

SENIOR ♦ TENNIS ♦ TIMES

NEWSLETTER OF THE SENIOR TENNIS PLAYERS CLUB, INC.

OCTOBER 2001

Take the Bus to Owatonna

**October Tennis Party
Owatonna Tennis Club
Tuesday, October 30, 2001
8:30 am to 4:30 pm**

Travel to Owatonna in a Deluxe Motor Coach for 5 hours of play and drills by Owatonna's pro. Refreshments and lunch will be served.

Side trips to Medford Outlet and Cabela's Sports Store (a must see) will be arranged. Cost is \$30 per person. Maximum spaces 45, but a minimum of 40 people is needed to meet budget.

OCTOBER 15 IS THE DEADLINE FOR RESERVATIONS

Return your reservation to:	Ron Liddiard --952.829.7530 9713 Dorset Lane Eden Prairie, MN 55347
Name	Skill Level
Address	I have a partner: yes no (circle one)
City	Name of partner
Phone	Check enclosed for _____ people @ \$30 each

Indoor Court Schedule Updates

St. Paul Indoor Tennis Club

- Wednesday 7-9 a.m. delete Dave Zimmer. Captain needed.
- Early morning court available - call Jack Wallin 651-457-2266.

White Bear Racquet Club

- Tuesday a.m. Change to 3 courts. Change time to 7-9 am. For information call Andy at 763-571-3740.
- Thursday - delete Dan Nedoroski. Captain needed.

Williston Fitness & Sports

- Tuesday - change time from 7:30 - 9:30 to 8 - 9:30 a.m. Captain Barb Tsai.
- Wednesday delete Bruce Mobberly. Captain needed.
- Thursday - Ed Fischer - correct phone number 763 550 9770.
- Friday - change time from 8 - 10 to 8 - 9:30 a.m. Captain Barb Tsai

98th Street Raquet & Swim

- Thursday 9:30-11:30 day change to Wednesday. Bob Stuhl 651 714 0651.
- Thursday 1-2:30p.m. correct name to Mary Ellen Jarnes.

Hwy 494/Crosstown

- Monday 7:30-9, 1 court, W, Add captain Merlys Christensen 952-368-3285.

Highway 100 No. France

- Monday 8-10, skill 2.5-3 m/w. Change captain to Carol Pierce 763-424-6665.

Always check with Captain if you are unsure of start time.

Upcoming Events

- October 30, 2001Tennis Party, Owatonna Tennis Club
- Early NovemberMailing of membership renewals
- December 20, 2001Roger Boyer's Drills, Nicollet Tennis Center
- 2002STPC's 20th Anniversary begins
- April 1, 2002Outdoor Court Schedules due
- April 13, 2002Annual Meeting at Doubletree in Bloomington
- May 6-9, 2002Dow Tournament, Nicollet Tennis Center
- June 4, 2002Bolger Clinic, Nicollet Tennis Center
- June, 2002Captains' Dinner, Town and Country Club
- July 13, 2002Grandparent/Grandchild Tournament

Have Fun, Play Often and Play safe.

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

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2001-2002 Board of Directors

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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: 1,723

October 2001: Volume 14, Number 8

What's Going On!

WOW

(formerly Hi'nGiggle)

One summer ago we changed our name to WOW which stands for Women on Wednesdays. We are now 12 years old! This group of women met all summer on Wednesdays at Brookview and Medley courts in Golden Valley. Several times we were unable to play because of weather conditions. There are 4 teams, and we play 6 courts (3 courts at each of the 2 locations). These women's doubles equal a total of 24 playing at one time.

The captains for these teams were: Joyce Anderson, Green team; Joyce Hautman, Pink Team; Cleome Hennessey, Yellow Team; and Rose Sanders, White Team. Joyce Anderson's Green Team was the overall winner, closely followed by Rose Sanders White Team.

At our last meet which is traditionally an A.I. PLAY and picnic we had RAIN. Therefore we did not play, but most of the players showed so we had a meeting and reorganized for next year, then had our yummy potluck picnic. All four of the

present captains agreed to continue for next year. Then we put all the players' names in a hat and drew totally new teams. We're looking forward to a good time next year! We have a shared sub list so if anyone out there wants to be on next year's sub list, call any of the listed captains or Shirley Pratt who is our recorder. Phone numbers are in the STPC roster.

Note of interest: A second WOW11 group was formed as a spin-off of players from more southwestern localities.

Twelve-Lesson Awards

Dick Piotraschke, Carol Sonnicksen, and Marcia Dudley are the latest STPC members to complete twelve lessons. Congratulations!

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 tiff, 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.

18th Annual Winter Tennis Vacation

World Tennis Center, Naples, Florida

Join us for 2, 4, or 6 weeks 2/9 - 3/19/02 - 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 2002 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 U.S.
- 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 3/9 - 3/31/02.

Fill out this form and send it with your check (payable to Naples Tennis 2002) 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 condos,, completely equipped kitchen and washer/dryer in every condo.

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 exhibition tennis.

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	2/9-2/23	14	\$200		
B	\$525	2/23-3/9	14	\$200		
A/B	\$925	2/9-3/9	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

STPC FREE LESSONS AND DRILLS - ALL LEVELS

Court Location	Day	Time	Skill	Cost	Instructor	Phone
Nicollet Tennis Center 4005 Nicollet Ave Mpls. 612-825-6844	Monday	1:30-3 pm	All	\$3.00	Ernie Greene Dave Earlewine	651-747-8345 952-470-4041
	Thursday	8:30-10 am	All	\$3.00	Percy Hughes Paul Stormo	952-831-2872 952-944-6286
Oakdale Golf and Tennis Club 5115 Hadley Ave. N. St. Paul, 651-770-2719	Wed.	12:30 -2 pm	All	\$3.00	Bob Smith	715-386-1319
Williston Fitness and Sport 14509 Minnetonka Dr. Minnetonka, 952-939-8370	Tuesday.	5:30-7 pm	All	\$3.00	Jim Erlar	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 completion and congratulations from the STPC president. Notify your instructor when you have completed **12 lessons**. All members are encouraged to attend lessons and drills to improve your game.

