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# SENIOR ♦ TENNIS ♦ TIMES

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NEWSLETTER OF THE SENIOR TENNIS PLAYERS CLUB, INC.

SEPTEMBER 2000

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## Fall Membership Drive Begins!

Once again, STPC is having a fall membership drive. Anyone who joins the club after September 1 will be a member for the year 2001 as well! That means they get sixteen months of membership for the price of twelve—quite a deal! The last four months of 2000 are free.

Members, please encourage your friends to join. Word of mouth is the most effective way to increase STPC, and the bigger we are, the more clout we have to bring more benefits to our members.



## \$100 Drawing!

If you bring in three new members to STPC between September 1 and December 31, you'll be eligible for the \$100 drawing to be held in January!

So tell your friends about the twelve free tennis lessons every new member is entitled to, all the opportunities to play tennis they'll have if they join the club, and all the social events the club sponsors. How can they resist?

Make sure your friends write your name on their membership application so you'll be credited for recruiting them.

If you need membership applications or brochures, contact Jan Hagen at (952) 941-4789.



### Upcoming STPC Events

- |               |                           |
|---------------|---------------------------|
| Sept. 5 ..... | Jack Dow<br>Tournament    |
| Oct. 21 ..... | Halloween Tennis<br>Party |

## 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

### 2000-2001 Board of Directors

President: Helen Stecklein ..... 651/494-0648  
Vice President: Henry Flesh ..... 952/546-7317  
Past President: Bob Tischbein ..... 952/938-9348  
Treasurer: Ron Liddiard ..... 612/829-7530  
Secretary: Jean Murdock ..... 612/825-5826  
Membership: Janice Hagen ..... 952/941-4789  
Newsletter: Mary Kaminski ..... 612/781-3271

Roz Bernstein ..... 612/938-7698  
Jim Erler ..... 612/471-9750  
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Jack Thommen ..... 612/888-2267  
Ronnae Wagner ..... 952/938-5785  
Director of Training:  
Percy Hughes ..... 612/831-2872  
Founding President: H. Jack Dow

### Advertising

Send camera-ready or electronic format 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: 1,716

September 2000: Volume 13, Number 8

# a note from helen

by Helen Stecklein, STPC President

I hope all of you had the opportunity to  
play all the tennis you wished this summer. I  
thank all the summer captains for the time  
they spent setting up the summer programs.

It is now time to start to play indoors.  
Please check the schedule carefully—all play  
does not begin on the same dates. Some start  
after Labor Day and some do not start until  
October. Many of our members worked hard  
to produce the current fall and winter sched-  
ule. If there are errors, please let me, Rod  
Macpherson, or Roz Bernstein know of the  
corrections.

We have had about 65 new members  
join us since June. We are so happy that you  
have joined us and hope that all of you enjoy  
playing with us. The last issue of the *Times*  
explained how new (and old) members can  
become involved with the club's activities. It  
is a great place to make new friends and above  
all, *have fun*. Ask a board member if you  
want more information about the club or  
our activities.

I was shocked to hear of the sudden  
death of our Board member, Pat Calvin. He

was an active player in the club. Our sym-  
pathies are extended to his family.

At present we have three openings on  
the Board. I would like to encourage our  
new members and others to consider volun-  
teering for one of the positions. We meet  
once a month on the third Thursday of the  
month except during February and July,  
when there is no meeting. We try very hard  
to hold the length of the meeting to two  
hours. Make your president happy—give me  
a call and volunteer, or at least inquire about  
the job. The Board can always use new ideas.

I hope you all had a great time at the  
Jack Dow Tournament. Mark it on your cal-  
endars for next year. Also, our first party is in  
October, so plan on coming.

See ya!

**STPC Mission  
Statement:** "The  
primary purpose  
of the STPC is  
to provide tennis  
playing opportu-  
nities 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 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 Mary at  
(612) 781-3271. We need your help  
and input from writers and  
photographers.



# TRICK OR TREAT!

It's a Halloween Tennis Party at the Oakdale Golf and Tennis Dome in Oakdale

Saturday, October 21

Just \$11!

Play 5-7 p.m. or 7-9 p.m.  
Sign up early, only 20 players in each session.

