

# SENIOR ❖ TENNIS ❖ TIMES

NEWSLETTER OF THE SENIOR TENNIS PLAYERS CLUB, INC.

MARCH 2001

## Upcoming Events

- March 29 Election of new STPC board members.
- May 5 The Spring Luncheon and Annual Meeting
- May 7 The Jack Dow Tournament at Nicollet Tennis Center.
- June 5 Bolger Clinic at Nicollet Tennis Center
- June 21 Captain's Dinner, Town and Country Club, Saint Paul

## So Long!

It's with mixed emotions that I tendered my resignation as Editor of the *Senior Tennis Times* and Keeper of the Membership Database last month. I've accepted a new, challenging position with a software company and have decided that I want to work hard during the day and then have evenings to devote to my horses and garden. So this is my last issue!

Please watch these pages for information on who to send your news articles to, and who to contact about the court schedules and membership information. After this issue I won't be able to help you.

Thanks very much for everything—it's been fun having contact with so many interesting people for so many years. I'll miss you all.

Nancy Kaminski

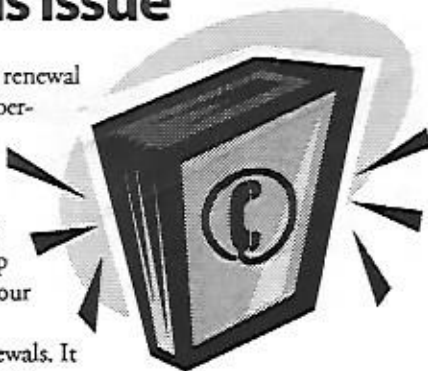


## 2001 Roster in This Issue

The results of the 2001 STPC membership renewal drive are in. Everyone who renewed their memberships in the club are listed in the 2001 Membership Roster included in this issue of the *Times*.

Please check your listing for accuracy. If we've made any mistakes, contact membership chair Jan Hagen at (952) 941-4789 with your correction.

Thanks, members, for your prompt renewals. It made the whole renewal process go very smoothly.

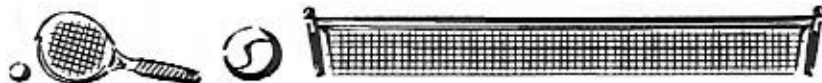


## Stecklein Team Tennis Returning

Stecklein Team Tennis started about eight years ago. Each team consists of four women and four men. Using Pro-game sets, two pairs of women from opposing teams play each other, as do two pairs of men. Then four groups of mixed doubles challenge each other.

Throughout the summer, total wins and losses are tallied. This year we hope that there will be a set of Minneapolis teams playing only in the Minneapolis area, and Saint Paul teams playing in Saint Paul, thus reducing the travel needed to play opposing teams.

There will be more news next month—watch your newsletter!



## Dow Tournament News

As you've read in previous issues of the *Times*, the 2001 Dow Tournament is being held this year at the Nicollet Tennis Center, May 7–10. For those of you who have not played in it recently, and did try to play in the first ones, let me allay your fears. This is a well-organized and well-run tournament.

Enclosed in this issue is a registration form that explains match-up of partners, ratings, etc. Before the beginning of the tournament, all players will be informed of their starting times. No more zoos! After each round of play, you will be informed of your next scheduled play time. Medals are awarded at the completion of each bracket—no more coming back or standing around.

Captains will be mailed additional registration forms to encourage competition between clubs. Mark it down on your calendar, come, and have fun.

## Senior Tennis Players Club, Inc.

A nonprofit corporation, 2670 N Oxford St #211,  
Roseville, MN 55113. (651) 494-0648.

### Senior Tennis Times

The *Senior Tennis Times* is published monthly by  
and for the members of the Senior Tennis Players  
Club, Inc.

