
SENIOR ❖ TENNIS ❖ TIMES

NEWSLETTER OF THE SENIOR TENNIS PLAYERS CLUB, INC.

NOVEMBER 1999

The Benefits of Weight Training

Weight training is a practice commonly associated with body builders like Jack Lalane and Arnold Schwarzenegger, so it's no wonder that most people think if you lift weights you will wind up with a chiseled, over-defined physique. However, recent studies show that rather than adding bulk, weight training will tone and shape your existing muscle mass. Better yet, weight training provides many more benefits to your overall health than just a shapely appearance.

In people over age 65, weight training is now recognized as a safe and effective method for strength development and an important contributor to maintaining and enhancing physical capabilities, according to Dr. Dennis Traffe from Veterans Affairs Medical Center.

Studies show that lifting weights as little as once a week can increase strength and functional performance in individu-

als aged 65 to 79 years. And you won't just reap the benefits of weight training on the tennis court. Such training will enhance your ability to carry groceries, walk, and climb stairs and improve your balance.

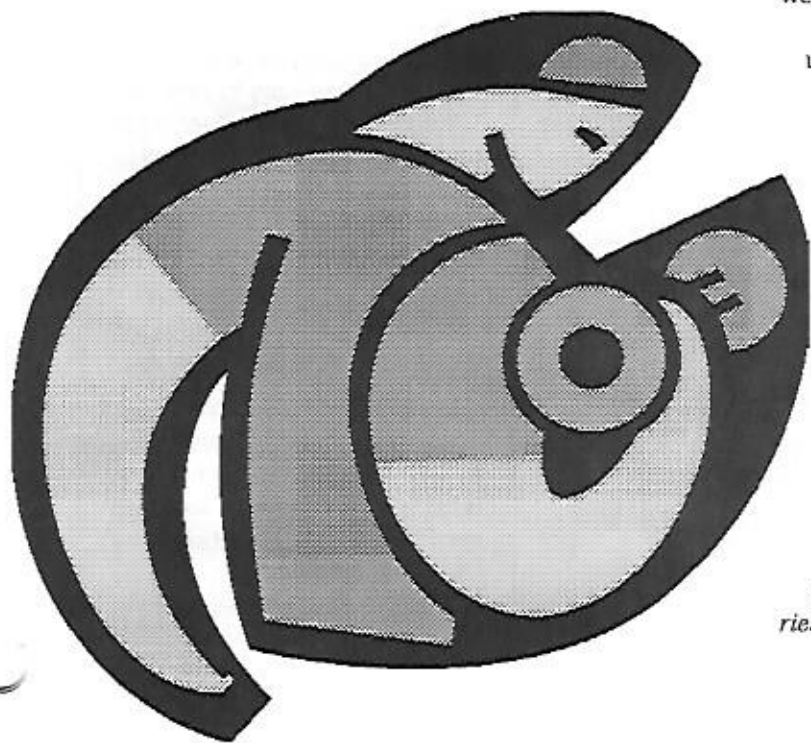
Weight training also increases your bone density, an important factor to consider if you are a woman who has concerns about osteoporosis.

If you're looking for a way to start a weight training program, check out local fitness clubs, community centers, or your local "Y" organization. Many of these facilities offer a variety of weight training machines that are easy on your joints and safer to use than free weights. If you want a less-pricey option, consider a set of 1-pound hand weights to start. Take them with you when you go walking, and swing your arms as you walk; it's simple, but effective. With the cold weather approaching it's a good idea to remember the local mall. This enclosed environment provides an even surface to walk on, as well as plenty of shop windows to browse as you walk.

Weight training is only part of a total fitness plan. Keep up your aerobic activities like walking, jogging, or swimming. A routine that involves a 30-minute walk once or twice a week will help strengthen your heart and lungs, increase the amount of "good" cholesterol in your blood, and maintain an ideal body weight.

