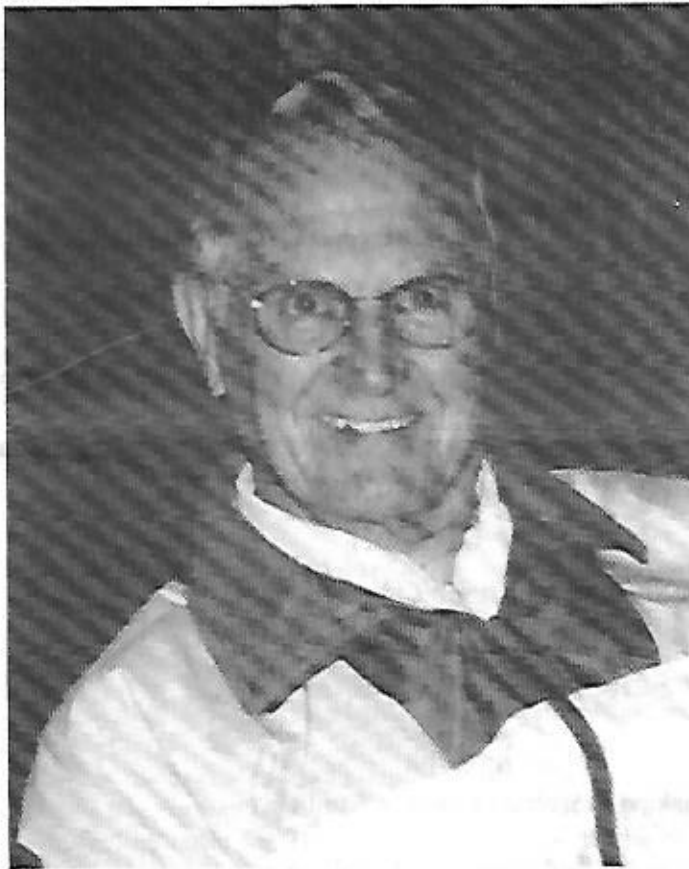

SENIOR ❖ TENNIS ❖ TIMES

NEWSLETTER OF THE SENIOR TENNIS PLAYERS CLUB, INC.

APRIL 2000

Dick Pratt Named Dow Trophy Recipient



Dick Pratt has been named the 2000 recipient of the Jack Dow Traveling Trophy. The trophy is awarded to a member who has given service to STPC with enthusiasm and dedication.

The award committee, chaired by Percy Hughes, included Mary Kaminski and John Stecklein. The committee's unanimous selection was based on Dick Pratt's outstanding service to the Club, including:

- STPC member since 1986
- Board member for several years
- "Captain of the captains"—the first to conduct captains' meetings
- Instrumental in locating new sites and facilities
- Attended all summer camps at Mankato and River Falls
- Attended numerous drills and assisted STPC pros as a volunteer
- Captain of two groups at Nicoller Tennis Center
- Organized the Golden Agers (players over 80), the Genuine Seniors, and the Super Seniors

He found time to work with the Inner City program, the USTA, the Minneapolis Park Board, a junior high girls' tennis team, and the U of M men's Gopher tennis team. Dick managed to do all this in spite of a history of surgeries. His will to get back to playing and volunteering in tennis as quickly as possible is amazing!

The trophy will be awarded at the STPC Spring Luncheon and Annual Meeting on Saturday, May 13, at the DoubleTree Hotel in Bloomington. The 1998 recipient, Mary Kaminski, will present the trophy to Dick.

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 |

Summer Court Schedule Inside!



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

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Percy Hughes 612/831-2872
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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: 1,610

April 2000: Volume 13, Number 3

Report From the President

By Bob Tischbein

It will be several months short of two years
since I accepted the responsibility of presi-
dent of this great organization. Now the
time has arrived for the Board to elect six
new board members before the April meet-
ing. At that meeting the new members
and those remaining on the Board will
nominate and vote on new officers.

From all my observations and input,
all is going well. Membership is on track,
we are financially sound as reported by
Bob Metcalf, our auditor, and all of the
programs for the year 2000—the Spring
Luncheon, the Captains Dinner, the
Grandparent-Grandchild Tournament,
and the Dow Tournament—are sched-
uled.

I've enjoyed serving as your president
and sincerely hope I have served you well.

Have fun on the courts, and be
courteous!

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.

Intergenerational Tennis Games A Day of Fun

Presented by Inner City Tennis
and Senior Tennis Players Club

Saturday, May 20, 2000
1-3 p.m.

