
SENIOR ♦ TENNIS ♦ TIMES

NEWSLETTER OF THE SENIOR TENNIS PLAYERS CLUB, INC.

AUGUST 2001

It's Time to Sign Up for Indoor Tennis

This issue of Senior Tennis Times has the 2001-2002 indoor tennis season schedule. Now's the time to look it over and decide where you want to play.

Old STPC hands know how this all works, but it might be a bit confusing to our new members. If you fall into that category, read on. Here's a short guide to playing indoor tennis.

What are Regular and Substitute Players?

A regular player makes a commitment to play every week at a particular place and time. The other people signed up at that location depend on you to show up, so that there is the correct number of people present to play doubles on all courts. If you don't show up and don't find a substitute to take your place, they're forced to play three on a court or singles, and that isn't always fun.

If you want to play but can't make a commitment, you can be a substitute player. Substitutes play when regulars can't show up, for instance when they're on vacation or sick. You can sign up as a substitute at several times and locations to increase your chances of playing frequently.

How Do I Sign Up to Play?

First, look over the schedule in the back of this issue. Find a location and time that looks good to you. Then call the captain listed and sign up as either a regular or substitute. Act soon—many people play at the same time and place every year and places fill up fast.

How Much Does It Cost?

The cost to play as a regular varies from location to location.

Another bonus of playing as an STPC member is that you don't have to pay hundreds of dollars in club membership fees. What a deal!

I Still Have Questions—Who Should I Talk To?

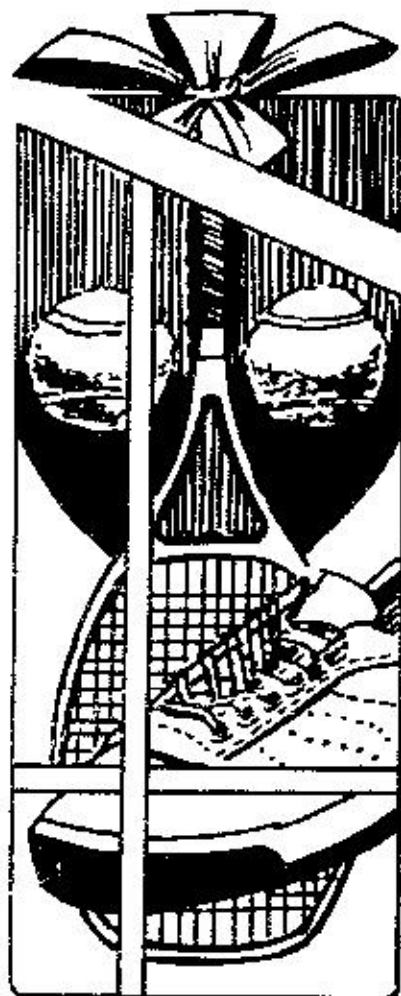
Talk to the court captains for more information on starting dates, fees, rotation of playing, and anything else about playing at that captain's location. Captains run their sessions differently, so be sure to talk to the captain of the session you're interested in.

What's This About Free Lessons?

An important objective of STPC is to encourage more people over 50 to learn to play and appreciate tennis. So every new member is entitled to twelve free lessons from our own STPC pros (you do have to pay a nominal court fee, the lessons themselves are free).

You don't have to commit to a set series of lessons—just pack your racket and show up. Balls are provided.

There's a listing of lessons and drills in the back of every issue of the Times. Check it out! If you have any questions about the lessons, just call the instructor listed in the schedule. He'll be glad to talk with you.



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.

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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: 1,703

August 2001: Volume 14, Number 6

a note from helen

I realize that technically our Club's year begins in April. It seems more appropriate to recognize "a new year" as we prepare for the indoor season. Perhaps it is because in Minnesota the indoor season is longer. I wish to thank those individuals and groups that help make our programs happen. Without financial contributions from UCare there would be no Dow Tournament; the Bolger family still assists us with a donation for the Bolger Clinic; and Mike Lynne has generously provided us with balls and prizes for the Grandparents/Grandchild Tournament. Many of you have assumed responsibility for chairing committees, organizing events and donating time to help for which you have my deepest thanks. I also want to thank my Board members.

This coming year is a big one for the Club. It is the Club's 20th anniversary. We have no specific plans as yet but are in the planning process. Chuck Slocum has volunteered to gather a committee together to start the process. Please give him a call if you wish to be part of this event.

