9:00 AM to 1:00 PM

Details & Signup on page 10

## Senior Tennis Players Club, Inc.

A nonprofit corporation, P.O. Box 5525, Hopkins, MN 55343. On the web: [www.seniortennismn.org](http://www.seniortennismn.org)

### Senior Tennis Times

The Senior Tennis Times is published four or five times annually by and for the members of the Senior Tennis Players Club, Inc. Next newsletter: August, 2017.

### Board of Directors

President: Jon Holmgren .....612-702-7509  
Vice-President: Jim Handy .....612-743-3314  
Secretary: Thue Rasmussen ..651-917-0075  
Treasurer: Steve Bruell.....952-938-7594  
Group play:  
Thue Rasmussen .....651-917-0075  
Membership:  
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Webmaster  
Steve Bruell .....952-938-7594  
Newsletter Editor  
David Sommer.....612-276-1313  
Bonnie Bolton .....612-922-9290  
Dennis Hykes .....952-929-7595  
Marilyn Kelley .....952-922-3675  
Nancy Tarbox .....952-927-9368  
All Board members serve as volunteers without compensation.

### 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 issue/additional issues):  
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 (free for members only), 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 to David Sommer at [dsommer7@usiwireless.com](mailto:dsommer7@usiwireless.com).

April 2017, Vol. 30, #2

Membership total: 627

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## Frances Anderson

Frances passed away peacefully on December 29, 2016. Fran worked as a nurse throughout her career, including at the Veterans Hospital outpatient clinics in Minneapolis. She graduated from the Swedish Hospital School of Nursing and was later a summa cum laude graduate in nursing at the University of Bridgeport in CT. Fran loved her family, her friends, bridge games, music, tennis and the great outdoors. A Celebration of Life to be scheduled at a later date. Frances was a member of Senior Tennis 1994-2010.

## David Bresee Eby

David died last December 24. He was born on December 18th,



## In Memory...

1943, in Mt. Sterling, Kentucky. His parents were Rev. Amos T. Eby, Sr., and Lillian M. Owen Eby. By the time David started school, he and his family had lived in five cities and four states. David's middle name Bresee, honored the primary founder of the Church of the Nazarene, the denomination of his parents. His family often joked, saying that that should have been his first name, as "Breezy" fit his outgoing, knows-no-stranger personality. He followed God's call to be a minister. David has been a member of Senior Tennis since 2000.

## 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.

**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.**

## 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 Ave S, Minneapolis, MN 55407

Email: [dsommer7@usiwireless.com](mailto: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.

## Membership renewal time?

Is it time for you to renew your STPC membership? On the address label of this newsletter we have printed the expiration date of your membership. You may also see a message alerting you if your membership is expiring soon, or has already expired. Please renew if it is time to do so. You can renew via the website ([seniortennismn.org](http://seniortennismn.org)) or use the form to the right. Some explanation:

Your email address is needed so we can remind you to renew and to send you the monthly E-Update.

Enter your home address if it has changed.

Membership options: We've simplified this. Now, printed & mailed newsletters are **included** as part of your basic membership. The only option is to get a printed & mailed Roster for \$4.

Send the form and your check to:

Sharon Gribble  
1381 West County Road B2  
Roseville, MN 55113



## Renewal Form

Name \_\_\_\_\_

Primary phone \_\_\_\_\_

Secondary phone \_\_\_\_\_

Email address \_\_\_\_\_

Skill level (1.0 to 4.5): \_\_\_\_\_

If your home address has changed, enter here:

\_\_\_\_\_  
\_\_\_\_\_

Choose **one** of the following membership levels:

- Basic membership: \$30
- Basic membership + printed roster: \$34

DR. RACHEL MARSTON, Au.D.



AUDIOLOGIST

7745 2ND AVENUE SOUTH • RICHFIELD, MN 55423  
(612) 824-8698 • [rachel@soundhearinginc.com](mailto:rachel@soundhearinginc.com)  
[WWW.SOUNDHEARINGINC.COM](http://WWW.SOUNDHEARINGINC.COM)

## Advertisers: reach 800 tennis players!

**The Senior Tennis Times is published February, April, August & November. Mail delivery, plus web presence. Deadline 15th of month preceding publish date.**

Ad rates (first issue/additional issues):  
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

Contact David Sommer for details. 612-276-1313 or [dsommer7@usiwireless.com](mailto:dsommer7@usiwireless.com).

## Thanks, Linda

Thanks to Linda Haller, our retiring President, for her leadership through a difficult time. Drills put on sustainable course, budget balanced, and much more.

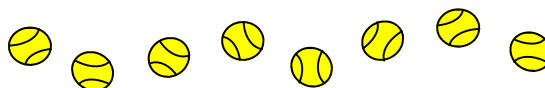


Over 25 Years of Conservative Shoulder Care  
See us at: [tcshoulder.com](http://tcshoulder.com)

## Want Ads

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

**Personal Gardener.** Garden help in Bloomington, Edina, S Mpls, & nearby. Lee Peterson 952-270-9472.



# Spring Fling Tennis Social

**When: April 21, 7:00-10:00**

**Where: Fred Wells**

**What: two hours tennis, followed by delicious snacks**

**How: signup on our website, or use this mail form.**

Name \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Guests welcome. Cost is \$15/person. Make check out to STPC. Mail to: Jon Holmgren, 5529 Queen Ave S, Minneapolis, MN 55410.

Email or phone questions to Jon: [e\\_jon\\_holmgren@yahoo.com](mailto:e_jon_holmgren@yahoo.com), 612-702-7509

## Gopher tennis

All Gopher home matches are played at the Baseline Tennis Center. Colder than 45°, play is inside;

warmer—outside. It's best to verify time of play at GopherSports.com.

