
SENIOR ♦ TENNIS ♦ TIMES

NEWSLETTER OF THE SENIOR TENNIS PLAYERS CLUB, INC.

FEBRUARY 2000



The Power of Laughter

Humor. It's actually a necessary part of life. Seriously. Research is being done to prove what we already know—laughter makes us feel better. Tests show that laughter increases our immune system, decreases our stress, reduces depression, and helps us to think more clearly. Or, as someone said, "A good guffaw a day keeps the doctor away."

It's easy to get the blues this time of year. There is less light, more cold, gray skies, impassible streets, icy sidewalks, and fewer visits with friends and neighbors. Add to these the stresses of everyday life, illness, or nonstarting automobiles, and you might be heading for real depression. Depression can change hormones and brain chemistry that may affect us adversely. Stress can raise our blood pressure, produce muscle tension, suppress our immune systems, and create wear and tear on our bodies. Nothing to laugh about there. Yet, if we can find the humor in the darker side of life or make ourselves laugh, it might be just what we need. Bill Cosby has said, "If you can laugh at it, you can survive it."

Physically, laughter stimulates the immune system and reinforces the relationship between a positive emotional state and healing. It actually alters the hormones and brain chemicals associated with depression and stress. It increases natural "killer cells" that destroy abnormal cells that could lead to cancer and other disorders. It also produces endorphins, which can give us a greater sense of well-being.

Laughter also can help us gain perspective on the bigger picture, increase intellectual performance, boost information retention, enhance cardiovascular flexibility, replenish creative juices, and allow us to connect with others in a powerful way. Dr. Craig Christianson, the Medical Director of UCare Minnesota and a geriatric doctor for more than 20 years, believes that, "Those who have an optimistic attitude and who can see the humor in things will feel better even when they're not doing well."

But can we just sit down and start laughing? Actually, in India, people do just that. "Laughing Clubs" are organized groups that gather and begin each day with a good strong chuckle. They begin with breathing exercises and saying "hee, hee, ha, ha" until they get giggling. Laughing club members claim that just fifteen minutes a day cures whatever ails them.

There are lots of other ways to get humor in our lives. There are Joke-A-Day calendars, comics in the newspaper, elephant jokes from grandchildren, comedy videos, and funny books from the library. If you have a computer and can access the internet, there are plenty of joke sites (just search for "jokes"), and amazon.com has a mere 17,466 titles related to humor. The Comedy Channel on cable can be funny and pet antics on the living room floor can often provide a chortle. The list is endless.

There are, of course, lots of ways to reduce stress. Walking, singing, swimming, running, going to the movies, yoga, dancing, talking with a friend, meditation, massage, deep breathing, even taking a nap can help immensely. The next time you feel stressed, think about adding a "hee, hee, ha, ha, ho, ho" and see what it can do. And the next time someone says, "Knock, knock," don't hesitate to pipe in with "Who's there?"

Or, as Yogi Berra said, "When you come to a fork in the road, take it."

UCare Minnesota is a nonprofit 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 servicing state program enrollees across Minnesota.

The STPC Annual Meeting & Luncheon

is coming in May.

Watch for details
in upcoming issues!

Senior Tennis Players Club, Inc.

A nonprofit corporation. 3300 East Gate Road,
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Senior Tennis Times

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

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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: 1,439

February 2000: Volume 13, Number 1

Report From the President

By Bob Tischbein

The December board meeting took on a Christmas atmosphere with the Christmas cookies and coffee served at the meeting, thanks to Shirley Pratt.

Ron Liddiard, treasurer, reported that renewals are arriving as expected, which means that we will be sending notices to all of those members we have not heard from by January 15 (editor's note: the final notice invoices were sent out the week of January 17). If you are planning on renewing your membership and haven't yet, please send in your renewal notice and dues today.

Ronnae Wagner, events chair, reported the Christmas tennis party at Flagship was a very successful event. It was a morning party followed by a delightful continental breakfast prepared by Flagship.

Jan Hagen, membership chair, reported that, as of December 16, STPC membership stood at 1,836. However, as of December 31 the final figure seems to be 1,850. Not too bad, even though we didn't reach our goal of 1,900.