### 2000-2001 Board of Directors

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

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Liz Kamish ..... 651/735-2600  
Rod Macpherson ..... 952/474-9346  
Polly Maki ..... 952/472-7707  
Nick Pappas ..... 612/926-2254  
Don Schneider ..... 952/938-0121  
Jack Thommen ..... 952/888-2267  
Ronnae Wagner ..... 952/938-5785  
Director of Training:  
Percy Hughes ..... 952/831-2872  
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

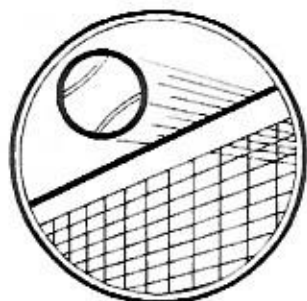
### Publication Deadline

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.

March 2001: Volume 14, Number 2



# a note from helen

by Helen Stecklein, STPC President

Can you believe it will be spring soon, and that all those snowbirds who left us for warmer weather will be back? That will be great—no more long lists of subs. But subs, we really appreciate you. We couldn't play without you.

This is our biggest issue of the year. I want to thank everyone who sent their memberships early and on time. It was one of the best responses we've had in a long time. Of course, our membership committee sent out the notices early, too. Thanks!

After a year in this job, I'm still learning and do make mistakes. I apologize for them. I had to cancel the February party due to lack of participants. For the last year we have had difficulty recruiting enough people for our parties. We thought a drill session might make a difference, but it didn't. Only 17 people signed up, and we needed 20 to 25. If any of you have suggestions for an activity that would have a better response, please give me a call. There will be no more parties this year. But next year? It's up to you.

The summer schedule for outdoor play will be published in our April issue. Rod Macpherson is the coordinator for the Minneapolis area, and for now, I will coordinate the Saint Paul area. We realize that community centers will not be ready to commit time this early, and that the published list is subject to change. Please watch for corrections in later issues.

Because of some confusion I would like to restate the guidelines for inclusion in the schedule:

- The scheduled site and time is open to STPC members only.
- The scheduled site is for walk-on players.
- You may limit the players by sex, ratings, and available court space.
- The newsletter will not be able to list sites that are for private group play.
- The club is not able to intercede on behalf of any group when a problem arises between the group and the local center that provides the court, e.g. cracked courts, sagging nets, windy

sites, no biffies, etc.

- The club *never* pays for courts.

I hope this helps clarify which sites will be listed in the schedule.

Nicollet players, take a look at our bulletin board next to our office at the Nicollet Tennis Center. We hope to add more notices to it. Thanks, Nicollet Center, for providing the bulletin board!

Last but not least, after serving our club so professionally for the last 10 years, Nancy Kaminski is retiring as our editor after this issue. She has provided us with one of the classiest and professional newsletters in the business. She will be missed. I also must ask your patience in the transition. We hope to have our Ps and Qs in line in time for the April issue and that there will be an April issue. Pray for us.

## In Memoriam

Dolores "Dee" Kelehan, 79, of southwest Minneapolis, died January 21 after a long illness. She was an STPC member for many years prior to her illness. Our sincere condolences to her husband, STPC member John Kelehan, to her two daughters, two sons, 10 grandchildren, and to her twin brother, Dan O'Keefe, and their families.

## 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."

*Coming soon...*

# John Bolger Tennis Clinic & Luncheon

Tuesday, June 5, 2001

tennis—9 a.m.  
luncheon—noon

Nicollet Tennis Center  
40th and Nicollet Ave S

\$10 per member  
\$15 per guest

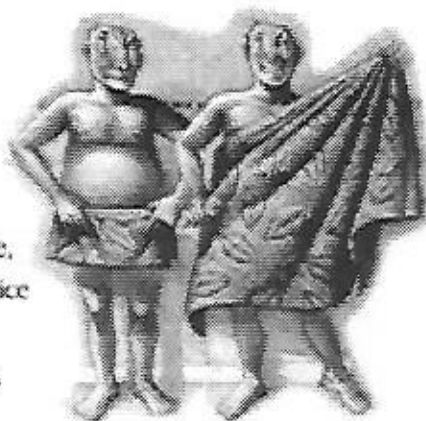
Watch for your reservation  
form in April!



