

# SENIOR ♦ TENNIS ♦ TIMES

NEWSLETTER OF THE SENIOR TENNIS PLAYERS CLUB, INC.

JUNE/JULY 2001

P.O. Box 24826, Mpls, MN 55424-0826

## The 2001 Jack Dow Tournament

by Helen Stecklein

Thank you, thank you, thank you all STPC members who participated and the wonderful committee who made it all happen. We felt like the movie Field of Dreams, build it and they will come. Well you came! We had the largest number of entrants in any Jack Dow - 200. Thank you all for your enthusiastic response. Thanks to the committee: the pros: Percy Hughes, and Jim Eiler, Ernie Greene - Tournament Director, helpers: Jim McCue, Lois Hoffman, Ronnae Wagner, Roz Bernstein, Polly Maki, Bernice Hanson, Maggie Franson, Bill Connell, Winnie Lund, Bob Tischbein, Jack Thommen, Nick Pappas, and Ron Liddiard. A special thanks also to Nicollet Tennis Center and the wonderful staff. They made it a breeze. Another thanks to U-Care and the generous donation that made the event possible. Next year - same place - same time - but more courts, more people!

### THE WINNERS ARE:

- Mens 4.0 - Duane Hoecherl and Tom Jackson - runners up - Steve Frank and Jim Gremmels  
Mens 3.5 - Ron Samuelson and Dan Morton - runners up - Chuck Emme and Larry Bordsen  
Mens 3.0 - Frank Fetrow and Bill Adam - runners up - Gene Carroll and David Sommer  
Mens 2.5 - Tom Fischer and Allan Sannenfeld - runners up Rick Brandt and Mike Randolph

- Women's 3.5- Ruby Rott and Kay Wolnarowicz - runners up - Elsa Carpenter and Elaine Dennett (aside) Elsa exited as a queen on a moving cart enthroned on a chair and a bag of ice  
Women's 3.0- Deni Sahr and Joanne Christensen- runners up- Lois Bunday and Norma Crockett  
Women's 2.5- Virginia Morse and Aldean Cummings - runners up - Bunny Daugherty and Carrie Howes

- Mixed 3.5 - Rita Lusky and Pat Eckleberry - runners up- Ruby Rott and Bob Lawler  
Mixed 3.0 - Ronnae Wagner and Maurice Anderson - runners up- Deni Sahr and Alex Ding  
Mixed 2.5 - Immi Habeck and Lyle Lassonde - runners up - Linda Wright and Byron Goldstein

All of you were winners for your participation.

Pictures on display at Nicollet

### THIS IS A COMBINED ISSUE!

Please note that this issue of the Times is for June and July. Your next issue will arrive in your mailbox in August. If you have any submissions for the Times, please send them to the editor by July 10.

### Upcoming STPC Events

July 14 .....Grandparents and  
Grandchild Tournament

### ANNUAL MEETING

by Helen Stecklein

The Club held its annual meeting on May 5, 2001 at the DoubleTree Hotel in Bloomington. As the previous year, the elements were against Spring outfits. Well, over that we have no control, but we apologize for the lack of an address or map to locate the hotel. To correct this for next year we are planning a course in orienteering. Whoops, just looked at the budget - no money for course but we do promise a map and an address. Next year's luncheon will be at the same place, and the date is April 13, 2002. How is that for planning?

All kidding aside. It was a great meeting thanks to the planning by the committee: Jane Tischbein, Ronnae Wagner, Roz Bernstein, and Winnie Lund. New Board members are Sandy Sanstrom, Bill West, Ed Fisher, and Chuck Slocum. New officers (from Venus) are President, Helen Stecklein, Vice President, Polly Maki, Secretary, Jean Murdock and Treasurer, Bernice Hanson. Dick Pratt presented the Jack Dow Trophy to a worthy recipient, Chuck Supplee. Entertainment was provided by the Hit Parade, a lively and humorous women's quartet. Thanks to all of you who came and we look forward to seeing more of you next year.

