

SENIOR ❖ TENNIS ❖ TIMES

NEWSLETTER OF THE SENIOR TENNIS PLAYERS CLUB, INC.

AUGUST 1999

Nutrition for the Nineties

Americans are eating more low-fat food items, but we are still gaining weight. University of Alabama researchers found that from 1976 to 1990 many more Americans were eating low-calorie and low-fat foods—from 19% of Americans to 76%. During that time, average caloric intake decreased 3% for women, 6% for men, and calories from fat decreased from 41% to 37%. At the same time, however, the number of Americans considered obese increased 33%.

All the more reason to go back to the basics—good nutrition and exercise.

There are five easy steps to healthy eating.

1. Limit meat, poultry, and fish to 6 ounces a day. Saturated fat raises your blood cholesterol level more than anything else you eat. Red meat is a major source of saturated fat, but reducing fat doesn't mean bypassing the meat

counter.

Choose lean cuts—the amount of fat in meat varies with the amount of marbling.

Consider grades—meat is graded (Select, Choice, and Prime) based on marbling, fat, and calories.

Trim fat—the real key to lean protein is paring visible fat. Trimming fat from a lean roast or chicken breast before cooking prevents fat from “migrating” into the meat or poultry. This further reduces fat without loss of flavor.

2. Five Alive—five fruits and vegetables daily. Make fruit or vegetables your entrée. Think of meat, poultry, and seafood as a side dish.



3. Eat low-fat dairy foods. Dairy foods provide essential calcium and protein but they can also be high in saturated fat and cholesterol. You can minimize dairy fats by using:

- Skim or 1% milk
- Nonfat or low-fat yogurt
- Low-fat or fat-free ice cream or frozen yogurt
- Reduced-fat, fat-free, or part-skim milk cheeses
- Low-fat or fat-free sour cream or cream cheese

Restock your pantry. In addition to limiting fat, you should also avoid excess sodium. Too much sodium may contribute to high blood pressure and increase your risk of heart attack.

4. Enhance flavor in the foods you eat and cook while reducing fat and sodium. Cook with onions, fresh garlic, ginger root, Dijon mustard, fresh lemons and

Jack Dow Tournament Participant Reminder

By Matt Little, Jack Dow Tournament Committee Chair



Time is running out for entry into the 1999 Jack Dow Tournament. The absolute deadline for entry is August 24. But actually, you don't have to wait for the deadline. You can send your entry in today. The sooner it is done, the greater the chance of avoiding errors regarding playing dates, times, and assignments.

The directors and committee members will need the time to process and coordinate the scheduling in order to be sure that the tournament runs smoothly. This will be the biggest and best tournament since its inception. So get on the bandwagon and join the fun!

Continued on page 3

Senior Tennis Players Club, Inc.

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

Senior Tennis Times

The *Senior Tennis Times* is published monthly by
and for the members of the Senior Tennis Players
Club, Inc.

Editor

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Anthony, MN 55418-2545.
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Helen Stecklein	651/644-8304
Director of Training:	
Percy Hughes	612/831-2872
Historian: Mary McNeil	612/545/7142
Founding President: H. Jack Dow	

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: 1,670

August 1999: Volume 12, Number 7

Report From the President

By Bob Tischbein

The Intergenerational Tennis Games took place on May 22 at Loring Park. The event was successful with many seniors attending. I thank you for your support. This event was a joint effort among the Senior Citizen Advisory Committee, the Mayor and City Council of Minneapolis, InnerCity Tennis, and STPC. Mayor Sales Belton was in attendance and is recommending an additional event late this summer. A mayor's cup will be awarded.

The John Bolger Clinic, a yearly event, took place at Nicollet Tennis Center on May 18. There were 85 participants as Roger Boyer and his pros conducted drills, and I do believe we all learned something we didn't know or had forgotten. The luncheon was delicious, chicken salad at its best. Mrs. Bolger came for lunch and was graciously thanked for her financial contribution to the event.

The board of directors have authorized the president to purchase liability insurance to cover all board members.

Liability insurance is not new to the club; however, in the past it was quite expensive. As a non-profit corporation and a referral through USTA, the coverage is available for \$350 a year. In today's world, it seemed like a prudent thing to do.

Ron Liddiard, treasurer, presented the quarterly audit and the budget. The budget was approved. Any member desiring a copy of the budget may do so by contacting Ron at (612) 829-7530.

Membership is healthy with a total membership of 1,682. Jan Hagen, membership chair, feels we need a lot of help, as does the board, to reach our goal of 1,900 members by December 1999. Any help or suggestions will be appreciated.

This will be the last issue before the Jack Dow Tournament, which starts September 7. If you have not already done so, please fill out the entry form today. This is a fun event, and all levels of play are welcome. Your participation just might make your day!

Have fun on the courts, and be courteous.

Newsletter Submissions

To help make the newsletter as correct as possible, please submit all items in writing only, by mail, fax, or email. No phone call information will be accepted. Send your submissions to:

Nancy Kaminski
3300 East Gate Rd
Saint Anthony, MN 55418-2545
Fax: (612) 672-6083
Email: nancykam@mediaone.net

If you have an idea you would like to see written up, or you would like to write an article, call Bev at (651) 578-1345. We need your help and input from writers and photographers.