## UCARE FOR SENIORS

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*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:

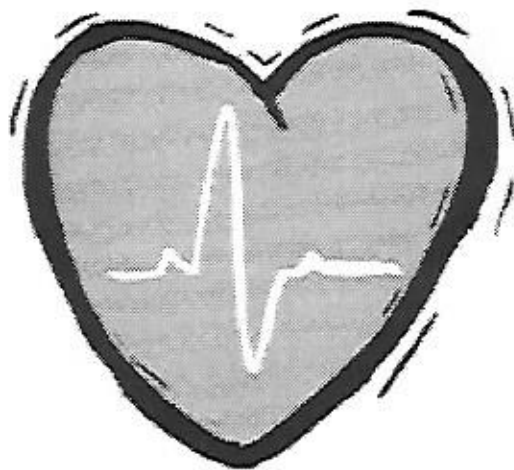
- Waking up suddenly short of breath;
- Too tired or short of breath for everyday activities;
- Swollen feet or ankles;
- Persistent cough;
- Difficulty breathing when sleeping on your back.

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 the 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, 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. Talk with your doctor or contact the American Heart Association (AHA) at (800) 242-8721, or visit its web site at [www.americanheart.org](http://www.americanheart.org). You can also link to the AHA through Ucare Minnesota's web site at [www.ucare.org](http://www.ucare.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.*

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

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

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**For Sale.** Hammond spinet organ & bench, 100 Series. Good condition. \$325, B/O. (763) 533-6843.

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**For Rent.** Beautiful 5-star, 2 BR beach villa, Royal Resorts, Cancun, Mexico. Avail. April 7-14. Call Ken, (763) 544-9757.

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**For Sale.** 12 decorative, select pine spindles. Maple stain. 3 sizes. More info, call Shirley (952) 831-2046.

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**Wanted.** Used boats in good condition. Canoe, paddle boat, rowboat. Call Shirley (952) 831-2046.

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# STPC Spring Luncheon & Annual Meeting

May 5, 2001 • Grand Ballroom • DoubleTree Hotel Bloomington  
Social Hour 11:30 a.m. • Lunch 12:30 p.m. • Entertainment!

There will be a short meeting to introduce new board members and past presidents, with a brief club update from president Helen Stecklein. Then comes the presentation of the Jack Dow Trophy.

After the business meeting, the entertainment begins. This year we are happy to present Hit Parade, a group of singers associated with the Twin City Chorus of the Sweet Adelines. They have been singing together and entertaining for four years. We look forward to their program. We know you will be surprised and pleased!

Visit with friends, meet your officers, and be entertained! Seating is limited to 200 so send in your reservation early.

If you come with a group that wishes to reserve a table for 10 and sit together, please send your checks in together in 1 envelope to guarantee your table.

## When

Saturday, May 5  
11:30 a.m. social hour  
12:30 p.m. luncheon

## Cost

\$16 per person.

Reservation deadline April 30.

## Menu

Chicken with lemon sauce and rice,  
or cheese-tomato ravioli/vegetarian,  
both with salad, rolls, dessert, and beverage.



## Reservation Form

Send this form with your check, payable to STPC, to Jane Tischbein,  
5471 Rowland Rd, Minnetonka, MN 55343.

Names \_\_\_\_\_

Menu Choice: Chicken \_\_\_\_\_ Ravioli \_\_\_\_\_

Total enclosed: \$ \_\_\_\_\_

Cost: \$16/person.

I am coming with a group—please put my name on a reserved table (seats 10)

# Tournament Rules

Fee, \$5 per event, per person.

**Events Rating.** 2.0, 2.5, 3.0, 3.5 and 4.0 men's, women's and mixed doubles or round robin, 2 out of 3 sets regular, 12 point tie-break if necessary.

*The 15 minute default rule will be enforced.*

**Starting times.** Call for your starting time

— April 30 – May 1.