## Senior Tennis Players Club, Inc.

A nonprofit corporation. P.O. Box 24826, Edina, MN 55424

### Senior Tennis Times

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

### Newsletter Editor

Betty M Johnson, 5613 Highwood Dr.,  
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E-mail: bjgraph@bjgraphics.com

### 2001-2002 Board of Directors

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### Director of Training:

Percy Hughes ..... 952-831-2872  
Founding President: Jack Dow

### Advertising

Send digital files by e-mail or disk to the editor by the 10th of the month for publication the following month. Please send all payments to the treasurer. 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

NEW CHANGE. Please notify Roz Bernstein 952-938-7698 with any address corrections.

### STPC Membership

Membership Total: 1,658

June/July 2001: Volume 14, Number 5

## Newsletter Submissions

### Senior Tennis now has a NEW Newsletter Editor!!!!

*In order for the newsletter to be published on time and without confusion some new guidelines are listed below.*

- Please submit all items in **digital format** by email or disk only. No phone calls, or hand written or typed information sent by mail will be accepted.

Ads may be sent by e-mail or on a disk or zip drive and mailed. Camera ready ad slicks can also be mailed. A charge will be assessed to scan and convert these ads to digital files.

DO NOT USE PUBLISHER, WORDPERFECT, or POWERPOINT because these programs do not convert well.

All art, and photos must be saved as tif, eps, or jpeg only and at 300dpi. If you are not sure how to do this please call and I will walk you through this.

Photos (for articles) can also be submitted by mail with specific instructions as to what article it goes with.

#### 1. Digital format means:

Typed (key boarded) on either a PC or Mac and sent in either an e-mail program or typed into Microsoft Word or Excel and sent as an attachment.

#### 2. Disk:

Any ad that has graphics (art, photo) can be e-mailed or put on a disk or zip drive and sent directly to the Newsletter Editor.

- If you have an ad, or article that is a Pick-up (ad that has run before in a previous edition) you must:

1. E-mail the new information, insert date and page number of last time it was published.
2. Fax or send a copy of the previous ad to the Newsletter editor. (Remember, there are no previous newsletters on hand to reference)

Send your submissions to:

Betty M. Johnson  
5613 Highwood Dr. • Edina, MN 55436  
Fax: (952) 915-0867 • Email: bjgraph@bjgraphics.com

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.

### 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.

## In Memoriam

John Anderson, age 81, of Minneapolis, died Feb 14th of Congestive Heart Failure. Our sympathy is extended to Joyce Anderson, his wife and STCP member, and to their four children and 2 step-children. John was a member of the Club until he could no longer play tennis.

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# If You Have Diabetes, Exercise Can Help

Diabetes is on the rise in the United States. The number of people diagnosed with the disorder rose by about 6% in 1999, an increase largely blamed on obesity. Medication and proper diet can help control diabetes, but did you know that exercise can help maintain or reduce weight, and lower blood sugar levels? Lower blood sugar levels may reduce or even end the need for medication. Exercise can also help delay or prevent such diabetes-related complications as heart disease.

Now that summer is almost here, you can take advantage of the warm weather and exercise outdoors. Try to incorporate some type of outdoor physical activity, such as walking or gardening, into your day. "Safe and simple low-impact exercises, such as walking or swimming, can enhance your health and improve circulation," said Barry Baines, M.D., UCare's Medicare Medical Director.

Just about everyone can benefit from some form of exercise. However, since the body's ability to regulate blood sugar levels decreases with age, older adults with diabetes can gain even more health benefits from regular activity. But before you start an exercise program, talk to your doctor to determine your tolerance. "Your provider will assess your health and recommend exercises that are right for you. He or she will also suggest safe levels of exercise and how often you should do it," said Dr. Baines.

Once you get clearance from your provider, gradually work up to an intensity that you and your doctor have agreed on. Exercises that can help you manage your weight, reduce your blood sugar levels, and improve your well being include:

- Biking;
- Dancing;
- Jogging;
- Low-impact aerobics;
- Tennis;
- Water aerobics;
- Swimming;
- Walking.

"The health benefits of regular exercise for older adults with diabetes are significant," said Dr. Baines. "However, the key to reaping those benefits is to choose an exercise that you enjoy and do it regularly."

