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# SENIOR ❖ TENNIS ❖ TIMES

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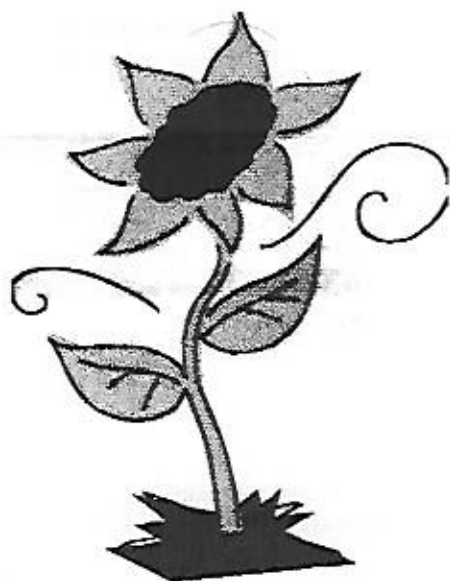
NEWSLETTER OF THE SENIOR TENNIS PLAYERS CLUB, INC.

MAY 2000

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## GEAR UP FOR SUMMER FUN!

There are plenty of Senior Tennis events to take part in coming up this summer. Here's a preview—there's more information inside this month's *Senior Tennis Times*!



**Intergenerational Tennis Games**—Saturday, May 20. Take part in the clinic, play in the carnival, all held in lovely Loring Park. (See page 3.)

**Stecklein Summer Team Tennis**—Starts June 13. Play on a team and let that competitive spirit loose! This league plays all summer. (See page 3.)

**Bolger Clinic**—an annual favorite! On Tuesday, May 23, play in the clinic, and enjoy the luncheon and camaraderie. (See page 4.)

### Upcoming STPC Events

- May 13 ..... Spring Luncheon and Annual Meeting
- May 23 ..... Bolger Clinic
- June 13 ..... TeamTennis starts
- June 15 ..... Captains' Dinner
- July 15 ..... Grandparent-Grandchild Round Robin
- Sept. 5 ..... Jack Dow Tournament

And don't forget—The Grandparent/Grandchild Round Robin on July 15, and the Jack Dow Tournament on September 5!

## **STAY TUNED!**

## 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

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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: 1,629

May 2000: Volume 13, Number 4

# Saving Your Sight



Glaucoma is very common and can happen to anyone. Most of us know that glaucoma is the eye disease that ended Kirby Puckett's all-star career with the Minnesota Twins. It came on suddenly and, as in most cases, he experienced serious vision loss with little warning. In fact, half of the people who have glaucoma don't even know that they have it. Once it strikes, it cannot be reversed. But it can be treated, if caught early.

Glaucoma is caused by the build-up of fluids in the eye. Usually, these fluids flow in and out of the eye without problems. With glaucoma, though, normal flow stops and the build-up of fluids causes pressure in the eye. Ultimately, the optic nerve is damaged and vision problems occur. Most types of glaucoma do not generate any symptoms of the disease. One rare type can produce symptoms of blurred vision, eye pain, headaches, haloes around lights, or pain around your eyes after watching TV or leaving a dark theater. There is no cure for glaucoma, but early detection and treatment are key to preventing total vision loss.

Doctors suggest that you have your eyes checked regularly. Because one in 50 elderly

Americans contract glaucoma, it is recommended that you have your eyes checked every 1 to 2 years if you are over 50. You should also have your eyes checked this frequently if you have other high-risk factors for glaucoma, such as:

- relatives with glaucoma
- diabetes
- previous eye injury
- African-American descent
- myopia (nearsightedness)
- high blood pressure
- long exposure to cortisone.

If you have been diagnosed with glaucoma, you need to have an eye exam every year.

Treatment for glaucoma, that lowers the pressure on the eye and reduces further damage, can range from medications to surgery. It has also been shown that regular exercise—at least three times a week—can reduce eye pressure. Stress reduction may also help. All of these treatments can be discussed with your physician.

