

SENIOR ♦ TENNIS ♦ TIMES

NEWSLETTER OF THE SENIOR TENNIS PLAYERS CLUB, INC.

OCTOBER 2000

Dow Tournament 2000 Winners!

By Ernie Greene, Tournament Director. This year's Dow Tournament was held at the Normandale Racquet Club September 5-8. Unfortunately the number of entrants this year was down to 110, but all said they had a great time, win or lose. We hope to make some changes next year that will encourage more of you to join us for the fun.

I wish to thank all participants for their sportsmanship, members of the committee for their hard work, UCare for their generous donation and WalMart for their donation towards the purchase of the tennis balls.



4.0 Men's winners Fred Biederman and Duane Hoecherl, with Ernie Greene.

Results

Men's Doubles

- | | | |
|-----|--------|-----------------------------|
| 4.0 | Gold | F. Biederman, D. Hoecherl |
| | Silver | J. Bostad, T. Kotsonas |
| 3.5 | Gold | D. Anders, M. Cloutier |
| | Silver | R. Samuelson, I. Mc Mullen |
| 3.0 | Gold | F. Alexander, M. Little |
| | Silver | B. Connell, B. Kern |
| 2.5 | Gold | G. Stenehjem, A. Sonnenfeld |
| | Silver | R. Brandt, B. Goldstein |

Women's Doubles

- | | | |
|-----|--------|--------------------------|
| 3.5 | Gold | F. Kelly, B. Schmit |
| | Silver | M. Markeson, B. Jenkins |
| 3.0 | Gold | R. Rott, L. Bunday |
| | Silver | D. Werner, A. Morton |
| 2.5 | Gold | M. Christenson, R. Welch |
| | Silver | C. Foster, M. DeLong |

Mixed Doubles

- | | | |
|-----|--------|---------------------------|
| 3.5 | Gold | M. Markeson, D. Holtan |
| | Silver | B. Jenkins, M. Farnham |
| 3.0 | Gold | C. Mastro, M. Sewall |
| | Silver | C. Metcalf, D. Anders |
| 2.5 | Gold | L. Hoffman, A. Sonnenfeld |
| | Silver | C. Siefert, L. Peterson |

See pages 4 and 5 for more photos!

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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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: 1,731

October 2000: Volume 13, Number 9

a note from helen

by Helen Stecklein, STPC President

I have just returned from the Dow Tournament. What a great group of tennis players. Even I was roped into playing when one player defaulted at the 3.5 level. Me? ME? A lowly 2.5? Thank you, Ron Samuelson, for inflating my ego. No we didn't win, but we had fun and went to a tie breaker. We hope to make some changes next year to allow many more of you to have the opportunity to share in the fun.

Each event the Club sponsors requires many hours of hard work from the committee members. As I mentioned last month, we are earnestly seeking your help. This past year, the monthly parties, the annual meeting, the captains' dinner, and the Dow have happened because of the efforts of the same group of wonderful people. They have done a superb job but they're tired. Please don't be bashful, call me at (651) 494-0648. We will find a place for you; all efforts are greatly appreciated. (Thank you, Maggie, for dropping in and helping at the Dow.)

Our membership seems to stay about the same each year. Some leave us vertically

and some horizontally, but new members join us. I hope the new people found useful information in August's newsletter on how to become involved in the Club (thank Mary Kaminski for the article). Each president and board have tried different ideas to increase our membership, but we seem to remain stable in number. What we have found out is the old saw of business—the 80/20 rule. This means that 80% of our new members come to us from you by word of mouth. Keep talking—we can't do it without you.

In this vein, this year we will again have a membership contest. If you bring in 3 new members between now and December 31 you will be eligible for a \$100 drawing to be held in January! Be sure to have your new members put your name on their applications. Remind them what a deal this is—they receive membership from September 2000 through December 2001 for the price of just one year's membership.

Have a fun Fall Season!

STPC Mission Statement: “The primary purpose of the STPC is to provide tennis playing opportunities 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 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 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 \$10 made out to STPC and mail to Dot Guenther, 1177 Ivy Hill Dr, Medota Heights, MN 55118-1827.

name _____

address _____

phone _____

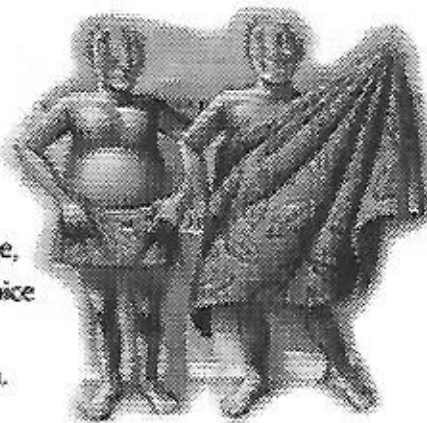
I want to play 5-7 p.m. 7-9 p.m.

