

SENIOR ♦ TENNIS ♦ TIMES

NEWSLETTER OF THE SENIOR TENNIS PLAYERS CLUB, INC.

SEPTEMBER 1999

Protecting Yourself From Falls

Falls among older Americans are a serious public health issue. Each year in the United States, one out of every three people over age 65 falls. According to the National Center for Injury Prevention and Control, falls are the second leading cause of injury-related death for those aged 65–84 years old and the number one cause of death for aged 85 and older.

Falls are also costly. A 1986 study estimated that hip fractures alone accounted for more than \$3 billion in direct medical costs. A 1996 study published in the *Journal of Forensic Science* showed that the direct cost of treating fall injuries among older Americans was \$20.2 billion in 1994. There is also an emotional cost; those who have fallen often fear a loss of freedom, and family reaction to the fall can often cause depression and other emotional problems.

Most falls occur at home; in fact nearly 50% do. Caution is also advised in urban environments and residential care environments where 17% and 14.8% of falls occur, respectively.

Falls can happen to anyone, but you can take steps to prevent them. Here are some guidelines to help reduce your risk of falling:

Home

- Improve lighting. Make sure stairways and hallways have bright light. You may want to use a night light in the hallway or bathroom for nighttime trips.
- Reduce clutter. Clutter can lead to falls. Keep objects in their proper place.
- Install handrails. Stairs should have

handrails and you should use them. You may need to install a handrail in the shower or bathtub—do not use a towel rack or soap dish as a handrail.

- Scatter rugs. Remove scatter or throw rugs, or be sure that these rugs have nonskid backs.
- Place nonskid mats in the bathtub and shower.
- Keep extension cords out of the way.
- Repair damaged flooring or steps.
- Wipe up all spills immediately.
- Use a sturdy step stool or ladder to reach high places.

Yourself

- Get regular exercise. Stronger muscles can help improve coordination, balance, and flexibility. It can also help you sleep better.
- Have your eyes examined regularly and wear glasses if needed.
- Wear shoes that have nonslippery soles.
- Eat properly. Malnourishment and weight loss can weaken your health and leave you more vulnerable to falls.
- If you are on medication, talk to your doctor about the possible side effects. Some medications can increase dizziness or make you drowsy. Be sure your doctor is aware of all the medications you take as the combination of some drugs can cause dizziness. Be sure to take the correct dosage of any medication and take it at the appropriate time.
- Watch how much alcohol you drink. Be sure that you do not mix alcohol and medication.



Outside

- Keep pathways clear of ice, snow, and leaves. You may want to hire someone to keep your walkways clear to avoid injuries that can occur with shoveling snow or slipping on leaves.
- Avoid walking on uneven or broken surfaces.
- Install good, bright outdoor lights.

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.

Senior Tennis Players Club, Inc.

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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: 1,670

August 1999: Volume 12, Number 7

Report From the President

By Bob Tischbein

The general attitude of the board is that all systems and functions of STPC are functioning well. There was some concern about the Dow Tournament. We wish everyone would sign up as soon as possible. Join us and have some fun!

The Grandparent-Grandchild Tournament took place July 17. Bob Eidem, chairman, said the event went well and all had a good time. Next year we will not schedule the event the same week as the Senior Games in Duluth.

At the Captains Dinner, held in June, pictures were taken of each captain attending so we could give them recognition in the Times. This issue introduces you to three of your captains.

The Dow Tournament committee, which met August 5, adopted a new format for the tournament. Trophies will be awarded to the winners during the tournament. In other words when you win your division, you will receive your trophy. This will eliminate having to return Friday afternoon. This is standard tournament procedure and the committee believed in the best interest of the participants. Bottle water, soda, and cookies will be available daily this year.

During the next few months, the board will be evaluating the many functions of STPC. We are involved in a lot of activities, and they should be evaluated for effectiveness, participation, and cost. We will have results and a report at a future date.

Have fun on the courts, and be courteous!

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."

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.

Letter to the Editor

Dear Editor:

The last thing our captains and prospective captains need is another burdensome chore added to their responsibilities. The August issue contained such a request from Bob Tischbein, our President. Right now a captain has to get players and subs; be sure all belong to STPC, make out multiple lists of players and subs willing to play; be alert to any players that don't show up on time and be ready to call a quick, spontaneous replacement sub after ten minutes; keep order and enforce a method of dividing the time allotted; collect and pass on payments for the facilities plus field a variety of phone calls relating to absent players and who paid whom for subbing. This is absolutely all our captains should need to do. If anything, the board should be studying ways to ease the duties of the captains.

Chuck Slocum did a super, monumental job a couple of years ago obtaining the rights to use a number of new courts, mostly at Flagship and Northwest, only to find he could not get enough players willing to take on the responsibilities of captain so many of these great opportunities died.

