
SENIOR ❖ TENNIS ❖ TIMES

NEWSLETTER OF THE SENIOR TENNIS PLAYERS CLUB, INC.

MAY 1999

Ten Nutritional "Dos and Don'ts" for Seniors

Dr. Sandra Spore of the Wellness and Longevity Center, Stillwater, Minnesota.

Most members join Senior Tennis for the enjoyment of the game and to keep in shape, but some join hoping the added exercise will help them lose unwanted body fat. The purpose of this article is to provide information on losing or maintaining weight and improving performance and energy levels by making better nutritional choices.

Some 58 million people weigh at least 20 percent more than their ideal body weight. Many people attempt to lose weight by following fad diets but don't address the life style and dietary changes necessary to keep the weight off. To maintain or to lose weight at a safe and effective rate, there are ten nutritional "dos and don'ts" to help you along. They are:



1. Do eat more often (five or six small meals rather than three large meals). This increases your metabolism, which results in an increase in energy and an increase in the number of calories burned.
2. Don't skip breakfast. It really is the most important meal of the day, as it gives you the energy you need to complete your daily activities.
3. Do reduce your saturated fat intake as saturated fats can increase cholesterol. Saturated fats are easily identified as they are solid at room temperature.
4. Don't eat a totally fat-free diet. There are certain fats that the body needs and does not have the ability to make. They are known as essential fatty acids. Some good sources of these fatty acids include avocados, olives, olive oil, almonds, pecans, fish, and soybeans.
5. Do eat more meatless meals as meats tend to be high in saturated fats.
6. Do eat more fiber-rich food. High dietary fiber is also known to decrease cardiovascular and cancer risks.
7. Do consider dietary supplements. Most Americans do not get minimum daily requirements of the essential vitamins and minerals.
8. Do read labels. The purer the food, the healthier it is for you. Also, hidden salts can cause fluid retention, resulting in weight gain.
9. Do drink plenty of water, at least eight to ten glasses daily.
10. Don't feel guilty about what you eat. Few people eat exactly what they should, so don't lose hope.

Senior Tennis Players Club, Inc.

A nonprofit corporation, 3300 East Gate Road,
Saint Anthony, MN 55418-2545 (612) 781-3271

Senior Tennis Times

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and for the members of the Senior Tennis Players
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Advertising

Send camera-ready art and payment to the editor
by the 10th of the month for publication the
following month. We can create an ad for you for
a \$20 fee. Ad rates are:

full page (7 x 9 in) \$100
half page (7 x 4.5 in) \$75
quarter page (3.5 x 4.5 in) \$50
eighth page (3.5 x 2.5 in) \$30
classified ad (members only, max. 4 lines) \$15
2-line ad (members only, 50 spaces/line) free

Publication Deadline

Submit articles to the editor by the 10th of the
month for publication the following month. All
material submitted for publication is subject to
editing.

Address Corrections

Please notify the Editor with any address
corrections.

STPC Membership

Membership Total: 1,598

May 1999: Volume 12, Number 4

Report from the President

By Bob Tischbein

The March board meeting was held on March 18 at 1 p.m. Of the eighteen board members, thirteen were present.

Three of our members are retiring from the board. Each has served diligently and contributed to the board and Senior Tennis. Each will be presented with a memento keepsake at a later date. The retiring members are John Connelly, Carol Hall, and Grayce Aberle.

The treasurer, Ron Liddiard, presented the budget for the ensuing year. Copies were given to each member for consideration. The budget will be voted on at the April meeting.

Membership chair Grayce Aberle reported a membership of 1,603. This is an increase of 545 members since 1995.

Events chair Jan Hagen reported that the tennis parties have been successful, even though we would like more participants. Next year we are hoping to entice more members to join in the fun.

Team Tennis chair John Connelly reported that Team Tennis will begin in mid-June. Applications for signup are in the *Tennis Times*. Please mail your application in as soon as possible.