STPC 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."

Fun, Tough, and No Rain

By Jan Hagen

A Stecklein Summer Team Tennis Update. We are halfway through the regular season. Then comes three weeks of play-offs. Seventy-nine STPC members have participated thus far. There are eight teams (with four women and four men per team) traveling every Tuesday morning to play their matches.

We had fifteen different members subbing so far, and if you'd like to sub, too, give me a call at (612) 941-4789. Captains are always looking!

Nothing ties our club together better (north, south, east, and west) than summer Team Tennis. One constant benefit is getting to know other STPC members besides the same old group you always play with. It can open your eyes to different styles of play. I'm constantly challenged to reinvent my strategies.

The standings at mid-season are tight at the top and tight in the middle. Wow, I've never heard of so many tie-breakers. Who will win the championship and consolation games is anybody's guess. And that's what is making this a particularly fun summer...oh, and did I mention, no rain?

...and More About Team Tennis

By John Connelly

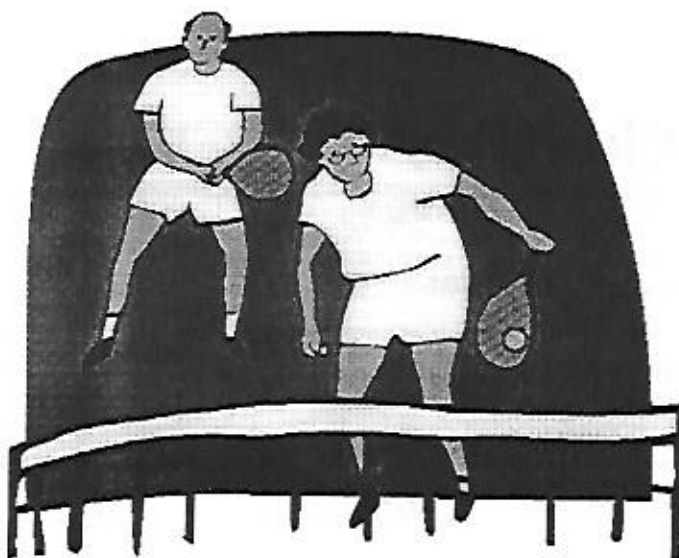
This year's program started June 15 and will run ten weeks, with the last three weeks reserved for playoffs. Play is on Tuesday mornings.

The good news is that we have eight teams, but all of them play at the A level (3.5 and above). The bad news is that we had to cancel play at the B level (3.0 and below) because there were too few players signed up.

We very much regret having to take this action. We certainly hope more members in the future will take advantage of this excellent playing opportunity to have some fun and increase social contacts by playing tennis in a small group and meeting other members—all this with minimal travel.

The success of this year's program is because of the dedication, extraordinary hard work and long hours spent by the following members— A-level coordinator Jan Hagen, facility coordinators Rod Macpherson and Jack Wallin, and team captains and cocaptains Muriel Hackney, Don Schneider, Deni Sahr, Nancy Luring, Al Nuhn, Marv Schneider, Bob Powless, Jean Murdock, Jerry Walsh, and Ronnae Wagner.

If you are not playing, it's great tennis to watch—the teams welcome spectators!



Hear Ye! Hear Ye! Two Special Fall Membership Opportunities!

Any person joining STPC after September 1 will get a membership for the remaining months of 1999 plus all of the year 2000.

Any current STPC member who brings in 3 or more new members between September 1 and December 31 will be eligible to win \$100. Their names will go into a drawing and the winner's name will be drawn in January.

With the Winter Court Schedule announced, it is a perfect time to join. So get organized, make plans, and invite someone to join you in our wonderful Senior Tennis Players Club. The benefits are awesome!

Continued from page 1

limes, flavored vinegar, sherry or other cooking wines, cornstarch, vegetable cooking spray, or other herbs and spices.

5. Smart snacking. Think before you reach. It is all too easy to reach for the easy, pre-packaged snack. But typically those snacks are higher in fat and calories. Take a minute to decide what texture of food you're craving—crunchy, creamy, or cold—then choose a healthy snack. Suggestions:

- Crunchy: Reduced fat-free crackers, air-popped popcorn, raw vegetables, rice cakes, frozen grapes
- Creamy or cold: Garbanzo beans, non-fat yogurt or frozen yogurt, fat-free juice bars, or fruit spritzers

One other factor in overall health is exercise. Staying active helps maintain physical and mental fitness.

(UCare Minnesota is a nonprofit health maintenance organization (HMO) established in 1984 by the Department of Family Practice at the University of Minnesota Medical School, and is now the fourth largest HMO in the state. UCare offers a Medicare + Choice product, UCare for Seniors, to eligible seniors in the metropolitan area and adjacent counties, as well as serving state program enrollees across Minnesota.)

Club Notes

Court Updates

Due to Benilde-Saint Margaret High School activities, the courts at **Bass Lake Park** in Saint Louis Park will not be available the week of August 23.

The courts at **Lone Lake Park** are available only on Tuesday, Thursday, and Friday, 8-10 a.m. of each week, and not on Mondays and Wednesdays.

Lorraine McDaniel, (612) 869-7392, is co-captain with Gigi Stangler at **Augsburg Park**.

