
SENIOR ♦ TENNIS ♦ TIMES

NEWSLETTER OF THE SENIOR TENNIS PLAYERS CLUB, INC.

NOVEMBER 2001

STPC Pro Ernie Greene Retires

On October 8, Ernie Greene walked off the Nicollet Tennis Center court after his usual drill. He was surprised by his wife, Edith, and about 100 well-wishers wanting to say farewell and thanks to this gentle man, whose presence graced our courts for many years.

President Helen Stecklein presented him with a plaque acknowledging his efforts in teaching tennis to so many seniors over the years. Nancy Lindeman read a poem she wrote for Ernie (reprinted on page 2).

Born in 1918, Ernie began playing tennis in 1956 and was 51 when he won his first tournament. Since then he has won enough trophies to fill a room. In 1988 he was inducted into the Minnesota Senior Tennis Hall of Fame, and in 1997 into the Northwest Tennis Association Hall of Fame. His championships in many age divisions over the years are impressive.

Ernie, you're a real celebrity, and we wish you many happy years in retirement.

Percy's Tennis Rhythms

by Director of Training Percy Hughes

The name of the game of tennis is never to stop learning.

How is this accomplished? How do we increase our knowledge, stroke skills, and overall playing ability?

1. Attend at least one Senior Tennis learning class each week.
2. Participate in visual learning by watching the touring pros on television. They never stop learning or practicing.
3. Play with permanent court time groups as much as you are able.
4. Ask your teaching pro to rate your level of play. This can be known only if your teacher continues to work with you.

Our club's teaching pros conduct drills for players of all levels on the same court. They make it work! Remember, anyone can participate in drills, no matter how long you've been a member of STPC. They're not just for new members.

You must continue to learn. This will promote your self-confidence and ability to play at a higher level. The Senior Tennis program develops wonderful lifelong fellowships. Regardless of physical limitations we can always continue to learn and enhance our playing ability. Watch for more information in the next issue.

Renewal Time is Here!

You're going to receive a renewal invoice in the mail soon. Like last year, this invoice shows you your name, address, phone number, skill rating, and other data, all of which is stored in the STPC database.

Verify the information and return the form with your check for \$20 to Bernice Hanson, treasurer.

You should return your renewal before January 1 to ensure that your name will appear in the 2002 Membership Roster.

This first-class letter will follow you wherever you've gone to escape the Minnesota winter, so your membership won't lapse and you'll continue to receive the Times.

Don't delay! Send in your renewal as soon as you receive it!

Upcoming Events

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

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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 20th of the month for publication the following month. All material submitted for publication is subject to editing.

Membership Information changes

Can be made by writing to: Roz Bernstein % Senior Tennis Times P.O. 24826 Edina, MN 55424

STPC Membership

Membership Total: 1,749

November 2001: Volume 14, Number 9

To Ernie

by Nancy Lindeman

*We're all here to honor our friend Ernie Greene,
The finest and gentlest coach we have seen.
He's given his time and he's given his caring,
His good will and patience all students are sharing.*

*He crosses the court at the start of the day,
To begin the class session in his own special way.
Each muscle in turn gets stretched out and ready,
To learn the new strokes -- go easy -- be steady!*

*"It's done in the following manner," says he,
Each elbow, each arm, each leg and each knee.
We follow the ball as we step to and fro,
And we squeeze our ten fingers till someone shouts
NO!!*

*After exercise is done, the "Grand March" is begun,
It warms us all up and we're ready for fun.
His tennis instruction is not to be missed,
"Early preparation" is definitely first on the list.*

*The lessons we've gleaned from this special coach,
Include when to lob and when not to poach.
And how to greet life in the very best fashion,
By making good tennis your own lifelong passion.*

*Of all of the very best teachers we've seen,
No one can compare to our friend Ernie Greene!!!*

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 sticks 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.

18th Annual Winter Tennis Vacation

World Tennis Center, Naples, Florida

Join us for 2, or 4 weeks 2/9 - 3/9/02 - fabulous location!