Registration deadline—October 17

**Directions** Go east on Hwy 36 through North Saint Paul to Hadley Ave (Fleet Farm station on corner). Turn right (south) on Hadley and go 2 blocks. If taking 694, exit at Highway 36 west and go 3 blocks to Hadley and turn left (south) and go 2 blocks to Oakdale Gold and Tennis

*clip and send!*

Tennis in the Oakdale Tennis Dome on Saturday, October 21, 2000. Enclose check for \$11 made out to STPC and mail to Dot Guenther, 1177 Ivy Hill Dr, Mendota Heights, MN 55118-1827.

name \_\_\_\_\_

address \_\_\_\_\_

phone \_\_\_\_\_

I want to play  5-7 p.m.  7-9 p.m.

my tennis rating is \_\_\_\_\_  
(we will match level of play as best we can)

## 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 Muka Blvd. Questions? (612) 428-2052.

**Square Dancing for Beginners.** Begins Thursday, 9/21. Wayzata West Middle School. (763) 550-9770.-

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

**For Sale.** 14 cu. ft. upright frost-free freezer. Excellent condition. \$250. Call Don, (651) 738-5983.

**For Sale.** Tennis racquet—Head Ti.s6, 4-3/8 in. grip. \$125. Gloria, (651) 738-9449.

**For Sale.** 1999 Prince Thunder Lite, like new, half price. (612) 537-2068.

**For Rent 10/1/2000:** 2 BR double bungalow on Minnehaha Pky near tennis courts. \$1000/month. Member owned. Call (612) 822-6951.

**Wanted.** Singers for a senior's barbershop chorus. We sing at nursing homes, etc. Call Jim Anderson, (952) 897-1196.

**For Rent.** Naples, FL deluxe 2 BR, 2 BA condo, 32 clay courts, tennis director, pools, gated community. (612) 537-2068.

**For Sale.** Breezy Point International timeshare. Best offer. Questions call Ann at (612) 724-0712 or email cabarten@juno.com.

# What's Going On!

## Players Needed

**Decathlon Club:** Kent Dickerman is looking for two male regular players rated 3.0-3.5 to play Tuesdays from 7:30-9:30 a.m. If you're interested, call Kent at (651) 292-1933.

Also at Decathlon, Wally Bahn is looking for male or female players rated 3.5 to play Monday nights from 8-10 pm. Call Wally at (612) 431-3361 if you'd like to join him.

**Williston:** Henry Flesh needs 3.0-rated male or female players to play Tuesdays 11:30-1 p.m., and 3.0-rated male players to play on Thursdays, 8-10 a.m. Call Henry at (612) 546-7317 if you're interested.

## Super Seniors

With the season winding down for Super Seniors, the league for players 65 and over being held at Nicollet Tennis Center, there is a race to see who will win in each of the two divisions.

Division 1, the 3.0 and under players, has a leader in Ray Ranallo's team, followed by teams captained by Shirley Pratt, Jan Engeswick, and Ron Liddiard. At this writing, Division 1 has played eight matches with two more to come.

Division 2, the 3.5 and over players, has a leader in Ed Nordling's team, closely followed by teams captained by Jean Murdock, Barb Thorgrimson, and Joyce Olsen. Division 2 has played seven of nine scheduled matches.

August 24 was a celebrating and socializing time with a pizza party at Nicollet between the playing times for the two groups. Participation has been awesome, Nicollet has been gracious, and the weather, well, there hasn't been one rainout or tornado!

Thanks to all the players, the captains, and the leaders, Shirley, Liz, and Chris.

## Women's USTA 2.5 Summer League

The two-team, 2.5 USTA women's league, coordinated by Shirley Pratt, has been playing outdoors in St. Louis Park. The captains for these teams are Katie Meyer and Ardelle Hanson. Some new players have been added to the roster. There has been fun and camaraderie.

The group will finish the season with an evening dinner at Vescio's of St. Louis Park.

## Civility on the Courts

**By Bob Tischbein.** Tennis is a game that requires cooperation and courtesy from all participants. Make tennis a fun game by praising your opponent's good shots. Don't:

- Conduct loud post mortems after points
- Complain about shots like lobs and drop shots
- Embarrass a weak opponent by being overly gracious or condescending
- Lose your temper, use foul language, throw your racquet, or slam a ball in anger
- Sulk when you are losing

All points played in good faith stand. For example, if after losing a point, a player discovers that the net was too high, the point stands. If a point is played from the wrong court, there is no replay. If during a point, a player realized that a mistake was made at the beginning (for example, service from the wrong court), he shall continue playing the point. Corrective action may be taken only after a point has been completed.