Hope you had a great summer playing tennis. The weather cooperated and we have had few rain-outs. Of course lawns and flowers suffered. See you inside in September or October.

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

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. 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.

Tips For Preventing Medical Problems

While doctors can make diagnoses, recommend care options, and coordinate services, you are in control of your own medical care.

"Patients who are involved in their health care tend to get better quality care," said William Armstrong, M.D., an internist with HealthEast Midway Clinic in St. Paul, and a physician in the UCare Minnesota provider network.

One way to stay involved and avoid problems is to prepare for your office visit. "Write down your questions and talk to your doctor about them," said Armstrong. Knowing what questions to ask can save you time and hassles.

Here are other useful tips you can use to help enhance communication and decrease health problems:

- Be an active member of your health care team. Patients who are more involved with their own care tend to get better results.
- Be sure and let all your doctors know about everything you are taking. This includes prescription and over-the-counter medications, and dietary supplements, such as vitamins and herbs.
- Tell your doctor about any allergies and adverse reactions you have had to medications.
- When your doctor writes a prescription for you, make sure you can read it.
- Ask for information about your medicines in terms you can understand: What is the medicine for? How am I supposed to take it, and for how long? What are the side effects? What do I do if they occur?
- When you pick up your medicine from the pharmacy, ask: "Is this the medicine my doctor prescribed?" Make sure it is.
- If you have any questions about the directions on your medicine labels, ask "Does four doses daily mean a dose every six hours around the clock, or just during regular waking hours?"
- Ask your pharmacist for the best way to measure your liquid medicine.
- Ask for written information about the side effects of your medication.
- If you are in a hospital, ask all health care workers who have direct contact with you whether they have washed their hands.
- If you have a choice, choose a hospital at which many patients have the procedure or surgery you need.
- When you are being discharged from the hospital, ask your doctor to explain the treatment plan you will use at home.
- If you are having surgery, make sure you, your doctor, and your surgeon all agree and are clear on exactly what will be done.
- Speak up if you have questions or concerns.
- Make sure that someone, such as your personal doctor, is in charge of your care if you have multiple health problems or if you are in a hospital.
- Make sure all health professionals involved in your care have the necessary health information about your health. Don't assume they know everything about you.
- Ask a family member or friend to be your advocate, help get things done, and speak for you if you cannot.
- Be aware that "more" is not always better. You may be better off without certain treatments or tests. Find out.
- If you have a test, don't assume that no news is good news. *Ask.*
- Learn about your condition and treatment by asking your doctor, nurse, and other reliable sources. An informed patient is a healthier patient.

"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

What's Going On!

Subs Needed For Indoor Tennis

Regulars and subs are needed for Friday morning mixed doubles at Oakdale Golf and Tennis. Men and women at the 3.5 level or better are asked to call one of the co-captains: Connie Waterous (651/291-1610) or Gordy Manaije (651/429-4046). We have two courts from 10 a.m. to 12 noon, starting Friday, September 14 and running through April, 2002. conniew@mninter.net

Super Seniors Midseason Report

The Super Seniors program is going well - the teams are in full swing.

The captains for the Thursday 3.0 mixed doubles team at Nicollet are:

Team 1 - Bob Sloan/Shirley Pratt

Team 2 - Bill Eldredge

Team 3 - Mike Bosanko/Ginny Morse

Team 4 - Ron Liddiard/Mary Kaminski

So far the teams are pretty evenly matched -- there are no clear winners yet! While most of the matches are played at Nicollet, the last two of the season will be played at the 98th Street Northwest Club (August 23 and 30).

Captains for the Thursday 3.5 mixed doubles team at Nicollet are:

Team 1 - Harlan Sween/Marilyn McNamee

Team 2 - Irwin Vickery/Wally Johnson

Team 3 - Jean Murdock

Team 4 - Jackie Darst

Now that we have all gotten psyched up by watching Wimbledon, WATCH US GO! Look for the final results in the September issue of the Times!



Doubles Forever!

Best wishes to Ginny Owens and Dick Lidstone, who married on June 9, 2001 at the Good Samaritan United Methodist Church of Edina. Ginny, a lifetime member, was one of our United States Tennis Professional Association (USTPA) pros for a number of years, until she moved to Punta Gorda, Florida. Dick served as our President in 1997-98.

