

# SENIOR ♦ TENNIS ♦ TIMES

NEWSLETTER OF THE SENIOR TENNIS PLAYERS CLUB, INC.

DECEMBER 2001

## October Tennis Party

by Jan Hoffman

On October 30th a group of 36 boarded a deluxe motor coach at the Mall of America parking lot and departed for Owatonna about 9:00 a.m. En route Ron Liddiard played a video of comedian Yakov Smirnoff's hilarious performance at Branson entitled "Just Off the Boat."



Celebration. On our trip back to Minneapolis Ron had a very interesting video for us to watch on the life of Arthur Ashe. There were leftover cupcakes decorated for Halloween in case anyone was still hungry!

Ron, thanks for planning a FUN DAY; Let's do it again!

We arrived at the Owatonna Tennis Club and took a brief tour of the facilities. The tennis courts, pro shop and office were in an area which were attached to another building. This building had formerly been an orphanage and now contained an Olympic-size swimming pool, exercise/workout area, lockers and bathrooms. Delicious pastries and beverages were served. Groups then alternated between playing tennis and drilling with the pro, Jeff Hoyt. After the drills Jeff quizzed each group on tennis trivia and the "smart ones" received prizes.

After a lunch of submarine sandwiches, chips, cookies and beverages (we would not be hungry on this trip!) there were choices: play more tennis; participate in a serving drill; visit Cabella's Sports Store or the Medford Outlet Stores. Some of us did it all, utilizing our motor coach as a shuttle.

Cabella's was fascinating! There were three large displays of life-size animals in their natural habitat. One display depicted a mountain with trees, rocks, a waterfall, river and a lake. Animals and birds were appropriately placed according to their surroundings. There was also a large aquarium along one of the walls. There was a choice: take time to see it or miss the shuttle to the Medford Outlet Mall. The choice taken means that a return to Cabella's is a must!

Many bargains were found at the Outlet Stores: knit tops, a patriotic T-shirt, teapot to match a set of china, a one-piece ski suit from the Columbia store, to name a few. The Chocolate Shoppe will have to wait until next time!

Group pictures were taken outside of Cabella's. These pictures will be displayed at our 20th Anniversary

## Have You Renewed?

We mailed you your renewal invoice in November. If you haven't paid your dues yet, do it now! Verify your membership information (and correct it if it's wrong), sign the form, and mail it with your \$20 check in the convenient return envelope that is included with your invoice. The deadline is January 1, 2002 to ensure that your name will be listed in the 2002 Membership Directory.

## 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.

### Newsletter Editor

Betty M. Johnson, 5613 Highwood Dr.,  
Edina, MN 55436  
(952) 915-0866  
E-mail: bjgraph@bjgraphics.com

### 2001-2002 Board of Directors

President: Helen Stecklein	651-494-0648
Vice President: Polly Maki	952-472-7707
Secretary: Jean Murdock	612-825-5826
Treasurer: Bernice Hanson	651-633-3276
Director of New Membership: Caryl Minnetti	952-884-5136
Newsletter: Mary Kaminski	612-781-3271
Roz Bernstein	952-938-7698
Ed Fischer	763-550-9770
Ron Liddiard	952-829-7530
Rod Macpherson	952-474-9346
Nick Pappas	612-926-2254
Sandy Sanstrom	952-944-6549
Don Schneider	952-938-0121
Chuck Slocum	952-996-0510
Jack Thommen	952-888-2267
Ronnae Wagner	952-938-5785
Bill West	763-475-2869
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 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: 1,782

December 2001: Volume 14, Number 10

# Percy's Tennis Rhythms

by Director of Training, Percy Hughes

The spirit of competition is an exciting emotion and effort that we experience in the sport of tennis. We don't have twenty-five-year-old bodies (smile) and, therefore, modification of strokes, movements, and speed are necessary to protect ourselves from injury. Keeping in control and in good shape will enhance our on-court skills and increase our level of play.

How do we do this? It's important to keep the following in mind:

1. Start with advice from your physician.
2. Use support aids when recommended by a physician.
3. Always seek advice from your pro-instructor. Their do's and don'ts for you on the court are important and will help you continue to improve your tennis skills.

