
SENIOR ❖ TENNIS ❖ TIMES

NEWSLETTER OF THE SENIOR TENNIS PLAYERS CLUB, INC.

MARCH 2000

It's Spring Luncheon and Annual Meeting Time!

May 13 • Doubletree Hotel • Bloomington

The STPC Spring Luncheon and Annual Meeting will be held May 13 in the Grand Ballroom of the DoubleTree Hotel in Bloomington. Festivities start at 11:30 a.m. with a social hour, followed by lunch at 12:30 p.m.

There will be a short meeting to introduce new board members and past presidents, with a brief club update from President Bob Tischbein and then the presentation of the Jack Dow Trophy.

After the business meeting, the entertainment begins! This year we are pleased to present the "Now & Then Singers" from Lakeville High School. This group of sixteen singers and a rhythm section performs at numerous school and community functions throughout the year. They have won top honors at festivals in Florida, Minnesota, Ontario, and Wisconsin, and have consistently been awarded superior ratings at state and regional solo/ensemble contests in both vocal jazz and mixed ensemble categories.



Give Me the Details!

Where. The DoubleTree Hotel is located at 7901 24th Avenue South, across Highway 494 from the airport and near the Mall of America in Bloomington. There's plenty of free parking. **Cost.** The cost to attend is only \$15.50 per person! **Menu Choices.** Sliced Sirloin and Vegetables du Jour, or Oriental Chicken Salad, both served with rolls and butter, beverage, and dessert.

See Page 6 to Reserve Your Place!

Seating is limited to 200 attendees, so get your reservation in early. Your reservation form is on page 6—fill it in and send it to Susie Redpath at the address on the reservation form. The reservation deadline is May 5.

Upcoming STPC Events

- April 29 Final Fling Tennis Party, Lilydale Tennis Club
- May 13 Spring Luncheon and Annual Meeting
- May 23 Bolger Clinic
- June TeamTennis starts
- June 15 Captains' Dinner
- July 15 Grandparent-Grandchild Round Robin
- Sept. 5 Jack Dow Tournament

Year 2000 Roster Inside!

Inside this issue of the *Times* is your 2000 STPC Membership Roster. It contains the names, addresses, phone numbers, skill ratings, and email addresses of everyone who is a current 2000 member. There are 1,580 of you!

Take a look at your entry. If you find an error, please call Nancy Kaminski at (612) 781-3271 or email her at nancykam@mediaone.net. We'll correct the database and publish a correction in the following month's *Times*.

Thank you, everyone, for making this year's renewal season so easy! We appreciate you returning your invoices and dues as promptly as you did.

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.

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1999-2000 Board of Directors

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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: 1,561

March 2000: Volume 13, Number 2

Report From the President

By Bob Tischbein

The board did not have a January meeting, which is not to say that things have not been moving right along. The Nominating Committee had its first meeting to select new board members to be installed at the April meeting. Board members serve three years, and as there are eighteen on the board, six new members are elected each year. If you're interested in serving on the board, contact any of the nominating committee members listed in the article below.

The Annual Spring Luncheon will be held on May 13 at the DoubleTree Hotel in Bloomington. See page 6 of this issue of the *Times* for a reservation form. You will be delighted with the entertainment, and since reservations are limited I recommend getting your reservation in early.

The Bolger Clinic, held at Nicoller Tennis Center, is scheduled for May 23. It's a fun morning with the pros including instruction and social tennis followed by a delightful lunch.

The Annual Captains' Dinner will be held at Olympic Hills Golf Club in Eden Prairie on June 15. Invitations will be mailed to all captains.

The Grandparent-Grandchild Tournament will be held at Valley View Park, 98th between Nicollet and Portland, on Saturday, July 15, from 8 a.m. to noon. Reservation forms will appear in the May *Times*. This is a fun event for members and their grandchildren.

Summertime is not far off—that has a nice sound to it. To keep the system working we are always looking for captains. Please contact one of the coordinators if you can help us out. They are Rod Macpherson, (612) 471-0346, and Nick Pappas, (612) 926-2254.

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 ac-
cepted. 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.

Taking Medicine —

Safely

Medication can do wonders. It can ease pain, kill bacteria, replace needed nutrients, regulate blood pressure, and control diabetes. It can make help you sleep, stay awake, or alleviate depression. But despite its benefits, drug use is not without risks, especially if someone is taking more than one medication at a time.

Seniors make up 12% of the American population, yet they purchase 25% of all prescription medication in the United States, according to the Food and Drug Administration Consumer Magazine. In fact, 65% of Americans over age 50 use prescription medication, and two-thirds of adult over age 65 use one or more drugs each day.

Seniors also react differently to medication than younger people. Biological changes associated with aging, such as a loss of lean tissue and an increase in fatty tissue, can change how you react to a drug. The drug may stay in your system longer or be more concentrated.



Some of the problems medication can cause in seniors include:

- Allergic reactions
- Drug interactions
- Adverse side effects
- Taking drugs incorrectly. This includes incorrect dosage, taking the wrong medication, not following directions for timing, forgetting to take a pill or forgetting your all ready took a pill.
- Mixing medicine with alcohol

To avoid such problems you should do the following:

- Keep a list of all medications, dietary supplements, and herbs that you take. Be sure your doctor knows what you are taking so that he or she can look for any possible interactions.
- Keep a log of when and how much medicine you take.
- Talk to your doctor. Make sure he or she knows if you have any adverse reactions to your medicine. Also be sure to understand any directions your doctor gives you. If you do not understand something, ask for clarification.
- Have your doctor review your medications and dosage routinely.
- Follow directions. Take the medication in the correct dosage for the correct period of time. Don't stop just because you feel better. Research has shown that as many as 50% of people don't take their medicines as prescribed.
- Read the label each time you take your medicine. Dosage mistakes often occur when someone grabs the wrong bottle and doesn't notice.
- Don't share your medication with someone else.
- Note any side effects and call your doctor immediately. Side effects can include rashes, dizziness, indigestion, fever, and vomiting.
- Develop a process for taking your medicine.
- Don't break pills to save money. If you need pills to be cut in half, ask your pharmacist to help.
- Ask questions of your doctor and your pharmacist.