In Memoriam

Clayton Hughes, 78, of Richfield, formerly of Golden Valley, died June 14, 2001, of cancer. He fulfilled one of his ambitions and was certified a USTPA instructor within the last year, and was an instructor for STPC. He was captain of a Nicollet Tennis Center Friday group. He also was a volunteer instructor for the Minneapolis Urban Tennis Program.

He was a retired architectural draftsman, an accomplished artist and musician, and a devoted member of the St. Thomas Episcopal Church.

Our deepest sympathy is extended to his family, and especially to his loving brother, Percy, our popular pro. Many STPC members will miss Clayton, his gentleness, and his warm smile.

Harry Holtz, 81, of Golden Valley, died July 4, 2001, of multiple myeloma. A long time member of STPC, he retired from the jewelry business eight years ago and continued his artistic endeavors in oil portraits and wood carvings.

Our sympathy is extended to his son, Merlin, his daughter-in-law, Nancy, his grandson, Shaun, brother, Peter, and sister-in-law, Rochelle.

**WINTER 2001 - 2002 INDOOR COURT SCHEDULE - SENIOR TENNIS PLAYERS CLUB
(TENTATIVE AS OF AUGUST 2001)**

CAPTAINS: PLEASE NOTIFY THE FACILITY MANAGER AS TO YOUR STARTING DATE

PLAYERS: CHECK WITH CAPTAINS FOR START DATES

ST PAUL AREA

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
DAYTONA CLUB 14740 LAWYDALE LANE DAYTONA CLUB FAC COORD RON COWDEN 763-545-1839	MONDAY	9:30-11:30	4	3.5-4.0 MW	DOROTHY BANACH ED MUNSON	763-784-1344 763-767-2974
	TUESDAY	9:30-11:30	4	2.5-3.5 MW	JACK SAUNDERS	763-561-6144
	WEDNESDAY	9:30-11:30	4	3.5-4.0 MW	DOROTHY BANACH ED MUNSON	763-784-1344 763-767-2974
	THURSDAY	9:30-11:30	4	2.5-3.5 MW	RON COWDEN	763-545-1839

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
LILYDALE RACQUET CLUB 945 SIBLEY MEMORIAL HWY LILYDALE, MINNESOTA FAC COORD(S) DOT GUENTHER 651-457-4682 NANCY KARASOV 952-452-3172 STARTS OCTOBER	MONDAY	7:30-9:00	2	2.0 MW	PAT PALMER	651-686-6780
	TUESDAY	7:30-9:00	2	2.5-3.0 MW	BUNNY DOUGHTERTY	651-454-1353
	WEDNESDAY	7:30-9:00	2	2.5-3.0 MW	GINNY STOCKWELL DODIE GREIG	651-690-1840 651-687-9139
	THURSDAY	7:30-9:00	2	2.5-3.0 MW	MARY BARRETT SAM SMITH	651-225-9708 952-432-5262
	FRIDAY	7:30-9:00	2	3.0-3.5	BOB KELLY	651-452-0244

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
OAKDALE GOLF & TENNIS 5115 HADLEY AVENUE N ST PAUL, MINNESOTA FAC COORD HELEN STECKLEIN 651-494-0648 STARTS OCTOBER	MONDAY	10:00-12:00	3	2.5-3.0	BEV SINNIGER PATSY SIPPLE	651-578-1345 651-484-5743
		8:00-10:00	3	2.5-3.0 MW	BOB CRIPE	651-459-3682
	WEDNESDAY	8:30-10:30	3	3.0-3.5 MW	HELEN STECKLEIN	651-494-0648
	THURSDAY	1:00-3:00	2	3.0-3.5 MW	EARL HALL	651-731-5127
	FRIDAY	8:30-10:30	3	3.0-3.5 MW	JOHN CONNELLY ERIKA PLAGEMANN	651-771-2664 651-633-0466
		10:00-12:00	2	3.5 MW	CONNIE WATEROUS GORDY MANAIGE	651-291-1610 651-429-4046

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
ST. PAUL INDOOR TENNIS CLUB 600 DESOTO STREET ST PAUL, MINNESOTA FAC COORD JACK WALLIN 651-457-2266	WEDNESDAY	7:00-9:00	3	3.0-3.5 MW	DAVID ZIMMER	612-588-2554
	FRIDAY	7:00-9:00	3	3.0 MW	JIM VINT	651-636-0071