Gopher Women's Tennis – all at Baseline		
3/26/17	Iowa	11:00 AM
4/14/17	Purdue	3:00 PM
4/16/17	Indiana	11:00 AM

Gopher Men's Tennis – all at Baseline		
3/31/17	Illinois	6:00 PM
4/02/17	Northwestern	12:00 PM
4/21/17	Purdue	3:00 PM
4/23/17	Indiana	12:00 PM

## Indoor Drill Season InnerCity Tennis (9/6/16-4/30/17)

**Reservations required. Call 612-825-6844**

**Mention STPC Membership At Sign-In To Receive Reduced Rate:**

**1 hour drill - \$13; STPC Rate - \$10**

**1½ hour drill - \$18; STPC Rate - \$13**

Day	Time	Rating	Instructor	Fee STPC Member
Monday	1:30 - 3:00 P.M.	All	Dilcia Pederson	\$13
Tuesday	9:00 - 10:00 A.M.	2.5 - 3.25	Staff	\$10
	9:00 - 10:00 A.M.	3.5+	Staff	\$10
	10:00 - 11:30 A.M.	All	Roger Boyer	\$13
Wednesday	1:30 - 3:00 P.M.	All	Dilcia Pederson	\$13
Thursday	9:00 - 10:00 A.M.	2.5 - 3.25	Staff	\$10
	9:00 - 10:00 A.M.	3.5+	Staff	\$10
Friday	9:00 - 10:30 A.M.	All	Roger Boyer	\$13

## Fred Wells Tennis Center (9/12/16-4/20/17)

**Reservations required. Call 612-252-8367**

Day	Time	Instructor	Fee
Tuesday	2:00 - 3:30 P.M.	Staff	\$13

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# Summer Team Tennis Alert!

**By Mike Woolsey**

Be apprised, tennis enthusiasts, that planning is already taking place for the 2017 edition of STPC Summer Team Tennis!

As you may be aware, Team Tennis matches are played on Tuesday mornings, from 9:00-11:00, from mid-June to mid-August, at various outdoor locations in the metropolitan area. Each team consists of four men and four women, each player playing one pro-set of men's or women's doubles and one set of mixed doubles. Each team has a captain, who is responsible for forming his/her team, pairing players, keeping and reporting scores, and finding substitutes when necessary. Standings are kept from week to week and, at the end of the season, a winning team is declared. It's a 3.5-level league, but it's flexible, as we have several players who rate themselves as 3.0 or 4.0 players.

Last year, we had four teams, each consisting of eight players, and a total of about twenty or so sometimes-available substitutes, about fifty or more players overall. Chances are that someone you know is familiar with the league.

This year, we are aiming for six teams, and some court locations that are more centrally-located than what we have had in the past, when we have been playing at locations mostly in the western suburbs of Minnetonka, Eden Prairie, and Bloomington. We are currently looking into additional locations in St. Paul and

Richfield. A location must have four courts to host a match.

The four captains of last year are willing to form teams again this year, so we need two more captains to get to six teams. Please let me (Mike Woolsey) know if you'd be willing to captain a team. If need be, I can help you recruit players.

If you are willing to join the league as either a regular player or a substitute, either contact one of the captains on the list below or me. If you contact me directly, I can then assign you to a team with an eye both to providing you with the best chance to play, and to balancing the overall ability of the teams.

And please don't wait until summer comes along to join, when you may find that the teams have been formed and the opportunities to play are thus fewer. And, oh yeah, Sheila Bjore reminds me to tell everyone how much fun it all is!

Mike Woolsey, STPC Team Tennis Coordinator  
[mj\\_woolsey@yahoo.com](mailto:mj_woolsey@yahoo.com), 952-937-2546

## **Team Captains**

Sheila Bjore [sheilabjore@gmail.com](mailto:sheilabjore@gmail.com), 763-476-9149,  
763-213-9041

Carol Rothe [carrothe@comcast.net](mailto:carrothe@comcast.net), 952-920-4504,  
612-280-6292

Nancy Read [neread23@yahoo.com](mailto:neread23@yahoo.com), 952-388-9847

Don Harnish [dharnish67@gmail.com](mailto:dharnish67@gmail.com), 651-227-8387,  
952-220-4406

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# Editor Emotes!

**By David Sommer**

**Djokovic sportsmanship:** at end of match with Kyle Edmunds, which Djokovic won in straight sets, he said, "Kyle played better than me in the second set. I was lucky to win." An unusual admission for a pro, and one which we could emulate.

**The opposite:** "winning the warm-up." True story told me by a man who played Jimmy Connors—both were 14 at the time. When they met, Connors said "I'm going to be the best tennis player in the world." And then proceeded to try to pass or lob over his opponent during the warm-up! One coach I had said, "the warm-up isn't about *me*. It's about *us!*" Words to remember. Also, the warm-up is just that—it's not *practice*.

**I get lots of ideas** for the newsletter. "You could have [such and such] in the newsletter." Yes, I could! And you could write it! I want, and depend on, contributions from all our members. Professionalism not required.

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# The New Colossus

**By Emma Lazarus**

Not like the brazen giant of Greek fame,  
With conquering limbs astride from land to land;  
Here at our sea-washed, sunset gates shall stand  
A mighty woman with a torch, whose flame  
Is the imprisoned lightning, and her name  
Mother of Exiles. From her beacon-hand  
Glowes world-wide welcome; her mild eyes command  
The air-bridged harbor that twin cities frame.  
"Keep, ancient lands, your storied pomp!"  
cries she  
With silent lips. "Give me your tired, your  
poor,  
Your huddled masses yearning to breathe  
free,  
The wretched refuse of your teeming shore.  
Send these, the homeless, tempest-tost to  
me,  
I lift my lamp beside the golden door!"