*UCare Minnesota is a nonprofit health maintenance organization (HMO) established in 1984 by the Department of Family Practice at the University of Minnesota Medical School and is the fourth largest HMO in the state. UCare Minnesota offers three health insurance programs for seniors: UCare for Seniors, a Medicare+Choice product for Medicare beneficiaries in the metropolitan area and adjacent counties; UCare SeniorSelect, a Medicare Select product; and Minnesota Senior Health Options for seniors eligible for both Medicare and Medical Assistance.*

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## *a note from helen*

Well, I made it through one year. The Board hunted around and could not find another - you name it - to serve for this coming year, so here I am again. Thank you for your support and your help. Truthfully, I would appreciate more of you to join the Board and our committees. We do really need you. Just give me a call and volunteer.

For those of you who missed my pearls of wisdom at the Annual meeting I was asked to repeat it here. For the last several years our membership has been around 1700 people-  $\$20 \times 1700 = \$34000$ . The club earns about \$2000 in interest on its deposit each year. Simple Math says we have \$36000 to support our activities for the year. That's the income. Our expenses, broken down simply are: for communication with you, newsletter, mailings, billings, roster etc - \$14000, Pros and lessons - \$12000, events - Captains dinner, subsidizing annual meeting, awards and misc. - \$8000. Totaling \$34000. There are other incidental expenses that include, i.e. the club's donations to Inner City Tennis and Urban Tennis and certain

administrative costs. This is not to alarm you but to explain we run a very close budget - no slack. Costs are increasing but at present we do not anticipate any changes in dues. As a Board we must carefully consider any changes in any program or event we sponsor. At the June meeting the Board will review and vote on all supported events for the coming year with budget and participation in mind.

We have an OUTSTANDING club and it is financially sound and serves as many members as space permits at this time. To survive, however, we do need to recruit younger players - the 50 and 60 year olds. To serve these players the club will need to provide more activities - playing time- at hours convenient for them, drills at times they can come and competitive events they may wish. Hey - youngsters, let us know what you would like

# What's Going On!

## ODDS AND ENDS OF SUMMER

As this is written it is again in the 50's and rain persists. . . but when summer comes these are additions or corrections for you summer tennis play:

**Como Park Court** play is on Mondays and Wednesdays from 8 to 10 a.m.

**St. Anthony Courts** will have 3.5 and up play on Mondays and Wednesdays at 9:30 a.m. for men and women - call Larry Bordsen for details - 612-781-3239

**WOW** (formerly Hit 'n Giggle) has started at Brookview and Medley Parks in Golden Valley, June 6 - Aug. 29. This is an organized team event but they are looking for subs. Call Shirley Pratt - 651-433-3583.

**WOW -2** - A new group in the Chanhassen area has begun at Central Middle School on Wednesdays in Eden Prairie. At present 4 teams but looking for subs. Linda Kraft 952-934-1992 or Mariys Christensen 952-368-3285.

**Don't forget SUPER SENIORS** - June 21 - Aug. 30. Call Shirley Pratt 651-433-3583 or Liz Kamish 651-735-2600 if you wish to join in. Never too late for fun.

**NEW WALK-ON SITE:** Burnsville High School- E. of 35W on Hwy. 13 and 12th Ave N., Tues. and Wed., Women only - Call Lollie Bjornaraa 952-890-2098 or Pat Judge 651-452-1124 for info.

## The Bolger Clinic

30+ people joined the fun on June 5 at Nicoller Tennis Center for three hours of play, instruction and lunch. For those of you missing the event, if one of the attendees calls you a BOZO, this is not an insult, this is to remind you to get out of the back area of the court. According to Roger Boyer those players moving to the service area can win 90% of the time over the base line BOZOS. Of course you must hit the ball when you get there. I am always reminded, tennis is a game of getting the ball over the net. Many thanks to Bill Conneil, Winnie Lund, Ronnae Wagner, and Roz Bernstein for organizing the event and Bob Tisch for the cookies. Next year The Clinic will be June 4 Tuesday same place same time. We hope to see more of you there. HS

## INDOOR CLUB FACILITATORS

PLEASE SEND IN YOUR INDOOR COURT TIMES  
FOR THE AUGUST ISSUE.