Snowbird season is here! Many permanent players head south after the holidays for the winter months. There will be a need for many replacement players. New players, ask your pro-instructor what your playing

level ability is and then contact a captain to find out if you can be a substitute on his or her court. Captains and their telephone numbers were published in the September Times. You can also call me any time. I'm available at 952-831-2872.

Remember!

To continue improving, do this:

1. Continue taking lessons.
2. Participate in permanent court time playing.
3. When in doubt, always ask questions!

Look for tennis tips in next month's Senior Tennis Times. Happy Holidays!

### *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.

---

## *a note from helen*

In another article in the Times you have read a report on the Owatonna trip. It was great fun, good tennis and a very, very congenial group. All of the participants said "do it again". We hope more of you will be able to join us next time.

I have had numerous inquiries regarding a request for an explanation of STPC and the program that the Club has participated in called USA Community Tennis. I will use my notes to try to explain this to members.

In 1999 USTA, Northern Section, approached the officers of STPC with a new program sponsored by USTA International (the deep pockets of USTA). The goal of this program was to encourage more people of all ages to play tennis. The incentive for participation was MONEY. The excess cash that the Club has built up during the years has decreased as expenses have risen. Rather than raise dues or cut activities, the Club has used these funds to meet budget. The Board thought this was a good way to replenish this money.

There were two areas of participation:

1. Team Tennis – For each organized group of 6 people who played tennis for 6 weeks, the Club would receive \$25. This amount could be earned 3 times per year, hence Fall, Winter and Summer rosters. If your group had 12 players, the Club would earn \$50 and so on.
2. New members joining the club and taking lessons for the first time would earn the club \$7 each.

Participation in this program would cost STPC \$2000 per year. A little arithmetic shows how much money this could amount to. The Board agreed to enter the program and made it voluntary for "captains" to participate (fill our rosters). This program ends December 31, 2001. The last rosters submitted will be fall 2001. Thank you so much, Captains, for your help.

This program has allowed the Club to replenish its depleted reserves, and give larger donations to Inner City Tennis and Urban Tennis for one year.

The club is in the process of adopting written guidelines for the use of this money and all money received the Board. We'll let you know our decision in the Jan/Feb Senior Times..

---

## **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. Ctrt. 6715 Mtka 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.

---

**For Rent:** Naples FL: on golf course, 2 BR 2 BA, updated 1st flr condo. \$1500-\$1950 mo. 952-935-5670.

---

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

---

**For Rent:** Marco Island, FL condo on the beach. Jan 18-25/02 2BR/2BA / free tennis / \$1500/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.

---

**WANTED:** Battery Operated Tennis Ball Pitching Machine. Marsh 952-831-6593

---

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

---



# 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.

**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.

**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 (11Har 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.

### 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.**

<b>Name 1</b> _____						
Address _____						
City/State/Zip _____						
Phone _____						
<b>Name 2</b> _____						
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.					<b>Total Enclosed</b>	

Paid Advertisement

---

# What's Going On!

## Cortec USTA \$50,000 Women's Professional Tournament

Last February some of you volunteered to help at Minnesota's first opportunity to host this event. Minnesota has been honored again this year and will host this event February 24, 2002 to March 3, 2002. Those of you that assisted last year saw players (free), who went on to play at Roland Garros, Wimbledon, and the US Open. Lucky you.

Help is again needed in the areas of ushers, facility assistance, transportation, and housing. STPC members are invited to volunteer. If you would like to help call Dick Nelson, 952.887.5001 ext. 15 or by email at [nelson@northern.usta.com](mailto:nelson@northern.usta.com). This is a great opportunity to see championship tennis free and fill a need at the same time.

## Roger Boyer's Christmas Drill

The popular Christmas Drill at the Nicollet Tennis Center, conducted by Roger Boyer, will take place on Thursday, December 20, at 8:30 a.m. This event is one of the most popular drill sessions of the year, and one you don't want to miss.

Everyone is invited. . . be sure to attend!

## Hall of Fame Inductees

STPC members Charlie Boone and the late Connie Custodio were inducted into the USTA Northern Section's Hall of Fame on November 3, 2001.