We have captained collectively over twenty years at four facilities and effectively promoted Senior Tennis Players Club diligently from the very first year.

Sincerely, Fred and Florence Habegger

Response From the Committee

Bob Tischbein spoke with Fred and Florence and explained that their concerns about Community Tennis were much the same as the committee's when the program was first presented to us. At that time, there were two considerations. First, the paperwork must be greatly simplified, and second, that no captain would be obligated to participate in the program. This would be strictly voluntary.

The program has been greatly simplified, requiring only one form from the captain. This improved program has required many meetings of the committee and Michael Stenquist, USA Tennis Community Director, USTA Office, Northern Section, here in Minneapolis.

Community Tennis, with minimum effort, is an opportunity for STPC to contribute to the community. As volunteers, we would provide funds for advancing tennis in the Twin Cities, including Inner City Tennis.

Community Tennis Committee

Bob Tischbein

Rod Macpherson

Ron Liddiard

Jack Wallin

STPC in China

Bob Tischbein, STPC president, was contacted recently by Char Boyles, an STPC member, with an unusual and interesting request. Char asked if he would be willing to share the STPC bylaws with a group of tennis players in China.

It seems her friend, John Bohan, was on an Elderhostel trip at Xinjiang University in Xinjiang Province, China. His interpreter, a young lady named Ma Yong Mei, was explaining to him that a group

of retired teachers were tennis players, and were very interested in the game. He mentioned STPC and she requested to learn more of our organization.

The request was granted and the bylaws have been forwarded to John and, with other information, will be mailed to Ma Yong Mei.

We just may find ourselves with a chapter in China!



Grandparent-Grandchild Round Robin

By Bob Eidem, event coordinator

The Fifth Annual Grandparent-Grandchild Round Robin Tournament was held July 17 at the Valley View Courts in Bloomington.

The tournament attracted 38 players, among whom were 15 grandfathers, 4 grandmothers, 15 grandsons, and 4 granddaughters. The participants were divided into two groups determined by the ages of the grandchildren.

The youngest group was composed of grandchildren up through 16 years old. The older group had grandchildren from ages 17 to 24. Teams in the younger group who won their first match entered the championship bracket. The losers comprised the consolation bracket. Gift certificates were awarded the winners in each bracket.

Since there were less entries in the older category, a non-round robin format was used where each team played one another head to head. Gift certificates in this case were awarded to the champions and the runners-up.

In the younger category, the champions were Vern Jensen and his grandson Mikey Kantar. The consolation prize went to Joell Anderson and his grandson Christopher Rudie.

In the older category, the champions were Bill Palm and his grandson Braden Kroll. The runners up were Lee Warner and his grandson, Tom Haines.

Judging from the many favorable comments received, the tournament was a success. Special thanks to Fritz Christensen for his pre-tournament assistance.

Club Notes

Fall Membership Drive Begins

By Jan Hagen

Invite your friends to join our wonderful Senior Tennis Players Club. Remember to tell them, for only \$20 they'll be members for the remaining months of 1999 and all of 2000. Also, inform them of the many benefits and numerous tennis opportunities.

- New members receive 12 free lessons
- Doubles tennis is organized all year
- Fun tennis parties are scheduled throughout the fall and winter
- Clinics and drills are available
- Team Tennis in the summer provides mixed and same-sex doubles competition

Call Jan Hagen at (612) 941-4789 for membership applications or more information.

Reminder: Bring in 3 new members between September 1 and December 31, and you'll be eligible for the \$100 drawing!

The First Mayor's Cup

In June, an intergenerational tennis event sponsored by Inner City Tennis and STPC was held in Loring Park—it was a special occasion for children and seniors to come together and play tennis.

Minneapolis mayor Sharon Sayles Belton attended and was so impressed that she offered to sponsor a repeat tournament, to be called the First Mayor's Cup.

And so the first Mayor's Cup took place July 31 at 1 p.m. in Loring Park. Seniors were partnered with children, and Roger Boyer conducted a series of round robins. While the semifinals and finals were in progress, pros supervised the children in playing King of the Court.

The Mayor's Cup was won by Rachel and Jim Erler, and all contestants were presented with medallions by the mayor. She was very enthusiastic about the event and heartily recommended a repeat performance next year.

Refreshments were provided by the Cookie Cart, Coca Cola, and STPC. Roger Boyer had many volunteers working with him to assist in the success of this very worthy event. The children benefited, hopefully with a better future. For the volunteers, we thank you. You made the difference!

An STPC Opportunity

Would you be interested in helping some young people (grandchildren ages) to learn some of the important things in life, such as sportsmanship, discipline, and values, through the medium of tennis? If so, we would like to hear from you.