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
WHITE BEAR RACQUET CLUB 4800 WHITE BEAR PARKWAY WHITE BEAR LAKE, MINNESOTA FAC COORD	MONDAY	7:00-8:30	3	3.0-3.5 M	JIM RAUCH	651-429-3091
	TUESDAY	6:30-8:30	2	3.0-3.5 M	CAPTAIN NEEDED	
	THURSDAY	7:00-8:30	3	3.0-3.5 M	DAN NEDOROSKI	651-645-2368

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
WOODDALE RECREATION CTR 2122 WOODDALE DRIVE WOODBURY, MINNESOTA EARL HALL 651-731-5127	MONDAY	10:00-12:00	3	CAPTAIN AND PLAYERS NEEDED		
		1:00-3:00	3	2.5-3.0 W	JOANNE CHRISTENSEN	651-483-6850
	TUESDAY	8:00-10:00	2	3.0-3.5 MW	BOB WROBEL	651-738-2290
		1:00-3:00	2	3.0 MW	EARL HALL	651-731-5127
	WEDNESDAY	8:00-10:00	3	3.0 MW	BETTY LIVINGSTONE	651-777-9723
		10:00-12:00	3	2.5-3.0 MW	BOB HINZ	651-415-9879
		1:00-2:30	2	2.0-2.5	MARION STEVENSON CAROL MADER	651-738-2932 651-735-8707
	THURSDAY	8:00-10:00	2	3.00-3.5 M	ROLLAND ARNDT	651-436-7622
		1:00-3:00	2	2.5-3.0 MW	GLORIA DOMBROCH	651-738-9449
	FRIDAY	8:00-10:00	3	2.5-3.0 MW	DICK KNOWLES	651-439-1761
		10:00-12:00	3	2.5-3.0 MW	JOHN MCCARTHY	651-457-9065
	1:00-3:00	2	3.0-3.5	PAUL LEONHART	651-739-3690	

CHECK WITH CAPTAINS FOR START DATES

MINNEAPOLIS AREA

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
FLAGSHIP ATHLETIC CLUB 755 PRAIRIE CENTER DR. EDEN PRARIE FAC COORD CHUCK SLOCUM 952-941-4059	MONDAY	7:00-9:00	3	3.0-3.5 M	JIM SAGER	952-941-0421
		7:00-9:00	2	3.0+	DEAN SAUSELE	952-828-9506
	TUESDAY		2	3.0 MW	JOHN SOUCEK	952-943-1985
					DON SNYDER	952-830-9415
	WEDNESDAY	7:00-9:00	6	3.0-3.5 MW	MARV SCHNEIDER	952-975-1895
THURSDAY	7:00-9:00	4	3.0+	ORVILLE ANDERSON	952-935-7398	
FRIDAY	7:00-9:00	4	3.0+ MW	ROBERT ZIOMEK	952-935-3441	

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
MIDWEST TENNIS CENTER 7300 BUSH LAKE ROAD EDINA, MINNESOTA FAC COORD CHUCK SLOCUM 952-941-4059	MONDAY	7:30-9:30	2	3.0 MW	COLETTE SCHUNK	952-869-0770
		7:30-9:30	1	NEED CAPTAIN AND PLAYERS		
	WEDNESDAY	7:30-9AM	3	3.0	JUNE EBERS	952-831-1702
	NEW	6-8PM	3	NEED CAPTAIN(S) AND PLAYERS		
THURSDAY	7-9AM	4	3.0	POLLY MAKI	952-472-7707	