Loring Park

Parking available at Parade Stadium

Join us for a day of play in a totally free event

Tennis pros Roger Boyer and Percy Hughes
will conduct a clinic while incorporating
tennis carnival activities.

Join us for fun and pick up tips from the experts!

Everyone is welcome!
Your presence is greatly
appreciated by the children.

RSVP to the Minneapolis Senior Ombudsman Office at (612)
673-3757 by May 15, 2000

Breaking Your Risk of Osteoporosis

As a member of the Senior Tennis Players Club, you are already taking the first step toward keeping osteoporosis at bay—exercise. Regular, weight-bearing exercise, such as tennis, can help you maintain bone health.

Osteoporosis, literally, means porous bones. As you age, your bones begin to lose density and become fragile, leading to an increased susceptibility to fractures. Osteoporosis is an insidious disease that generally remains hidden until a bone breaks. At that point, the damage to the skeletal system is already done. Although any bone can break, the most common fractures occur in the hips, vertebrae, and wrists. In severe cases of osteoporosis, even minor stresses or wrong movements can cause fractures. Disability and even death can result.

Currently 25 million Americans suffer from osteoporosis, and about 80% of these are women. Other risk factors for osteoporosis are:

- Family history or personal history of fractures as an adult
- Race, Caucasians are at higher risk
- Bone structure and body weight (small-boned and thinner women are at greater risk)
- Early menopause
- Tobacco use
- Excessive use of alcohol
- Some medications
- Diet poor in calcium and vitamin D

There is no cure for osteoporosis, but it can be prevented and it can be treated to stop further bone loss and fractures. To prevent or halt osteoporosis, you need to keep exercising, quit smoking, limit your alcohol intake, and eat a balanced diet rich in calcium and vitamin D.

According to the National Institute of Health, women over age 50 who take estrogen and men over age 50 should consume 1,000 mg of calcium each day. Those women over 50 who do not take estrogen should consume 1,500 mg of calcium a day. Everyone should take between 400 and 800 international units of vitamin D each day to help in the absorption of calcium. Do not take more than 800 IU, however, as this level can be harmful.

Calcium can be found in many foods besides dairy products. Here is a list of sources of calcium for your diet:

Plain yogurt	8 oz.	415 mg
Sardines (Atlantic with bones)	3 oz.	372 mg
Skim milk	1 cup	302 mg
Low fat cottage cheese	1 cup	155 mg
Collards, cooked	1/2 cup	168 mg
Salmon, pink (canned with bones)	3 oz.	167 mg

Continued on page 6

John Bolger Tennis Clinic & Luncheon

Tuesday, May 23, 2000



Nicollet Tennis Center
40th and Nicollet Ave S

Tennis at 9 a.m., luncheon at noon.
2½ hours lessons, 45 minutes play.
Everyone plays!
\$10 per member, \$15 per guest.

John Bolger Tennis Clinic Reservation Form

Name _____

Phone _____

Skill level: 1-1.5
 2-2.5
 3-3.5
 4.0

Send your check for \$10 (\$15 per guest)
and this coupon to:

Bill Connell, 6105 Lincoln Dr #239,
Edina, MN 55436-1622
(612) 930-3060

What's Going On!

Bolger Clinic Set for May 23

Roger Boyer and assistant pros will again run the Bolger Tennis Clinic on May 23 at the Nicollet Tennis Center, 40th and Nicollet Ave. in Minneapolis, 9 a.m. to 12 noon.

Open to all levels senior tennis players for just \$10 (including lunch) the clinic is limited to 96 registrants. You can register on the form in this issue.

Lessons in doubles strokes and strategy will cover one and a half hours, then 45 minutes of dynamic instruction with Roger Boyer and 45 minutes to play tennis. A lot of attention is given to players.

Sponsor for the luncheon is the Bolger Printing Company. John Bolger, former senior tennis player, originated the support for this event and his widow has continued the tradition annually.

Time for Team Tennis

Are you interested in playing competitive tennis, either as a regular or a sub? Sign up now for Team Tennis and play outdoors this summer!

Call Nick Pappas at (612) 926-2254 to sign up. You will need to give him your certified rating, which you can get from any of our pros. This is necessary to assign you to the right level team.

WOW!