Saint Anthony Has New Courts

The beautiful new tennis courts in Saint Anthony (Silver Lake Road and 33rd Avenue) seem to be the best-kept secret on the schedule, and we don't want it to be!

Till we go indoors, 2.5-3.0 men and women players are most welcome to come and play Monday mornings from 9-11 a.m. Questions? Call Mary Kaminski at (612) 781-3271.

Players Wanted at Nicollet

Ladies—don't have court time as a regular or sub? Check this out: there are openings for 2.5-3.0 women on Mondays, 1:30-3 p.m. at the Nicollet Tennis Center, starting September 13. Call Marlys Christensen at (612) 368-3285 if you're interested.

Additional court time is available now at Nicollet! There are 2-3 courts Tuesdays, 7-9 a.m., 2-6 courts Fridays, 12:30-2:30 p.m. If you're interested, call John Ribnick, Nicollet Tennis Center, at (612) 825-6844.

Captains' Corner

By Jack Wallin

Please look at the fall schedule published in this issue of the *Times* and determine that the information for your playing times and locations is correct. If there are changes to be made, or if your team has inadvertently been left out, please contact Rod Macpherson (612-474-9346) for the West Metro area, or me (651-457-2266) for the East Metro area. We must have your comments to make this schedule as accurate as possible.

We're most sorry that the 3.0 and under TeamTennis did not come to fruition this summer. The number of players was sufficient, but volunteers for captains were just too few to field enough teams for play. If events such as these are to succeed, there must be people to run them!

New members, the fall schedule is your opportunity to call the captains of those teams meeting your criteria and

informing them of your desire to sub and/or play on a regular basis. Be sure that your playing skills match those of the team in which you have an interest.

Volunteers Needed

Ronnae Wagner, tennis party coordinator for 1999-2000, needs volunteers to assist in running STPC's popular tennis parties. Your primary duty is to help organize the food, as well as fill in on the courts if they are short of players.

This task gives you the chance to get to know other STPC members better, and above all, to have fun! If you're interested, call Ronnae at (612) 938-5785.

Correction

"West Point Military Academy" in the "Guess Who" answers in the June/July *Times* was incorrect. It should have read "US Military Academy at West Point."

Civility on the Courts

By Ron Liddiard

- When you make a bad shot, apologize to your partner, relax, and look for the next point.
- Do not show anger or aggression towards anyone, including yourself. Stay calm.
- On close line calls, if you cannot clearly see the shot as out, call it good. Any doubt makes the call good. This is sometimes called good sportsmanship.
- Be sure to smile, if you cannot, your intensity level is getting too high. Relax!
- Tennis instructor's tip: Do not play the game of tennis in running shoes because they lack side support. Use shoes that are labeled either "tennis" or "cross training."

Twelve Lesson Awards

Linda Becker and Ron Welde are the latest STPC members to complete twelve lessons. Congratulations!

In Memoriam

Sandra Jo Dyer, 57, of New Brighton, died July 4 after a courageous battle with ovarian cancer. Sandy never played tennis until 1987, when Percy Hughes, our director of training, started giving her lessons in Aitkin, Minnesota, where her parents live. She joined STPC and became active in club tournaments at the

Northwest Moore Lake Club.

One of our popular members, sympathy is extended to her husband, Ronald, her parents, Joe and Marie Christy, and to her daughters and their families.

Kenneth Hall, 83, of Shorewood died in June from complications of emphysema. Our sympathy to his widow, Charlotte Hall, a lifetime member of STPC.

Betty Swanson, 78, of South Minneapolis, died June 7 of cancer. Betty was a long-time STPC member.

C. Walton Lillehei, MD, Ph.D, 80, died on July 5 following a protracted illness. Dr. Lillehei, "the father of open heart surgery," was world-renowned for his contributions to medicine and biomedical engineering. Our condolences to his wife, Kaye, STPC member, and their family.



Who Do We Appreciate? Our Captains!

By Mary McNeil

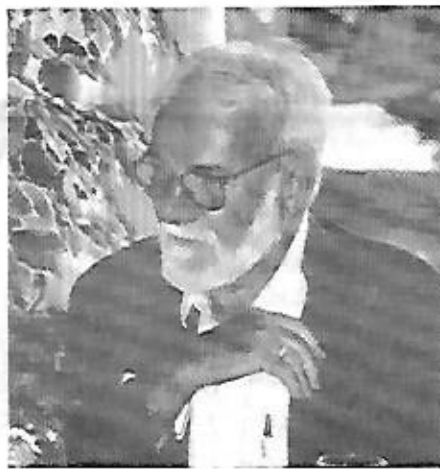
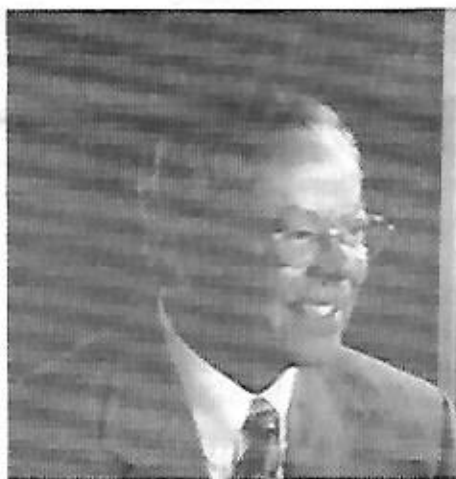
And who were honored at the Olympic Hills Golf Course on June 17 for a delicious dinner?