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE	
NICOLLET TENNIS CENTER 4005 NICOLLET AVE 612-825-8844 FAC COORD MARY KAMINSKI 612-781-3271	MONDAY	7:30-9:00	2	3.0 M	JACK KENDALL	612-869-0431	
		8:30-10:00	3	3.0-3.5	BOB TISCHBEIN	952-938-9348	
		9:00-11:00	3	3.0 M	BILL STAMM	952-920-7632	
		10:00-11:30	4	2.0-3.0 M	HENRY SCHOLBERG	651-633-6851	
		11:00-12:30	2	2.5 MW	DIANE LEHMAN	651-488-8147	
		11:30-1:30	6	3.5-4.0	DON BRATT	763-636-7083	
	TUESDAY					CHUCK EMME	763-788-2824
						JIM JENSEN	952-922-3435
		9:00-11:00	3	3.0-3.5 MW	FRIEZ CHRISTENSEN	763-571-5212	
		10:00-12:00	3	2.5-3.0 MW	MARY KAMINSKI	612-781-3271	
						GLADYS MURRAY	651-490-0402
		10:30-11:30	1	2.0 W	LUCY NORD	952-886-4872	
		11:00-12:30	3	2.5-3.0 W	NAN HOLLAND	763-593-0492	
						ELEANOR RAFN	612-822-1943
		1:00-2:30	2	2.5-3.0 MW	FRANK PETROW	651-488-1578	
		1:30-3:00	3	2.5-3.5 MW	DOROTHY S REIF	612-920-0965	
	WEDNESDAY					JANE TISCHBEIN	952-938-9348
						FLORENCE HALVORSEN	612-825-5824
		9:00-10:30	3	2.5-3.5	BERNICE GALUSH	651-645-9741	
						JIM DUFFEY	651-778-0646
		9:30-11:30	3	3.0-4.0 MW	RONNAE WAGNER	952-998-5785	
		9:30-11:30	3	3.0-4.0 W	RUTH van HILST	612-825-0779	
		10:30-12:00	2	2.5-3.0 W	SHIRLEY PRATT	651-433-3583	
		11:30-1:30	2	3.5-4.0 MW	LARRY LaLONDE	612-922-1780	
	THURSDAY					JO ROLLING	951-777-3773
						TOM JACKSON	763-550-1369
		9:30-11:30	4	2.5-3.0 MW	ELVIN KOLSTAD	612-869-7277	
		10:30-12:30	2	3.0-3.5 MW	BOB METCALF	763-571-3596	
	FRIDAY	7:30-9:00	2	3.0 M	JACK KENDALL	612-869-0431	
						NANCY LINDEMAN	612-823-0304
						MARY LOU BOWEN	612-869-9436
		9:00-11:00	4	3.0-3.5 MW	RONNAE WAGNER	952-938-5785	
10:30-12:30		3	3.0 MW	JAMY RINCON	612-724-4623		
					ROY RINCON	612-724-4623	
SUNDAY	12:30-2:30	5	3.5-4.5	GEORGE SAMPLE	952-454-5086		
	2:00-3:30	1	2.00-3:30	MARILYN ERICKSON	952-835-2938		

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
OAKDALE RACQUET CLUB 1202 FORD ROAD MINNETONKA, MINNESOTA FAC COORD CHUCK SLOCUM 952-941-4059	MONDAY	7:00-9:00	3		NEED CAPTAIN(S) AND PLAYERS	
	TUESDAY	7-9AM	3	3.0 MW	ORVILLE ANDERSON	952-935-7398
	WEDNESDAY	7-9AM	3		NEED CAPTAIN(S) AND PLAYERS	
	THURSDAY	7-9AM	3		NEED CAPTAIN(S) AND PLAYERS	
	FRIDAY	7-9AM	3	3.0 MW	DON SCHNEIDER	952-938-0121

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
WILLISTON FITNESS AND SPORTS 14509 MINNETONKA DR MINNETONKA, MINNESOTA FAC COORD BILL STORIE 763-428-2052	MONDAY	8:30-10:30	1	4	DICK MILLER	952-446-1504
		10:30-12:30	2	3.0-3.5 MW	FRANK LOCKE	952-937-9394
	TUESDAY	7:30-9:30	2	3.0 MW	HAROLD KRANTZ	952-935-6656
		8:30-10:00	1	3.0 M	CURT HAUGESAG	952-943-5917
		9:30-11:00	1	2.5-3.0 W	BART TSAI	952-988-7873
		11:30-1:00	2	3.0 MW	KIT PETERJOHN	952-474-0154
	WEDNESDAY	12:30-2:30	2	4	HENRY FLESCH	763-546-7317
		1:00-3:00	2	3.0 MW	FRED WRIGHT	952-938-1242
	THURSDAY	8:00-9:30	2	3.5 M	BRUCE MOBBERLEY	952-448-9829
		8:00-9:30	2	3.0 M	DWANE BILLBE	952-938-5016
		11:30-1:00	2	2.5-3.0 W	ED FISCHER	763-550-8771
		3:00-4:30	1	4	HENRY FLESCH	952-546-7317
	FRIDAY	8:00-9:30	2	2.5-3.0 MW	FRED WRIGHT	952-938-1242
		8:30-10:00	2	2.5-3.0 W	SHIRLEY PILGAARD	952-941-8582
		2:00-4:00	2	3	DICK MILLER	952-446-1504
		2:00-4:00	2	3	BART TSAI	952-988-7873
		2:00-4:00	2	3	CHAR BONNIWELL	952-474-1330
	SATURDAY	12:00-1:30	1	2.5-3.0 W	DWANE BILLBE	952-938-5016
					RALPH FULLER	952-593-1620
				Fritz WEBER	952-525-1906	
				AUDREY ROE	952-545-9434	