Try it out for a few weeks, and you will be surprised at how much more energy you have, how you feel more balanced, and how much stronger you are! It's not a lot of effort, but the payoff is well worth the work.

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 currently serves Minnesota's government program enrollees across the state and also offers a Medicare+Choice product to Medicare beneficiaries in the metropolitan area and adjacent counties.



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

Nancy E. Kaminski, 3300 East Gate Rd., Saint
Anthony, MN 55418-2545.
(612) 781-3271 eve. (612) 672-6882 days.
E-mail: nancykam@mediaone.net

1999-2000 Board of Directors

President: Bob Tischbein 612/938-9348
Vice President: Bill Connell 612/930-3060
Past President: Dick Lidstone 612/941-4724
Treasurer: Ron Liddiard 612/829-7530
Secretary: Shirley Pratt 651/433-3583
Membership: Janice Hagen 612/941-4789
Newsletter: Beverly Sinniger 651/578-1345
Facilities/Programs:
Jack Wallin 651/457-2266
Rod Macpherson 612/474-9346
Public Relations: Don Schneider 612/938-0121
Events Director: Ronnae Wagner 612/938-5785
Mel Baken 612/906-9708
Patrick Calvin 651/699-6899
Liz Kamish 651/735-2600
Polly Maki 612/472-7707
Wendell Munson 612/975-3668
Nick Pappas 612/926-2254
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: 1,736

November 1999: Volume 12, Number 10

Report From the President

By Bob Tischbein

Although the Jack Dow Tennis Tournament is over, I want to thank some special people who volunteered their time. We could not have done it without them! They are Lois Hoffman, Len Aberle, Colleen Foster, Jim McCabe, and Clayton Hughes. Ladies and gentlemen, we thank you.

We send a special thank you and tribute to Matt Little, chair of the Dow Committee. Matt has been chair since the tournament's inception four years ago. Through his guidance and direction, the tournament has continued to improve each year. I offered Matt the chair for 2000, but he feels that four years is enough. Matt, on behalf of STPC, we thank you. You will be missed.

At the STPC board meeting, membership chair Jan Hagen reported that our membership is 1,740, an increase of 70 members from September 1998. The end of the year is approaching and we need help from our members to reach our goal of 1,900 by December 31, 1999.

Jack Wallin, facilities coordinator, has submitted his resignation effective December 31, 1999. He is happy to report that piano lessons are taking up much of his time. Jack, we wish you well. Nick Pappas will take over as facilities coordinator of the east metro area starting the first of the year.

Members have questioned the varied delivery time of the newsletter within the Twin Cities. Bev Sinniger reports that, because they are third class mail and not priority, they are delivered at the discretion of the mail carrier within a set time limit. Some members may receive theirs a week ahead of other members. First class mail would solve the problem, but it is much too expensive.

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

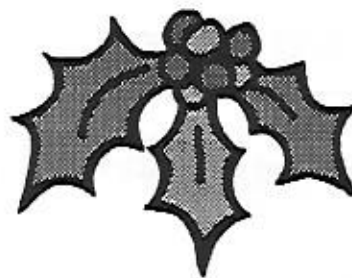
To help make the newsletter as correct as possible, please submit all items in writing only, by mail, fax, or email. No phone call information will be accepted. Send your submissions to:

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.

HOLIDAY TENNIS!

Sunday 8-10 am • December 5 • Flagship Athletic Club
755 Prairie Center Dr, Eden Prairie • (612) 941-2000



\$15 per player

Players matched by skill level for the first round, with half-hour rotations based on win/loss. Continental breakfast follows play. All players must be STPC members.

Deadline: Monday, November 29

Send registration form and check payable to STPC to:
Roz Bernstein
6105 Lincoln Dr #238
Edina MN 55436-1622
Phone (612) 938-7698.