A new indoor tennis facility with four courts is being planned for use by inner city children. It will be built near Honeywell headquarters in Minneapolis, and is expected to begin operations next spring. According to Roger Boyer, executive director of Inner City Tennis (ICT), the children involved will range in age from about 4½ to 18 years old. The ICT program presently serves over 3000 children throughout the Twin Cities.

Most of the volunteers helping the children will come from a joint effort between the Honeywell Retirees Volunteer Program (HRVP), ICT, and STPC. You don't have to be a tennis pro to help—you already have more experience than many of the children. Besides being a coach-mentor-tutor (CMT), there are many other areas you can help with, such as transportation, food service, administration, scheduling, safety, nursing, and so on.

This large program will need many volunteers, so even an hour or two per week will be very helpful. Most of the hours involved will be from 2-8 pm weekdays and some time on weekends during the school year.

Besides the personal satisfaction involved in helping the children, volunteers will probably get some free court time on off-hours and some free instruction from Roger Boyer, an excellent instructor, or some of his staff.

If you would like to help in this very worthwhile effort, or want more information about it, please call Marv Schneider at (612) 975-1895, or HRVP at (612) 951-0434.

Ernie Greene Finalist in Tournament

Ernie Greene competed in the APA National Championships held in Birmingham, Alabama on August 1. He finished well, placing as a finalist in the 75 and up singles division and the 65 and up doubles division. "It was good tennis, but very hard," Greene reported.

There were one thousand entrants in the tournament. Congratulations, Ernie!

days, 11:30 am to 1 pm (3.0 men and women) and Thursdays, 8-9:30 am (3.0 men). If you're interested call Henry Flesh at (612) 546-7317.

Oakdale: Regular and substitute players, men and women rated 3.5, are wanted on Fridays, 10 am to noon, at Oakdale Tennis Club. Sessions start October 8. Interested players call Gordy Manaiage at (651) 429-4046 or Connie Waterous at (651) 291-1610.

In Memoriam

Sylvester Hansen, 80, died suddenly in his home August 12. Syl, an STPC member since 1984, was active in not only tennis but also a member of the choir at Elim Lutheran, a tax practitioner, bridge player, in the VFW and Meals on Wheels. Our sympathies are extended to his daughters and their families.

Introduce your friends to tennis!

Have them sign up with STPC so they can get the newsletter and play tennis all year round. Membership is only \$20 and you can join if you are 50 or over. Call Jan, (612) 941-4789.



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.

Drummer Wanted. If you are a drummer, or know of a drummer, call (612) 476-1298 to join a small jazz group.

For Sale. Woman's 10-speed bike, traditional handlebars, \$40. (612) 537-3370.

Traveling Tennis--Las Vegas. 2nd half of March with Ernie & Lois. Details in next issue. Pat and Karla.

Wanted to Rent. Condo in southern California or Mexico, approx. dates Dec. 25-Feb. 25. (612) 593-1117.

Wanted. Group picture, River Falls Tennis Camp #1, 1999. (612) 938-9097.

For Sale. Refrigerator, Whirlpool, 21 cu.ft, white, 8 mo. old, left opening, icemaker, freezer on top. (612) 474-5873.

Needed. Maintenance man part time, mornings 6-9 a.m. Saint Paul Indoor Tennis Club. Paid hourly rate plus playing time. If interested, call Mackie at (651) 774-2121.

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paid advertisements

STPC has arranged the locations and times for winter indoor tennis listed below. If you want to play at a particular location, call the captain listed to see about becoming a regular or substitute player.

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, 612-884-2575 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	Alice Weides 3.5	612-881-3751
		1-3 pm	3.5 m	3	Roger Johanson 3.5	612-831-5507
		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 612-884-2575
		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	Cliff McMinn	612-888-4989
		9-11 am	3.0-3.5 m	3	Rod Macpherson	612-474-9346
		9:30-11:30 am	2.5-3.5 m	2	Mike Bosanko 3.0 Pat Nolan 3.0	612-881-0258 612-929-8124
		11:30-1:30 pm	3.0-3.5 m	3	Roger Johanson 3.5	612-831-5507
	Thursday	7:30-9:30 am	3.0-3.5 m	2	Dennis Fleming 3.5	612-926-0587
		1-3 pm	2.5-3.0 w	2	Marge Nath 2.5v Mary Ellen James 2.5	612-835-2211 612-881-4703
	Friday	7:30-9:30 am	3.0-3.5 m	3	Cliff McMinn	612-888-4989
		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	3.0-3.5 m/w	6	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
Williston Fitness & Sports (continued)	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	
		11:30-1 pm	2.5-3.0 w	2	Grayce Aberle 3.0	612-938-9097
	Friday	8-10 am	3.0	2	Bart Tsai 3.0	612-988-7873
		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	1	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	Captain needed	
	Saturday	12-1:30 pm	2.5-3.0 w	2	Audrey Roe 2.5	612-545-9434
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	3	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.

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