Our captains!

They were hosted by our capable president, Bob Tischbein, and membership chair Jan Hagen. A short program featured Percy Hughes, our enthusiastic leader and teacher, who has contributed so much to Senior Tennis through the years. Besides being thrilled that our club is nationally known, he urged everyone to participate in the Jack Dow Tournament coming up in September (watch for details in the Times).

The Racqueteers, a swing band composed of Senior Tennis members, entertained during the evening. They were Lloyd Layton, piano, Darrell Sobraske, sax, Henry Flesh, drums, John Klinger, bass. Their contribution enhanced the evening.

We're lucky we have so many dedicated captains! Thanks to all.



Left to right: Percy Hughes, Bob Tischbein, and Jan Hagen, at the Captains' Dinner on June 17.

Players Wanted for Winter Court Openings

Decathlon

Permanent openings are available for 3.0 men and women players on Tuesdays, 1-3 p.m. at the Decathlon Club. If you're interested in playing in this time slot during the winter indoor season, call Willy Prawdzyk, (612) 869-1989.

Nicollet

Permanent and substitute players, 2.5-3.0 men and women are needed to play at Nicollet Tennis Center on Tuesdays, 10 a.m.-noon. If you're interested, call Mary Kaminski at (612) 781-3271.

Attention Members!

- Need some membership applications? Call Jan Hagen at (612) 941-4789.
- Need some newly-designed STPC brochures? Call Don Schneider at (612) 938-0121, Bob Tischbein, (612) 938-9348, or Jan Hagen (612) 941-4789.
- Need more players for your fall group? Advertise in the newsletter. Deadline is the tenth of each month for the following month's issue.
- Want to get involved? Want to give back? Call any board member for volunteer opportunities. Their names and phone numbers are listed in each newsletter.
- Want to add some more tennis to your life? Call any of the winter court captains. Do it—just pick up that phone.
- Want to experience several days of tennis talk and camaraderie? Get a partner and enter the Jack Dow Tournament. Do it—just send in that application.
- Want to win \$100? Bring 3 new members to STPC between September 1 and December 31. I bet you can name 3 right now. Do it—make the calls.
- Want to see something in the newsletter? Call Bev Sinniger at (651) 578-1345. Do it—your ideas are needed!

An Old Guy's Senior Tennis

By Don Knauer

Now is the story of a group of old men
Trying to capture their youth once again.
We're out on the tennis court morning to night,
From dawn's early rays, thru evening's floodlights.
Some hit with power, some hit with spin.
Some call the ball "out," when it really is "in."
Some have new hips, and more have new knees.
The game sure is fun but it's no longer a breeze.
Our hearing's gone bad, so we can't hear a "let."
And our most difficult move is the charge to the net.
'Cause when we get there, the ball's over our head,
So we hustle on back, with legs made of lead,
We look up for the lob, and see nothing but sun.
We miss it completely, boy, isn't this fun?
Our arms now are weary, our elbows are sore.
An, what's worse, we can't remember the score.
So, after two hours, we trudge off the court.
In spite of exhaustion, we still love the sport.
And our wives love it too, for what do they care?
We're out keeping fit, and we're out of their hair.



Senior Doubles For 3.0 and Above Players!

STPC and Nicollet Tennis Club are offering groups of three 1½-hour lessons, starting in September. Lessons are limited to 8 senior players at a time.

The charge for each three lessons is \$20. Your check will reserve your place. The instructors are Nicollet Tennis Club professionals.

Name _____

Address _____

City, State, Zip _____

Phone _____

Check enclosed for _____

Check your preferred date and time!

- 10-11:30 a.m. Sept. 16, 23, 30
- 12:30-2 p.m. Sept. 16, 23, 30
- 10-11:30 a.m. Oct. 7, 14, 21
- 12:30-2 p.m. Oct. 7, 14, 21
- 10-11:30 a.m. Nov. 4, 11, 18
- 12:30-2 p.m. Nov. 4, 11, 18

Send this form to:

Nicollet Tennis Center
4005 Nicollet Ave
Minneapolis MN 55409
(612) 825-6844

Summer Tennis Camps at River Falls

Directed by Connie Custodio
Pros include Ernie Greene & Lois Nordman

July 26-29; July 30-Aug. 1; Aug 2-5

Some openings remain—call for details

Pat Williamson (651) 738-6953

or

Karla Sand (651) 739-7397

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.

Lost. Black necklace at Olympic Hills Club, June 17. Keepsake. Call Vi Schaber, (612) 420-9749.

For Sale. Ektelon H stringer, 2 Wilson titanium 3.0 & 4.4 oversize rackets, 2.7 Profile, & 30 assorted tennis books. (651) 459-6059.

For Sale. Sturdy hide-a-bed and heavy ping pong table. Call (651) 459-6059.

For Sale. 3 bedroom ranch house, Cottage Grove. Call (651) 459-6059.

For Sale. Condo, Edina West, indoor and outdoor tennis and pools. (612) 930-3223.

