
SENIOR ❖ TENNIS ❖ TIMES

NEWSLETTER OF THE SENIOR TENNIS PLAYERS CLUB, INC.

DEC. 1999/JAN. 2000



Honing Your Memory Retention Skills

Health Tips from UCare Minnesota

All of us at one time or another have lost our keys. Frustration sets in: you had them when you came home, but now they are gone. By the time you find your keys (usually resting on a spot near where you last used them), your reaction changes. When you lose your keys at 30, you might laugh about it. But when you lose your keys at 60, you may start wondering if you're slipping mentally.

Many people are afraid that growing older means losing the ability to think clearly, reason, or remember. They worry when they feel confused or forgetful that these feelings are the first signs of senility. In truth, only 5% of people 65 and older actually suffer from severe memory disorders like dementia or Alzheimer's disease. Scientists have found that most older people remain alert and capable, regardless of their age.

So, how do you keep your mind sharp? Recent studies have found that overall good health has a strong effect on intellectual functioning. Dr. Gene Cohen, director for the aging program at the National Institute of Mental Health, suggests that memory and mental perception can be maintained by doing your best to stay healthy:

Take care of your body. Keep physically fit and exercise every day. Find an exercise you enjoy that will build flexibility, strength, and stamina. Stick with your plan, and make exercise part of your everyday routine.

Eat well. A variety of wholesome foods with less fat and more grains, fruits, and vegetables will give your body the nutrients it needs. Also, drink lots of water. Doctors recommend you drink at least eight glasses of water every day.

Recharge your batteries. Extra stress will tap all your resources, including your memory. Try out a variety of relaxation techniques and deep breathing exercises; most important, get seven to eight hours of sleep each day.

Don't poison your body. Don't smoke or spend time around people who smoke. Second-hand smoking is just as toxic to your body as if you smoked yourself. Drink alcohol in moderation. Avoid unnecessary medications.

The most important exercise you can do to keep your mind sharp is to use it! The brain benefits from exposure to

stimulating environments and activities. Try to learn something new every day. Take classes or seminars that interest you.

Studies show that people who have many social ties, such as being married, having contact with friends and relatives, and belonging to a church or social group, have better health than people with few social connections. You can combine physical and social health by joining a walking group or exercise class.

Attitude is everything. The pictures we have in our minds and the verbal messages we give ourselves affect both our minds and bodies, so accentuate the positive in your life! Expect good things to happen. Add humor, laughter, and fun into each day.

Keeping your mind sharp is very simple. Take care of yourself, enjoy life, and participate in the activities that interest you. And the next time you find those lost keys, laugh about it, and congratulate yourself on having a mind sharp enough to remember where you put them!

UCare Minnesota is a nonprofit HMO established in 1984 by the Department of Family Proactice 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 servicing state program enrollees across Minnesota.

February 2000 Next *Times* Issue

The *Times* will be taking its end-of-the-year hiatus and will again return next February. Note that this is the combined December 1999/January 2000 issue.

The deadline for contributions to the next issue is January 10, 2000.

Have a nice holiday and enjoy the new Millennium!

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
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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: 1,789

Dec 1999/Jan 2000: Volume 12, Number 11

Report From the President

By Bob Tischbein

The October board meeting was held at the Ramsey County Library in Roseville on October 21. I would like to remind STPC members that they are welcome to attend board meetings as observers or, if they have something to bring to our attention, they will be given time during the meeting to express themselves.

Jim Erler was introduced to the board as a new member. Jim has been very active in tennis and recently became a USPTA certified instructor.

Ron Liddiard, treasurer, reported that as of September 30, the club had assets of \$33,979.52. This is the time of year when assets are at their lowest. This, however, will change drastically starting this month, because bills for membership renewal were mailed in November. Please send in your check and signed renewal form now. If you do we will be spared sending you a second notice and you will be assured a listing in the 2000 membership roster.

The board unanimously approved a contribution of \$500 to the Ernie Greene Foundation. A thank you note from Ernie appears below.

Have fun on the courts, and be courteous.