Glaucoma is a serious disease, but it can be helped with early detection and treatment. Make sure you see your eye doctor regularly.

*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 Minnesota offers two health insurance programs for seniors: UCare for Seniors, a Medicare+Choice product for Medicare beneficiaries in the metropolitan area and adjacent counties; and Minnesota Senior Health Options for seniors with Medicare and Medical Assistance.*

## 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.

## 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!

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**Ballroom Dancing.** Refreshments, every Thurs. 1-3:30, Dick Macko's band, Lennox Comm. Ctr, 6715 Mtka Blvd. Questions? (612) 428-2052.

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

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**Qualifying matches** for 2001 National Senior Games being held in Duluth, June 19-23. Call Chuck, (612) 884-2575.

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**Internet appliance:** free iPhone. Email/web access/touch screen/phone. Laptop size. Call (763) 553-9406.

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**For Sale.** 98 Ford Taurus, V6, 4-dr, loaded. Red, great shape. 3-yr bumper to bumper warranty. \$13.9K. Call Dan, 651-777-7283.

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**For Sale.** Wheelchair, standard style, excellent condition. Original price \$400, asking \$120. (952) 835-1550.

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**Wanted.** part-time help, M or F. Flexible hours for retail sales. Luggage World, St. Louis Park. Call (952) 929-7888.

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**For Sale.** Many pairs of lady's shoes, size 6AA, all types and colors. Like new, top quality. (612) 545-4173.

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**Wanted.** String players for trios, qtets. Need vn, va, cello, possibly piano. 3.0-3.5 ability. Call Connie, (763) 571-3596.

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**For Sale.** Viola, ex. condition. Appr'd \$2900. Will accept offers. Incl. case and bow. (763) 571-3596.

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## 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

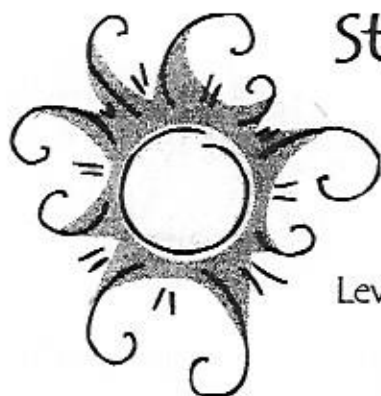
Tennis pros Roger Boyer and Percy Hughes  
will conduct a clinic while incorporating  
tennis carnival activities.

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



## Stecklein Summer Team Tennis

Competitive play with social involvement!

When: Tuesdays June 13-August 15, 9-11 a.m.

Location: Rotating courts

Deadline for Joining: June 1

Levels of Play: "A"—3.0 and above, "B"—3.0 and below

Sign up by calling with your rating:

Captains—Call John Connelly at (651) 771-2664

Previous Players—call your captain

New Players—Both regulars and subs call Nick Pappas at (612) 926-2254

## 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.

### Attention, Captains

#### Rosters Needed

A request for your playing roster will be mailed to summer captains in mid-May. We need your roster in order to continue our participation in the Community Tennis Program. If you don't receive the mailing, call Ron Liddiard at (952) 829-7530.

#### Captains' Dinner

Invitations to the Captains' Dinner will be mailed May 15. Due to the continually changing list of captains, we can never be certain we have everyone listed. If you have been a captain since January 1, 1999 and do not receive an invitation, please call Bob Tischbein at (952) 938-9348.

### Civility on the Courts

By Bob Tischbein. You may be surprised to know that it is not essential that all three tennis balls be on the server's side of the court before serving. Many times, returning the ball to the server side of the court creates unnecessary delay between points and causes the server to lose concentration. There are a few servers who want all three balls in their possession when serving. They are entitled to this consideration.

When you return balls to the new server after a game, be considerate and return the balls when the server expects them. The server should be facing your side of the court and be prepared to receive the balls.

Before each point, the server should announce the score loud enough to be heard. This should be done before starting to serve, and not during the serve. Don't announce the score and serve simultaneously.