Have fun on the courts, and be courteous!

## In Memoriam

**Patrick A. Calvin, 72,** of Saint Paul died suddenly in July. Pat was serving his third year as an STPC board member. We extend sympathy to his daughters, Terri Kivo and Nancy Calvin, and to his grandchildren.

**Max Berg** and his wife, Rita, were killed in an automobile accident on July 23. Max was an STPC member since 1996. The club's sympathies are extended to their family.

## 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*



- 9-11 am On-court clinics with Nick Bollettieri and Nicollet professionals for STPC, women's league men's league, and top junior players
- 11-1 pm On-court clinic with Nicollet staff, CMTs, and volunteers for all kids in InnerCity programs
- 11-2:30 pm Complementary food and refreshments
- 2-3:30 pm "Intro to Tennis" on-court clinic with Nicollet staff, CMTs, and volunteers for all neighborhood kids and families
- 4-5 pm Team competitive event (details to come)

**Nicollet Tennis Center/  
InnerCity Tennis**

**Community Kick Off**

**Saturday • September 16 • All Day**

**To register call the Info Line  
at (612) 825-9568.**

**To volunteer call Roger Boyer  
at (612) 470-0246**

## Diabetes: Are You at Risk?

Of the nearly 16 million Americans who have diabetes, more than half of them are over age 55. Most of these have what is called type 2 diabetes; in type 2 diabetes, your pancreas is unable to make enough insulin or the insulin it does produce cannot be used by the cells of your body for energy, causing blood sugar levels to increase. High levels of blood glucose can cause organ damage, leading to blindness, stroke, heart disease, and kidney failure.

The symptoms of diabetes are:

- Frequent urination
- Unusual thirst
- Blurry vision
- Extreme hunger
- Unexplained weight loss
- Extreme fatigue
- Irritability
- Frequent infections
- Cuts or bruises that fail to heal
- Tingling or numbness in your hands or feet
- Recurring skin, gum, or bladder infections

Although diabetes cannot be cured, it can be controlled and sometimes prevented through diet, exercise, and medication. People with type 2 diabetes often have no symptoms, so it is important to determine if you are at risk. To help you assess your risk of diabetes, take the quiz below.

Want to reduce your risk of diabetes? Follow this prescription:

- **Lose weight.** Even 10 to 20 pounds can cut your risk of developing diabetes.
- **Eat right.** You don't have to have a special limited diet, just eat healthy. Eating healthy not only reduces your risk of diabetes, but it can reduce your risk of other diseases, such as heart disease, cancer, and stroke.

- **Exercise.** Get at least 30 minutes of exercise 4 to 7 times a week and reduce your risk 15% to 30%.

### Diabetes Risk Quiz:

1. I am over age 45.
2. I am more than 20 pounds overweight.
3. I am more than 40 pounds overweight.
4. I do not exercise or exercise less than 30 minutes most days.
5. I am a woman who has had a baby weighing more than 9 pounds at birth.
6. I am a woman who had gestational diabetes.
7. I have a sister or brother who has diabetes.
8. I have a parent who has diabetes.
9. I have high blood pressure.
10. I have high cholesterol.
11. I am African American, Asian American, Hispanic American, Native American, or of Pacific Island descent.

### How did you score?

The more yes answers you have, the higher your risk of diabetes. Talk to your physician about your risk of diabetes and what you can do to reduce that risk.

*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.*

## Senior Doubles for 3.0 and Above Players

STPC and Nicollet Tennis Center are again offering groups of three 1½-hour lessons starting in September. 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 instructor is Abdul Idi, a Nicollet Tennis Center professional.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Check Enc. \$ \_\_\_\_\_

OFFICE USE ONLY Date \_\_\_\_\_

Amount Paid \$ \_\_\_\_\_ Staff initials \_\_\_\_\_

Select your preferred date. All times are 9–10: 30 am.

- September 14, 21, 28
- October 5, 12, 19
- November 2, 9, 16
- December 7, 14, 21

Send this form and payment to:

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

## Meet Your Captains



**Nancy Lindeman**

Nancy has been playing tennis for about six years, the same length of time she's belonged to STPC. Her husband, Jack, also is a member. She captains at Nicollet on Fridays.