The board is aware that the club needs a policy manual for our captains. I have appointed a committee that includes Rod Macpherson, Nick Pappas, and Don Schneider, to work with me to develop this manual. We have already met and have come up with our first draft. The committee would like to hear recommendations from the captains—please contact any member of the committee.

The board is contemplating an addition to the bylaws regarding conduct of our tennis players. Dick Lidstone wrote the first draft, which was forwarded to David Brink, attorney, who has graciously agreed to assist us with proper wording. The final draft will be presented to the board at the February meeting. When finalized, the new bylaw will be published in the *Times*.

Recently, an article appeared in the *Star Tribune* listing the fattest and the fittest cities in the United States. Philadelphia was judged the fattest city. San Diego came in first as the fittest, with Minneapolis in second place. Now I'm not going to claim that STPC greatly contributed to this recognition, but our lifestyle, as stated in our mission statement, makes me suspect that we did help out.

Have fun on the courts, and be courteous.

Interested in the Board?

In April 2000, we will have six board members retiring, so we are seeking six new board members. A nominating committee has been put together:

Helen Stecklein, chair ...	(651) 935-4253
Pat Calvin	(651) 699-6899
Nick Pappas	(612) 926-2254
Polly Maki	(612) 472-7707
Dick Lidstone	(612) 941-4724

If you are interested in serving on the board, or know someone who is, please contact any of the committee members.

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.

Guess Who?

Pictured are three STPC members in an earlier life. Can you guess who they are? Clue: none of them live in the Twin Cities. They all drive a considerable distance to play on STPC leagues.

You can find the answers on the back page!



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. Cir. 6715 Mitka Blvd. Questions? (612) 428-2052.

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

Dancing SWM youthful 61, trim 5'8", seeks trim dance partner over 54, under 5'4". (612) 537-2068.

For sale. 3-BR house, Scottsdale AZ, immed possession to pre-qualfr. \$164,900. V. Morgan, (480) 657-7013 or (612) 690-9478.

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What's Going On!

And The Winner Is...

By **Jan Hagen**. Thanks to all STPC members who participated in the end-of-the-year membership contest. The winner of the \$100 first prize is Shirley Pratt. The drawing included Mary Kaminski, Ron Liddiard, and Bob Torbert. Also thanks to Ephame Dehn, Myrna Rian, Helen Stecklein, George Sample, Joyce Olsen, and Lee Warner for their fine efforts.

Two hundred and fifty-five new members joined STPC in 1999, bringing our total membership to 1,850 by the end of the year. This is quite impressive.

We know we have a lot to offer, so continue to spread the word. If you want any STPC brochures or applications, call (612) 941-4789.

Players Needed

Decathlon, Tuesdays, 10:30-12:30 pm. Two male players rated 3.0 or above are needed to play in March and April. If you're interested, call Chuck Supplee at (612) 884-2575.

Twelve Lesson Award

Lyle Lassonde is the latest STPC member to complete twelve lessons. Congratulations!

Our Active Members

Willard Johnson of Rochester had good fortune in the Shine in the Sun Fall Tournament in Sun City, Arizona. He was a finalist in the 70+ men's singles and champion in the 70+ men's doubles. Congratulations!

Don Hartley of Prior Lake harvested almost 9,000 pounds of vegetables and fruit and gave them to the needy. Don has been doing this for a number of years, remembering the hunger he knew as a World War II prisoner of war.

Thank You

Lorraine Nietz wishes to thank those fellow STPC members who extended greetings and support during her recent hospital stay. She reports that things are improving slowly.

Notes from the Treasurer

Summer/Winter Captains and Co-Captains: You should have received a letter from Ron Liddiard in January about sending in rosters of your players for the second winter season. If you did not receive the letter, or if you did but are not a captain or co-captain, please call Ron at (612) 829-7530.

Whose Check? Ron has a check for \$5 for someone, but he's lost the note telling him who it goes to. Please contact him at (612) 829-7530 if this is your money.

Civility on the Courts

By **Ron Liddiard**. First, a correction. In my November, 1999 article, I said that you *would* lose the point if you made noise after your hit. The correct word is *could*—it depends on the previous actions and calls.