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

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

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, 55343, 55376, 55344, 55304, 55362, 55380, 55320) counties.

paid advertisement



3.5 Mixed Doubles winners Don Holton and Marlys Markeson, with Helen Stecklein.



3.5 Women's winners Barb Schmit and Felice Kelly.



3.5 Men's winners Doug Anders and Mike Cloutier.



3.0 Women's winners Lois Bunday and Ruby Rott.



It feels good to know you' **Jim Taylor, Copper, and Bob Tischbein.** Jim and Bob played at the 3.0 level and won their first match. Even though they lost their second challenge, Jim, who is legally blind, was presented with a gold medallion because of his inspiration and example of sportsmanship to the entire Club.



3.0 Mixed Doubles winners Carol Mastro and Mike Sewall.



3.0 Men's winners Firman Alexander and Matt Little.



2.5 Women's winners Marlys Christensen and Rita Welch.



2.5 Mixed Doubles winners Al Sonnenfeld and Lois Hoffman.



2.5 Men's winners George Stenehjem and Al Sonnenfeld.



4.0 Men's runners up Tom Kotsonas and John Bostad, with Ernie Greene.



3.5 Women's runners up Barb Jenkins and Marlys Markeson.

Dow Tournament Winners

What's Going On!

WOW (Women on Wednesdays) Finals

By Joyce Olsen—Thanks to all the women who participated in WOW. Good times were had by all 40-plus team members and subs, who played 12 weeks of good competitive tennis at Brookview and 23rd Street Park. Most of us found it a lot easier to go to 1 court rather than 4 different courts, until Golden Valley Park and Recreation had priority over us for 8 weeks and we had to vacate 3 courts. But 23rd Street was less than 2 miles away, so only 3 teams had to move each week. At least we could all have coffee together afterwards and celebrate our victories.

Our team rankings were:

<u>Finish</u>	<u>Team captained by</u>
1	Joyce Olsen, Joyce Anderson
2	Rita Welch
3	Joyce Hautman, Shirley Pratt
4	Cleome Hennessy, Jenny Caldwell

Thanks to all the captains and co-captains for keeping everything going smoothly and all three of their teams together and ready for play.

We are always open for more team members and subs. Any women looking for league play on Wednesdays, feel free to call any one of the captains or co-captains and sign up. We will be starting up again next June and will be playing at Brookview.

Thanks again to all. It was a great season.

Super Seniors Final Stats

Congratulations are in order! The 11 a.m. division winner is Ray Ranallo's team, 3.0 and under, and the 1 p.m. division winner is Ed Nordling's team, 3.5 and over.

The winning team members were awarded gold star key chains with the inscription, "USA League Tennis Super Senior Champion."

On August 24, a pizza party was held at Nicollet Tennis Center between playing times for the two divisions. Pop was provided by the USTA and tickets were sold for the pizza. A good time was had by all, and the consensus was that it was a truly super senior league!

2.5 Summer Women's League

This league finished the season on August 15. The winning team was captained by Ardelle Hanson and Shirley Pratt.

A dinner was held at Vescio's in Saint Louis Park the evening of August 12 to complete the summer season. There was good food, good conversation, and unique prizes for the winners—blue and white USTA umbrellas.

The league's success is evident by the fact that some of the players are going to keep meeting and playing, even though the official season is over.

Players Needed

Henry Flesh is looking for male 3.0 players for Williston on Thursdays, 8–9:30 am, starting in January. If you're interested, call Henry at (952) 546-7317.

A captain and players are needed at Wooddale on Wednesdays, 8–10 am. The session is set up for men and women rated 2.5–3.0. If you're interested, call Becky at (651) 735-6214.

Civility on the Courts

By Bob Tischbein—During the Jack Dow Tournament, there were a number of questions concerning the tie-breaker. Let's go through the procedure:

A tie-breaker is usually predetermined at the beginning of a match, should the score become six all. This being the case, the player whose turn it is to serve will serve the first point from the deuce court, and serves for 1 point only. The tie-breaker continues with the opponents serving from the add court for 1 point and from the deuce court for 1 point. The serve then rotates back to the opponents, who serve 1 point from the add court and 1 from the deuce court. When there are a total of 6 points, players switch ends.

The team that reaches 7 points wins, providing they are ahead by 2 points. In other words, 6–7 does not win, but 5–7 does. Play continues until there is a 2-point lead.

Have fun on the courts, and be courteous.