Thanks!

Dear Senior Tennis Club Members:

I agree with George B. Shaw, who said, "I am convinced that my life belongs to the whole community; and as long as I live, it is my privilege to do for it whatever I can for the harder I work the more I live." Evidently you believe the same.

I sincerely wish to express my gratitude to you for your most generous gift. Your support will provide a unique opportunity for some deserving young person to further his or her education. I am truly grateful,

All the best, Ernie Greene

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.

Start the Millennium Swinging—

Your Racquet!



Saturday, January 15
Normandale Racquet, Swim & Health Club
6701 West 78th Street, Bloomington
\$10 per player, \$5 per nonplayer

Play 5–7 p.m. or 7–9 p.m. Players matched by skill level for the first round. Rotation every half hour based on win/loss. Registration with partners is not necessary.

Light meal follows play.

Deadline January 10

Send registration form and check payable to STPC to:
Marilyn Erickson, 10295 Scarborough Rd., Bloomington, MN
55437-2516

Directions From Hwy 100, exit on West 77th St. (77th becomes Edina Industrial Blvd.) Go west to West 78th St. and turn right. Continue west to Normandale Club, on your left. The club is 1.5 miles west of Hwy 100.

Questions? Call Marilyn Erickson, (612) 835-2938 or Ronnae Wagner, (612) 938-5785

New Year Tennis, January 15, 2000.
Enclose check for \$10 made out to STPC and mail to Marilyn Erickson, 10295 Scarborough Rd, Bloomington, MN 55437-2516.

player 1 _____

phone _____

rating _____ Time (5 or 7) _____

player 2 _____

phone _____

rating _____ Time (5 or 7) _____

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.

Do your driving skills need improvement? I can help—certified instructor for behind-the-wheel evaluation/instruction. Call (612) 920-9057.

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

String your own racquet—20-yr-old machine, \$25. Includes 30 minutes of instruction. (651) 688-8222.

Long Term Care Insurance

You've worked hard to be financially secure,
now is the time to protect your assets.

*Benefits include Home Health Care
Assisted Living Care • Nursing Home Care*

Representing CNA, Allianz, American Travellers

Sue Kaupa • (651) 905-9043

paid advertisement

What's Going On!

Roger Boyer's Christmas Drills Return

Roger Boyer's Annual Christmas Drills will be held Thursday, December 16 at the Nicollet Tennis Center from 8:30-10 a.m. All STPC members are invited to attend this fun annual event!

Three is the Magic Number

It only takes three new members, referred by you, to qualify you for the membership contest's \$100 drawing in January!

Many of you are very close to that magic number now. Call Jan Hagen, (612) 941-4789, if you want to know where you stand so far.

The contest ends December 31. There is still time to invite a friend to join. Maybe you'll be the winner!

Players Needed

Men and women, skill rating 3.0, are needed to be regular players at Williston on Tuesdays, 7:30/09:30 a.m., Jan. 4 to April 25. If you're interested, contact Curt Haugesag at (612) 943-8917.

Court Schedule Correction

Ed Munson, 3.5, (612) 784-8192, is co-captain at Daytona on Mondays and Wednesdays, 9:30-11:30 a.m.

Free Christmas Dance

The Percy Hughes Quartet will be playing at the annual free Christmas Dance at Edinborough Park on Friday, December 17, from 1 to 3 p.m. Percy invites you all to come and celebrate the holidays with him.

Twelve Lesson Awards

Duane Soland and Karen Soland are the latest STPC members to complete twelve lessons. Congratulations!

Our Active Members

Notes about STPC members sent to the Times, edited by Barbara Baker.

Chris Matteson had her paintings displayed at the Montserrat Gallery in New York this summer. One of her paintings, "Zydeco Flowers," was selected by the Minnesota State Arts Board and presently hangs in the Governor's Residence. Following a showing in Scottsdale, Matteson's paintings will be on display at Normandale Community College from December 1-31.

In addition to playing tennis, **Art Peterson** has enjoyed competitive ice dancing for twenty years. A member of the Starlight Ice Dance Club, he has reached the gold level. The dancers perform frequently at Parade Stadium in Minneapolis.