**Jim Vint**

Jim captains at Saint Paul Indoor Tennis and also at Irondale. Jim has been a member of STPC for about six years. He started playing tennis twenty-seven years ago.



**Gigi Stangler**

Gigi started playing tennis about eight years ago, when she joined STPC. Her husband, Jerry, is also a member. Gigi is a co-captain at Augsburg Park.

## 2000-01 Winter Court Schedule

Want to be a regular or substitute player? Call the captain at your preferred time and place for playing opportunities!

Court Location	Day	Time	Skill	Cts	Captain	Phone
<b>Daytona Club</b> 14740 Lawndale Lane, Dayton Facility coordinator: Vern Nelson, 763-509-9635 <i>Check with captain for start date</i>	Monday	9:30-11:30 am	3.5-4.0 m/w	4	Dorothy Banach 3.5 Ed Munson 3.0	763-784-1344 763-784-8192
	Tuesday	9:30-11:30 am	2.5-3.5 m/w	4	Vern Nelson 3.0	763-509-9635
	Wednesday	9:30-11:30 am	3.5-4.0 m/w	4	Dorothy Banach 3.5 Ed Munson 3.0	763-784-1344 763-784-8192
	Thursday	9:30-11:30 am	2.5-3.5 m/w	4	Vern Nelson 3.0	763-509-9635
<b>Decathlon Athletic Club</b> 1700 East 79th Street, Bloomington  Facility coordinator: Chuck Supplee, 952-884-2575 <i>Check with captain for start date</i>  <b>Note: Additional courts are available if you'll be a captain and can fill 2 courts. Call Chuck Supplee to sign up.</b>	Monday	7:30-9:30 am	3.0 m	3	Ken Gjerde 4.0	612-827-2073
		9-11 am	2.5-3.0 w	3	Peg Feilzer 3.0 Lorraine McDaniel 3.0	952-881-9485 952-869-7392
		11-1 pm	3.0-3.5 w	1	Alice Weides 3.5	952-881-3751
		11-1 pm	3.5 m	3	Roger Johanson 3.5 Don Oseth 3.5	952-831-5507 651-457-4642
		8-10 pm	3.5 m/w	3	Wally Bahn 3.5	612-431-3361
	Tuesday	7:30-9:30 am	3.0 m	3	Kent Dickerman 3.0	651-292-1933
		9-11 am	3.0 w	4	Genevieve Gjerde 3.0 Ruth Peterson 3.0	612-827-2073 952-941-7116
		10:30-12:30 pm	3.0-3.5 m	2	Chuck Supplee 3.0	952-884-2575
		1-3 pm	3.0 m/w	3	Willie Prawdzyk 3.0	952-869-1989
	Wednesday	7:30-9:30 am	3.0-3.5 m	3	Cliff McMinn	952-888-4989
		9-11 am	3.0-3.5 m	3	Rod Macpherson	952-474-9346
		9:30-11:30 am	2.5-3.5 m	2	Bob Stuhl 3.5	651-714-0651
		11-1 pm	3.0-3.5 m	3	Roger Johanson 3.5 Joell Anderson 4.0	952-831-5507 952-881-5510
	Thursday	7:30-9:30 am	3.0-3.5 m	2	Dennis Fleming 3.5	612-926-0587
		10:30-12:30 pm		2	John Herbst 3.0	952-841-1051
		1-3 pm	2.5-3.0 w	2	Mary Ellen James 2.5	952-881-4703
	Friday	7:30-9:30 am	3.0-3.5 m	3	Cliff McMinn	952-888-4989
		9-11 am	3.0-3.5 m/w	3	Mary Wenz 3.5	651-457-5347
		11-1 pm	3.0-3.5 m	4	Rod Macpherson	952-474-9346
	<b>Flagship Athletic Club</b> 755 Prairie Center Drive, Eden Prairie  Facility coordinator: Chuck Slocum, 952-941-4059 <i>Check with captain for start date</i>  <b>Note: Additional courts are available if you'll be a captain and can fill 2 courts. Call Chuck Slocum to sign up.</b>	Monday	7-9 am	3.0 m/w	5/6	Jim Sager 3.5 Dean Sausele 3.0
Tuesday		7-9 am	3.0 m/w	2	John Soucek Don Snyder 3.0	612-943-1985 952-830-9415
Wednesday		7-9 am	3.0-3.5 m/w	6	Marv Schneider 3.5	952-975-1895
Thursday		7-9 am	3.0 +	4	Ruth Peterson 3.0	952-941-7116
Friday		7-9 am	3.0 + m/w	4	Robert Ziomek 3.0	952-935-3441