**DEADLINE JULY 6.**

SEND IN WRITING TO

ROD MACPHERSON

600 THIRD AVE., EXCELSIOR, MN 55331

OR

HELEN STECKLEIN

2670 N. OXFORD ST #211, ST. PAUL, MN 55113

## Two-Liner Want Ads

These free two-liner want ad are available to all STPC members. If you would like to place a free ad, e mail (bjgraph@bjgraphics.com) or write (no phone calls taken) the editor, Betty Johnson. **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 Moka Blvd. Questions? 763-428-2052

**For Sale.** Interested in Head raquets and clothing? Call Percy Hughes, our director of training, at 952-831-2872

**SCOTTSDALE/CAREFRE AZ.** Places to rent or buy, free tennis. Call 651-631-1044

**Weeks in Cancun @ Moon Palace 5\* all-incl. Resort**  
952/431-3361 or email from website: [www.wjbahn.com](http://www.wjbahn.com)

**For Sale.** Brand New Never Used Head Titanium  
Racquet TI, S6 Strung, Full Cover 952-934-3822 \$120

**BEHIND THE WHEEL DRIVER HELP** at your house, by a MN.  
Hwy Safety Center certified instructor. 952-920-9057

**Volunteers.** Call Bob Stuhl at 651-714-0651 if you are interested in driving for the Red Cross. Vehicles and training provided. Very rewarding.

**Volunteers needed** to assist residents at the Jones Harrison Residence. Call Connie Wegner 612-925-7260 for information.



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Paid Advertisement

## Seventh Annual Grandparent/Grandchild Round Robin

**Saturday, July 14, 2001**  
**8 a.m. - noon**  
**Valley View Courts**  
90th and Portland, Bloomington

Here's an opportunity for you to play tennis with your grandchild, share time together, and most of all, have fun.

Only \$3 per person.  
Deadline for reservations is July 10.  
Send your reservation form and check, made out to STPC, to:

Helen Stecklein  
2670 North Oxford St. No. 211  
St. Paul, MN 55113

For more information call Helen at  
651-494-0648.



Send this reservation form with your check for \$3 per person, made out to STPC, to:  
Helen Stecklein  
2670 North Oxford St. No. 211  
St. Paul, MN 55113

Name \_\_\_\_\_

Phone No. \_\_\_\_\_

Grandchild's Name \_\_\_\_\_

Grandchild's Age \_\_\_\_\_

Court Location	Day	Skill	Time	Captain	Phone
<b>STPC Free Lessons and Drills—All Levels</b>					
Note: When drills go inside in the fall, there is a \$3 charge					
<b>Bass Lake</b> Beltline Rd & 36th St, St. Louis Park	Thursday		8:30-10 a.m.	Percy Hughes Paul Storno	952-831-2872 952-944-6286
<b>Bryant Courts</b> 84th & Bryant Ave S, Bloomington	Wednesday		8:30-10 a.m. June/July/Aug	Percy Hughes	952-831-2872
<b>Breck School</b> 123 Ottawa Av N., Golden Valley  <b>Tanner's Lake</b> Century Ave near 94 (Left on Hudson Blvd, frontage road to Greenway. Left to 2nd street, left to lake and tennis courts.)	Tuesday		5:30-7p.m.	Jim Eiler	952-471-9750
	Wednesday		5:30-7p.m.	Ernie Greene	651-747-8345
	Wednesday		9-10:30 a.m.	Bob Smith	715-386-1319
<b>Private Club Drills open to STPC Members</b>					
<b>Nicollet Tennis Center</b> 4005 Nicollet Ave, Minneapolis \$5 court fee	Tuesday		9-10 a.m.	Rod Vaught Abdul Idi	612-825-5844

**Free Lessons.** Twelve free lessons are offered as part of your STPC membership. New members are encouraged to take advantage of them! After twelve lessons, you will receive a free can of balls, a certificate of accomplishment, and congratulations from the STPC president.

*You must notify the instructor when you have completed twelve lessons!* Members are encouraged to attend lessons and drills at any time. If your game needs improvement, here is your opportunity.

**Skill Rating.** If you need to know your skill rating, attend one of the lessons/drills and ask the instructor to rate you. If you have any questions, call the instructor.

**Corrections to the Schedule.** If there are any errors or omissions in this schedule, please notify Helen Stecklein 651-494-0648.

Senior Tennis Times  
P.O. Box 24826  
Edina, MN 55424

*Published monthly by the  
Senior Tennis Players Club, Inc.*

June/July 2001

Nonprofit  
Organization  
US Postage  
PAID  
Minneapolis, MN  
Permit No. 3270

return to:  
SENIOR TENNIS TIMES  
SENIOR TENNIS TIMES  
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