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Traveling Tennis News Add to Your Calendar!

April 1-5, 2001—Third Annual Las Vegas Tennis Trip. Includes airfare, lodging, some meals, transportation from airport to hotel, tennis instruction and play, and pre-trip dinner at Mancini's. Two tennis pros accompany the group.

Summer 2001—Tennis at River Falls, Wisconsin. Dates for the summer camps are

- July 23-26
- July 27-29
- July 30-August 2

More details to follow in the next issue of the *Tennis Times*.

Traveling Tennis Coordinators

Karla Sand (651) 739-7397
Pat Williamson (651) 738-6953

Spend your vacation at the World Tennis Center In Naples, Florida!

2 bedroom, 2 bath condominiums
available for weekly or monthly rentals!

16 tennis courts, 2 pools, poolside café,
tennis pro, and much more!

October & November 2000 \$1500/month
\$500/week

December 2000 \$2500/month
\$750/week

January-March 2001 \$3500/month
\$1000/week

For more information, call Heather Hoder. Condos,
Villas, and Single Family Homes also available
for sale, starting in the low \$80's!

Anchor Realty
in Naples

(941) 430-1782

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!

**12TH ANNUAL PALM ISLAND RESORT TENNIS VACA-
TION!** Feb. 1-15. Call Marilyn, 612-471-9813.

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. '99 Prince Thunder Lite, like new. half price. (612) 537-2068.

For Sale. Head T1.S6 racquet. 4-5/8 inch. grip. \$100. Bob, (651) 439-1987.

For Rent. Naples FL deluxe 2 BR, 2 BA condo, 32 clay crts, tennis director, s.pools, gated comm. (612) 537-2068.

For Sale. Pack. Bell Legend 406 PC. 75 MHz Pentium, CD-ROM, faxm keybd/mouse, some software, Win 95. \$100. (952) 881-0258.

For Sale. 3 BR 3 BA ramb on Howard Lake newly dec dble gar. 45 mi w of City. \$225,000. 612-866-6029.

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

For Sale. 1995 Mazda 626 DX. Black. 74K miles. Straight trans, sunroof. Exc. cond. A/C, pwr windows, locks. \$7K. 952-446-1504.

World Tennis Center Vacation. Naples, FL....great city, great tennis! 2/10-3/10/01. Call Don, 651-636-7083.

For Rent. Spend some winter in lovely Green Valley AZ. 1 BR 1 BA villa & patio. \$3000 for season. Avail Dec. 1. 612-869-7918.

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

17th Annual Winter Tennis Vacation

World Tennis Center, Naples, Florida

Join us for 2 or 4 weeks 2/10-3/10/01-fabulous location!

Location: Our 82.5 acre resort is located in Naples just 2.5 miles from the Gulf of Mexico.

Who Should Come? Tennis players of all ages and abilities and their nonplaying spouses and friends are welcome to join the fun. We'll find roommates and tennis partners if needed.

Reserve Now! Act soon! Reservations for Naples Tennis 2001 are on a first come, first serve basis. A \$200 deposit per person guarantees your reservation.

Airfares: If you are planning to go as a frequent flyer or senior ultra fare, we strongly recommend you make early reservations.

Why Choose Naples?

- Temperatures in the 70s almost every day
- Great restaurants and shopping
- Har Tru courts (Hard courts also available)
- Most golf courses per capita in the US
- Free court time!

Register early if you intend to rent a condo alone, rent for less than 2 weeks, or stay more than 2 weeks.

Note: Reservations can also be made for 3/10-3/31/01.

Fill out this form and send it with your check (payable to Naples Tennis 2001) to

Don Bratt
3044 18th St. NW
New Brighton MN 55112

Questions?
Call Don at (651) 636-7083.

Naples, One of Florida's Choice Spots for Vacation Fun!

Accommodations: 148 fully furnished 2 bedroom/2 bath apartments, completely equipped kitchen and washer/dryer in every apartment.

Recreation: 16 tennis courts (11 Har Tru, 5 hard, 10 lighted for night play), 2,500 seat stadium court, heated pool, outdoor Jacuzzi, saunas, basketball court, and frequent pro tennis exhibitions.

Dining/Amenities: Le Petit Cafe, pool-side restaurant and bar, full-service pro shop, USPTA professional tennis staff offering instructions, programs, and tournaments. Tennis calendar of activities for all ability levels. Golfing arrangements made for you at local golf courses.