NORTHWEST CLUBS (OTHER THAN MIDWEST AND OAKDALE)

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
NORTHWEST RACQUET AND SWIM 5525 CEDAR LAKE ROAD ST LOUIS PARK, MINNESOTA FAC COORD ROD MACPHERSON 952-474-9346	TUESDAY	11:00-1:00	3	NEED CAPTAIN AND PLAYERS		
	WEDNESDAY	8-10AM	3	3.0-3.5	ROD MACPHERSON	952-474-9346
	FRIDAY	12-2PM	4	3.0-3.5	ROD MACPHERSON	952-474-9346

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE	
98TH STREET RACQUET AND SWIM 1001 WEST 98TH STREET BL OOMINGTON, MINNESOTA FAC COORD ROD MACPHERSON 952-474-9346	MONDAY	7:30-9:30	3	3.0-3.5 M	KEN GJERDE	612-872-2073	
		8:30-10:00	3	2.5-3.0 W	PEG FILZER	952-881-9485	
		11:00-1:00	1	NEED CAPTAIN AND PLAYERS NEEDED	LORRAINE McDANIEL	952-889-7392	
		12:00-2:00	3	3.5 M	ROGER JOHANSON	952-831-5507	
	TUESDAY	8:30-10:30	4	3.0 W	GENEVIEVE GJERDE	612-872-2073	
		12:00-2:00	3	3.5 M	RUTH PETERSON	952-941-7116	
	WEDNESDAY	7:30-9:30	3	3.0-3.5 M	ROGER JOHANSON	952-831-5507	
		9:30-11:30	2	2.5-3.5 M	DON OSETH	651-457-4642	
	THURSDAY	7:30-9:30	2	NEED CAPTAIN AND PLAYERS NEEDED	BOB STHUL	651-714-0651	
		9:00-10:30	1	3.0-3.5 W	ALICE WEIDES	952-881-3751	
		12:00-2:00	3	3.5 M	ROGER JOHANSON	952-831-5507	
	FRIDAY	1:00-2:30	2	2.5-3.0 W	MARY ELLEN JARNE'S	952-881-4703	
		7:30-9:30	3	3.0-3.5 M	CAPTAIN NEEDED		
		8:00-10:00	3	3.0-3.5 MW	BUNNIE JOHNSTON	952-884-1732	
					12:00-2:00	3	NEED CAPTAIN AND PLAYERS NEEDED

THE BELOW LISTED FACILITIES HAVE NEVER BEEN AVAILABLE TO STPC MEMBERS
IF YOU WISH TO PLAY AT ANY OF THESE CLUBS THEN BECOME A CAPTAIN AND GATHER YOUR PLAYERS

NORMANDALE RACQUET AND SWIM C	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
6701 WEST 78TH STREET BLOOMINGTON, MINNESOTA FAC COORD ROD MACPHERSON 952-474-9346	MONDAY	UP TO 9AM	3			
	TUESDAY	UP TO 9AM	3			
	WEDNESDAY	UP TO 9AM	3			
	THURSDAY	UP TO 9AM	3			
	FRIDAY	UP TO 9AM	3			

HIGHWAY 100 NO FRANCE	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
4001 LAKE BREEZE AVENUE BROOKLYN CENTER, MINNESOTA FAC COORD ROD MACPHERSON 952-474-9346	MONDAY	UP TO 9AM	3			
	TUESDAY	UP TO 9AM	3			
	WEDNESDAY	UP TO 9AM	3			
	THURSDAY	UP TO 9AM	3			
	FRIDAY	UP TO 9AM	3			

BURNSVILLE TENNIS CENTER	DAY	TIME	UR	SKILL	CAPTAIN(S)	PHONE
146 BURN-HAVEN DRIVE BURNSVILLE, MINNESOTA FAC COORD ROD MACPHERSON 952-474-9346	MONDAY	UP TO 9AM	3			
	TUESDAY	UP TO 9AM	3			
	WEDNESDAY	UP TO 9AM	3			
	THURSDAY	UP TO 9AM	3			
	FRIDAY	UP TO 9AM	3			