---

### 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, 952-939-8370	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 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
--	---------	--------	----------	--------	------------	--------------

**Skill ratings:** To determine your skill rating, attend one of the lessons/drills and ask the instructor to rate you.

---

# Winterize Your Driving

'Tis the season to be wary of wind chill, slippery roads, and slush on your windshield.

"As we grow older, we may need to take a little extra care with activities that have been second nature to us for many years," said Barry Baines, M.D., UCare Minnesota's Medicare Medical Director. "Driving is one of those, especially when we're dealing with snowy, slippery roads. That's why it's important to brush up on winter driving skills and be prepared for changing weather conditions."

The following tips, adapted from AAA Minneapolis and AAA Minnesota/Iowa driving recommendations, can help keep you safe while driving this winter.

When you're stuck in snow, clear a path in front of the wheels for several feet. Accelerate slowly. Spinning wheels will dig you deeper into the snow. For better traction, use traction mats, a sand/salt mixture, or kitty litter. Don't let anyone stand in the line of the vehicle's wheels.

On a hill, stay far enough behind the vehicle in front of you so that you don't have to slow down or stop before reaching the top. Reduce speed when you reach the crest of the hill, then drive down as slowly as possible. If you need to slow down further, gently apply brakes to avoid locking the wheels and skidding. When driving on icy, slippery surfaces, you should increase your following distance to 8-10 seconds.

Avoid skids by anticipating lane changes; slowing down in advance; and making smooth, precise movements of the steering wheel. Do not brake if the vehicle begins to skid. Steer in the direction you wish to go. Above all else, do not panic.

## Charge!

Cold weather is tough on batteries. At zero degrees Fahrenheit, a car's battery loses about 60% of its strength. At a relatively mild 32 degrees, a battery is 35% weaker. A load test performed by a qualified technician will determine whether a car's battery is strong enough to last through the winter.

## Get a grip

Make sure your car is equipped with tires that can handle winter weather. All-season tires should be adequate for motorists who drive primarily in a metropolitan area.

## See and be seen

Driving with a snow-covered windshield, windows, side-view mirrors, or lights invites a crash. Clear them with an ice scraper and brush. Make sure that windshield wipers and defrosters are in good working order and that you have an adequate supply of windshield washer fluid.

## Key solution

Overcome frozen door locks with a squirt of de-icer spray. If you're in a pinch, carefully heat the end of your key with a match or lighter.

## Air it out

Don't let frigid temperatures tempt you into starting your car in a closed garage or idling your engine with the windows closed. Carbon monoxide, which is present in exhaust fumes, is almost impossible to detect and can be fatal when breathed in a confined area.

## Finish up

Road salt, slush, and grime are especially hard on a car's finish. To help prevent rust and paint damage, keep cars washed and waxed.

*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.*

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

Published monthly by the  
Senior Tennis Players Club, Inc.

December 2001

We apologize if we have entered any incorrect information on your entry. Please notify us and we will make the necessary corrections in the next newsletter. Corrections and changes, reflects area codes, ratings, email, address corrections, spelling errors, adding or deleting info per request of the membership. Direct any changes to:  
Roz Bernstein  
% Senior Tennis Times  
PO Box 24826,  
Edina MN 55424-0826

rating 0 Capt  
SENIOR TENNIS TIMES  
SENIOR TENNIS TIMES  
3300 EAST GATE RD  
ST ANTHONY MN 55418 -2545

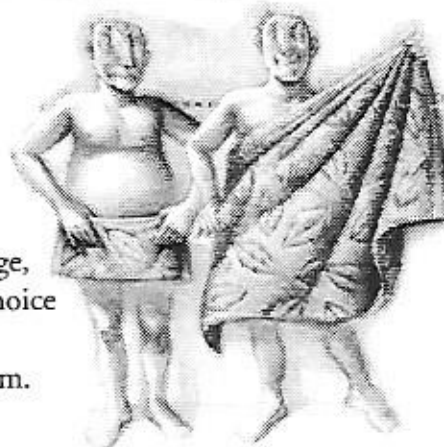
Nonprofit  
Organization  
US Postage  
PAID  
Minneapolis, MN  
Permit No. 3270

Address Service Requested

UCARE FOR SENIORS

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

Paid Advertisement