Percy Hughes made the point that Community Tennis USA is a program sponsored by USTA. It seems that there was some confusion. Briefly, the program will pay STPC for each member participating in Team Tennis. It will also pay STPC for each lesson provided by our pros to our members. Ron Liddiard put a chart on the board showing the potential of the program to STPC. Dick Lidstone made a motion to further explore the program and to provide all the details at the next board meeting. Grayce Aberle seconded the motion, motion carried.

Dick Lidstone, chair of the nominating committee, presented their slate recommending the present officers continue until April 2000. This was accepted by the board to be voted on at the April meeting.

Have fun on the courts, be courteous.

Mark your calendars!

Fourth Annual Jack Dow Tournament



September 7-10,
9 a.m.-4 p.m.
Normandale College

Watch for the
application in the June
Senior Tennis Times

5th Annual
GRANDPARENT/GRANDCHILD
ROUND ROBIN

SATURDAY
JULY 17th, 1999
8 A.M. to NOON

Valley View Courts
90th and Portland
Bloomington

(In case of rain, the indoor courts at Nicollet Tennis Center will be used.)

Here is an opportunity for you to play tennis with your grandchild, share time together and most of all have fun together! Bob Eidem, event coordinator, is planning a fun, round robin event.



Only \$3.00 per person! The deadline for reservations is July 13th. Send your reservation form with your check, payable to STPC to: Bob Eidem, 5484 Meister Road, Fridley, MN 55432. For more information call Bob at 571-7943.

Send this reservation form with your check for \$3.00 per person, made out to STPC, to:
Bob Eidem
5484 Meister Road
Fridley, MN 55432
For more information call Bob at 571-7943

Your Name: _____

Phone Number(s): _____

Grandchild's Name: _____ Grandchild's Age: _____

Club Notes

Doubles Strategy Clinic Returns

Roger Boyer, well-known tennis professional, will repeat his successful training sessions on doubles strategy, to be held in Minneapolis and Saint Paul in June.

The cost for the four sessions is \$20, or \$5 per session, payable to Inner City Tennis. This is an opportunity to improve your doubles game! Sign up soon!

Saint Paul: University of St. Thomas tennis courts, corner of Creighton and Grand. Thursdays, June 3, 10, 17, and 24. Call Matt Little at (651) 773-8141 for reservations.

Minneapolis: Lone Lake Park tennis courts, Shady Oak Rd north of Bren Rd., Minnetonka. Fridays, June 4, 11, 18, and 25. Call Sue Larson at (612) 929-4673 or Lloyd Layton at (612) 476-1298 for reservations.

Tennis Across America

The annual USPTA Tennis Across America Clinic will be held Thursday, May 20, 8:30 a.m., at Benilde High School new courts. The high school is located at Beltline Road and 36th Street, Saint Louis Park. Call Percy Hughes at (612) 831-2872.

Inner City Tennis: A Game That Begins With Love Needs Volunteers

Have a little extra time this summer? Like kids? Want to spend more time outdoors? How about improving your tennis? Or, maybe you just need a really good excuse to get out of mowing the grass? Whatever the reason the answers are all here in a win-win package from InnerCity Tennis (ICT). The kids win with your dedication, you win with their devotion. And everyone improves their game!

ICT, a non-profit in its 47th year, is dedicated to building character, competence, and commitment in young people using the game of tennis as the means, not the end. During the summer months at 46 locations throughout the Twin Cities, ICT will present tennis programs for youngsters from 6 to 17. The programs are held five days a week for a seven-week duration and vary in levels of skill, from the basic "how to hold the racquet" to more advanced techniques and game-winning strategies. Lesson plans are devised and handed out by Roger Boyer at weekly tennis drills open to all volunteers, and players of all levels are encouraged to sign up. You need not be an expert player to help kids.