Location: Our 82.5 acre resort is located in Naples just 2.5 miles from the Gulf of Mexico.

Naples, One of Florida's Choice Spots for Vacation Fun!

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.

Accommodations: 148 fully furnished 2 bedroom/2 bath condos,, completely equipped kitchen and washer/dryer in every condo.

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.

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.

Airfares: If you are planning to go as a frequent flyer or senior ultra fare, we strongly recommend you make early reservations.

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.

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.

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	

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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	Dave Earlewine Duane Ryman	952-470-4041 952-922-7951
	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, 952-939-6370	Tuesday	5:30-7 pm	All	\$3.00	Jim Frier	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	Red 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.

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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Traveling Tennis Returns to Vegas!

Fourth annual Las Vegas tennis trip – April 7-11, 2002
Includes airfare, lodging, some meals, transportation between
airport/hotel, tennis instruction and play, and pre-trip dinner at
Mancini's. Two tennis pros accompany the group. Cost
approx. \$550/dbl occupancy. More details in next month's
newsletter.

Traveling Tennis Coordinators:
Karla Sand 651/739-7397;
Pat Williamson 651/738-6953

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What's Going On!

Don't Forget the STPC Celebration Coming in 2002!

If you are 85 and still playing tennis and don't mind having your picture taken, call me. And if you're an "old" time member and have some stories to tell about Jack Dow, call me. Jean Murdock at 612- 825-5826.

Subs Needed at Wooddale Recreation Center

Men and women subs with skill levels of 3.0 to 3.5 are needed for both Tuesdays and Thursdays from 8:00-10:00 AM at Wooddale. For Tuesdays, call Bob at 651-306-1422. For Thursdays, call Roilie at 651-436-7622.

Indoor Court Schedule Update

White Bear Racquet Club, Thursday, 7-8:30 am, 3 courts, 3.0-3.5 men, captain Ed Wensman. 651-429-3683.

Twelve Lesson Awards

Congratulations to Bob Campbell, Lemetric Clardy, Karen Landrow, and Harold Rice the latest recipients of the Twelve Lesson Award.

Roger Boyer's Christmas Drills

Roger Boyer's annual Christmas Drills will be held on Thursday, December 20, at the Nicollet Tennis Center, from 8:30 to 10 am. All STPC members are invited to attend this fun annual event.

Did You Know?

On November 1, the Skyway Senior Center, a 2000-square foot gathering place for seniors, opened in the Minneapolis downtown skyway on LaSalle between Ninth and Tenth Streets, next to the new Target store. STPC member Joanne Labernik is a member of the Minneapolis Senior Citizen Advisory Committee that has been working six years towards their dream come true.

"Competitive" and "Fun"

That's how team members described the Super Seniors 3.5 and up matches for Summer, 2001. There were four teams of mixed doubles and the top three finished within one point of each other. Congratulations go to Erwin "Vic" Vickery and his dynamic team, which finished in first place! Other teams in the division were captained by Jean Murdock, Marilyn McNamee and Harlan Swen, and Jackie Darst. The main feature of the matches was the high quality of tennis. As one observer said, "I didn't know seniors played that well." Connie Waterous coordinated the division.

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 Moka Blvd. Questions? 763-428-2052.

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

SCOTTSDALE/CAREFRE AZ. Great townhouse for Dec. 15th-Jan rental with free tennis. For info. please call 651-631-1044.

For Rent: Naples FL: on golf course, 2 br 2 ba cure 1st flr condo. \$1600-\$1800 mo. 952-935-5670.

For Rent: 1br 1 ba fully furnished villa. Green Valley, AZ (25 mi S of Tucson) avail Nov. & Dec. \$500 monthly 520-648-1090.

For Rent: Explore Sanibel; 3 BR/2 BA home w/pool. 30-day minimum. Available now til mid-December. Bob, 952-908-0203.