HIGHWAY 494 - CROSSTOWN	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
6233 BAKER ROAD EDEN PRAIRIE, MINNESOTA FAC COORD ROD MACPHERSON 952-474-9346	MONDAY	UP TO 9AM	3			
	TUESDAY	UP TO 9AM	3			
	WEDNESDAY	UP TO 9AM	3			
	THURSDAY	UP TO 9AM	3			
	FRIDAY	UP TO 9AM	3			

MOORE LAKE	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
1200 EAST MOORE LAKE DRIVE FRIDLEY, MINNESOTA FAC COORD ROD MACPHERSON 952-474-9346	MONDAY	UP TO 9AM	3			
	TUESDAY	UP TO 9AM	3			
	WEDNESDAY	UP TO 9AM	3			
	THURSDAY	UP TO 9AM	3			
	FRIDAY	UP TO 9AM	3			

STPC FREE LESSONS AND DRILLS – ALL LEVELS

Court Location	Day	Time	Skill	Cost	Instructor	Phone
Nicollet Tennis Center 4005 Nicollet Avenue Mpls. 612.825.6844	Monday	1:30-3 pm	All	\$3.00	Ernie Greene Dave Earlewine	651.747.8345
	Thursday	8:30-10 am	All	\$3.00	Percy Hughes Paul Stormo	952.831.2872 952.944.6286
Oakdale Golf & Tennis Club 5115 Hadley Avenue N St. Paul 651.770.2719	Wednesday	12:30-2pm	All	\$3.00	Duane Ryman	
Williston Fitness & Sports 14509 Minnetonka Drive Minnetonka 952.939.8370	Tuesday	5:30-7 pm	All	\$3.00	Jim Erler	952.471.9750

New Members are encouraged to join the above lessons. After completion of 12 lessons 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.

PRIVATE CLUB DRILLS OPEN TO STPC MEMBERS

Nicollet Tennis Center 4005 Nicollet Avenue Mpls. 612.825.6844	Tuesday	9-10 am	3.0 & up	\$5.50	Rod Vaught	
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Skill ratings: To determine your skill rating, attend one of the lessons/drills and ask the instructor to rate you

Schedule Corrections: St. Paul/East Region call Helen Steeklen 651.494.0648. Mpls/West Region call Rod Macpherson 952.474.9346
For those newly organized groups at Northwest Club locations, please notify Rod Macpherson so that they may be listed in the schedule.

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 play premium.



For more information about the 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 (55371, 56330, 56363, 56313, 56353) and Wright (55328, 55390, 55349, 55363, 55373, 55358, 55343, 55376, 55344, 55301, 55362, 55380, 55320) counties.

Paid Advertisement

UCare Minnesota

By Bob Tischbein

As a long time member of Senior Tennis, a past president of Senior Tennis, and a board member of UCare, I would like to bring UCare to your attention.

I do this because for the past three years UCare has made the Dow Tournament possible as the sponsor with donations of over six thousand dollars. With this in mind, our members should know of their medical programs available to members and also the history of UCare.

UCare Minnesota is a nonprofit health maintenance organization. They were created in 1984 by the Department of Family Practice at the University of Minnesota Medical School. They currently serve over 95,000 members enrolled in Prepaid Medical Assistance, General Assistance Medical Care, Minnesota Care

Programs, Minnesota Senior Health Options and their Medicare+Choice product, UCare for Seniors.

Should you have an interest in inquiring about their services for your medical needs, UCare can be reached at 651-676-3200, hearing impaired can call 612-676-6810. Your inquiry and consideration will be appreciated.

230 Attend Captains Dinner at the Town and Country Club in St. Paul

Senior Tennis Players Club captains and their guests, numbering 230, were honored with style at an elegant sitdown dinner at the Town and Country Club overlooking the Mississippi River in St. Paul. Each year STPC honors captains with a special appreciation dinner.

This year the June 21 dinner was one of the largest ever gatherings of tennis captains. Invitations to the banquet were mailed to all Senior Tennis captains and co-captains who served during any season of the year, and each captain is allowed to bring one guest.

Because of the tremendous response to the dinner this year, the 2002 Captains Appreciation Dinner will be held in June at the same location, the Town and Country Club in St. Paul.

