
SENIOR ♦ TENNIS ♦ TIMES

NEWSLETTER OF THE SENIOR TENNIS PLAYERS CLUB, INC.

DECEMBER 2000

What's Going On!

New Logo Contest!

The STPC Board, at the board meeting held October 19, decided to sponsor a contest to redesign STPC's official logo, and offer a prize of \$200. All members are eligible to enter.

The requirements for your entry are:

- It be suitable to be reproduced at a size no larger than 2.5 inches in diameter (circular format) or across the longest side (rectangular format)
- It contain the words "Senior Tennis Players Club" or "STPC" in those precise formats (no creative abbreviations, please)
- It is suitable for reproduction in both color and black and white



the old logo

Entries are due April 1, 2001. Send them to:

Jean Murdock
Box 24302
Edina, MN 55424

The Board will judge the entries and make the final decision.

Membership Contest—Win \$100!

By Jan Hagen, Membership Chair. Any STPC member who brings in three new members before December 31 will be eligible for a \$100 drawing, to be held in January. So far 28 members have brought in new members, working toward their total of three.

One hundred dollars could sure come in handy at this time of year. So ask your friends to join. A membership now includes all of 2001.

Let me help you in any way I can. I'll call them personally or send them our brochure, current newsletter, winter court schedule, free lesson schedule, information on how to get started, and, of course, a membership application.

With all this club has going on, a \$20 membership fee is quite a bargain. Call me at (952) 941-4789—I hope to hear from you soon.

Roger Boyer's Christmas Drill

The popular Christmas drill at Nicollet conducted by Roger Boyer will take place on Thursday, December 14, at 8:30 am. This event is one of the most popular drill sessions of the year, and one you don't want to miss. Be sure to attend!

Saint Paulites, Please Note

The one and only drill and lesson session sponsored by STPC is now held at the Oakdale Golf and Tennis Club at 12:30 pm on Wednesdays, instead of at Wooddale. The small fee we charge goes to defray a small part of the cost of holding the drills, and it's probably less than what is charged at other clubs for their senior drills.

We hope you all take advantage of our club drills!

Players Wanted

Male and female players of skill level 3.5 are sought to play at the St. Paul Indoor Tennis Club on Wednesdays, 7-9 am for the spring session running January 3-April 25. If you're interested call David Zimmer at (612) 588-2554. Leave your name, phone number, skill rating, and whether you wish to be a regular or sub.

Member's Son Shines at 2000 Paralympics in Sydney

Paul Nitz, son of STPC member Gunter Nitz, is a four-time gold medalist in track at the last three Paralympics, held in tandem with the Olympic Games. He competed in Barcelona (1992), Atlanta (1996), and Sydney (2000).

The Paralympics was created by Sir Ludwig Guttman, the 'father' of sport for people with a disability. While working with ex-servicemen at the Stoke Mandeville Hospital after WWII, Guttman recognized the need for competition and staged the 1948 International Wheelchair Games to coincide with the 1948 London Olympic Games.

The event grew, gradually encompassing other sports and other disability categories, and in 1960 the first Paralympic Games was

Continued on page 4

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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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.

December 2000: Volume 13, Number 11

a note from helen

by Helen Stecklein, STPC President

Happy Holidays to all of you.

I hope all the groups are having fun—is everyone showing up? Are all sub lists working well? And speaking of subs, a second reminder to our new members—get on those lists. It is an excellent way to work into a group. Come January through March, we can have tennis without you, because some of our members think southern sunny climes are the place to be, and we need you to fill in.

This year our renewal memberships went out earlier than ever—thanks, Nancy and Mary. Because of it, you have been sending your renewals in at a faster rate than in a long time. Many thanks.

Our October party only attracted 21 people. All said they had a great time. Disappointment seems to be the drawback, resulting in the low attendance. It is hard to cover the Twin Cities and make all parties easily acces-

sible to everyone. December's party was at the 98th Street Club for balance. Note there's a new format for the Valentine's Day party. Bring your sweetie, or find one if you don't have a current one (unfortunately, we don't have sub lists for those!).

Don't forget Roger Boyer's Christmas Drills (open to all members) at Nicollet on December 14. This event is usually well attended.