## 50+ Video Clinic

**2 hours of drill & play, including video analysis featuring pro Roger Boyer. Video will be of service returns; other strokes taught as well.**

**When:** Monday, May 22 from 12:30-2:30 pm

**Who:** Men and women ages 50+

**How Much:** \$25 for InnerCity Tennis & Senior Tennis Players Club Registered Players; \$30 for guests

**Registration:** Register online at [www.innercitytennis.org/50plus-video-clinic](http://www.innercitytennis.org/50plus-video-clinic) or onsite at ICT's Reed Sweatt Family Tennis Center.

Registration opens Wednesday, March 22.

*Space is limited, so register soon!*



## Willie & Margrete celebrate

Willie and Margrete Prawdzik are celebrating their 60th wedding anniversary. This picture of them was cropped from a story back in September, 2009, of their Donaldson Park group. Willie and Margrete captained that group for many years. Thanks for all they've done for STPC!



## STPC 2017 Summer Tennis Drill Schedule May 1 - August 24, 2017

COACH	DAY	TIME	PLACE	COST
Roger Boyer 612-802-5719 <a href="mailto:Rogerboyer2@Gmail.Com">Rogerboyer2@Gmail.Com</a>	Tue & Thu	8:30-10:00 am Begins May 2nd	Utley Park Woodale & 50th St., Edina	\$8
Dilcia Pederson 612-824-6099 <a href="mailto:Dilcia.Pederson@Innrerciytennis.Org">Dilcia.Pederson@Innrerciytennis.Org</a>	Mon & Thu	6:30-8:00 pm Begins May 4th	Donaldson Park 35w West Frontage Road In Richfield Just North Of 76th St.	\$5
Denny Wagner 612-578-8477 <a href="mailto:Dennis8477@Gmail.Com">Dennis8477@Gmail.Com</a>	Wed	6:30-8:00 pm Begins May 3rd	Breck High School 123 Ottawa Ave N Minneapolis	\$5
ICT/Reed Sweat Tennis Center 612-825-6844 <a href="http://www.Innercitytennis.Org">www.Innercitytennis.Org</a>	Tue & Thu	9:00-10:00 am in May; 8:00-9:00 am June-Aug	4005 Nicollet Ave S Minneapolis 3.0 & 3.5 Levels Call to reserve a place	\$10
Fred Wells Tennis Center 612-252-8367 <a href="http://www.fwtec.org">www.fwtec.org</a>	TBD	TBD begins mid June	100federal Drive So. Call In To Reserve A Place	\$13



## 2017 Spring/Summer Court Schedule—Senior Tennis Players Club

Play is usually May-August. Check with captains for start/end dates.

Up-to-date schedule is always on our website: [www.seniortennismn.org](http://www.seniortennismn.org)

For corrections or changes to this Schedule, call

David Sommer at 612-276-1313 or Email him at [dsommer7@usiwireless.com](mailto:dsommer7@usiwireless.com)

### ●● St. Paul Area ●●

Location	Day	Time	Cts	Skill	Captains	Phone
<a href="#">Iroindale High School</a> Long Lake Road south of Cty Rd H, New Brighton	Sat	8:30-10:00 am	4	3	Wes Barnes	651-639-1034
<a href="#">Lauderdale Community Park</a> Fulham & Roselawn, Lauderdale	Mon Thu	9:00-11:00 am	2	3.5+	David Sommer Not drop-in. Call!	612-276-1313
<a href="#">Marie Park, Mendota Heights</a> Near Marie Ave and Victoria	Tue	7:30-9:00 am	2	2.5-3.0	Marilyn Woolley	651-452-1691
<a href="#">Roseville Middle School</a> 15 County Rd. B2 E; Little Canada; 2 blocks E of Rice St.	Mon Wed Fri	6:30-10:00 am 5/1 – 9/30	8	3.0-3.5	David Howard	651-353-8564
<a href="#">Tarton High School</a> Greenway and 10 <sup>th</sup> St, Oakdale	Mon Wed Fri	9:00-11:00 am May and Sept 8:00-10:00 am June thru Aug	7	3.0-3.5	Jane Casto	651-788-6739
<a href="#">White Bear Lake High School</a> South Campus County Rd E and McKnight Rd White Bear Lake	Wed	5:30-7:00 pm	4	2.5-3.5	Larry Mahoney Not drop-in.	651-335-3467
	Sat	10:00-noon Start April	4	3.0-3.5	Denis Woulfe Not drop-in. Call!	651-263-0749 <a href="mailto:woulfedden@hotmail.com">woulfedden@hotmail.com</a>

### ●● Minneapolis Area ●●

Location	Day	Time	Cts	Skill	Captains	Phone
<a href="#">Aquila Park, St. Louis Park</a> Not drop-in. Call Rick.	Mon	7:00-9:00 AM	5	3.5-4.0	Rick Van Doeren	952-897-3888
<a href="#">Bryant Park</a> 85 <sup>th</sup> and Bryant, Bloomington	Mon Tue	9:00-10:30 Start March 20, weather permitting	4	All levels	Chuck Supplee	952-884-2575
	Wed Thu				Irmi Habeck	952-881-6852
	Fri				Bill Kruckeberg	952-926-3397
<a href="#">Brookview Park</a> Hwy 55 & Winnetka Ave Golden Valley	Sat	8:00-10:00 am	6	2.5-3.5	Gloria Kumagai	763-377-5602
<a href="#">Donaldson Park</a> 75 <sup>th</sup> and Humboldt, Richfield (Sometimes Logan & 68 <sup>th</sup> St)	Mon Wed Fri	7:00-8:30 am	4	3.0-3.5	Ann Barten	612-724-0712
<a href="#">Dred Scott Park</a> West Old Shakopee Rd & Ferry Bridge Road, Bloomington	Mon Wed Fri	8:30-10:30 am	5	Open	Alena DeCandia	952-451-3949
<a href="#">Holasek Park</a> 6395 Pinnacle Dr., Eden Prairie Hwy 494 & 62 <b>Call first – subs may be needed</b>	Mon	7:30-9:00 am	2	3.0-3.5 W	Libby Hargrove	952-941-1313
			2		Bonnie Bolton	612-922-9290