But the heart of the program is in the relationship that develop on and off the court between the Senior Tennis players, who act as mentors and share their wisdom, and the youngsters, who act like kids and share their dreams. So if

you have some spare time and a little love to share, come play with us and, who knows, in the process you might even learn to speak the same language as your grandchildren do.

For further information about ICT, please contact Roger Boyer at (612) 470-0246 or (612) 802-5719, or ask one of the following Senior Tennis players already participating.

Alice Hilstad	(612) 588-7047
Clayton Hughes	(612) 546-4809
Ab Johnston	(612) 566-3762
Felice Kelly	(612) 550-1266
Sue Larson	(612) 929-4673
Matt Little	(651) 773-8141
Bill Piotraschke	(612) 866-2944
Willie Prawdzik	(612) 869-1989
Ray Ranallo	(612) 827-3945
Bill Rose	(612) 537-2455
Bill Sturm	(651) 483-0645
Rob Sloan	(612) 529-0684

Rating Clinics

Here is a list of free ratings clinics for anyone who will be playing in the USTA USA Northern Leagues. Call the phone number to make a reservation.

Date	Time	Location	Phone
Sun, 5/16	2-3 p.m.	Decathlon	(612) 854-7171
Sun, 5/23	2-3 p.m.	Decathlon	(612) 854-7171
Tues, 6/1	9-11 a.m.	Nicollet	(612) 825-6844
Thurs, 6/3	9-11 a.m.	Nicollet	(612) 825-6844
Sun, 6/27	2:30-3:30 p.m.	Decathlon	(612) 854-7171

Civility on the Courts

By Ron Liddiard

Here are eight rules for a good game of tennis:

1. Find a good partner.
2. Decide which side you will play.
3. Figure out your system of play.
4. Move as a team.
5. Figure out who has shot priority.
6. Know your role!
7. Keep the ball away from the net person.
8. Keep your game simple!

And remember—play nice. It's a great game!

GUESS WHO?

Here are three STPC members in an earlier life. Can you guess who they are?



1



2



3

Clue: They all play tennis at Wooddale. Give up? See page 10 for the answer!

Two-Liner Want Ads

These free two-liner want ads are available to all STPC members. If you would like to place a free ad, call or write the editor, Nancy Kaminski. **Your ad can only be about 100 spaces long, so be brief!**

Ballroom Dancing. Refreshments, every Thurs. 1-3:30, Dick Macko's band. Lennox Comm. Ctr., 6715 Mtka Blvd. Questions? (612) 428-2052.

For Sale. Interested in Head racquets and clothing? Call Percy Hughes, our director of training at (612) 831-2872.

Let Captains' Profile writer Carol Hall write your family history: preserve precious memories for your grandchildren. (651) 731-5127.

For Sale. Racket Rack, holds 5 rackets; 20 opened metal tennis cans w/lids, no balls, make offer; 12 sets assorted strings in pkgs, \$1 ea. (651) 459-6059.

For Rent. 1 week in Cancun at an all-inclusive deluxe resort with excursions included, discounted. (612) 431-3361.

For Sale. Blue Columbia bowling bag, room for shoes, zipper pockets. New. \$30. (612) 721-2039.

Elderhostel. "Justice for All: Our controvesial Legal System." June 6-11, Regal Minneapolis Hotel. M. Woodhouse, (612) 593-1117.

Matched Singles Tennis Club

For single adults with opportunities for social and competitive tennis, drills, and social events. Outdoor clinics start early May. No age limit. \$30 membership. For information call (612) 953-8454.

Introduce your friends to tennis! Have them sign up so they can get the newsletter and play summer outdoor tennis. Membership is only \$20 and you can join if you are 50 or over. Call Jan, (612) 941-4789.