Court Location	Day	Time	Skill	Cts	Captain	Phone
<b>Lilydale Racquet Club</b> 945 Sibley Memorial Hwy, Lilydale Facility coordinators: Dot Guenther, 651-457-4682 Nancy Karasov, 952-452-3172 Starts 10/9	Monday	7:30-9 am	2.0 m/w	2	Pat Palmer 2.0	651-686-6780
	Tuesday	7:30-9 am	2.5-3.0 m/w	2	Bunny Dougherty	651-454-1353
	Wednesday	7:30-9 am	2.5-3.0 m/w	2	Ginny Stockwell 3.0 Dodie Greig 2.5	651-690-1840 651-687-9139
	Thursday	7:30-9 am	2.5-3.0 m/w	2	Mary Barrett 3.0 Sam Smith 3.0	651-225-9708 651-432-5262
	Friday	7:30-9 am	3.0-3.5 m/w	2	Bob Kelly 3.0	651-452-0244
<b>Midwest Tennis Center</b> 7300 Bush Lake Road, Edina  Facility coordinator: Chuck Slocum, 952-941-4059 <i>Check with captain for start date</i>	Monday	7:30-9 am	3.0 m/w	2	Colette Schunk 2.5	952-842-8428
	Tuesday	open			needs captain & players	
	Wednesday	7:30-9 am	3.0	3	June Ekers 2.0	952-831-1702
	Thursday	7-9 am	3.0	4	Polly Maki 3.0	952-472-7707
	Friday	open			needs captain & players	
<b>Nicollet Tennis Center</b> 4005 Nicollet Avenue, Minneapolis  Facility coordinator: Mary Kaminski, 612-781-3271 Starts 9/5  <b>Additional courts are available:            4 on Tuesdays 7-9 am; 3 on            Thursdays, 8:30-10:30 am; 4 on            Fridays, 7-9 am. If you're inter-            ested, call Mike Vidmar at            (612) 825-6844.</b>	Monday	7:30-9 am	3.0 m	2	Jack Kendall 3.0	952-869-0431
		8-10 am	3.0-3.5 m	2	Bob Tischbein 3.0	952-938-9348
		9-11 am	2.5-3.5 m	3	Bill Stamm 3.0	952-920-7632
		10-11:30 am	2.0-3.0 m/w	5	Henry Scholberg 2.5	651-633-6851
		11-12:30 pm	2.5 m/w	2	Diane Lehman 2.5	651-488-6147
		11:30-1:30 pm	3.5-4.0 m	6	Don Bratt 3.5 Chuck Emme 3.5 Jim Jensen 3.5	651-636-7083 763-788-2824 952-922-3435
	Tuesday	9-11 am	3.0-3.5 m/w	3	Fritz Christensen 3.0	612-571-5212
		10-12 noon	2.5-3.0 m/w	3	Mary Kaminski 2.5 Gladys Murray 2.5	612-781-3271 651-490-0402
		11-1 pm	2.5-3.0 w	3	Nan Holland 2.5 Eleanor Rafn 2.5	763-593-0492 612-822-1943
		1-2:30 pm	2.5-3.0 m/w	2	Frank Fetrow 3.0	651-488-1578
		1:30-3 pm	2.5-3.5 m/w	3	Dorothy S. Reif 2.5	612-920-0965
		2:30-4 pm	2.5-3.0 m/w	2	Florence Halvorson 2.5	612-825-5824
	Wednesday	8:30-10:30 am	2.5-3.5 m/w	3	Bernice Galush 2.5 Jim Duffey 2.5	651-645-9741 651-778-0645
		9:30-11:30 am	3.0-4.0 m/w	3	Ronnae Wagner 3.0	952-938-5785
		9:30-11:30 am	3.0-4.0 w	3	Ruth van Hilst 3.0	612-825-0779
		10:30-12 pm	2.5-3.0 w	2	Shirley Pratt 2.5	651-433-3583
		11:30-1:30 pm	3.5-4.0 m/w	2	Larry LaLonde 4.0 Jo Rolling 4.0	612-922-1780 651-777-3773
		1-3 pm	3.5-4.0 m	2	Bill West 4.0	763-475-2869
	Thursday	10:30-12:30 pm	2.5-3.0 m/w	4	Elvin Kolstad 2.5	612-869-7277
		10:30-12:30 pm	3.0-3.5 m/w	2	Bob Metcalf 3.5	763-571-3596