**Summer captains:** check this schedule to be sure we have it right! Any problems,

please report to David Sommer:  
[dsommer7@usiwireless.com](mailto:dsommer7@usiwireless.com), 612-276-1313

<b>Holy Family School</b> 8475 Kochia Lane, Victoria	Tue Thu	8:30-10:30 am	8	Open	Steve Nelson	952-288-5835
<b>Neill Park</b> 13501 Upton Ave, Burnsville	Mon Wed Fri	9:00-10:30 am	6	2.0-3.0	Warren Porter Ron Peterson	952-431-5850 952-237-6701
<b>Lone Lake Park</b> June 2 through August 30	Mon Wed Fri	9:00-10:30 11:00-12:30	4 4	3.0-4.0 MW	Jack Baloga Not Drop-in. Call!	952-944-5194 Jack@BalogaEnterpri ses.com
<b>Parkers Lake</b> County Rd 6 & Niagara Lane Plymouth. From Hwy 494, exit on Hwy 6. Go west about 1 mile. Courts on north side of road, about one block from road.	Mon thru Fri	8:30-10:30 am	4	2.5-3.5	Brian Kennedy	763-404-2691 763-449-6419
<b>Terrace Oak Park</b> ½ mile E of Cty 11 on Burnsville Parkway, Burnsville	Tue Fri	9:00-10:30 am	2	2.0-3.0 W	Ann Listug	952-890-9643 exercisemann@gmail.c om
<b>12000 Ridgemount Rd, Plymouth</b> (N on Hopkins Crossroads, 4 blks, turn left (west) on Ridgemount Rd, 4 more blocks, courts on right)	Sat Sun	3:00-5:00 Start May 16	4	3.0+ MW	Marv Schneider	952-540-6419
<b>TEAM TENNIS</b> 1) <b>Lone Lake Park, Minnetonka</b> AND 2) <b>Eden Prairie Central Middle School</b> <b>COORDINATOR:</b> Mike Woolsey – (952)-937-2546 <b>THIS IS NOT DROP-IN</b>	Tue	9:00-11:00 am	4	3.5+ MW	Don Harnish	651-227-8387
					Nancy Read	952-388-9847
					Carol Rothe	952-920-4504 612-280-6292 Carrothe@comcast.ne t
					Sheila Bjore	763-476-9149 763-213-9041

## Lady of the Lake Cruise!

Last summer, we did a cruise on Lake Minnetonka for captains and guests. Everyone loved it!

This year, the cruise is open to all members of STPC and their guests. Captains are *free*; all others pay \$15. Cruise includes a taco bar and soft drinks. Cash bar available.

**Date: Wednesday, August 16, 6:00-9:00.**  
**Arrive 5:30 in Excelsior to allow time to park. Sign up online, or use this form:**



Name	Telephone	Captain (Y/N)	Cost (\$15 or \$0)

Mail form and check to Jon Holmgren, 5529 Queen Ave S, Minneapolis, MN 55410. Any questions, like “where the heck is Excelsior,” call Jon at 612-702-7509.





# STPC Annual Celebration

- All members welcome!
- Captains' Recognition & Jack Dow Trophy

Saturday, May 13, 11:00 am - 2:30 pm

Town & Country Club • 300 Mississippi River Boulevard N, St. Paul, Minnesota

## Schedule of Events

- 11:00 am Social Hour
- 12:00 pm Luncheon
- 1:00 pm: Welcome, introduction of Board members, Jack Dow Trophy presentation to Pam Campbell.
- 1:25 pm: Speaker: Becky Cantellano, St. Paul Urban Tennis
- 2:00 pm: Recognition of Captains
- 2:15 pm: Treasurer's report
- 2:25 pm: Closing by Jon Holmgren

## Luncheon Menu

*Details later, but as always,  
it will be delicious!*

### Directions to Town & Country Club

From I94: Take the Cretin Avenue/Vandalia Street exit (exit 237) and turn south onto Cretin Avenue. Turn right onto Marshall Avenue. Turn right onto Otis Ave, then left into parking.

From south suburbs: I494 east to Hwy 5. East across river and exit to Edgumbe. Follow Edgumbe to left on St. Paul Ave, which becomes Cleveland by Ford Parkway. Cleveland to Marshall. Turn left onto Marshall. Turn right on Otis Ave. Clubhouse parking is first driveway on left.

From Minneapolis: Take Lake Street east across river. It becomes Marshall. Take left on Otis Ave (one short block from river). Clubhouse parking is first driveway on left.

**Send reservation form by Monday May 8 with check for \$25 payable to STPC to Pam Campbell, 4934 Bryant Ave S, Minneapolis, MN 55419. 612-822-0567**

**Captains:** \$25 (same as for other members). We have a Cruise, captains free, August 16.

**Please call to cancel if unable to attend: Pam Campbell, 612-822-0567.**

(Cancellations accepted up to **Tuesday, May 9**)

### Annual Celebration reservation form for members and guests

**Saturday, May 13, 11:00 am - 2:30 pm. Cost: \$25**

Name: \_\_\_\_\_

Vegetarian

Name: \_\_\_\_\_

Vegetarian

Phone: \_\_\_\_\_

**Important: check "Vegetarian" as needed.**



# Senior Tennis Players Club, Inc. 21st Annual Jack Dow Tennis Round Robin

**May 1-4, 2017, 9am-1pm**

Reed-Sweatt Family Tennis Center

4005 Nicollet Ave. S. • Minneapolis, MN 55409 • 612-825-6844



### Round Robin Rules

- **Fee:** \$15 per event, per person
- Applications must be received by Monday, April 24.
- Round-robin format—you will play *at least* three regular sets, or two 8-game pro sets. Round-robin groups will have 3 or 4 teams each.
- Divisions 2.5, 3.0, 3.5, and 4.0 Men's, Women's and Mixed Doubles.
- All entrants must play at or above their rating as published in the Senior Tennis Roster.
- No partner substitution after first set.
- No participant may play in more than 2 events. If in 2 events, one must be Mixed Doubles.
- A first place winner in an event in 2016 automatically jumps to the next rating or *must* change partners.
- Those unable to find a partner *must* state that on the application. We'll help you find a partner.
- All entrants *must* be current members of STPC.