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

Wanted. Player, 50th & Vernon, skill level 1.5, needs 3 others to play and improve with. If interested, call Audrey Osterlund, (612) 922-3411.

For Sale. Beanie Bears Brittanica, Valentina, and Erin. Offer open, collectibles. Call Dorothy, (612) 784-1344.

World Tennis Center, Naples, FL. 1/29-3/11/00. More info next Senior Tennis Times. Call Don Bratt, (651) 636-7083.

Long Term Care Insurance

You've worked hard to be financially secure,
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Assisted Living Care • Nursing Home Care*

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Sue Kaupa • (612) 905-9043

paid advertisements

(This letter was mailed to all known captains. If you are a captain and didn't receive one, please call Bob Tischbein at (612) 938-9348.)

Dear Captain:

USTA has a new program called USA Community Tennis. A community program designed for the purpose of bringing people of all ages into the game of tennis.

To qualify, an organization must be a non-profit corporation, must have bylaws, officers, professional instruction, and team tennis. Senior Tennis fulfills these requirements, so that we are in place to qualify for the benefits of the program.

The benefits are financial as the club will be paid small sums for organized tennis, and for drills and lessons.

Your cooperation is essential as we need a check-off list each time you and your players meet to play tennis. A separate sheet of instructions indicating what you, as a captain, must do to make this program a success and to work for STPC is included herewith.

Your Board of Directors have determined that this program will be a tremendous opportunity to provide additional funds to the InnerCity Tennis organizations of both Minneapolis and Saint Paul.

If you would like additional information, please contact Rod Macpherson, (612) 474-9346, or Jack Wallin, (651) 457-2266.

Your cooperation will be greatly appreciated.

Sincerely,

Bob Tischbein
President, STPC

Guess Who?



1 Pictured are three STPC couples on their wedding day. Can you guess who they are? Clue: They live in Fridley, Saint Paul, and Saint Louis Park (not necessarily in that order.)



2 Give up? See page 15 for the answers!



3

Tournament Rules

Fee. \$5 per event per person.

Events. Rating. 2.0, 2.5, 3.0, 3.5, and 4.0 men's, women's and mixed doubles or round robin, 2 out of 3 sets regular, 12-point tie breaker if necessary.

The 15 minute default rule will be enforced.

Starting times. Call for your starting time on **Sept. 3 or 4:**

- Last names A-M: Ronnae Wagner
(612) 938-5785
- Last names N-Z: Winnie Lund
(612) 930-3060

All entrants must be rated by an STPC professional or have a current USTA rating. Those rated in 1998 need not be rated again in 1999.

A winner in an event in 1999 automatically jumps to the next level.

Those unable to find a partner must state that on the application.

All entrants must be members of STPC.

To cancel, call Ernie Greene, Tournament Director, (651) 488-6359.

For further information, call:

- **Ernie Greene**, tournament director
(651) 488-6359
- **Percy Hughes**, assistant tournament director
(612) 831-2872
- **Matt Little**, tournament chair
(651) 773-8141
- **Bob Tischbein**, STPC president
(612) 938-9348

detach before mailing

Senior Tennis Players Club, Inc.

Jack Dow Annual Senior Tennis Tournament

September 7-10, 1999
9 a.m.-4 p.m.

Normandale Athletic Club
6701 W 78th Street, Bloomington, MN 55439

2 players may use this form. Entries close August 24, 1999

Event	Name (Print)	Rating	Phone (incl. area code)
Men's Doubles	1. _____	_____	_____
	2. _____	_____	_____
Women's Doubles	1. _____	_____	_____
	2. _____	_____	_____
Mixed Doubles	1. _____	_____	_____
	2. _____	_____	_____

Yes, I need a partner at _____ rating.

Send check for \$5 per person per event and this form to:

Senior Tennis Players Club
2888 Joppa Ave #206
Saint Louis Park MN 55416

(This letter was mailed to all known captains. If you are a captain and didn't receive one, please call Bob Tischbein at (612) 938-9348.)

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2 Give up? See page 15 for the answers!