- Last name A-M: Ronnae Wagner (952) 938-5785
- Last name N-Z: Winnie Lund (952) 930-3060

All entrants must be rated by an STPC professional or have a current USTA rating. Those rated in 2000 need not be rated again in 2001.

**Upcoming rating sessions:**

- March 19,26 Monday 1:30 – 3:00
- April 2, 9, 16, 23
- March 15, 22, 29 Thursday 8:30 – 10:00
- April 5, 12, 19

All ratings at Nicollet Tennis Center.

A winner in an event in 2000 automatically jumps to the next rating level or must change partners.

Those unable to find a partner must state that on the application.

All entrants must be members of STPC.

*For further information call:*

- Ernie Greene (651) 747-8345
- Percy Hughes (952) 831-2872
- Jack Thommen (952) 888-2267
- Helen Stecklein (651) 494-0648

Senior Tennis Players Club, Inc.

## Jack Dow Annual Senior Tennis Tournament

May 7-10, 2001 • 8a.m. – 4p.m.  
Nicollet Tennis Center

4005 Nicollet Avenue • Minneapolis, MN 55409

Sponsored by



Sponsored by



2 players may use this form. Entries close April 23, 2001.

Event	Name (Print)	Rating	Phone (w/ area code)
Men's Doubles	1. _____		
	2. _____		
Women's Doubles	1. _____		
	2. _____		
Mixed Doubles	1. _____		
	2. _____		

Yes, I need a partner at \_\_\_\_\_ rating.

Send check for \$5.00 per person (made out to STPC) and this form to:

**Ronnae Wagner**  
5326 Rogers Drive  
Minnetonka, MN 55343

Detach before mailing

## 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 952-470-4041
	Thursday	8:30-10 am	all ratings, m/w	\$2.00	Percy Hughes Paul Stormo	952-831-2872 952-944-6286
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	Duane Ryman	952-922-7951

## Private Club Drills Open to STPC Members

Court Location	Day	Time	Skill	Cost	Instructor	Phone
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.

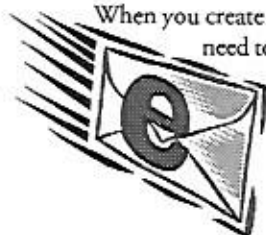
**Schedule Corrections:** Call (to be determined) for St. Paul/East Region or Rod Macpherson, (612) 474-9346 for the Minneapolis/West Region with your corrections.

## Email Tips and Tricks

More and more people are finding out how convenient, fast, and easy it is to keep in touch with email. All you have to do is look in the roster and see how many STPC members have email addresses (or "addies," as email veterans call them). There are unwritten rules in the email world, though, that you should know. These rules, or "netiquette," make your email easy for the recipients to read and reply to.

### Parts of an Email Message

When you create a new email message, there are some things you need to include. Of course you put the recipient's email address in the To line. But don't forget to put in a descriptive subject line! If your recipient gets a lot of messages, your subject line will give him or her a clue as to what your message is about, and will help prioritize reading it.



When typing the body of your message, use sentences and paragraphs, just as if you were composing a letter on paper. If your email program has a spell checker, use it!

Finally, don't forget to sign your letter. Don't assume that the other person's email program will show who the message is from, even if yours does. It's generally considered best to sign the message with your name and email address, to make it easier for the recipient to reply.

### Emoticons and Acronyms :-)

You often see emoticons (pictures made with punctuation) and acronyms in email messages to express emotions. For instance, :- ) is a smiley face (look at it sideways), and :-( is a frown. Acronyms stand for common expressions, for instance, ROTFL (rolling on the floor, laughing); IMO (in my opinion), and TTFN (ta-ta for now). A list of emoticons and acronyms is at [www.pb.org/emoticon.html](http://www.pb.org/emoticon.html).

Have fun using email! It's a great way to keep in touch.

# You are Cordially Invited

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Nancy Kaminski  
3300 East Gate Rd  
Saint Anthony MN 55418-2545

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