- **Please check in for your match at least 15 minutes early.**
- **Cancel after close date (April 24)—lose entire fee.**
- **Schedule:** Men's doubles and women's doubles will be played on May 1-2 (Monday-Tuesday). Mixed doubles on May 3-4 (Wednesday-Thursday).
- Men's 3.5 (our largest division) may require finals to be played Wednesday morning.
- Detailed schedule will appear on our website Wednesday, April 26. It will also be posted at Reed-Sweatt. You **must** appear on the first date and time shown on that posting.
- Medal awards to the top two finishers per category

### More info:

Jon Holmgren 612-702-7509 e [jon\\_holmgren@yahoo.com](mailto:jon_holmgren@yahoo.com)  
or Pam Campbell 612-822-0567 [pmscampbell@juno.com](mailto:pmscampbell@juno.com).

### Donations needed!

Entry fees do not cover the cost of this great event. We need donations from individuals and organizations! Recognition of your generosity will appear in the Senior Tennis Times newsletter.

**IMPORTANT! Keep upper part; send only Application!**

### Dow Application

Your Name: \_\_\_\_\_ Your Rating:  2.5  3.0  3.5  4.0

Phone: (\_\_\_\_) \_\_\_\_\_ E-Mail \_\_\_\_\_

Men's Doubles  2.5  3.0  3.5  4.0  N/A

Women's Doubles  2.5  3.0  3.5  4.0  N/A

Mixed Doubles  2.5  3.0  3.5  4.0  N/A

Check one or two events only!

### Partner needed? Write "Needed" for Name in form below.

1st Doubles Partner's Name: \_\_\_\_\_ Rating:  2.5  3.0  3.5  4.0

Phone: (\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_

2nd Doubles Partner's Name: \_\_\_\_\_ Rating:  2.5  3.0  3.5  4.0

Phone: (\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_

Send Application and Check payable to STPC for \$15 per event, per person to:

Pam Campbell, 4934 Bryant Ave S, Minneapolis, MN 55419. 612-822-0567 [pmscampbell@juno.com](mailto:pmscampbell@juno.com)

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## Blogging the (Senior) Tennisphere

**Editor's Note:** *Bill Cosgrove suggested trying a blog in the Newsletter as a place for readers to contribute their ideas and reactions. Because Bill is a retired English prof, he just can't stop writing, so he's contributed TWO blogs for this issues. But I really want contributions from all you STPC members out there in the tennisphere. You don't have to be a professional writer to contribute!*

### **BLOG #1: "Out! No, wait. Maybe not." by Bill Cosgrove**

Full disclosure: I don't know that much about blogging. Or the tennisphere, for that matter. But here's a disclosure you may recognize that I do know about: I made a line call last year in the senior tennisphere that I wasn't absolutely sure about. I still wasn't sure when I looked back a few minutes later, and tried to face down the possibility that I miscalled and cheated someone out of a good shot.

I told myself then and continued to tell myself, "Could've been either way, maybe.... Must've been out, though." Lurking right there is a potential subconscious blurted betrayal, "Sure, sure, right. Whatever you say, alter ego of mine. Keep up the good work. Don't fail me now. Protect me from myself."

Ever happen to you? "Isn't that what they call rationalizing," I whisper to myself? "Maybe so, but what can you do about it now? It's over, forget it, old news, dead." That may be more rationalizing. And dismissing past actions so cavalierly like that could be used to justify future line calls. Besides, as William Faulkner says, "The past isn't dead; it's not even past." That's worth a thought.

A person could say, "I suppose, I must've been shorted myself by some questionable and rationalized line calls somewhere along the line. So we're pretty much even, aren't we? Call it square. A draw." Well, maybe, but not really. You can't save up perceived injustices to use to justify your own future muffs willy-nilly like that, can you?

Officially, rationalizing is what's called a defense mechanism.... and it's a beautiful thing to have. You have it in your collection of what might be called the SWOOSH—Standard Weapons of Our Own Self Help—the sound of water going down the tubes. Defense mechanisms are weapons we use regularly to feel good about ourselves when our self-respect or self-image are threatened. At least I do. Some people call them illusions, lies we tell ourselves. (But that's for

another blog that I don't know how to write.) SWOOSHs help us get up on Monday morning, keep our belief in ourselves strong, and our sense of self-worth rattling right along ... a little noisy, maybe, but intact. They can help us to believe we amount to something and are doing some good in the world.

We tell ourselves we made the best line call possible and it must've been right—or if it's wrong it's only fair since the other side made some dicey calls earlier. We find excuses for ourselves to make our decisions acceptable to us and to justify the resulting action, in this case the line call.

Here's a different and maybe better example of successful rationalizing for those of you who found this modest blog a bit of a slog. Suppose I thought that there were at least a few things in it that would be mildly interesting to some senior tennis players. Now, this belief may be completely wrongheaded, a reaffirming conclusion with no evidence for it. But your presumptuous blogger tells himself otherwise in order to justify writing it, feel good about it, and avoid disappointment. "I believe some people will get something out of it," he tells himself. He may be rationalizing the entire thing. But doing so allows him to believe in himself, soldier on, and get up Monday morning and go on writing.