3

1999-2000 Winter Court Schedules

Court Location	Day	Time	Skill	Cts	Captain	Phone	
Daytona Club 14740 Lawndale Lane, Dayton Facility coordinator: Vern Nelson, 612-509-9635 starts 9/7	Monday	9:30-11:30 am	3.5-4.0 m/w	4	Dorothy Banach 3.5 Don Dahlin 3.5	612-784-1344 612-561-8267	
	Tuesday	9:30-11:30 am	2.0-3.0 m/w	4	Harvey Benson 3.0 Bernard Ackerson 2.5	612-784-6778 612-537-5061	
	Wednesday	9:30-11:30 am	3.5-4.0 m/w	4	Dorothy Banach 3.5	612-784-1344	
	Thursday	9:30-11:30 am	2.0-3.0 m/w	4	Vern Nelson 3.0	612-509-9635	
Decathlon Athletic Club 1700 East 79th Street, Bloomington Facility coordinator: Chuck Supplee, 612-947-9451 starts 9/7	Monday	7:30-9:30 am	3.0 m	3	Ken Gjerde 4.0	612-827-2073	
		9-11 am	2.5-3.0 w	3	Peg Feilzer 3.0 Lorraine McDaniel 3.0	612-881-9485 612-869-7392	
		11-1 pm	3.0-3.5 w	2	Laurene Wastveldt 3.0	612-935-2369	
		1-3 pm	3.5-4.0 m	3	Bob Fridgen 3.5	612-404-9533	
		8-10 pm	3.5 m/w	3	David Zimmer 3.5	612-588-2554	
	Tuesday	7:30-9:30 am	3.0 m	3	Kent Dickerman 3.0	651-292-1933	
		9-11 am	3.0 w	4	Genevieve Gjerde 3.0 Ruth Peterson 3.0	612-827-2073 612-941-7116	
		11-1 pm	3.0-3.5 m	3	Harley Wishart 3.0 Chuck Supplee 3.0	612-894-4523 612-929-7957	
		1-3 pm	3.0 m/w	3	Willie Prawdzik 2.5	612-869-1989	
	Wednesday	7:30-9:30 am	3.0-3.5 m	3	captain needed		
		9-11 am	3.0-3.5 m	3	Rod Macpherson	612-474-9346	
		9:30-11:30 am	2.5-3.5 m	3	Mike Bosanko 3.0 Chuck Mercer 3.0	612-881-0258 612-431-2761	
		11:30-1:30 pm	3.0-3.5 m	3	Jim Anderson 3.0	612-474-7333	
	Thursday	7:30-9:30 am	3.0-3.5 m	2	Dennis Fleming 3.5	612-926-0587	
		1-3 pm	3.0 w	2	Marge Nath 2.5v Ruth Peterson	612-835-2211 612-941-7116	
	Friday	7:30-9:30 am	3.0-3.5 m	3	captain needed		
		9-11 am	3.0-3.5 m/w	3	Mary Wenz 3.5	651-457-5347	
		11-1 pm	3.0-3.5 m	4	Rod Macpherson	612-474-9346	
	Flagship Athletic Club 755 Prairie Center Drive, Eden Prairie Facility coordinator: Chuck Slocum, 612-941-4059 starts 9/7	Monday	7-9 am	3.0-3.5 m	3	Lew Forsmark 3.0	612-888-3650
		Tuesday	7-9 am	3.0 m/w	2	John Soucek	612-943-1985
Wednesday		7-9 am	3.0 m/w	5	Marv Schneider 3.5	912-975-1895	
Thursday		7-9 am	3.0 +	4	Ruth Peterson 3.0 Marion Stief 3.5	612-941-7116 612-944-1210	
Friday		7-9 am	3.0 + m/w	4	Wally Johnson 3.0 Charlotte Boyles	612-935-4597 612-942-9298	

Court Location	Day	Time	Skill	Cts	Captain	Phone
Lilydale Racquet Club 945 Sibley Memorial Hwy, Lilydale Facility coordinator: Dot Guenther, 651-457-4682 starts 10/1	Monday	7:30-9 am	2.0 m/w	2	Pat Palmer 2.0	651-686-6780
	Tuesday	7:30-9 am	2.5-3.0 m/w	2	Bunny Dougherty	651-454-1353
	Wednesday	7:30-9 am	2.5-3.0 m/w	2	Ginny Stockwell 3.0	651-690-1840
	Thursday	7:30-9 am	2.5-3.0 m/w	2	Nancy Karasov 2.5	651-452-3172
	Friday	7:30-9 am	3.0-3.5 m/w	2	Bob Kelly 3.0	651-452-0244
Midwest Tennis Center 7300 Bush Lake Road, Edina Facility coordinator: Chuck Slocum, 612-941-4059 starts 9/7	Monday	7-9 am	3.0	3	Colette Schunk 2.5	612-869-0770
	Tuesday	open			needs captain & players	
	Wednesday	7-9 am	3.0	3	June Ekers 2.0	612-831-1702
	Thursday	7-9 am	3.0	4	Polly Maki 2.5	612-472-7707
	Friday	open			needs captain & players	
Nicollet Tennis Center 4005 Nicollet Avenue, Minneapolis Facility coordinator: Mary Kaminski, 612-781-3271 starts 9/7	Monday	7-9 am	2.5-3.0 m/w	3	Nancy Lindeman 2.5	612-823-0304
		7:30-9 am	3.0 m	3	Jack Kendall 3.0	612-869-0431
		8-10 am	3.0-3.5 m	3	Bob Tischbein 3.0	612-938-9348
		9-11 am	2.5-3.5 m	3	Bill Stamm 3.0	612-920-7632
		10-11:30 am	2.5-3.0 m/w	5	Polly Mersky 2.5	612-377-7365
		11-12:30 pm	2.5 m/w	2	Diane Lehman 2.5	651-488-6147
		11:30-1:30 pm	3.5-4.0 m	6	Glen Gullikson 3.5 Don Bratt 3.5 Chuck Emmie Jim Jensen	651-784-4539 612-636-7083 612-788-2824 612-922-3435
	1:30-3 pm		2	Marlys Christensen 2.5	612-368-3285	
	Tuesday	9-11 am	3.0-3.5 m/w	3	Fritz Christensen 3.0	612-571-5212
		10-12 pm	2.5-3.0 m/w	3	Mary Kaminski 2.5 Gladys Murray 2.5	612-781-3271 651-490-0402
		11-1 pm	2.5-3.0 w	3	Marilee Ward 2.5 Nan Hollard 2.5	612-374-9392 612-593-0492
		1-2:30 pm	2.5-3.0 m/w	3	Harlan Feuk 2.5	612-544-2991
		1:30-3 pm	2.5-3.5 m/w	3	Dorothy Schlichting 2.5	612-920-0965
		2:30-4 pm	2.5-3.0 m/w	2	Florence Halvorson 2.5	612-825-5824
	Wednesday	8:30-10:30 am	2.5-3.5 m/w	3	Bernice Galush 2.5 Audrey Petri 2.5	612-645-9741 612-545-7331
		9:30-11:30 am	3.0-4.0 m/w	3	Lee Warner 3.0	612-315-8716
		9:30-11:30 am	3.5-4.0 w	3	Ruth van Hilst 3.5	612-825-0779
		10:30-12 pm	2.5-3.0 w	2	Shirley Pratt 2.5	651-433-3583
		11:30-1:30 pm	3.5-4.0 m/w	2	Larry LaLonde 4.0 Jo Rolling 4.0	612-922-1780 651-777-3773
	1-3 pm	3.5-4.0 m	2	Orville Dahlbeck 3.5 Bill West 4.0	651-468-7386 612-475-2869	
	Thursday	8:30-10:30 am	2.5-3.0 m/w	4	Elvin Kolstad 2.5	612-869-7277