Directions From 494, take 212 west exit to Singletree Lane. Turn right, follow Singletree Lane to Flagship

Questions? Call Roz Bernstein, (612) 438-7698 or Ronnae Wagner, (612) 938-5785

Tennis at Flagship, December 5, 1999.
Enclose check for \$15 made out to STPC and mail to Roz Bernstein, 6105 Lincoln Dr. #238, Edina, MN 55436-1622.

player 1 _____

phone _____

rating _____

player 2 _____

phone _____

rating _____

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. Wheelchair, excellent condition, price \$150, new \$450. Call (612) 835-1550.

For Sale. 98 Ford Taurus V6, loaded, treader red, beautifully maintained, 10K-mile balance of free bumper-to-bumper warranty. \$14,900. (651) 777-7283.

For Rent. Marco Island FL condo, 2 BR, 2 BA, on the beach, full amenities. Jan 21-28, 2000, \$1900. Call Gary, (612) 545-4996.

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

Introduce your friends to tennis!

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



Club Notes

Renewal Notices Arriving Soon

You will receive a renewal invoice in the mail by the middle of November! All members of the club, **except those who joined September 1, 1999 or later, or those who have already renewed their memberships for 2000**, will receive this invoice.

Please verify your membership information on the invoice, sign the membership conditions, and return it with your check for \$20 to the address listed at the top of the invoice. **DO NOT** cut the invoice up in any way—return the entire sheet of paper to me! All renewals are due by January 1, 2000—we can't guarantee you'll be listed in the roster if you don't return your renewal promptly. Thanks very much for your cooperation—we look forward to having you as an STPC member in the first year of the new millennium!

New Name, Same Fun

By Joyce Olsen

WOW!

Never heard of this before? Hit N' Giggle has changed its name after ten years of good fun and games with four colorful, active teams. These four teams of women, who have played together for ten years, are coming back for more fun next season. Have you ever heard of Thursday's Child? Well, first we decided to change the group's name to Wednesday's Women, then to Women on Wednesdays, and finally shortened it to WOW.

We are excited to start next spring because we have new challenges. This year's first place team, the White Team captained by Marlys Christensen, has taken on the Blue Ribbon color. The Green Team, captained by Joyce Olsen, the Yellow Team, captained by Rose Sanders, and the Pink Team, captained by Mary McNeil, will challenge them for the number one spot next year so they can wear new blue shirts or visors. We will all be playing at the same time and place next year instead of in four different locations. At this time, we are considering playing at Brookview.

We are also thinking of a few other good things to help make our matches more challenging and fun. We will be looking for more players next year to be subs or to form new teams (which of course means new color names!).

Thanks again to Shirley Pratt for all her ten years of hard work and efforts to keep the colorful teams together and all the good friendships made.

Players Needed

Starting in January, a male player is needed for the mixed doubles group playing Mondays, 11 a.m. to 1 p.m. at Oakdale, located

near Highways 694 and 36 in Oakdale. Call Beverly Sinniger at 651-578-1345 if you're interested.

Substitutes are needed at Nicollet for Mondays, 9-11 a.m., men rated 2.5-3.5. If interested, please call Bill Stamm at (612) 920-7632.

Regular and substitute players, men and women rated 3.5, are wanted on Fridays, 10 a.m. to noon, at Oakdale. Interested players call Gordy Manage at 651-429-4046 or Connie Waterous at 651-291-1610.

Court Schedule Changes

Daytona

Change: Mondays, 9:30-11:30 a.m. Change the co-captain from Don Dahlin to Ed Munson, (612) 784-8192.

Nicollet

Add: Tuesdays, 10:30-11:30 a.m., 2.0-2.5 men and women players, 1 court. Captain Lucy Nord, (612) 888-4872.

Add: Fridays, 12:30-2:30 p.m., 3.5-4.0 players, 5 courts. Captain is George Sample, (612) 827-5086.

Civility on the Courts

By Ron Liddiard

The ideal game of tennis would have an official at every match. This official would call penalties for the following things:

- Visible or audible profanity or obscenity
- Abuse of racquet, balls, or equipment
- Verbal or physical abuse of a player, including oneself
- Bad calls made in retaliation for opponent's calls
- Unsportsmanlike conduct

So, act as your own official and do not indulge in any of the above.