Can't imagine a person doing something like that? Fostering illusions about oneself? Lying to oneself? Surely not I. Besides, I wasn't even there.... I don't know how to write, anyway. Certainly not a blog.

### **Blog #2: Yin & Yang in Tennis, by Bill Cosgrove**

Tennis seems to have an interesting, recurring rhythm not seen in many other sports. For the player and viewer alike there's the back-and-forth movement, one side to the other, front to rear. The players go up and back, side-to-side, and spectators' heads move rhythmically back and forth watching them and the ball. It feels like a kind of fundamental, cyclical rhythm of life and nature going back-and-forth in flowing movement.

Some cultures call this rhythmic, dual motion the "Yin-Yang." They are seemingly opposite or contrary forces which are also complementary, interconnected, and interdependent in the natural world; they actually give rise to each other as they interrelate to one another. Think of such dualities as light and dark, sleep and awake, knowledge and ignorance, expanding and

*(Blogging the (Senior) Tennisphere—continued on page 12)*

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*(Blogging the (Senior) Tennisphere—continued from page 11)*

contracting, matter and dark matter. See the yin-yang icon below.

They interact to form a dynamic system in the universe where you can't have the one without the other: action-reaction, positive-negative, cold-hot, good-bad, even God-Devil. There must be this duality of forces for the world to exist, for there to be anything in the world, believers say. Everything that exists in the natural world is said to have these yin-yang characteristics. So some believe. Interesting even if a little out there.



Could that be true even of tennis? Is there a yin-yang hidden away somewhere on the tennis court? (Note that a 2-color tennis ball can be a natural Yin-Yang symbol.) I suppose it is true that unless and until the served ball (call it the yin) becomes a returned ball (yang), you don't even have tennis. Action-reaction. Left-right. The back and the forth. The yin needs the yang, for there to be a tennis game. Sounds like a poem, maybe a limerick, coming on.



They say a Yin needs a Yang,  
For there to be a tennis game;  
But neither Yang nor Yin  
Alone gives you a win,  
Because together they are strangely the same.  
There must be a verifiable Yang  
To have a real tennis game.  
There must also be a Yin,  
And for a player to win  
S/he must treat them pretty much the same.

The late David Foster Wallace, a very good tennis player, even better writer, and heavy-duty thinker, refers to what he calls the “yin-and-yang paradox of contemporary politics.” He says some political candidates attack polls (“polls are BS”), insult voters, and then discover they're climbing in the polls and winning over voters. And so they continue deliberately attacking those very things they are thereby winning over—a paradox, the “yin-and-yang paradox.” Such opposite-to-opposite, back-and-forth duality like that is everywhere in life, all the time. We pursue one thing, catch its opposite.

Even in everyday life. We work for happy, sad moves in instead. We look for purpose, find futility. We feel optimistic, depression sets in overnight. Strive for

meaning, get emptiness. The either-or syndrome. And we move back and forth between similar extremes a lot. The yin-yang of life.

Wallace also sees tennis as embodying a similar kind of “yin-and-yang paradox,” comparing it to basketball and boxing. They all send and receive those yin-yang, back-and-forth exchanges as fast or faster than any other sport. Think of hockey, and maybe soccer, too. They can have, like a tennis match, long, intense rallies, offense-defense. One extreme to the other. We attack with a deep forehand yin (or left jab or reverse lay-up), and end up defending against a sharply angled backhand yang (or right hook or blocked shot). We go for what we want, and get back its opposite. That's life.

At one extreme end of these dual, yin-yang opposites, there's the beauty, fluid motion, effortless strokes, and calm serenity of some tennis players. For them the game looks like a dance or ballet or yoga—water-smooth, silver-slick, flowing movement. What boxing was for Mohammed Ali in his “Float like a butterfly, sting like a bee” years. Or Michael Jordan just about anytime. Roger Federer, a former soccer player, Novak Djokovic, Serena Williams, and some very few others like John McEnroe, Pete Sampras, Evonne Goolagong, and Althea Gibson exude this graceful, fluid movement. For them sport is a beautiful ballet played with finesse and grace.

For others at the opposite end, it's more about “Winning Ugly,” as Brad Gilbert calls it in his book; and his own game demonstrated this yang to Federer's yin. According to Gilbert, some players, himself included by his own admission, were closer to lumbering around the court than gliding smoothly over it. Gilbert knew he himself was not gifted with a naturally beautiful game. He was the Yang compared to Federer's Yin. He was like the relatively heavy-footed punchers George Foreman and Joe Frazier versus the gliding, Marquess of Queensberry prizefighters Sugar Ray Robinson or Sugar Ray Leonard, a ponderous Charles Barkley or Nikola Peković compared to a smooth-as-silk Zach LaVine or Maya Moore.

Along this line, David Foster Wallace goes so far as to brand Andre Agassi's “power baseline” style as “unpretty thugishness” and says “he's amazingly absent of finesse, with movements that look more like a heavy metal musician's than an athlete's.”

This “power baseline” game dominates tennis now, having long supplanted the “serve-and-volley” game. These two opposite kinds of tennis may be thought of

*(Blogging the (Senior) Tennisphere—continued on page 13)*

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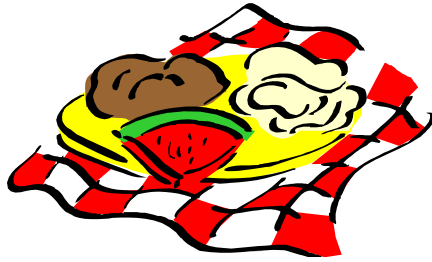
# Celebrate Summer

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

**When:** Friday, August 11, 6:00-9:30 PM.

**Where:** Edina Community Center—5701 Normandale Road. This is the frontage road on the east side of Hwy 100. Exit Hwy 100 at Eden Ave and follow Willson Rd south.