<b>Court Location</b>	<b>Day</b>	<b>Time</b>	<b>Skill</b>	<b>Cts</b>	<b>Captain</b>	<b>Phone</b>
<b>Nicollet Tennis Center</b> (continued)	Friday	7:30-9 am	3.0 m	2	Jack Kendall 3.0	952-869-0431
		9-10:30 am	2.5-3.5 m/w	6	Nancy Lindeman 2.5 Mary Lou Bowen 3.0	612-823-0304 612-869-9438
		9-11 am	3.0-3.5 m/w	4	Clayton Hughes 3.0 Ronnae Wagner 3.0	763-546-4809 952-938-5785
		10:30-12:30 pm	3.0 m/w	3	Roy Rincon 3.0 Amy Rincon 3.0	612-724-4623 612-724-4623
		12:30-2:30 pm	3.5 m/w	5	George Sample 3.5	952-454-5086
	Sunday	2-3:30 pm	3.0-3.5 w	1	Marilyn Erickson 3.0	952-835-2938
<b>Oakdale Golf &amp; Tennis</b> 5115 Hadley Ave N, Saint Paul  Facility coordinator: Helen Stecklein, 651-494-0648 Starts 10/2	Monday	10 am-noon	3.5	3	Bev Sinniger 3.0	651-578-1345
	Wednesday	8:30-10:30 am	3.0-3.5 m/w	3	Helen Stecklein 3.0	651-494-0648
		10 am-noon	3.5		Connie Waterous 3.5 Gordy Manaige 3.5	651-291-1610 651-429-4046
	Thursday	1-3 pm	3.0-3.5 m/w	2	Earl Hall 3.0	651-731-5127
	Friday	8:30-10:30 am	3.0-3.5 m/w	3	Helen Stecklein 3.0	651-494-0648
		10 am-noon	3.5 m/w	2	Connie Waterous 3.5	651-291-1610
<b>Oakdale Racquet Club</b> 1201 Ford Road, Minnetonka  Facility coordinator: Chuck Slocum, 952-941-4059 <i>Check with captain for start date</i>	Monday	open			need captain & players	
	Tuesday	7-9 am	3.0 m/w	3	Orville Anderson 3.0	612-935-7398
	Wednesday	open			need captain & players	
	Thursday	open			need captain & players	
	Friday	7-9 am	3.0+ m/w	3	Midge Loeffler 3.0 Don Schneider 3.0	612-332-2411 952-938-0121
<b>St. Paul Indoor Tennis Club</b> 600 Desoto St, Saint Paul Facility coordinator: Jack Wallin, 651-457-2266 Starts 10/1	Wednesday	7-9 am	3.0-3.5 m/w	3	David Zimmer 3.5	612-588-2554
	Friday	7-9 am	3.0 m/w	3	Jim Vint 3.0	651-636-0071
<b>White Bear Racquet Club</b> 4800 White Bear Pky, White Bear Lake  Facility coordinator: Bill Michalko, 651-777-9576 <i>Check with captain for start date</i>	Monday	7-8:30 am	3.0-3.5 m	3	Jim Rauch 3.5	651-429-3091
	Tuesday	6:30-8:30 am	3.0-3.5 m	2	Bill Michalko 3.0	651-777-9576
	Thursday	7-8:30 am	3.0-3.5 m	3	Dan Nedoroski 3.0	651-645-2368
<b>Williston Fitness &amp; Sports</b> 14509 Minnetonka Drive, Minnetonka  Facility coordinator: Bill Storie, 612-428-2052 <i>Check with captain for start date</i>	Monday	10:30-12:30 pm	3.0-3.5 m/w	2	Frank Locke 3.0 Harold Krantz 3.5	952-937-9394 952-935-6656
	Tuesday	7:30-9:30 am	3.0 m/w	2	Curt Haugesag 3.0	952-943-5917
		8-9:30 am	3.0 m	1	Bart Tsai 3.0	952-988-7873
		9:30-11 am	2.5-3.0 w	1	Kit Peterjohn 2.5	952-474-0154
		11:30-1 pm	3.0 m/w	2	Henry Flesh 3.0	952-546-7317
		2:30-4 pm	2.5-3.0 w	1	Linda Kraft 3.0 Joyce Hautman 2.5	952-934-1992 952-545-4051