A Saint Paul Urban Tennis scholarship fund has been established in honor of pro **Ernie Greene**, longtime coach and

mentor to Saint Paul area youth. The scholarship's purpose is to help deserving youths who come through the Saint Paul Urban Tennis program. Last year, the program served 2,200 youths at 26 sites. Greene also received another honor last year when he was enshrined in the Minnesota Tennis Hall of Fame.

Think you're too old to take up tennis? Not if you watch **Bob Cripe** on the courts! Cripe, now an instructor, began tennis instruction five years ago at the age of sixty-five. His original instruction came from Virginia Morgan. He is so enthusiastic about tennis for seniors that he offers beginning tennis lessons for seniors through the South Washington Senior Center.

Global volunteer **Anthony van de Weghe** spent four weeks teaching English to children and adults in Siedice, Poland, this summer, but also found time to play tennis with the local priest. He is also a ski instructor at Highland Park in Saint Paul and teaches the visually and hearing impaired.

Ernie Greene competed in the Senior Olympics in Orlando this year, and won a silver medal in singles and a gold medal in doubles in his age classification (80 years old). Congratulations, Ernie!

Would you like to meet tennis players of all ages? STPC and InterCity Tennis (children from 6 to 17) provide this opportunity through year-round programs held at about fifty sites in the city. For more information about these programs, contact STPC president **Bob Tischbein** at (612) 938-9348 or city council member **Joanne Labernik** at (612) 522-8493.

Civility on the Courts

By **Ron Liddiard**. The only thing that you should say when you question a call is, "Are you sure?" If the answer is yes, keep playing. When there is a large number of obvious bad calls, wait until the change-over and discuss the matter in a civil manner. If you can't resolve the problem, you then must decide if you want to continue the match.

This is a great game! Keep playing with civility.

In Memoriam

Joyce Thommen, 72, of Bloomington, died November 4, 1999. Joyce was a former STPC member and her husband, Jack, is a current member. Our sympathy is extended to Jack and his family.

Robert Marks Spector, 55, of Minneapolis died suddenly in November. Our sympathy to his mother-in-law, STPC member Marian Murphy.

Reducing Risk of Injury for Senior Tennis Players

By Dr. Sandra Spore, DABCI of the Wellness & Longevity Center, Stillwater

Every year, injuries rob millions of seniors of personal productivity and enjoyment of life. Some experts believe that many seniors may be experiencing "silent," unintentional micro-injuries that may predispose them to major injury to their back or joints. These micro, or tiny, injuries accumulate as a result of small degenerative changes in joint function and chemistry. They may progress slowly and painlessly to the point where a sudden and severe injury occurs seemingly because they bent over to pick up their tennis racquet. In reality, it may be this

final simple movement that triggers a major injury. Seniors can protect themselves by doing warmup stretches regularly. While most seniors know to warm up before playing tennis, they often forget about it if they are just going for a walk or doing some work in the yard.

Here are some simple stretches that can be done to reduce the risk of injury. While performing these stretches, breathe normally and use smooth movements.

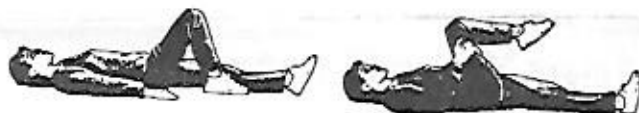
Hamstring Stretch

1. Lie on your back. Keeping your left knee straight or slightly bent, lift that leg off the floor as far as you comfortably can while keeping the right leg flat on the floor.
2. Grasp a towel draped behind your knee or calf. Keeping your leg fairly straight, slowly pull it up off the floor toward your chest. Hold this position for 10–15 seconds.
3. Repeat 5–10 times, then switch sides.



Knee-to-Chest Stretch

1. Lie on your back. Bend your right leg, and place your right foot flat on the floor. Keep the left leg straight and flat against the floor.
2. Grasp the back of your right thigh. Slowly pull the knee toward your chest. Hold for 10–15 seconds. Return to starting position.
3. Repeat 5–10 times, then switch sides.