This winter the Times is having a combined January/February issue, not December/January like the last two years. The 2001 membership roster will be mailed with the March issue, as always. We hope the revised publishing schedule doesn't inconvenience anyone.

Have a Happy New Year 2001 (boy, that was hard to write!).

Happy Holidays to all of you.

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.

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."

VALENTINE PARTY WITH DRILLS!

Drills by Roger Boyer and STPC Pros
at Nicollet Tennis Center
Sunday, February 11, 2001
(Registration Deadline: February 3)
Just \$10!

Participate in drills from
4-6 pm

Enjoy food, beverages, and
camaraderie after the drills



clip and send!

Valentine Drills on Sunday, Feb. 11, 2001.
Enclose check for \$10 made out to STPC and
mail to Helen Stecklein, 2670 N Oxford St #211,
Roseville, MN 55113. (651) 494-0648.

name _____

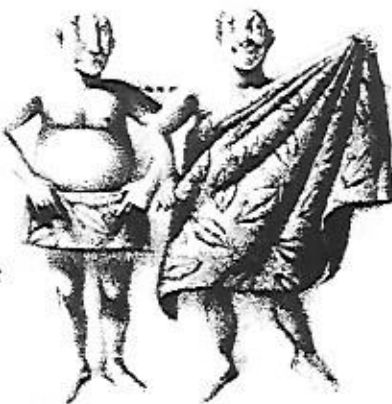
address _____

phone _____

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

Recognizing Congestive Heart Failure

Did you know that congestive heart failure (CHF) affects nearly five million Americans? Called a "new epidemic," doctors diagnose 400,000 new cases every year. The prevalence of CHF increases with age—most diagnoses are among people over age 60. CHF is a very serious disease, but help is readily available, and it can be prevented.

Know the Symptoms

As with any illness, it's important to recognize the symptoms. People with CHF become short of breath and tired because the heart isn't able to pump enough blood to meet the needs of the body's other organs. Talk to your doctor if you experience these symptoms:

- Waking up short of breath
- Difficulty doing everyday activities
- Swollen feet or ankles
- Sudden weight gain due to fluid build-up
- A persistent cough
- Difficulty breathing when lying flat to sleep.

If you are experiencing symptoms of heart failure, your health care provider will want to examine you and perform some tests. One important test is an echocardiogram, which shows how well your heart pumps. With a comprehensive overview, your doctor can rule out other causes for your symptoms and begin treatment.

Learn About Treatment and Prevention

If the symptoms of CHF are recognized early, doctors can treat them easily right in the office. One of the most effective treatments for CHF is medication. If you have CHF, be sure to let your doctor know about any over-the-counter medications you're taking. Some of these medicines can make CHF worse. Other treatments include:

- **Proper diet:** Follow a low-salt, low-fat diet, and avoid alcohol
- **Self-management:** Recognize the symptoms and watch for sudden weight gain
- **Exercise:** Ask your doctor what's best for you.

CHF is usually result of other forms of cardiovascular diseases like high blood pressure, damaged heart blood vessels, and heart attacks. The best way to prevent heart failure is to avoid other heart diseases. If you have other chronic illnesses that can lead to CHF, treat them and keep them under control by following the right diet and taking your medication.

Though CHF is serious, people who follow their medication routines, have healthy heart habits (diet and exercise), and watch their symptoms, can often lead full and rewarding lives. If you have CHF, or know or care for someone who does, support and education is available. Call your doctor with any concerns. You can also contact the American Heart Association (AHA) at 1-800-242-8721, or visit its Web site at www.americanheart.org.

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. For more information call 612-676-3500 or toll free 1-877-523-1518. If you are hearing impaired, call our TTY line at 612-676-6810.



Continued from page 1

held in Rome. They have been held every four years since in tandem with the Olympic Games.

Paul, who uses a wheelchair, competes in the 100-meter race. He won in Barcelona and was a member of the 100-meter relay team, thus bringing home two gold medals. In Atlanta Paul again won the 100-meter race and set a world record. He kept his streak going in Sydney, bringing home another gold.