PRIVATE CLUB DRILLS OPEN TO STPC MEMBERS

Nicollet Tennis Center 4005 Nicollet Ave. Mpls. 612-825-6844	Tuesday	9-10am	3.0 & up	\$5.50	Rod Vaught	612-825-6844
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Skill ratings: To determine your skill rating, attend one of the lessons/drills and ask the instructor to rate you.

Keep movin'!

Maybe your doctor told you. Or perhaps you've read about it in your favorite health magazine. Regardless of where you've heard it, you know by now that lack of physical activity can lead to cardiovascular disease, the second largest underlying cause of death in the United States — just behind smoking.

Even though we know that exercise greatly reduces our risk of heart attack and improves our health, the reality is far too many people are sedentary. "One of the most important things you can do to maintain your physical and mental health, and independence is to stay physically active," said Barry Baines, M.D., UCare Minnesota's Medicare Medical Director. "When you exercise, your joints maintain their flexibility, and you strengthen your muscles."

Just 30 minutes of physical activity most days of the week is all you need. You don't have to participate in strenuous exercise classes or buy expensive equipment. Simple everyday activities, such as climbing stairs, walking, swimming, or even cleaning the house will do the trick. Physical activity also helps you shed unwanted weight, improve your blood pressure, and reduce anxiety and depression, so you'll feel better, too. Clearly, one of the secrets to good health is to keep moving.

Steps to improve your physical health:

- Make physical activities a priority. Incorporate brisk walking, biking, dancing, or stair climbing into your everyday activities.
- Keep using your muscles. People lose 20% to 40% of their muscle and strength as they age.
- Stretch. Although stretching wouldn't build your endurance or muscles, it will keep you limber.

Be sure to talk to your doctor first before embarking on any new exercise program.

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.

Super Seniors 3.0 and below Division

The Super Seniors 3.0 and below mixed doubles league (age 65 and over), run by the USA Northern Section, met at Nicoller Tennis Center on Thursdays at 11:00 am throughout the summer. Play lasted an hour-and-a-half on 6 courts. It was a fun, competitive, and friendly time for all the seniors involved. The captains in this group were: Bob Sloan/Shirley Pratt, Bill Eldredge, Mike Bosanko/Ginny Morse, and Ron Liddiard/Mary Kaminski.

The season was completed with a 3-way tie, but one team had more individual games won -therefore they were declared the winners! That team was Bosanko and Morse. At the closing pizza party (pizza supplied by USTA) which was held at the 98th street Northwest Club, license plate frames were awarded to the winning team. Shirley Pratt, who coordinated this division of Super Seniors, was awarded a USTA umbrella! One last note: the last 2 matches were held at the 98th Street Northwest Club while Nicoller Tennis was busy with the resurfacing of their courts.

A sincere apology is offered to any who did not understand that and showed up at the wrong location on the last day. A big THANK YOU to all who were involved, including the captains, the players, the workers at the venues, STPC, and USA Northern. Thank you to Nicoller Tennis for hosting this and also for allowing us to order tennis balls through them (it made it easier for us!). And a special thanks to Liz Kamish, Adult coordinator at USA Northern.

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 Multiple Insurance Companies

Sue Kaupa – 651-905-9043

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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 Mtka Blvd. Questions? 763-428-2052.

Interested in Head raquets and clothing? Consult Percy Hughes, our director of training, at 952-831-2872 for whats best for you.

CUSTOM PET PHOTOGRAPHY. Call for an in-home appointment 952-931-0855. See samples at www.photo1.com.

Ski 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.

For Rent: Naples, FL. On golf course, 2 BR 2BA cute 1st. Flr. condo. \$1600. 1800 Mo. 952-935-5670.

For Rent: 1 Br, 1B fully furnished Villa. Green Valley, AZ (25 m. S of Tucson). Avail. Nov. & Dec. \$500. Monthly 612-869-7918.

For Rent: Explore Sanibel; 3BR/2B home w/pool 30 day min, Avail. Oct 15-Dec 10. Bob 952-908-0203

Tennis in Vegas: March 31-April 4. Incl. air, hotel, tennis instruction. Details next issue.

MENTORS NEEDED FOR YOUTH: Indiv., couples or families needed once a week with a child from a SP metro home. Norma 952-470-8670.

For Sale: McIntosh MC-275 Stereo tube Amplifier. Best Offer Takes. In Excellent Condition. Call Jeff: 612-794-9252.

For Rent: Ft. Myers Beach, FL. 3 BR/2 BA condo on the beach. Dec 1-8 \$750. Call: 952-835-3812

For Rent: Marco Island, FL. condo on the beach. Jan 18-25/02 2BR/2BA / free tennis / \$1800/week / Gary: 763-545-4996

For Rent: Tower Point Resort Mesa Az. Park Model \$1100/mo. beginning March 1, 02. Call: 651-488-3505.

In Memoriam

Ned Bunday, 81, of Bloomington, died August 27, 2001. He joined STPC in 1985 and served on the board of directors from 1986 to 1990. His sense of humor added many laughs to otherwise serious board meetings.

Our sincere sympathy is extended to his wife, Lois, also an STPC member, and to his sons and their families.

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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.

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

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