Diners were put "in the mood" when they were welcomed to swinging and danceable tunes as they entered the dining room. The enjoyable mood music was courtesy of Lloyd Layton's Racquetees, the music group of STPC members.

Captains are the key people in the every day operation of the Senior Tennis Players Club. Their volunteer responsibility

includes the organization of teams, scheduling times for play and seeing that the right number of players appear on the right day to play doubles. That includes indoor and outdoor tennis playing, fall, winter and summer.

Captains are always needed. The time schedules printed in the newsletter usually list "captain needed" at several locations and some clubs have time slots that are available for setting up new teams. Anyone at any play level can set up a team to fit an available time slot. You are considered a captain if you set up only one doubles team and are listed in the newsletter schedule. If interested call the president, Helen Stecklein, at 651-494-0648.

Committee for the Captains Appreciation dinner included Lois Nedoroski, Carol Hall, Ronnac Wagner, Bernice Hanson and Bev Sinniger.

Western and Cuneo are Senior Olympians

Star Tribune columnist Doug Grow's July 16 column was headlined, "Athletes Remind Us Sports are Ageless." His column, which featured an interview with STPC members Betty Western and Marilyn Cuneo, told of their tennis playing and how they've advanced to compete in the National Senior Olympics, currently being held in Baton Rouge, Louisiana.

Marilyn and Betty qualified at the state level in order to compete at the national level. They placed second in state competition. Not competing in Baton Rouge, but placing first at the state level were STPC members Marion Murphy and Connie Metcalfe.

The Senior Olympics have become a huge event. Nearly 12,000 athletes, ranging from 50 to 100 years of age, are competing in a variety of age divisions in eighteen sports through the rest of July.

Grandparents/ Grandchild Roundrobin

The event that was held at the Valley View Courts at 90th and Portland in Bloomington July 14, 2001 was a perfect day. It was warm, sunny and a slight breeze, just perfect for the tournament. There were 11 pairs entered in the 15 and younger age bracket and 6 pairs in the 16 and older bracket. There was a qualifier round in the younger bracket to break the group into a more manageable number for a round robin.

The winners of the A bracket in the 15 and under were Gene Kemp and Patty King. They were tied with Chuck Slocum and his granddaughter Caffrey. The tiebreak was a decision made by the director based on Kemp and King beating the Slocum team in their match. The consolation round was won by Milt Farnham and granddaughter Amy Anderson. Winners in both groups received medals and \$20 gift certificates donated by Mike Lynne.

The older but wiser group played at 10:30. In contrast to the younger group there were more grandsons than granddaughters. BUT - the winners were Woody Woodhouse and his 15-year-old granddaughter Meridith Woodhouse. (Just an aside, the boys were afraid of her!) Meridith plays number one at Breck. They also received medals and a gift certificate from Mike Lynne.

A special thanks to Lee Warner for assisting with the scoring and organization of the tournament. He received a special prize for that. The director thanked all participants for coming and playing and hoped next year all will return and that some new names will be on the list. It truly was a lot of fun.

Dear Friends

The family of Clayton Hughes wishes to express to all of you their deepest appreciation for your support and love for Clayton. Before and after his death you were always with him. Clayton is smiling on you and saying, "Thanks, I love you." The Hughes Family

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, 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 Mtna Blvd. Questions? 763-428-2052.

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

CUSTOM PET PHOTOGRAPHY. Call for an in-home appointment 952-931-0855. See samples at www.photoi.com.

Slit Aspen. 1/17-22 over Winterskol. Incl. transp, bed & brkfst apres ski, 3 parties. \$550-650. Call Jan Hoffman 651-771-8553.

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.

For Rent: Towerpoint Resort, Mesa, AZ. Jan thru March. Tennis, pools, shopping, etc. Call 763-788-2024.

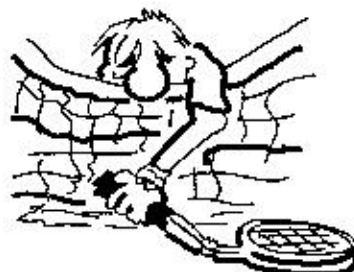
For Sale: Good lot in North Port Charlotte, FL. Close to beach. \$5,000. Call Mike Fleming 952-546-8841.

BEHIND THE WHEEL DRIVER HELP at your house, by a Minnesota 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.

World Tennis Ctr Vac. Naples, FL. 2/9-3/09/02. 2 wks or more sessions. Call Don 651-636-7083.



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