Hip Rotator Stretch

1. Lie on your back with your knees bent and your back flat against the floor. Place your right foot flat on the floor. Rest your left ankle on your right knee.
2. Use your left hand to gently push your left knee away from you. Feel the stretch in your buttock. Hold for 10–15 seconds.
3. Repeat 5–10 times, then switch sides.



Quadriceps Stretch

1. Stand an arm's length from a wall. Look straight ahead and don't arch your back.
2. Place your left hand against the wall. Grasp your right ankle with your right hand (don't twist your back to reach your leg). Pull up gently.
3. When you feel the stretch in your right thigh, hold for 10–15 seconds.
4. Repeat 5–10 times, then switch sides.



Senior Doubles for 3.0 and Above Players

STPC and Nicollet Tennis Center are again offering groups of three 1½-hour lessons starting in January of 2000. 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 Center professionals.

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____ Check Enc. \$ _____

OFFICE USE ONLY Date _____

Amount Paid \$ _____ Staff Initials _____

Select your preferred date and time:

- Jan. 6, 13, 20 10-11:30 a.m.
- Jan. 6, 13, 20 2:30-2 p.m.
- Feb. 3, 10, 17 10-11:30 a.m.
- Feb. 3, 10, 17 12:30-2 p.m.
- Mar. 2, 9, 16 10-11:30 a.m.
- Mar. 2, 9, 16 12:30-2 p.m.
- Apr. 6, 13, 20 10-11:30 a.m.
- Apr. 6, 13, 20 12:30-2 p.m.

Send this form to:

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

Meet Your Captains



Elvin Kolstad

Elvin Kolstad captains a team at Nicollet Tennis on Thursday mornings. He joined Senior Tennis about twelve years ago when he first started playing tennis. His wife, Leona, is also a member.



Joanne Christensen

Joanne Christensen started playing tennis about eight years ago when she joined the club. She captains a ladies' group at Wooddale on Mondays, as well as playing in a group at Oakdale on Wednesdays.



Lewis Forsmark

Lewis Forsmark is a retired Bloomington school teacher. He taught for 33 years, 29 of them as a physical education instructor. He captains a team at Flagship and also plays on a team at Decathlon.

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.



*****Traveling Tennis Returns to Las Vegas*****

Join us for an all-inclusive trip to *Las Vegas*
Sunday, April 2 - Thursday April 6, 2000

Trip Includes: .airfare .airport check in .tour escorts
.roundtrip baggage handling (1 bag) .transportation between airport/hotel
. 4 nights and 6 meals at downtown Plaza Hotel
.discounted Allstate car rental (optional)
.tennis instruction on site twice/day with **Ernie Greene and Lois Nordman**
.pre-trip dinner at Mancini's Char House

Cost: \$500 per person/double occupancy; add \$50 for single room
Registration: Deposit of \$52.00 per person must be received by **January 21**
Make check payable to Traveling Tennis and mail to Pat Williamson, 521
Ferndale Street North, Maplewood, MN 55119. \$25.00 refund for any
cancellations received by February 14. **Full payment due by February 26**
at the group dinner at Mancini's. No refunds issued after this date.

(Minimum of 16 participants required or trip will be canceled)

Complete and mail with deposit:

Name _____ area code/home phone _____

Address _____

City/State/Zipcode _____

Room with: _____

Contact the Traveling Tennis Team with any questions:

Karla Sand 651/739-7397 (h) 651/603-5924 (w)

Pat Williamson 651/738-6953 (h) 612/624-2878 (w)

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.

36 Players Attend Fall Tennis Party at East Metro Area Tennis Club



Thirty-six STPC members signed up for the Halloween tennis party on October 31 at the Oakdale Golf and Tennis Club, located on Hadley Avenue and Highway 36 in Oakdale. It was the first STPC event of the newly-opened facility. Players were scheduled to play at 8 a.m. and 10 a.m., and brunch was enjoyed after each two-hour session.

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