### Congratulations!

Gunter Nitz is the latest STPC member to complete 12 lessons. Congratulations!

## 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

## Meet Your Captains



**Marcia Hinitz**

Marcia started playing tennis about ten years ago, when she joined Senior Tennis. She captains a Hit 'N Giggle team during the summer. Their home court is Brookview. She also subs at Nicollet and Williston.



**Don Schneider**

Don is a co-captain at Oakdale, and a captain for Team Tennis during the summer. He started playing tennis about twelve years ago when he joined STPC.



**Marion Stief**

Marion has been playing tennis for about twenty years. She is a team captain at Flagship. She joined Senior Tennis about five years ago.

When Everything Old Becomes New Again!

### Announcing the Wood Racquet Clay Court Classic



#### The Wood Racquet Clay Court Classic

Play: 9:00 a.m. - 6:00 p.m.  
Breakfast served: 8:30 a.m. - 10:30 a.m.  
Lunch served: noon - 1:30 p.m.  
Cocktail Reception: 6:00 p.m.

Benefiting the

Greater Twin Cities



NATIONAL  
WWII  
MEMORIAL



Save the Date: Saturday, July 8, 2000  
Minikahda Club - Minneapolis

For more information contact: Michael Stenquist at 612-887-5001 ext. 21  
or E-mail: [stenquist@northern.usta.com](mailto:stenquist@northern.usta.com) • [msten@gctennis.com](mailto:msten@gctennis.com)

Rain Date: Sunday, July 9, 2000

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, 55344, 55304, 55362, 55380, 55320) counties.*

paid advertisement

**Senior Doubles for 3.0 and Above Players**

STPC and Nicollet Tennis Center are again offering groups of three 1-hour lessons starting in May 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 User Only Date \_\_\_\_\_

Amount Paid \$ \_\_\_\_\_ Staff Initials \_\_\_\_\_

Select your preferred date and time:

- May 11, 18, 25 8:30-9:30 am
- June 1, 8, 25 9-10 am
- July 13, 20, 27 9-10 am
- August 3, 10, 17 9-10 am

Send this form to:

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

## 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
<b>OUTDOOR COURTS</b>					
<b>Aquila Park</b> Minnetonka Blvd & Aquila Ave, St. Louis Park (walk on)	Monday through Friday		8-12 p.m.	Captain needed	
<b>Augsburg Park</b> 72nd & Blaidell, Richfield (walk on)	Monday through Friday		7:30-9:30 a.m.	Gigi Stangler Lorraine McDaniels	612-897-0811
<b>Bass Lake</b> 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	
<b>Brooklyn Center High School</b> 65th & Humboldt Ave N, Brooklyn Center (walk on)	Tuesday Thursday		8:30-10:30 a.m.	Captain needed	
<b>Brookview Park</b> Hwy 55 & Winnetka Ave, Golden Valley (walk on)	Saturday		8-10 a.m.	Joyce Hautman Aldean Cummings	612-545-4051 612-474-1731
<b>Carpenter Park</b> Minnetonka Blvd & Raleigh Ave, St. Louis Park (walk on)	Monday through Friday		8-12 p.m.	Captains needed	
<b>Chanhasen Elementary School Courts</b> Laredo Dr, Chanhasen, 1 block E & N of Chanhasen City Hall (walk on)	Friday		9-11 a.m.	John Goulett, Jr. Marlyn Goulett	612-445-4165 612-445-4165
<b>Christian Park</b> 69th & Bloomington Ave, Richfield (walk on)	Monday Wednesday Friday		7:30-10 a.m.	Chad Sharkey	612-866-7682
<b>Como Park</b> Horton Ave west of Lexington, Saint Paul	Monday Wednesday		7-11 a.m.	John Connelly	651-771-2664
<b>Dred Scott Park</b> 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
<b>Edina Senior High School</b> 6754 Valley View Rd, Edina (walk on)	Tuesday Thursday		6-8 p.m.	Marv Schneider	952-975-1895
	Saturday Sunday		4-6 p.m.		
<b>Fairview Community Center</b> Cleveland & Skillman, Roseville (walk on)	Wednesday Friday	3.0-3.5 Men only	8-10 a.m.	Dan Nedoroski	651-645-2368
<b>Fridley Commons</b> 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
<b>Gro-Tonka Park</b> North of Minnetonka Blvd, east of 101 & Groveland School, Minnetonka (walk on)	Monday through Friday		8-10 a.m.	Captain needed	
<b>Holasek Park</b> Baker Rd S of Hwy 62, Eden Prairie	Wednesday, Thursday, Friday		8-12 a.m.	Captain needed	
<b>Irondale High School</b> Long Lake Rd south of Cty Rd H, New Brighton (walk on)	Saturday	3.0	8-10 a.m.	Jim Vint	651-636-0071
<b>Lone Lake Park</b> Shady Oak Rd north of Bren Rd, Minnetonka (walk on)	Monday, Wednesday, Thursday, Friday		8-10 a.m.	Paul Weinreis	612-935-9463
<b>Marthaler Park</b> 1625 Humboldt Ave across from City Hall, West Saint Paul (walk on)	Tuesday Thursday Saturday		9-11 a.m.	Pat Calvin	651-699-6899
<b>North Valley Park</b> 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
<b>Oakdale Courts</b> 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
<b>Parker's Lake</b> Cty Rd 6 & Niagara Ln, Plymouth (walk on)	Tuesday, Thursday, Friday		8-10 a.m.	Ed Fischer Dick Karlberg	612-550-9770 612-473-3798
<b>Roseville Middle School</b> Cty Rd B2, 2 blocks east of Rice, Roseville (walk on)	Saturday		9-11 a.m.	Need captain (several active players)	
<b>Saint Anthony Courts</b> Silver Lake Rd & 33rd, Saint Anthony (walk on)	Monday		9-11 a.m.	Captains needed	
<b>Shawnee Park</b> 6515 Scheel Dr (Upper Afton Rd to Martha, north to Scheel), Woodbury (walk on)	Monday Wednesday Friday		9-11 a.m.	Captains needed	
<b>Shorewood (Badger Park)</b> 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
<b>Skillman Courts</b> 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
<b>3M Tartan Park</b> 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.		
<b>Valley Park</b> 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
<b>Valley View Park</b> 90th between Nicollet & Portland, Bloomington (walk on)	Monday Tuesday Friday		7:30-9:30 a.m.	Captain needed	
<b>Wayzata Bell Courts</b> 1 block north of Nwy 12 & Minntonka St, Wayzata (walk on)	Wednesday		9-11 a.m.	Marilyn Thorne	612-471-9813
<b>White Bear Lake High School</b> Cty Rd E & McKnight Rd, White Bear Lake 5/5) (walk on)	Wednesday		6-8 p.m.	Shirley Kresko Gordon Manaige	651-770-1272 651-429-4046

### STPC FREE LESSONS AND DRILLS—ALL LEVELS

Note: When drills go inside in the fall, there is a \$2 charge

<b>Bass Lake</b> Beltline Rd & 36th St, St. Louis Park	Thursday		8:30-10 a.m.	Percy Hughes Paul Stormo	612-831-2872 612-944-6286
<b>Bryant Courts</b> 84th & Bryant Ave S, Bloomington	Wednesday		8:30-10 a.m.	Percy Hughes	612-831-2872
<b>Lyons Park</b> 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
<b>Tanner's Lake</b> 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
<b>PRIVATE CLUB DRILLS OPEN TO STPC MEMBERS</b>					
Decathlon Hotel and Athletic Club 7800 Cedar Ave S, Bloomington \$6 court fee	Wednesday	2.5-3.5	8-9 a.m.	Barb Meyer	612-854-7171
	Friday	2.5-3.5	8-9 a.m.		
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.

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*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) 887-5001**

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

Senior Tennis Times  
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St. Anthony, MN 55418-2545  
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