**Reservations:** None. This event is for STPC members and guests.



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

**Potluck:** Bring your own beverages, a dish to share, a chair, and your racquet.

**What's to do:** Lots of tennis courts, so bring your racquet.

Come for an evening of fun!

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

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## Pam Campbell wins Jack Dow Trophy

The Dow award for support and service to the Senior Tennis Players Club was established 20 years ago and thus there have been that many members of our club who have received these annual awards, beginning with Percy Hughes, in 1996. A committee of current members who have been recipients of the award have chosen Pam Campbell to be recognized for the Dow award for 2016. The award will be presented



at the Annual Celebration in May. Pam's name will be inscribed on the Trophy, which will be hers for a year until the next recipient is chosen. She will also receive a plaque to keep.

Pam has served on the STPC Board for the last three years as Secretary. She has been a constant presence managing the Drills schedule, organizing drills and tennis socials, and keeping the Board positive with her energy and enthusiasm.

Thanks, Pam, for all you've done for us!

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## Personal trainer? Or not?

By David Sommer

First, some personal history. Starting three years ago, I had a number of health problems, some of which seemed serious at the time, but turned out not to be. But a consequence is that my strength and balance deteriorated because of too little activity. Finally I decided to DO SOMETHING! ("Duh," as my daughters would have said.)

I considered going to a Physical Therapist, but decided that my problem was not injury from which I needed recovery help, but rather just lack of fitness. So I checked at the YWCA where we are members, and found Bonnie Oliver, one of their personal trainers. Bonnie's poster said she was especially interested in "working with the seniors, and seeing smiles on their faces and changes in them." She also leads a weekly Silver Sneakers class.

Two friends said they'd also tried a personal trainer, but "He tried to kill me!" Why? Trainers most often work with young adults who want to "sculpt their bodies."

Well, we seniors aren't so interested in that—we know we'll never look twenty again, we just want to have the strength, flexibility, and balance to do what we love.

I've now worked with Bonnie five weeks. Last night at a mixed doubles league where I've struggled all year, I suddenly found myself playing about as well as three years ago!

I'm now determined to end my sloth-ish ways and continue the exercise program Bonnie has got me doing. It takes just 45 minutes twice a week. Why wouldn't I have time for that?

*(Blogging the (Senior) tennisphere—continued from page 12)*

as a long-lived example of yin and yang in today's open era. But note that Mischa Zverev played serve-and-volley against Roger Federer at the 2017 Australian—and lost. But the Fed said in an interview that he hopes it inspires more players to take up serve-and-volley "in the future," and that he used to like it when players came in more. If so, what we need is someone to predict the next stage of this extended yin-yang tennis cycle. If there is one. What's next for tennis—the Yin or Yang?

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# A Functioning Shoulder for the Ages: Applications to Tennis

By Terry Buisman PT

Jim Marshall said it best with his retort to coach Bud Grant regarding the intensity of a practice: “coach, there’s only so much tread on the tire.” The first article of this series described the anatomy and functional mechanics of the shoulder girdle via an automotive theme and this article will discuss that the “car” owner needs to be looking for any “odd noises.” Being aware of the symptoms of shoulder wear and tear with necessary intervention at the “shop” will ensure that this complicated joint will be functioning at full potential, thus keeping you on the court as well as allowing your desired daily activities without significant pain or impairment.

The majority of shoulder injuries arise due to recurring mild injuries (microtrauma) experienced as a younger adult or adolescent. As a young adult, we do a poor job listening to and appreciating symptoms of dysfunction and pain, assuming that all is well, and the presenting issue will resolve on its own. Unfortunately, “there is only so much tread on the tire,” and a process of permanent change is already taking place. This reality and the subsequent problems that can arise later in life (when we have the time and money to do the fun stuff like play tennis) need to be appropriately addressed to ensure you enjoy your recreational goals.

## The process of shoulder wear and tear

**20’s and 30’s:** Injury about the tendon (attaches muscle to bone), bursa (protects tendon from bone) as well as cartilaginous tissue is already occurring in our 20’s and 30’s. The ability to self-repair is quite significant but no longer perfect. This generally coincides with a progressively sedentary lifestyle as one settles into career and family life; we no longer go to a particular sport practice on a regular basis to maintain and improve upon our physical stature. Yet the desire to perform at a prior level of intensity is maintained.

To remedy the trauma as well as attempt to route the body in a less damaging direction, the body initiates soft tissue mobility loss about ligamentous (connects a bone to another bone) and capsular tissue (houses the synovial fluid (lubricating oil) within the joint). We begin to experience a general level of flexibility loss as well as subsequent weakness at the extremes of mobility. Subsequently, positioning the joint in extreme positions with too big a load now becomes traumatic.

## How to remedy

We need to implement and follow an exercise program that maintains strength at the end ranges of motion, which is sport-specific to the loads and forces placed on the joint. However, if the shoulder is injured, one must allow for complete healing prior to the initiation of a rehab and/or exercise program.

The return to tennis is broken down into component parts: starting with simpler racquet motion patterns such as a modified forehand, and culminating with serving motions. We must appreciate the need for progressive reps and intensity.

**40’s AND 50’s:** For most of us, the process of degradation continues, as a sedentary week is followed by a weekend of intense physical activity, such as multiple sets of tennis, chopping wood, yard work etc. With the return to work on Monday, we experience soreness and pain. The body steps up the process of tightening things down, further enhanced by the stationary postures many are stuck in during the week.