KINSHIP MENTORS NEEDED: for 5 - 15 year-olds from single parent homes 4 hrs/mo. Norma. 952-470-8670.

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.

For Rent: Beach Condo, S. Seas Plantation, Captiva Is. FL 2BR, 2BA, SL 6, Free tennis Avail 2/1-2/8 02, 952-944-8787

CHICAGO CONDO: Rent by nite or week. Best location in city. Lake view. 24hour door man. Newly decorated. 612-920-2222 Carol Curry

For Rent: Cabo San Lucas, Mexico condo on beach. Sleeps 4-6. Feb. 11, '02. \$990. Jerry: 952-953-0286.

In Memoriam

Mai Larson, age 89, of Robbinsdale, died September 24, 2001. Our sincere sympathy is extended to STPC member Marjorie Carter, one of four surviving sisters.

How to Save \$\$ on Your Prescriptions

Each year, Minnesota seniors spend millions of dollars on prescription medicine. Even with a prescription drug benefit, all your drugs may not be covered, especially if you take multiple medications. If you don't have a drug benefit, that makes it even more challenging to afford the medicines you need to stay healthy.

Below are some tips from UCare Minnesota to help you cut your prescription costs. For readers who don't have a drug benefit, we've included programs that may provide assistance.

Be a smart shopper

"Knowing when to use over-the-counter medications can help you save money," said Michael Tume, PharmD, UCare Minnesota's Pharmacy Manager. "For instance, if you're experiencing heartburn, you may ask your doctor about using an over-the-counter antacid first instead of asking for a prescription product, such as Prilosec. The nonprescription medication will not only ease your symptoms, it will cost you much less." Of course, be sure to check with your doctor or pharmacist before taking any new medications.

Use generics

Society tends to equate high cost with high quality. But here's one scenario where that reasoning doesn't hold true. By using generic drugs, which are significantly less expensive than brand name medications, you can save as much as 20% to 70% on your prescriptions and get quality products! In addition to savings, generics also offer the same level of, purity, effectiveness, and safety as brand names because they contain the same active ingredients.

Take medications as prescribed

When taking your medicine, be sure to follow the directions carefully, and take them only as directed. By taking your medications as recommended, you can reduce your risk of side effects. Side effects often lead to spending more money on other drugs.

Ask about PDPAP

The Prescription Drug Patient Assessment Programs (PDPAP) provides drugs free of charge for physicians to dispense to their patients who can't otherwise afford them. PDPAP is supported by a number of research-based pharmaceutical companies. Each company determines the eligibility for its program. Talk to your doctor to find whether you qualify for PDPAP. Or call 1-800-762-4636 to obtain a copy of the 2001-2002 Directory of Prescription Drug Patient Assessment Programs, which lists all participating companies, their eligibility criteria, and other useful information.

Ask about MPDP

The Minnesota Prescription Drug Program (MPDP) helps low-income seniors who don't have prescription drug coverage. The program pays for most prescription drugs after enrollees pay the first \$35 monthly deductible. You can receive drug benefits as early as one month after you become eligible to participate in the program. For more information, or to obtain a brochure that provides eligibility information and lists available drugs, call the statewide Senior LinkAge Line at 1-800-333-2433. To find out whether you can take part in MPDP, contact your local county human services agency.

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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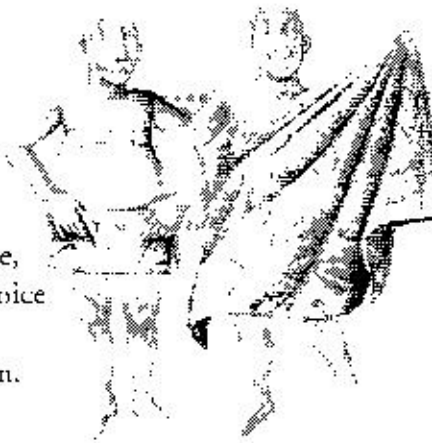
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U C A R E F O R S E N I O R S

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.

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