In this issue—eight easy ways to avoid irritating other players:

1. Don't make excessive noise after your hit.
2. Don't laugh after another player makes a mistake.
3. When you're standing on the line, don't catch the ball or hit it and then call it out when you miss.
4. If you have to discuss "in" or "out" after a line call, the correct call is "in" because of the possible doubt.
5. The server needs two balls returned. The third ball can stay where it is until the next point. The server can request the third ball. Keep the balls picked up so no one falls.
6. Receivers are allowed time to get ready, although they can't deliberately delay the game. Don't quick serve.
7. Don't disturb other courts to return balls until they are between points, and don't go on the other court without permission.
8. Don't go on the court until it's your time to play.

Keep playing politely. It makes a better game for all of us!

In Memoriam

Everett Trulson, 78, of Shoreview died in November. We extend sympathy to his wife, Lucille, also an STPC member, and to his daughters and their families.

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Saint Patrick's Day Tennis Party



Saturday, March 11
Moore Lake Racquet, Swim, & Health Club • 1200 East Moore Lake Drive, Fridley
\$10 per player • \$5 per nonplayer • Play 4-6 p.m. or 6-8 p.m.

Light meal follows play. You do not need a partner to attend the party. Players will be matched by skill level for the first round with half-hour rotations based on winning or losing.

Deadline Monday, March 6

Send registration form and check payable to STPC to:
Shirley Knutson, 11930 44th Ave N, Plymouth, MN 55442

Directions From Highway 694, go north on Central Avenue (Highway 65). At the second stoplight (just past the lake), turn right (east) on East Moore Lake Drive. The club is about one block straight ahead.

Questions? Call Shirley Knutson, (612) 553-9764
or Ronnae Wagner, (612) 938-5785

St. Patrick's Day Tennis Party March 11, 2000
Enclose check for \$10 made out to STPC and mail to
Shirley Knutson, 11930 44th Ave N, Plymouth, MN 55442.

player 1 _____

phone _____

rating _____ Time (4 or 6) _____

player 2 _____

phone _____

rating _____ Time (4 or 6) _____

Meet Your Captains



Jim Anderson

Jim Anderson captained at Decathlon. He joined Senior Tennis about six years ago. While in college, finding the golf courses full, he started playing tennis instead. Jim also plays ice hockey about three times a week.



Joyce Hautman

Joyce Hautman was a co-captain at Brookview last summer. Currently she captains at Williston. She started playing tennis about fourteen years ago when she joined Senior Tennis.



Roy Rincon

Roy Rincon started playing tennis seriously about twelve years ago when he joined Senior Tennis. His wife Amy is also a member. Roy likes having her as his partner on the court, as well as in his life.

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.

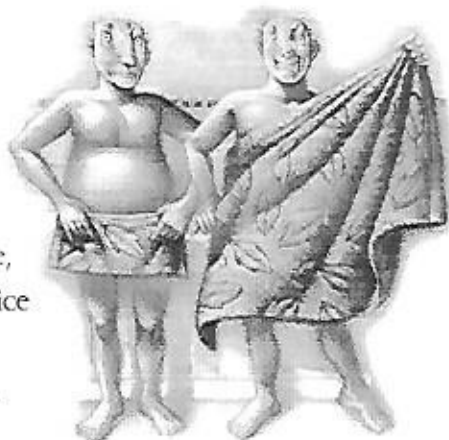
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Nicollet Tennis Center
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Minneapolis MN 55409
(612) 825-6844

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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. 612-939-8370	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.

Guess Who? Answers

Pictured in the photos on page 3 are:

1. **Jeanette Busch.** For the last ten or so years, Jeanette has faithfully driven 51 miles from her home in Glenwood City, Wisconsin to Woodbury, Minnesota and Wooddale Racquet Club for her Wednesday morning league.
2. **Blanche Johnson.** Commuting from Big Lake, Minnesota, which is near Saint Cloud, Blanche makes the half-hour drive to Daytona Club for STPC tennis. Blanche has been doing this for 9 years.
3. **Lorraine Dickman.** Lorraine wins the cigar for the longest drive. Living in Pence, Wisconsin, which is near the upper peninsula of Michigan. Lorraine frequently drives close to 200 miles to visit a daughter in Bloomington. While there, she subs in Wooddale leagues. Lorraine was a Wooddale regular in past years, when she lived closer in.

*This is your last
issue if you haven't
renewed your
STPC
membership!
Renew now!*

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