Paul is 31 and lives in the East. We invite him to play tennis with us whenever he's in town. His parents were at the Games in Sydney to cheer him on, and must indeed have been proud of their son. Congratulations!

In Memoriam

Tom Cooper, 88, of Edina, long-time STPC member, died November 7, 2000. Our sympathies are extended to his widow, Betty, and his family.

Ed Weiss of Golden Valley died last month. **Tom Leonard** of Prior Lake died of cancer last month. Our sympathies to their families and friends.

paid advertisement

Traveling Tennis Returns to Las Vegas

Join us for an all-inclusive trip to Las Vegas
Sunday, April 1–Thursday, April 5, 2001

Trip includes: tennis instruction on-site twice a day with two pros (players assigned to courts based on skill/rating: 2.0–2.5, and 3.0+)—airfare—airport check in—tour escorts—roundtrip baggage handling (1 bag; add'l bags \$5 each: tennis racquets count as carryon luggage)—transportation between airport/hotel—4 nights and 6 meals at historic downtown Plaza Hotel—discounted Allstate car rental (optional)—pre-trip dinner at Mancini's Char House (you will be notified)

In addition: the exciting Fremont Street Experience each night on the half hour, a fascinating electronic presentation right next to the historic Plaza Hotel—no cost! The Hoover Dam—Red Rock Canyon—Stratosphere Tower—Liberace Museum—Emma B's chocolate factory—Seigfried & Roy's white tigers—Elvis Presley Museum—M&M store, and of course, casino shows!

Cost: \$502 per person/double occupancy; add \$50 for single room

Registration: Deposit of \$52/person must be received by January 5

Make check payable to Traveling Tennis and mail to
Pat Williamson, 2465 Londin Ln #304, Maplewood, MN 55119

\$25 refund for any cancellations received by February 14. Full payment due by Feb. 19. Late fee of \$10 due if check received after Feb. 19.

No refunds issued after this date. Minimum of 20 participants needed.



Complete and mail with deposit of \$52/person.

Name _____ Home Phone _____

Address _____

City/State/Zip _____

Room with: _____

contact the Traveling Tennis Team with any questions:

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

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	

paid advertisement

Senior Doubles for 3.0 and Above Players

STPC and Nicollet Tennis Center are again offering groups of three 1½-hour lessons starting in January. 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 11:30 am.–12:30 am.

- January 3, 10, 17, 24
- February 7, 14, 21, 28
- March 7, 14, 21, 28
- April 4, 11, 18, 25

Send this form and payment to:

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

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, & New York Life

Sue Kaupa • (651) 905-9043

paid advertisement

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
OF NAPLES, FL

(941) 430-1782

paid advertisement

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	651-747-8345 612-470-4041
	Thursday	8:30-10 am	all ratings, m/w	\$2.00	Percy Hughes Paul Stormo	612-831-2872 612-944-6286
Oakdale Golf and Tennis 5115 Hadley Ave N Oakdale	Wednesday	12:30-2 pm	all ratings, m/w	\$2.00	Bob Smith	715-386-1319
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.

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. Prince Stealth tennis racquet, lvl 1000. Midplus, 4-5/8 grip. \$125, new \$210 this summer. Dave, (952) 831-7303.

For Sale. 95 Ford Windstar, full/pwr, 75K miles, \$6,900. (763) 550-9770.

For Sale. 35mm Airequipt slide projector with Airequipt slide magazines. (952) 593-1117.

For Sale or Trade. 7 antique early American cane bottom dining chairs. Some need recaning. Reasonable. (952) 593-1117.

For Sale. Quality office desk, \$35; 1/3 hp sump pump, used very little, \$50. Kim Cummings, (952) 226-2683.

For Sale. 2 BR 2½ BA townhouse w/free tennis, heated pool, near Scottsdale AZ. For info call (651) 631-1044.

For Sale. Edina condo, 2 BR 2 BA, beautiful move-in condition, pool, tennis, \$158,500. (952) 929-9299.

For Rent. Beach condo, S Seas Plantation, Captiva Is. FL. 2 BR, 2 BA, Sl 6, free tennis, Avail. 2/2-2/9. (952) 944-8787

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

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

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