If you follow these steps, you should stay safe. Medicine is meant to help you, not hurt you.

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.

What's Going On!

Senior Games in Duluth

Senior Tennis players are invited to Duluth the June 19-23 for the Northland Senior Games. This will be the qualifying matches for the national Senior Olympics in Baton Rouge, Louisiana in 2001.

In the near future, Melvin Baken, Ronnac Wagner, John Herbst, and Chuck Supplee will have entry forms available. The Twin Cities always has a large turnout for this special event, so join us!

Free Saint Patrick's Day Dance

Come dancing! The Percy Hughes Quartet will be playing at Edinborough Park, 77th and York Avenue South, Edina, on Friday, March 17, from 1 to 3 p.m. Have some free fun!

In Appreciation

Thanks and appreciation for cards, memorials, and offers of sympathy, by STPC members, which were extended to Lucille (Lucy) Trulson and family on the sudden death of Everett (Ev) Trulson on November 27, 1999.

His love of tennis and the friends he made while playing tennis added a great joy to his life. Senior Tennis was very important to him, and his last day of playing tennis was November 24, 1999.

Civility on the Courts

By Ron Liddiard. It's always correct to say "good shot" when the other player makes a well-placed shot. But as a tennis umpire I watch a lot of matches, and I find that very few points are won—most are lost. A miss on your part doesn't make the incoming shot a good one.

Don't indicate "out" by voice or signal unless the ball is really out. I have the bad habit of saying "out" as a shortcut for "out of reach." Please don't do this! I'll be working on curing my own problem—effective tomorrow! Remember, Tennis is a great game when played by the rules and with civility.

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paid advertisements

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.

For Sale. 1999 Prince Thunder Lite midplus raquet. 60% cost. Call (612) 537-2068.

For Sale. 98 Ford Taurus, V6, 4-dr, loaded. Red, great shape. 3-yr bumper to bumper warranty. \$14.5K. Call Dan, 651-777-7283.

For Sale. Canon BJ-5000 color inkjet printer. Less than 1 year old. Nice! \$70. (612) 781-3271.

For Sale. Hewlett Packard HP-500 b/w inkjet printer, old but dependable. \$20. (612) 781-3271.

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Final Fling Tennis Party

Saturday, April 29

Lilydale Tennis Club • 945 Sibley Memorial Highway, Lilydale • (651) 457-4954
\$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, April 24

Send registration form and check payable to STPC to:
Bev Sinniger, 1599 Glenbeigh Pl, Saint Paul, MN 55125-3375

Directions From the west, go east on 494 to 35E, go north to Exit 102, go right on Sibley Memorial Hwy (Hwy 13). Take a quick left at Lilydale Garden Center sign (club shares driveway with garden center). **From the north, Mpls, or St. Paul:** take either 694, 394, or 94 to 35E. Go south to Exit 102. Go left on Sibley Memorial Hwy (Hwy 13). Take a quick right at Lilydale Garden Center sign (club shares driveway with garden center).

Questions? Call Bev Sinniger, (651) 578-1345, or Ronnae Wagner, (612) 938-5785

Final Fling Tennis Party April 29, 2000

Enclose check for \$10 made out to STPC and mail to Bev Sinniger, 1599 Glenbeigh Pl, St. Paul, MN 55125-3375.

player 1 _____

phone _____

rating _____ Time (4 or 6) _____

player 2 _____

phone _____

rating _____ Time (4 or 6) _____

Meet Your Captains



Char Boyles

Char has been a member of STPC for four years. She co-captains at Flagship. She started playing tennis about twenty-five years ago.



Ed Fischer

Ed started playing tennis regularly about five years ago when he joined STPC. He captained at Williston and subs at Nicollet and Flagship. He co-captains at Parkers Lake during the summer.



Colette Schunk

Colette captains at Midwest on Mondays, and plays there on Wednesdays. She started playing tennis about five or six years ago when she joined STPC. Colette says she has only one regret, that she didn't start playing tennis earlier in life—it's so much fun.

Spring Luncheon and Annual Meeting Reservation Form

Send this form with your check, payable to STPC, to

Susie Redpath
14845 McGinty Rd
Wayzata, MN 55391

Deadline: May 5, 2000

Questions? Call Jane Tischbein at (612) 938-9348.

Names _____

I'm coming with a group! Please put my name on a reserved table (table seats 10) _____

Menu Choice: Sirloin _____ Oriental Chicken _____

Total enclosed: \$ _____ (@ \$15.50/person)



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UCare Minnesota is a Medicare+Choice organization with a Medicare contract. You must continue to pay your Medicare Part B premium. UCare for Seniors service areas include. Anoka, Carver, Chisago, Dakota, Hennepin, Ramsey, Scott, Sherburne and Washington counties, and certain zip codes in Mille Lacs (55374, 56330, 56363, 56313, 56353) and Wright (55328, 55390, 55349, 55363, 55373, 55358, 55313, 55376, 55344, 55304, 55362, 55380, 55320) counties.

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.

Coming soon...

John Bolger Tennis Clinic & Luncheon



Tuesday, May 23, 2000

tennis—9 a.m.
luncheon—noon

Nicollet Tennis Center
40th and Nicollet Ave S

\$10 per member
\$15 per guest

Watch for your reservation
form in April!

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