1999 SUMMER COURT SCHEDULES

Court Location	Day	Skill	Time	Captain	Phone
OUTDOOR COURTS					
Aquila Park Minnetonka Blvd & Aquila Ave, St. Louis Park (walk on)	Monday through Friday		8-12 p.m.	Captain needed	
Augsburg Park 72nd & Blaidell, Richfield (walk on)	Monday through Friday		7:30-9:30 a.m.	Gigi Stangler	612-897-0811
Bass Lake Park (Benilde/St. Margaret) Beltline Rd and 36th St, St. Louis Park (walk on) (not available 8/16-8/21)	Monday through Saturday		8-12 p.m.	Captain needed	
Brooklyn Center High School 65th & Humboldt Ave N, Brooklyn Center (walk on)	Tuesday Thursday		8:30-10:30 a.m.	Captain needed	
Brookview Park Hwy 55 & Winnetka Ave, Golden Valley (walk on)	Saturday		8-10 a.m.	Joyce Hautman Aldean Cummings	612-545-4051 612-474-1731
Carpenter Park Minnetonka Blvd & Raleigh Ave, St. Louis Park (walk on)	Monday through Friday		8-12 p.m.	Captains needed	
Chanhassen Elementary School Courts Laredo Dr, Chanhassen, 1 block E & N of Chanhassen City Hall (walk on)	Friday		9-11 a.m.	John Goulett, Jr. Marlyn Goulett	612-445-4165 612-445-4165
Christian Park 69th & Bloomington Ave, Richfield (walk on)	Monday Wednesday Friday		7:30-10 a.m.	Chad Sharkey	612-866-7682
Como Park Horton Ave west of Lexington, Saint Paul (starts 5/3) (walk on)	Monday Wednesday		7-11 a.m.	John Connelly	651-771-2664
Dred Scott Park W Old Shakopee Rd & Ferry Bridge Rd, Bloomington (walk on)	Monday through Friday		8-10 a.m.	Chuck Supplee Chuck Slocum (coordinators)	612-884-2575 612-941-4059
Edina Senior High School 6754 Valley View Rd, Edina (walk on)	Tuesday Thursday		6-8 p.m.	Captain needed	
	Saturday Sunday		4-6 p.m.		
Fairview Community Center Cleveland & Skillman, Roseville (starts 5/5) (walk on)	Wednesday Friday	3.0-3.5 Men only	8-10 a.m.	Dan Nedoroski	651-645-2368
Fridley Commons 62nd & 7th Ave (northwest corner), Fridley (walk on)	Tuesday Thursday	3.0-4.0	9-11 a.m.	Bob Metcalf	612-571-3596

Court Location	Day	Skill	Time	Captain	Phone
Gro-Tonka Park North of Minnetonka Blvd, east of 101 & Groveland School, Minnetonka (walk on)	Monday through Friday		8-10 a.m.	Lloyd Layton	612-476-1298
Irondale High School Long Lake Rd south of Cty Rd H, New Brighton (starts 5/8) (walk on)	Saturday		8-10 a.m.	Jim Vint	651-636-0071
Lone Lake Park Shady Oak Rd north of Bren Rd, Minnetonka (walk on)	Monday, Wednesday through Friday		8-10 a.m.	Paul Weinreis	612-935-9463
Marthaler Park 1625 Humboldt Ave across from City Hall, West Saint Paul (starts 5/4) (walk on)	Tuesday Thursday Saturday		9-11 a.m.	Pat Calvin	651-699-6899
Normandale College 96th & France Ave, Bloomington (walk on)	Wednesday		9-11 a.m.	Chuck Supplee	612-884-2575
North Valley Park Off 70th 1/2 mile east of Lafayette Freeway, Inver Grove Heights (starts 5/3) (walk on)	Monday Wednesday Friday	2.5-3.5	9-11 a.m. May and Sept. 8-10 a.m. June, July, & Aug	Shirley Nelson	651-455-2692
Oakdale Courts 45th & Granada (1/2 mile east of 120 on 45th) Oakdale (5/4 through 7/20) (walk on)	Tuesday Thursday Saturday		8-10 a.m.	Betty Livingston	651-777-9723
Parker's Lake Cty Rd 6 & Niagara Ln, Plymouth (walk on)	Monday through Friday		8-10 a.m.	Ed Fischer Dick Karlberg	612-550-9770 612-473-3798
Roseville Middle School Cty Rd B2, 2 blocks east of Rice, Roseville (walk on)	Saturday		9-11 a.m.	Need captain (several active players)	
Saint Anthony Courts Silver Lake Rd & 33rd, Saint Anthony (starts 5/3) (walk on)	Monday		9-11 a.m.	Mary Kaminski	612-781-3271
Shawnee Park 6515 Scheel Dr (Upper Afton Rd to Martha, north to Scheel), Woodbury (walk on)	Monday Wednesday Friday		9-11 a.m.	Captains needed	
Shorewood (Badger Park) West of Excelsior, 1/2 block S of Hwy 19 & Country Club Rd, Shorewood Set teams: if interested in subbing, call Char Hall, 612-474-5873.	Thursday		9-11 a.m. May, June, Sept. 8-10 a.m. July, Aug.	Char Hall	612-474-5873
Skillman Courts East of Cleveland on Skillman, Roseville (starts 5/4) (walk on)	Tuesday Thursday		8-10 a.m.	Pat Grames Esther Shivers	651-646-4776 651-646-4776