Court Location	Day	Time	Skill	Cts	Captain	Phone
Williston Fitness & Sports (continued)	Wednesday	10:30-12:30 pm	2.5-3.0 m/w	2	Frank Locke 3.0 Harold Krantz 3.5	952-937-9394 952-935-6656
		1-3 pm	2.5-3.0 m/w	2	Dwane Billbe 3.0	952-938-5016
	Thursday	8-9:30 am	3.0 m	2	Ed Fischer 3.5	763-550-9770
		8-9:30 am	3.0 m	2	Henry Flesh 3.0	952-546-7317
		11:30-1 pm	2.5-3.0 w	2	Grayce Aberle 3.0	952-938-9097
		1-2:30 pm	2.5-3.0 w	1	Linda Kraft 3.0	952-934-1992
	Friday	7-8:30 am	3.0 m	1	captain needed	
		8-10 am	2.5-3.0 m	2	Bart Tsai 3.0	952-988-7873
		8:30-10 am	2.5-3.0 w	2	Margie Woodhouse 2.5 Marcia Hinitz 2.5	952-593-1117 952-545-2498
		12-2 pm	3.0-3.5 m/w	1	Frank Locke 3.0 Harold Krantz 3.5	952-937-9394 952-935-6656
		2-4 pm	3.0-3.5 m/w	2	Dwane Billbe 3.0	952-938-5016
		2-4 pm	3.0 m	2	Ralph Fuller 3.0	952-593-1620
	Saturday	12-1:30 pm	2.5-3.0 w	2	Audrey Roe 2.5	952-545-9434
	Wooddale Recreation Center 2122 Wooddale Drive, Woodbury  Facility coordinator: Mary Campion, 651-776-4198 starts 10/2	Monday	8-10 am	2.5-3.0 m/w	3	Bob Cripe 3.0
10-12 noon				1-3	players/captain needed	
1-3 pm			2.5-3.0 w	3	JoAnne Christensen 3.0	651-483-6850
Tuesday		8-10 am	3.0-3.5 m/w	2	Bob Wrobel 3.0	651-738-2290
		9-11 am	3.0 w	1	Barbara Smrdel 3.0	715-426-9782
		2-3 pm	3.0 m/w	2	Earl Hall 3.0	651-731-5127
Wednesday		8-10 am	2.5-3.0 m/w	3	Bob Western 2.5	651-735-5761
		10-12 noon	2.5-3.0 m/w	3	Bob Hinz 3.0	651-415-9879
		1-2:30 pm	2.0-2.5 w	2	Ginger Johnson 2.5	651-739-0487
Thursday		8-10 am	3.0-3.5 m/w	2	Rolland Arndt 3.0	651-436-7622
		1-3 pm	2.5-3.0 m/w	2	Tom Quitter 3.0	651-779-1861
Friday		8-10 am	2.5-3.0 m/w	3	Stan Hill 3.0	651-426-2508
		10-12 noon	2.5-3.0 m/w	3	Bob Wilfer 3.0	651-439-1987
		1-3 pm	2.5-3.0 m/w	2	Marge Neagle 2.5	651-739-1998
		1-3 pm	3.0-3.5 m	2	Paul Leonhart 3.5	651-739-3690

## New Member Lessons and Drills

Court Location	Day	Time	Skill	Cost	Instructor	Phone
Nicollet Tennis Center 4005 Nicollet Ave. Minneapolis. 612-825-6844	Monday	1:30-3 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	Jim Erler	612-471-9750
Wooddale Recreation Center 2122 Wooddale Dr, Woodbury. 651-735-6214	Wednesday	2:30-4 pm	all ratings, m/w	\$2.00	Bob Smith	715-386-1319

## 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.

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