By Joyce Olsen. Winter is on its way out—it's time to think about the Women on Wednesdays tennis league! We are going to have a few changes as we transform the tenth year of Hit 'N Giggle to the first year of WOW. (Thanks again to Shirley Pratt for all her hard work over the last ten years!) One big change is that we are going to play at Brookview only, unless we add new teams.

Let's start thinking about getting the teams ready for the 2000 season. They are:

Blue Team, captained by Marlys Christensen
Pink Team, captained by Mary McNeil and Vi Schaber
Yellow Team, captained by Rose Sander and Jenny Caldwell
Green Team, captained by Joyce Olsen and Joyce Anderson

Anyone interested in joining our teams or subbing, please call one of the captains and we will try to fit you in.

I will be calling a captains' meeting in May, and will be contacting all players then about the time and place of play. Note: some of us will be unavailable until May, but you can contact me via email at jolsen10@juno.com.

Players Needed

Nancy Lindeman is seeking male and female players, skill level 2.5–3.0, to play at Nicollet on Mondays, 7–9 a.m. If you'd like to play, call Nancy at (612) 823-0304.

Sandra Johnson is looking for four or more players rated 2.5–3.5 for doubles at Hopkins Junior High on Saturday or Sunday afternoons this summer. The exact time will be determined by the participants and the availability of the court; there will be a \$2.25 charge. If you're interested call Sandra at (612) 544-8117.

Rule Book Available

Would you like to own a copy of the current tennis rule book? You can order "Friend at Court" from USTA for \$5. Send your check to:

USTA
Attn: Tiffany
1001 West 88th St Ste 101
Bloomington MN 55431

Civility on the Courts—Serving

By Ron Liddiard. Call the set score when you start your serve. Call the game score at every serve. There is a new definition of a quick serve—do not serve before 12–15 seconds of the 25 seconds you are allowed between points. From my observation, there is a lot of quick serving. The receiver has only one defense and that is not swinging and asking for another serve.

Balls for the server: The server needs two balls. There are only two reasons to pick up the third ball—if the server requests it, or if it presents a safety hazard. Leave it alone until it is really needed. This will help speed up the game.

This is my last "civility" article. It's been fun! Remember, keep playing with politeness.

In Memoriam

Joan Juhre, of Plymouth, died in December 1999. Our sympathies to her daughter, Debbie Juhre.

Edward Anderson, of West Saint Paul, died February 29, 2000. Our condolences are extended to his family.

Marge Fox, 81, of Bloomington, died March 9. She was crowned Mrs. Minnesota due not only to her sparkling personality and beauty, but also because of her clothes, which were designed and made by herself. Marge was a lifetime member of STPC since 1987. Our sympathy to her daughter, Judy Lindstrom of La Quinta, California.

Jack Vawter, 79, of Saint Louis Park, died in March. An extraordinary artist, he was past president of the Midwest Watercolor Society. Our sympathy is extended to his daughter, son, brother, and especially to his first cousin and STPC member, Mary McNeil.

Meet Your Captains



Ruth Peterson

Ruth captains at Flagship on Thursdays and Decathlon on Tuesdays. She also plays at Williston and Dred Scott. Ruth started playing tennis about nine years ago when she joined Senior Tennis. She recently married Art Peterson, who is also an STPC member.



Patrick Calvin

Pat captains at Marthaler Park in West Saint Paul during the summer months. He also plays at Nicollet, Decathlon, and Saint Paul Racquet. Pat has been playing tennis since high school.



Ginger Johnson

Ginger started playing tennis in 1991, the same year she joined STPC, after retiring from 3M where she was employed for 26 years. She captains at Wooddale on Wednesdays.

Spring Luncheon and Annual Meeting May 13 • DoubleTree Hotel • Bloomington social hour 11:30 am • lunch 12:30 pm

The STPC social event of the season! Come visit with friends, meet the new officers, and be entertained by the **Now & Then Singers!**

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/person)

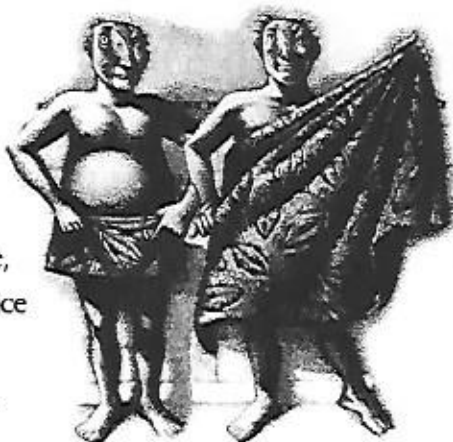


*The DoubleTree Hotel is located at
7901 24th Ave. S, across Hwy 494
from the airport and near the
Mall of America.*

UCARE FOR SENIORS

IT FEELS GOOD TO KNOW YOU'RE COVERED.