Court Location	Day	Skill	Time	Captain	Phone
3M Tartan Park 20th St N between Cty Rds 17 & 15, Lake Elmo Enter picnic and sports area. If wet, play at Wooddale Indoor Club (walk on)	Monday Wednesday Friday	3.0+	8-10 a.m. 5/3 through 6/7 7-9 a.m. 6/14 through 8/13 8-10 a.m. 8/16 through 10/1	Darlene Moynagh	651-436-8927
Valley Park Marie east of Victoria, Mendota Heights (starts 5/17) (set teams)	Monday		7:30-9 a.m.	Patricia Palmer	651-686-6780
	Tuesday		7:30-9 a.m.	Bunny Dougherty	651-454-1353
	Wednesday		7:30-9 a.m.	Dot Guenther	651-457-4682
	Thursday		7:30-9 a.m.	Nancy Karasov	651-452-3172
	Friday		7:30-9 a.m.	Lee Williams	651-452-0152
Valley View Park 90th between Nicollet & Portland, Bloomington (walk on)	Monday Tuesday Friday		7:30-9:30 a.m.	Captain needed	
Wayzata Bell Courts 1 block north of Nwy 12 & Minntonka St, Wayzata (walk on)	Wednesday		9-11 a.m.	Marilyn Thorne	612-471-9813
White Bear Lake High School Cty Rd 6 & McKnight Rd, White Bear Lake (starts 5/5) (walk on)	Wednesday		6-8 p.m.	Shirley Kresko	651-770-1272
BEGINNER LESSONS AND DRILLS					
Benilde High School Beltline Rd & 36th St, St. Louis Park (starts 5/20)	Thursday		8:30-10 a.m.	Percy Hughes Paul Stormo	612-831-2872 612-944-6286
Bryant Courts 84th & Bryant Ave S, Bloomington (starts 6/3)	Wednesday		8:30-10 a.m.	Percy Hughes	612-831-2872
Lyons Park Glenwood & Harold St, Golden Valley	Monday		5:30-7 p.m.	Connie Custodio	612-824-2569
	Wednesday		5:30-7 p.m.	Ernie Greene David Earlewine	651-488-6359 612-470-4041
Tanner's Lake Century Ave near 94 (Left on Hudson Blvd. frontage road to Greenway. Left to 2nd street, left to lake and tennis courts.)	Wednesday	Intermedi- ate	9-10:30 a.m.	Lois Nordman	651-735-6214