Name 1						
Address						
City/State/Zip						
Phone						
Name 2						
Address						
City/State/Zip						
Phone						
Circle Session	Cost	Date	No. Days	Deposit/ Person	No. Persons	Total \$\$
A	\$525	2/10-2/24	14	\$200		
B	\$525	2/24-3/10	14	\$200		
A/B	\$925	2/10-3/10	28	\$200		
All prices are per person and based on 4 persons/condo plus 9% tax due with the final payment.					Total Enclosed	

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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
Daytona Club 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
Decathlon Athletic Club 1700 East 79th Street, Bloomington Facility coordinator: Chuck Supplee, 952-884-2575 <i>Check with captain for start date</i> Note: Additional courts are available if you'll be a captain and can fill 2 courts. Call Chuck Supplee to sign up.	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 Prawdzik 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
	Flagship Athletic Club 755 Prairie Center Drive, Eden Prairie Facility coordinator: Chuck Slocum, 952-941-4059 <i>Check with captain for start date</i> Note: Additional courts are available if you'll be a captain and can fill 2 courts. Call Chuck Slocum to sign up.	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
Lilydale Racquet Club 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 952-432-5262
	Friday	7:30-9 am	3.0-3.5 m/w	2	Bob Kelly 3.0	651-452-0244
Midwest Tennis Center 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	
Nicollet Tennis Center 4005 Nicollet Avenue, Minneapolis Facility coordinator: Mary Kaminski, 612-781-3271 Starts 9/5 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.	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
	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

Court Location	Day	Time	Skill	Cts	Captain	Phone
Nicollet Tennis Center (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	3.5-4.5 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	
Oakdale Golf & Tennis 5115 Hadley Ave N, Saint Paul Facility coordinator: Helen Stecklein, 651-494-0648 Starts 10/2	Monday	10 am-noon	2.5-3.0	3	Bev Sinniger 3.0 Patsy Sipple 2.5	651-578-1345 651-484-5743
	Wednesday	8:30-10:30 am	3.0-3.5 m/w	3	Helen Stecklein 3.0	651-494-0648
	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 Gordy Manaige 3.5	651-291-1610 651-429-4046
Oakdale Racquet Club 1201 Ford Road, Minnetonka Facility coordinator: Chuck Slocum, 952-941-4059 Check with captain for start date	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
Wednesday		7-9 am	3.0-3.5 m/w	3	David Zimmer 3.5	612-588-2554
St. Paul Indoor Tennis Club 600 Desoto St, Saint Paul Facility coordinator: Jack Wallin, 651-457-2266 Starts 10/1	Friday	7-9 am	3.0 m/w	3	Jim Vint 3.0	651-636-0071
	Monday	7-8:30 am	3.0-3.5 m	3	Jim Rauch 3.5	651-429-3091
White Bear Racquet Club 4800 White Bear Pky, White Bear Lake Facility coordinator: Bill Michalko, 651-777-9576 Check with captain for start date	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
	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
Williston Fitness & Sports 14509 Minnetonka Drive, Minnetonka Facility coordinator: Bill Storie, 612-428-2052 Check with captain for start date	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	captain/players wanted	
		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

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 (to be determined) for St. Paul/East Region or Rod Macpherson, (612) 474-9346 for the Minneapolis/West Region with your corrections.

Raking It Up

Fall is wonderful. Deep blue skies, crackling fires, warm sweaters, hot cider, crisp apples. And all those colors. But, alas, all those colors mean all those leaves. 'Tis the season to be raking.



Raking is a great way to get exercise—reaching, bending, lifting, walking—and all of it outdoors, with plenty of fresh air and, with luck, sunshine. In fact, it's as good for you as a leisurely bike ride or water aerobics. Like all forms of exercise, raking can reduce stress, strengthen muscles, and increase your heart rate. Too much of a good thing, though, can cause stress, strains and injuries. So remember, as for all exercise routines, follow a few precautions and rake safely.

Before you rake:

- Stretch your arms and legs before you head to the garage for your rake.
- Lie down and pull your knees to your chest to loosen your back muscles.
- Walk around the yard a bit to get your heart rate going—and to see how much work you really have to do.

While you're raking:

- Stand with your legs in a "scissor" position: legs apart and

one leg behind the other. Then periodically reverse your stance.

- Make small piles of leaves, so you won't have to carry as much.
- Lift bags by bending at the knees and don't twist your body. Make sure they're not too heavy.
- Hold bags as close to your body as possible when you carry them.
- Try one of the new ergonomic rakes.
- Haul leaves in a cart or wagon.
- Take a break. Or several. Hot chocolate tastes great on a chilly day.

After you rake:

- Take another stroll around the yard to cool down, slow your heart rate, and appreciate all your hard work.
- Stretch the muscles you used.
- Use ice, then heat on any sore muscles.

Whether you're raking or not, fall is a beautiful time of year. Enjoy.

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.

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