Do not talk or make noise after you hit the ball. If you do, and the other player claims interference, you would then lose the point.

Keep playing with civility. It is more fun that way.

In Memoriam

Al Nuhn, 69, of Wayzata and Bonita Beach, Florida, died in October of cancer. Our sympathy is extended to his wife, Ada, also an STPC member, and to his daughter and son-in-law, Laura and Todd Hilde.

Betty Jane Gray, 77, of Saint Anthony, died in October. Our sympathy is extended to her husband, STPC member Bill Gray, and to their daughters and son and their families.

Meet Your Captains



Chad Sharkey

Chad Sharkey has captained at Nicollet during the winter and at Christian Park during the summer. He has been a member of STPC for about 11 years. This is just about the same length of time he has been playing tennis. Chad says he really enjoys Senior Tennis.



Darlene Moynagh

Darlene Moynagh captains at 3M Tartan Park. She joined Senior Tennis about 11 years ago after Mary Kaminski got her involved. She started playing tennis 40 years ago. During the winter months Darlene plays at Wooddale.



Jerry Lund

Jerry Lund captains at White Bear. He started playing about 15 years ago. During the summer he plays at Roseville, Fridley, and Moundview. Besides being a golfer, Jerry plays bridge and is an ocean sailor. He is a commercial realtor who plans never to retire.



Number 1



Number 2



Number 3

Guess Who?

Here are pictures of three STPC members in an earlier life—one of whom is a member of the band. Can you guess who they are?

Clue

They're all musicians!

Give up? See page 6 for the answers.

The Traveling Tennis Team offers something new this year!

An all-inclusive trip to LAS VEGAS
airfare • six meals • lodging at the
downtown Plaza Hotel • transportation from
airport/hotel AND
daily tennis instruction from
Ernie Greene and Lois Nordman

Also includes pre-trip dinner at
Mancini's Char House

TENTATIVE DATES:

Sunday, April 2–Thursday, April 6, 2000
Cost: \$500 per person/double occupancy
Minimum of 16 participants required

Full details in December issue,
or call for flyer from the TT Team:

Karla Sand (651) 739-7397 or
Pat Williamson (651) 738-6953

Guess Who? Answers

Number 1

Dorance Alquist plays harmonica with a local harmonica group, The Happy Wanderers. He was 23 in the photo, which was taken at Fort Bragg, North Carolina, a new GI inductee in the US Army Field Artillery.

Number 2

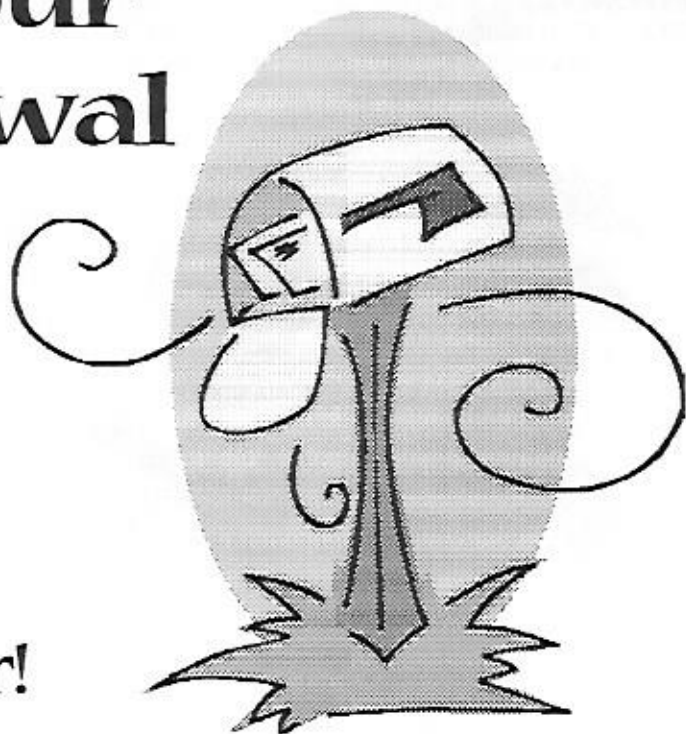
Myrna Rian plays viola for the Minnesota Orchestra. Myrna's photo was taken for high school graduation in 1959 from Wichita, Kansas East High. She holds a bachelor's degree in Music Education from Wichita State University and a master's degree in Music (Performance) from Indiana University. She has been with the Minnesota Orchestra since 1977.