Court Location	Day	Skill	Time	Captain	Phone
PRIVATE CLUB DRILLS OPEN TO STPC MEMBERS					
Decathlon Hotel and Athletic Club 7800 Cedar Ave S, Bloomington \$6 court fee	Wednesday Friday	2.5-3.5 2.5-3.5	8:30-9:30 a.m. 8:30-9:30 a.m.	Chris Combs	612-854-7171
Nicollet Tennis Center 4005 Nicollet Ave, Minneapolis \$5 court fee	Tuesday		9-10 a.m.	Rod Vaught Abdul Idi	612-825-6844

Free Lessons. Twelve free lessons are offered as part of your STPC membership. New members are encouraged to take advantage of them! After twelve lessons, you will receive a free can of balls, a certificate of accomplishment, and congratulations from the STPC president.

You must notify the instructor when you have completed twelve lessons! Members are encouraged to attend lessons and drills at any time. If your game needs improvement, here is your opportunity.

Skill Rating. If you need to know your skill rating, attend one of the lessons/drills and ask the instructor to rate you. If you have any questions, call the instructor.

Corrections to the Schedule. If there are any errors or omissions in this schedule, please notify Jack Wallin, (651) 457-2266 (Saint Paul and East Region courts), or Rod Macpherson, (612) 788-2824 (Minneapolis and West Region courts).

*RIVER FALLS ADULT TRAVELING
TENNIS CAMPS 1999
Registration Form*

			Ratings
Camp 1	July 26-29	\$250	2.0-2.5
Camp 2	July 30-Aug 1	\$195	all
Camp 3	Aug 2-5	\$250	3.0-3.5

Choose camp(s) that best fit your skills and needs.
Ratings listed are only recommended, not limited to.
Prices are for double room with air conditioning.
Single rooms are \$5/night additional.

Name _____
Address _____
City _____ State _____ Zip _____
Telephone _____
Camp # _____ Your Rating _____
Roommate _____

*River Falls Traveling Tennis Staff: Karla Sand
(651) 739-7397 and Pat Williamson (651) 738-6953.*

Directed by Connie Custodio with pros Ernie Greene, Lois Nordman, and other experienced tennis pros.

To receive early bird \$20 discount, send registration form with \$125 deposit before May 1. Make check payable to Pat Williamson, Traveling Tennis, and mail to 521 Ferndale St. N, Maplewood, MN 55119.

A \$25 service fee is retained if you cancel after June 15. After July 1, half of fees paid are forfeited, except in cases of medical emergencies.

Waiver and Indemnity Agreement: Acceptance of my entry to camp is without responsibility of any kind of Adult Tennis Camp. I do hereby on behalf of myself and heirs and legal representatives release and forever discharge the Adult Tennis Camp from any and all claims, demands, and injuries howsoever arising and all such claims are hereby waived and released and I covenant not to sue.

Signature _____ Date _____

At tennis I'm a novice
but at real estate
I'M DEFINITELY A PRO!



Make the "right move"
call

NANCY LINDEMAN
Burnet Realty
(612) 827-9450

paid advertisement

John Bolger Tennis Clinic & Luncheon

Tuesday, May 18, 1999



**Nicollet Tennis Center
40th and Nicollet Ave S**

Tennis at 9 a.m., luncheon at noon.
2½ hours lessons, 45 minutes play.

Everyone plays!

\$10 per member, \$15 per guest.

GUESS WHO?

How'd you do? Here are the answers—the STPC members pictured in the photos on page 5 are:

1. Carol Hall, Northwest Orient Airlines stewardess, 1960.
2. Mary Wenz, tennis enthusiast at age 2 ½.
3. John Connelly, Saint Paul Cretin High School graduate, 1941.

John Bolger Tennis Clinic Reservation Form

Name _____

Phone _____

Skill level: 1-1.5
 2-2.5
 3-3.5
 4.0

Send your check for \$10 (\$15 per guest)
and this coupon to:

**Bill Connell, 6105 Lincoln Dr #239,
Edina, MN 55436-1622
(612) 930-3060**

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Address Correction Requested

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