Court Location	Day	Time	Skill	Cts	Captain	Phone	
Nicollet Tennis Center (cont'd)	Friday	7:30-9 am	3.0 m	3	Jack Kendall 3.0	612-869-0431	
		8:30-10:30 am	2.5-3.5 m/w	6	Henry Scholberg 3.0 Aldean Cummings 2.5	651-633-6851 612-474-1731	
		9-11 am	3.0-3.5 m/w	4	Clayton Hughes 3.0 Rennae Wagner 3.0	612-546-4809 612-938-5785	
		10:30-12:30 pm	3.0 m/w	3	Roy Rincon 3.0 Amy Rincon 3.0	612-724-4623 612-724-4623	
	Sunday	2-3:30 pm	3.0-3.5 w	1	Marilyn Erickson 3.0	612-835-2938	
Oakdale Golf & Tennis 5115 Hadley Ave N, Oakdale Facility coordinator: Helen Stecklein, 651-644-8304	Monday	10 am-noon	2.5-3.0 m/w	3	Bev Sinniger 3.0	651-578-1345	
	Tuesday	8-10 am	3.0-3.5 m	2	Bill Michalko 3.0	651-777-9576	
	Wednesday	8-10 am	3.0-3.5 m/w	3	Helen Stecklein 3.0	651-644-8304	
	Thursday	2-4 pm	3.0-3.5 m/w	2	Earl Hall 3.0	651-731-5127	
	Friday	8-10 am	3.0-3.5 m/w	3	Helen Stecklein 3.0	651-644-8304	
Oakdale Racquet Club 1201 Ford Road, Minnetonka Facility coordinator: Chuck Slocum, 612-941-4059 starts 9/7	Monday	open			need captain & players		
	Tuesday	7-9 am	3.0 m/w	3	Orville Anderson 3.0 Dick Karlberg 3.0	612-935-7398 612-473-3798	
	Thursday	open			need captain & players		
	Friday	7-9 am	3.0+ m/w	3	Sharron Steinfeldt 3.5 Don Schneider 3.0	612-935-4253 612-473-4823	
St. Paul Indoor Tennis Club 600 Desoto St, Saint Paul Facility coordinator: Jack Wallin, 651-457-2266 starts 10/1	Monday	7-9 am or 8-10 am	2.5-3.0 m/w	2-3	need captain & players		
	Wednesday	7-9 am	3.0-3.5 m/w	3	Jim Vint 3.0	651-636-0071	
	Friday	7-9 am	3.0-3.5 m/w	3	Jim Vint 3.0	651-636-0071	
White Bear Racquet Club 4800 White Bear Pky, White Bear Lake Facility coordinator: Bill Michalko, 651-777-9576	Monday	7-8:30 am	3.0-3.5 m	3	Jim Rauch 3.5	651-429-3091	
	Thursday	7-8:30 am	3.0-3.5 m	3	Dan Nedoroski 3.0	651-645-2368	
Williston Fitness & Sports 14509 Minnetonka Drive, Minnetonka Facility coordinator: Bill Storie, 612-428-2052 starts 9/7	Monday	11-1 pm	3.0-3.5 m/w	2	Frank Locke 3.0 Harold Krantz 3.5	612-937-9394 612-935-6656	
		Tuesday	7-9 am	3.0 m/w	2	Phil Fortin 3.0	612-473-7544
			8-9:30 am	3.0 m	1	Hank Lofquist 3.0	612-476-4543
			8-9:30 am		1	need captain & players	
			9-10:30 am	2.5-3.0 w	1	Kit Peterjohn 2.5	612-474-0154
	11:30-1 pm	3.0 m/w	2	Henry Flesh 3.0	612-546-7317		
	Wednesday	11-1 pm	2.5-3.0 m/w	2	Frank Locke 3.0 Harold Krantz 3.5	612-937-9394 612-935-6656	
1-3 pm		2.5-3.0 m/w	2	Bill Storie 3.0 Dwane Billbe 3.0	612-428-2052 612-938-5016		