Number 3

Conway Villars on drums at age seven! Conway and his siblings composed the Junior Pennsylvanians, the Villars Familyband. They were headquartered in Saint Paul and booked to play locally. The photo dates back to 1938. Today, Conway performs with a variety of Twin Cities groups.

Look for Your STPC Renewal Invoice in the Mail!

It's Coming in Mid-November!



16th Annual Winter Tennis Vacation

World Tennis Center, Naples, Florida

Join us for 2, 4, or 6 weeks 1/29-3/11/00—fabulous location!

Location: Our 82.5 acre resort is located in Naples just 2.5 miles from the Gulf of Mexico, 5 minutes from I-75; exit 16, west 2 miles to Airport-Pulling Road, left (south) 1 mile to resort on left.

Who Should Come? Tennis players of all ages and abilities and their nonplaying spouses and friends are welcome to join the fun. We'll find roommates for singles if needed.

Reserve Now! Act soon! Reservations for Naples Tennis 2000 are on a first come, first serve basis. A \$200 deposit per person guarantees your reservation. Deposits are refundable until December 11, 1999, at which time the full balance is due.

Airfares: If you are planning to go as a frequent flyer or senior ultra fare, we strongly recommend you make early reservations.

Naples, One of Florida's Choice Spots for Vacation Fun!

Accommodations: 148 fully furnished 2 bedroom/2 bath apartments, completely equipped kitchen and washer/dryer in every apartment.

Recreation: 16 tennis courts (11 clay, 5 hard, 10 lighted for night play), 2,500 seat stadium court, heated pool, outdoor Jacuzzi, saunas, basketball court, low impact & aqua aerobic classes, tai-chi class, and frequent pro exhibition tennis.

Dining/Amenities: Le Petit Cafe, pool-side restaurant and bar, full-service pro shop, USPTA professional tennis staff offering instructions, programs, and tournaments. Tennis calendar of activities for all ability levels. Golfing arrangements made for you at over 20 local golf courses.

Name 1

Name 2

Address

Address

City/State/Zip

City/State/Zip

Phone

Phone

Register early if you intend to rent a condo alone or plan on staying more than 2 weeks.

Note: Reservations can also be made for 3/11-3/25/00.

Fill out this form and send it with your check (payable to Naples Tennis 2000) to

Don Bratt
3044 18th St. NW
New Brighton MN 55112

Questions?
Call Don at (651) 636-7083.

Circle Session	Cost	Date	No. Days	Deposit/ Person	No. Persons	Total \$\$
A	\$525	1/29-2/12	14	\$200		
B	\$525	2/12-2/26	14	\$200		
C	\$525	2/26-3/11	14	\$200		
A/B	\$925	1/29-2/26	28	\$200		
B/C	\$925	2/12-3/11	28	\$200		
A/B/C	\$1,410	1/29-3/11	42	\$200		
All prices are per person and based on 4 persons/condo plus 9% tax due with the final payment.						Total Enclosed

paid advertisement.

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 First visit is free!	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.*

Address Correction Requested

November 1999

Nancy Kaminski
3300 East Gate Rd
Saint Anthony MN 55418-2545

Nonprofit
Organization
US Postage
PAID
Minneapolis, MN
Permit No. 3270