Now there's an affordable way to get more out of your Medicare coverage. With UCare for Seniors, you get comprehensive Medicare coverage, generous benefits, freedom of choice and peace of mind. All for an affordable monthly plan premium.



For more information about this surprisingly affordable coverage, call 612-676-3500 ext.125, toll free 1-877-523-1518, or hearing impaired 612-676-6810.



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, 55341, 55301, 55362, 55380, 55320) counties.

paid advertisement

Continued from page 3

Turnip greens, cooked	1/2 cup	134 mg
Spinach, cooked	1/2 cup	84 mg
Corn tortilla	1 med.	80 mg
Broccoli, raw	1 spear	72 mg
Broccoli, cooked	1/2 cup	68 mg
Almonds	1 cup	66 mg
Orange	1 medium ...	60 mg
Carrot, raw	1 medium ...	27 mg
Dates, chopped	1/4 cup	26 mg
Dried beans, cooked	1/2 cup	26 mg
Bread, whole wheat	1 slice	25 mg
Raisins	1/4 cup	22 mg
Peanut butter	2 Tbsp	18 mg

If you do not get enough calcium from your diet, you may need to take a calcium supplement. You can also increase the vitamin D in your body through direct exposure to the sun. Usually 10 to 15 minutes of sun exposure, three times a week is enough to meet your daily requirement of vitamin D.

If you are at risk of developing osteoporosis, talk to your doctor. He or she may recommend that you have a bone density scan to

determine the health of your bones. Based on the results, you may need to make changes to your diet, take a calcium supplement, increase your exercise, and take medication that stops your bones from getting any more brittle.

This information was brought to you by UCare Minnesota, 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.



SUMMER TENNIS CAMPS AT RIVER FALLS, WISCONSIN

Directed by Connie Custodio with pros Ernie Greene,
Lois Nordman, and other experienced tennis professionals

Select the camp that best fits your skills and needs.

Camp 1	July 24-27	Recommended rating:	2.0-2.5
Camp 2	July 28-30	Recommended rating:	open
Camp 3	July 31-Aug 3	Recommended rating:	3.0-3.5

Fees: Camps 1 and 3: \$300/person, double occupancy with a/c
\$320/person, single occupancy with a/c

Camp 2: \$200/person, double occupancy with a/c
\$215/person, single occupancy with a/c

Send registration form with deposit of \$150/person by June 9th.
You will be billed for the balance which is due by July 12th
Checks should be made payable to Traveling Tennis and mailed to
Pat Williamson, Traveling Tennis
521 Ferndale Street North, Maplewood, MN 55119

Name _____
Address _____
City/State/Zip _____
Camp # _____ Your Rating _____
Roomate _____

A service fee of \$25 is retained if you cancel after June 23. After July 7th
one-half of paid fees are forfeited, except in cases of medical emergencies.

Please call the *Traveling Tennis* staff with any questions:

Karla Sand 651/739-7397

Pat Williamson 651/738-6953

We look forward to seeing you this summer!

paid advertisement

2000 Summer Court Schedules

STPC has arranged locations and times for summer outdoor tennis listed below. Players should be registered members of STPC. If you have any questions about the location where you want to play, call the STPC captain listed for that location. If someone wants to know how to become a member, call Jan at (612) 941-4789.