Court Location	Day	Time	Skill	Cts	Captain	Phone	
Williston Fitness & Sports (cont'd)	Thursday	8-10 am	3.0 m	2	Ed Fischer	612-550-9770	
		8-9:30 am	3.0 m	2	Henry Flesh 3.0	612-546-7317	
		9-10:30 am	open	1	need captain & players		
		10-11:30 am	2.5-3.0 w	2	Vi Schaber 3.5	612-420-9749	
	Friday	8-10 am				need captain & players	
		8:30-10 am	2.5-3.0 m/w	2	Ephame Dehn 2.5	612-935-1517	
		12-2 pm	3.0-3.5 m/w	2	Frank Locke 3.0 Harold Krantz 3.5	612-937-9394 612-935-6656	
		1-3 pm	3.0-3.5 m/w	2	Bill Storie 3.0 Dwane Billbe 3.0	612-428-2052 612-938-5016	
		2-4 pm	3.0 m	2	Don Schneider 3.0	612-938-0121	
	Saturday	12-1:30 pm	2.5-3.0 m/w	2	Shirley Pratt 2.5 Joyce Hautman 2.5	612-433-3583 612-545-4051	
4-6 pm		3.0 m/w	3	Rosalyn Bernstein 3.0	612-938-7698		
Wooddale Recreation Center 2122 Wooddale Drive, Woodbury Facility coordinator: Mary Campion, 651-776-4198	Monday	8-10 am	2.5-3.0 m/w	3	Bob Cripe 3.0	651-459-3682	
		1-3 pm	2.5-3.0 w	3	JoAnne Christensen 3.0	651-483-6850	
	Tuesday	8-10 am	3.0-3.5 m/w	2	Bob Wrobel 3.0	651-738-2290	
		1-2:30 pm	3.0-3.5 w	1	Barbara Schlosser 3.5	651-439-8432	
		2-4 pm	3.0 m/w	2	Earl Hall 3.0	651-731-5127	
	Wednesday	8-10 am	2.5-3.0 m/w	3	Bob Western 2.5	651-735-5761	
		10-12 pm	2.5-3.0 m/w	3	Bob Hinz 3.0	651-415-9879	
		1-2:30 pm	2.0-2.5 w	2	Ginger Johnson 2.5	651-739-0487	
	Thursday	8-10 am	3.0-3.5 m/w	2	Rolland Arndt 3.0	651-436-7622	
	Friday	8-10 am	2.5-3.0 m/w	2	Stan Hill 3.0	651-426-2508	
		10-12 pm	2.5-3.0 m/w	3	Bob Wilfer 3.0	651-439-1987	
		1-3 pm	2.5-3.0 m/w	2	Diane Lehman 2.5	651-488-6147	
		1-3 pm	3.0-3.5 m	2	Paul Leonhart 3.5	651-739-3690	

New Member Lessons and Drills

Court Location	Day	Time	Skill	Cost	Instructor	Phone
Nicollet Tennis Center 4005 Nicollet Ave. Minneapolis. 612-825-6844	Monday	4:30-6 pm	all ratings, m/w	\$2.00	Ernie Greene Dave Earlewine	651-488-6359 612-470-4041
	Thursday	8:30-10 am	all ratings, m/w	\$2.00	Percy Hughes Paul Stormo	612-831-2872 612-944-6286
Williston Fitness & Sports 14509 Minnetonka Dr, Minnetonka. 612-935-8638	Tuesday	5:30-7 pm	all ratings, m/w	\$2.00	Connie Custodio	612-824-2569
Wooddale Recreation Center 2122 Wooddale Dr, Woodbury. 651-735-6214	Wednesday	2:30-4 pm	all ratings, m/w	\$2.00	Lois Nordman	651-735-6214

Private Club Drills Open to STPC Members

Court Location	Day	Time	Skill	Cost	Instructor	Phone
Decathlon Athletic Club 7800 Cedar Ave S, Bloomington Call Barb Meyer first	Wednesday, Friday	8-9 am	2.5-3.0 m/w	\$6.00	Barb Meyer	612-854-7171, ext. 513
Nicollet Tennis Center 4005 Nicollet Ave, Minneapolis <i>Note: phone no later than the day before to sign up.</i>	Tuesday	9-10 am	3.0 and up, m/w	\$5.00	Rod Vaught	612-825-6844

New members are welcome to take 12 free lessons, after which you will receive a free can of balls, a certificate of accomplishment, and congratulations from the STPC president. **Notify the instructor when you have completed 12 lessons!** Members are encouraged to attend lessons and drills to improve your game.

Skill Ratings: To determine your skill rating, attend one of the lessons/drills and ask the instructor to rate you.

Schedule Corrections: Call Jack Wallin, (651) 457-2226 for St. Paul/East Region or Rod Macpherson, (612) 474-9346 for the Minneapolis/West Region with your corrections.

Senior Tennis Times
3300 East Gate Rd.
St. Anthony, MN 55418-2545

*Published monthly by the
Senior Tennis Players Club, Inc.*

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August 1999

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