Soon, we notice the consequences: a loss in overhead shoulder mobility with the tennis racquet and subsequent serve intensity. For the golfer, it’s the distance of one’s drive and thus the origins of the Big Bertha. As well, low grade pain lingers and this sends another message to the brain that change needs to occur. With pain emanating from a joint, one loses the ability to utilize muscular strength at its full capacity. This also is a protective mechanism; the brain doesn’t want you to further injure a compromised joint by applying excessive loads across tissue surfaces that cannot handle the compressive or shear forces.

At this age, there is now early permanent change about bony and soft tissue structure as revealed via x-ray or MRI. The common diagnosis will include tendonitis, bursitis and rotator cuff fraying. Strength is progressively lost, creating further deficiency despite attempts at maintaining a higher level of function. If this pattern of microtrauma is interspersed with periodic episodes of macro trauma, such as direct impact on the joint (falling on the ice), the process of wear and tear is accelerated. The joint becomes progressively inflamed and less resilient, with activity further continuing the process of degradation. It is at this time where one begins to appreciate recurrent bouts of tendonitis and bursitis (both pain generators) as well as initial experiences of generalized weakness with the arm placed overhead or across the torso.

*(A functioning shoulder—continued on page 15)*

### **How to remedy**

For many the route to resolution is going back to the gym and doing the same things you did when you were 25: bench pressing and triceps dips. Not only are these exercises not sport specific, they once again take the shoulder joint into extremes where it should not go, thus creating more trauma and the slow downward spiral that already exists. Instead a focus of functional mobility and strength using lighter loads and higher reps safely done within the realm of safe and pain-free motion is the focus, again as sport specific as possible.

It may be time to consult with an experienced personal trainer or physical therapist to ensure success in this realm. In addition to this, consider a Pilates or yoga program for mobility restoration head to toe.

Proper torso and foot placement is critical to effectively hitting a tennis ball with minimal adverse effects on the shoulder. With improved bodily strength and mobility, improve upon footwork and get in the habit of hustling to the ball to properly set yourself up for the shot.

**60's and beyond:** Around 50% of 60 year olds have a rotator cuff tear, most don't even know it and function on a daily basis without issue. Bone/joint damage is now a more predominate issue. With years of problems with the rotator cuff and supporting ligaments/joint capsule, there is excessive shearing as opposed to the rolling of the ball on the socket. The resulting impact between bony/cartilaginous surfaces can lead to arthritic change. With increasing longevity and the desire to play recreational sports, we want to minimize additional trauma to already impaired joint and adjacent soft tissues. Depending on your history of use and abuse, shoulder problems appear on the courts. Your goal is to be aware of your conditions for a safe and productive day on the court, not only with your shoulder, but body as a whole, with the plan of maintaining and hopefully improving upon it.

### **How to remedy**

Listen to your body. Pain was created to protect you from potential/ongoing trauma. Pay heed, take a break and return to sport once pain has resolved and mobility and strength has been restored. All previously described remedies are generally applicable.

Create a personal functional baseline [minimum conditions] which you use prior to a tennis match or practice to ensure safety; don't go on the court below this baseline; you will pay for it sooner or later. See my article with respect to shoulder mobility found online in the [Terry Buisman Archives](#): click on "articles by

Terry" and go to "6 Shoulder Exercises you can do at home". By objectively knowing how your body functions when working well will allow you to assess day to day status and correct anything that is not at its optimal level of function. Here are some examples.

**Hamstring and calf flexibility;** there are plenty of options out there.

**Trunk flexibility:** rotation (twisting), side bending, flexion (reach toward your toes), back bending.

**Test your speed** by timing yourself i.e. from the service line to the net and back x2.

**Counter top pushups.** How many can you do? How much pain is present?

**Alternate leg lunges.** How many till fatigue?

**How far** can you slide your thumb up your spine or pull your elbow across your chest? Is it diminished after tennis play?

As noted above, maximizing functional mobility from head to toe to minimize additional stress placed upon the shoulder is crucial. Find a friend with similar aspirations to maintain your motivation while doing at-times boring exercise.

And as you would expect, maximizing functional mobility and strength about the shoulder joint is the final piece of the puzzle. I care for a number of individuals with massive rotator cuff tears that are functioning at a fairly high level because they maintain normal mobility about the shoulder while maintaining maximal rotator cuff strength with the tissues that remain. Obviously this requires a diligent effort, but if continuation of play is high on the list, so should regular exercise. Getting the shoulder joint appropriately assessed by a physical therapist or orthopedist (both) specializing in shoulder care is the route to take. Your program needs to be specific to you!

**Dare I say pickle ball?** This is where pride and reality meet. One may unfortunately have enough degenerative change to prevent normal mechanical function of the shoulder. In tennis, elevation for serves and overheads may no longer be possible or prudent. Yet with the need to have some type of racket in hand, it may be time to step away from tennis and join the fastest growing racket sport around.

**Always available for your questions: contact Terry Buisman at 952-922-0330.**

Senior Tennis Times  
P.O. Box 5525  
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April 2017

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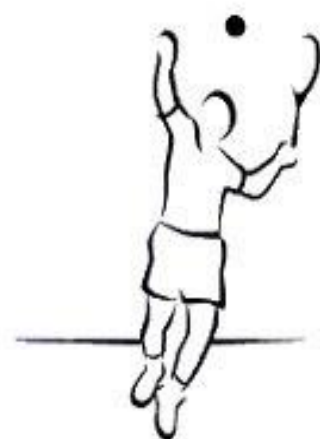


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(Downsizing, relocating, estate, lifestyle change, noisy/questionable neighbors, be closer to relatives, etc.)

## 2. "Let" me help when Buying

(Rightsizing, Second property, condo, investment property, aiding family members, etc.)



"Let" Joel Johnson help get you moving (Joel is an STPC member)

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Great Discounts for fellow STPC members!