Court Location	Day	Skill	Time	Captain	Phone
OUTDOOR COURTS					
Aquila Park Minnetonka Blvd & Aquila Ave, St. Louis Park (walk on)	Monday through Friday		8-12 p.m.	Captain needed	
Augsburg Park 72nd & Blaidell, Richfield (walk on)	Monday through Friday		7:30-9:30 a.m.	Gigi Stangler Lorraine McDaniels	612-897-0811
Bass Lake Beltline Rd and 36th St, St. Louis Park (walk on) (not available 7/12-16, 7/26-30, and 8/16-21)	Monday through Saturday		8-11:30 a.m.	Captain needed	
Brooklyn Center High School 65th & Humboldt Ave N, Brooklyn Center (walk on)	Tuesday Thursday		8:30-10:30 a.m.	Captain needed	
Brookview Park Hwy 55 & Winnetka Ave, Golden Valley (walk on)	Saturday		8-10 a.m.	Joyce Hautman Aldean Cummings	612-545-4051 612-474-1731
Carpenter Park Minnetonka Blvd & Raleigh Ave, St. Louis Park (walk on)	Monday through Friday		8-12 p.m.	Captains needed	
Chanhassen Elementary School Courts Laredo Dr, Chanhassen, 1 block E & N of Chanhassen City Hall (walk on)	Friday		9-11 a.m.	John Goulett, Jr. Marlyn Goulett	612-445-4165 612-445-4165
Christian Park 69th & Bloomington Ave, Richfield (walk on)	Monday Wednesday Friday		7:30-10 a.m.	Chad Sharkey	612-866-7682
Como Park Horton Ave west of Lexington, Saint Paul	Monday Wednesday		7-11 a.m.	John Connelly	651-771-2664
Dred Scott Park W Old Shakopee Rd & Ferry Bridge Rd, Bloomington (walk on)	Monday through Friday		8-10 a.m.	Chuck Supplee Chuck Slocum (coordinators)	612-884-2575 612-941-4059
Edina Senior High School 6754 Valley View Rd, Edina (walk on)	Tuesday Thursday		6-8 p.m.	Captain needed	
	Saturday Sunday		4-6 p.m.		
Fairview Community Center Cleveland & Skillman, Roseville (walk on)	Wednesday Friday	3.0-3.5 Men only	8-10 a.m.	Dan Nedoroski	651-645-2368
Fridley Commons 62nd & 7th Ave (northwest corner), Fridley (walk on)	Tuesday Thursday	3.0-4.0	9-11 a.m.	Bob Metcalf	612-571-3596

Court Location	Day	Skill	Time	Captain	Phone
Gro-Tonka Park North of Minnetonka Blvd, east of 101 & Groveland School, Minnetonka (walk on)	Monday through Friday		8-10 a.m.	Captain needed	
Holasek Park Baker Rd S of Hwy 62, Eden Prairie	Wednesday, Thursday, Friday		8-12 a.m.	Captain needed	
Irondale High School Long Lake Rd south of Cty Rd H, New Brighton (walk on)	Saturday		8-10 a.m.	Jim Vint	651-636-0071
Lone Lake Park Shady Oak Rd north of Bren Rd, Minnetonka (walk on)	Tuesday, Thursday, Friday		8-10 a.m.	Paul Weinreis	612-935-9463
Marthaler Park 1625 Humboldt Ave across from City Hall, West Saint Paul (walk on)	Tuesday Thursday Saturday		9-11 a.m.	Pat Calvin	651-699-6899
North Valley Park Off 70th 1/2 mile east of Lafayette Freeway, Inver Grove Heights (walk on)	Monday Wednesday Friday	2.5-3.5	9-11 a.m. May and Sept. 8-10 a.m. June, July, & Aug	Shirley Nelson	651-455-2692
Oakdale Courts 45th & Granada (1/2 mile east of 120 on 45th) Oakdale (5/4 through 7/20) (walk on)	Tuesday Thursday Saturday		8-10 a.m.	Betty Livingston	651-777-9723
Parker's Lake Cty Rd 6 & Niagara Ln, Plymouth (walk on)	Monday through Friday		8-10 a.m.	Ed Fischer Dick Karlberg	612-550-9770 612-473-3798
Roseville Middle School Cty Rd B2, 2 blocks east of Rice, Roseville (walk on)	Saturday		9-11 a.m.	Need captain (several active players)	
Saint Anthony Courts Silver Lake Rd & 33rd, Saint Anthony (walk on)	Monday		9-11 a.m.	Captains needed	
Shawnee Park 6515 Scheel Dr (Upper Afton Rd to Martha, north to Scheel), Woodbury (walk on)	Monday Wednesday Friday		9-11 a.m.	Captains needed	
Shorewood (Badger Park) West of Excelsior, 1/2 block S of Hwy 19 & Country Club Rd, Shorewood Set teams: if interested in subbing, call Char Hall, 612-474-5873.	Thursday		9-11 a.m. May, June, Sept. 8-10 a.m. July, Aug.	Char Hall	612-474-5873
Skillman Courts East of Cleveland on Skillman, Roseville (walk on)	Tuesday Thursday		8-10 a.m.	Pat Grames Esther Shivers	651-646-4776 651-646-4776

Court Location	Day	Skill	Time	Captain	Phone
3M Tartan Park 20th St N between Cty Rds 17 & 15, Lake Elmo Enter picnic and sports area. If wet, play at Wooddale Indoor Club (walk on)	Monday Wednesday Friday	3.0+	8-10 a.m. 5/1-6/9 7-9 a.m. 6/12-8/11 8-10 a.m. 8/14-10/1	Darlene Moynagh	651-436-8927
	Tues, Thurs	3.5+	8-10 a.m.		
Valley Park Marie east of Victoria, Mendota Heights (set teams)	Monday		7:30-9 a.m.	Patricia Palmer	651-686-6780
	Tuesday		7:30-9 a.m.	Bunny Dougherty	651-454-1353
	Wednesday		7:30-9 a.m.	Dot Guenther	651-457-4682
	Thursday		7:30-9 a.m.	Nancy Karasov	651-452-3172
	Friday		7:30-9 a.m.	Lee Williams	651-452-0152
Valley View Park 90th between Nicollet & Portland, Bloomington (walk on)	Monday Tuesday Friday		7:30-9:30 a.m.	Captain needed	
	Wayzata Bell Courts 1 block north of Nwy 12 & Minntonka St, Wayzata (walk on)	Wednesday	9-11 a.m.	Marilyn Thorne	612-471-9813
	White Bear Lake High School Cty Rd E & McKnight Rd, White Bear Lake 5/5) (walk on)	Wednesday		6-8 p.m.	Shirley Kresko Gordon Manaige
STPC FREE LESSONS AND DRILLS—ALL LEVELS					
Note: When drills go inside in the fall, there is a \$2 charge					
Bass Lake Beltline Rd & 36th St, St. Louis Park	Thursday		8:30-10 a.m.	Percy Hughes Paul Stormo	612-831-2872 612-944-6286
Bryant Courts 84th & Bryant Ave S, Bloomington	Wednesday		8:30-10 a.m.	Percy Hughes	612-831-2872
Lyons Park Glenwood & Harold St, Golden Valley	Monday		5:30-7 p.m.	Connie Custodio	612-824-2569
	Wednesday		5:30-7 p.m.	Ernie Greene David Earlewine	651-488-6359 612-470-4041
Tanner's Lake Century Ave near 94 (Left on Hudson Blvd. frontage road to Greenway. Left to 2nd street, left to lake and tennis courts.)	Wednesday		9-10:30 a.m.	Lois Nordman	651-735-6214

Court Location	Day	Skill	Time	Captain	Phone
PRIVATE CLUB DRILLS OPEN TO STPC MEMBERS					
Decathlon Hotel and Athletic Club 7800 Cedar Ave S, Bloomington \$6 court fee	Wednesday Friday	2.5-3.5 2.5-3.5	8-9 a.m. 8-9 a.m.	Barb Meyer	612-854-7171
Nicollet Tennis Center 4005 Nicollet Ave, Minneapolis \$5 court fee	Tuesday		9-10 a.m.	Rod Vaught Abdul Idi	612-825-6844

Free Lessons. Twelve free lessons are offered as part of your STPC membership. New members are encouraged to take advantage of them! After twelve lessons, you will receive a free can of balls, a certificate of accomplishment, and congratulations from the STPC president.

You must notify the instructor when you have completed twelve lessons! Members are encouraged to attend lessons and drills at any time. If your game needs improvement, here is your opportunity.

Skill Rating. If you need to know your skill rating, attend one of the lessons/drills and ask the instructor to rate you. If you have any questions, call the instructor.

Corrections to the Schedule. If there are any errors or omissions in this schedule, please notify Nick Pappas, (612) 926-2254 for East Region (St. Paul) locations, or Rod Macpherson, (612) 788-2824 for West Region (Minneapolis) locations.

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

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Pager: (612) 880-6268

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Edina Realty

*Herb Bacal...
Always An Eye On the Ball*

S. Blair

paid advertisement

65 or Over?

Now is a good time to have a great time!

USTA Super Senior Mixed Doubles

NTRP levels of
3.0 and under, 3.5 and over

Rating clinics offered

No USTA membership
required for first-timers

Starts Thursday, June 22
Nicollet Tennis Center
11 a.m. and 1 p.m.

Call Liz Kamish to sign up
(612) 887-5009

*(People are fibbing about their age just so they
can play with this group of fun, experienced players!)*

Senior Tennis Times
3300 East Gate Rd.
St. Anthony, MN 55418-2545
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Nancy Kaminski
3300 East Gate Rd
Saint Anthony MN 55418-2545

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