

SENIOR ♦ TENNIS ♦ TIMES

NEWSLETTER OF THE SENIOR TENNIS PLAYERS CLUB, INC.

JANUARY/FEBRUARY 2002

STPC Celebration Set For September 2002

Mark your calendars for the STPC twentieth anniversary celebration. We will have many surprises and great fun!

We're looking for STPC members who are actively playing tennis and who are truly Senior Tennis Players (85 or older). Ed Silberman has proudly told me he will be 88 in February and still loves to play tennis as often as he can -- almost every day in the summer. Can any other man top that?

I still haven't heard from any ladies who will admit to being over 85 and still playing. So far I only have a very active 83 years-young lady who is proud to admit it. Call me, Jean Murdock, at (612) 825-5826.

Percy's Tennis Rhythms

by Director of Training, Percy Hughes

It's time to start preparing for the Jack Dow Annual Tournament scheduled for May 6-9, 2002. Decide on your partner, in fact, two, if you plan to also play mixed doubles.

Improving Your Stroke Skills

Every member of our club is eligible and invited to participate in our scheduled lessons held every week of the year. I doubt that all members have complete control of all the strokes in tennis:

- forehand and backhand ground strokes;
- forehand and backhand volleys;
- the serve, smash, and lob;
- approach shots;
- passing shots;
- drop shots; and
- the return of all these strokes.

Do you have these shots under control?

Do you understand them?

Members of all playing levels can benefit from attending our club's lessons. Instructors welcome higher level players and use them as role models for the newer students. Drills take place at three locations: Nicollet Tennis Center, Oakdale Golf and Tennis Club, and Williston Fitness and Sport Club (especially convenient to our members who live

Combined Issue!

This issue of the Times is for the period January/February 2002, one of the two combined issues put out by the newsletter staff. The other combined issue will be the June/July summer issue.

Look for the 2002 Membership Roster in the March issue. If you haven't renewed your club dues by February 1, your name will not appear in the roster and you will no longer receive the Times. So -- if you haven't already, send in your dues!

**Watch for the
2002 Roster
in March**

in the western Twin Cities area, such as Minnetonka, Wayzata, and St. Louis Park. See the schedule in the back of the Times for days and times.

I'll be introducing our teaching pros -- a great staff -- in following issues. All certified teaching pros are endowed with TLC (tender loving care). Remember, lessons will help you understand the proper form necessary to execute each stroke correctly. Success follows. Practice, practice, practice. Did you overeat during the holidays as I did? Work it off!

Wishing you all a happy and healthy new year!

Upcoming Events

- 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, 2002Boiger Clinic, Nicollet Tennis Center
- June 20, 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.

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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 1,816

January / February 2002 Volume 15, Number 01

What's Going On!

Court Notes

Daytona Club: Monday and Wednesday, 9:30-11:30 am, co captain is now Ron Welde, 763-560-1476. Delete Ed Munson.

Midwest Tennis Center: Wednesday Time 6:00pm to 8:00 pm M/W, Captain - Jean Murdock 612-825-5826. Subs needed 3 to 3.5+

Twelve Lesson Award

Lucille Axelsen is the latest STPC member to complete twelve lessons. Congratulations!

New Teams at 98th Street

Thursdays 9:00-10:30 am
3.0 - 3.5 W
Captain - Suzanne Lervick
952-898-3580

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.

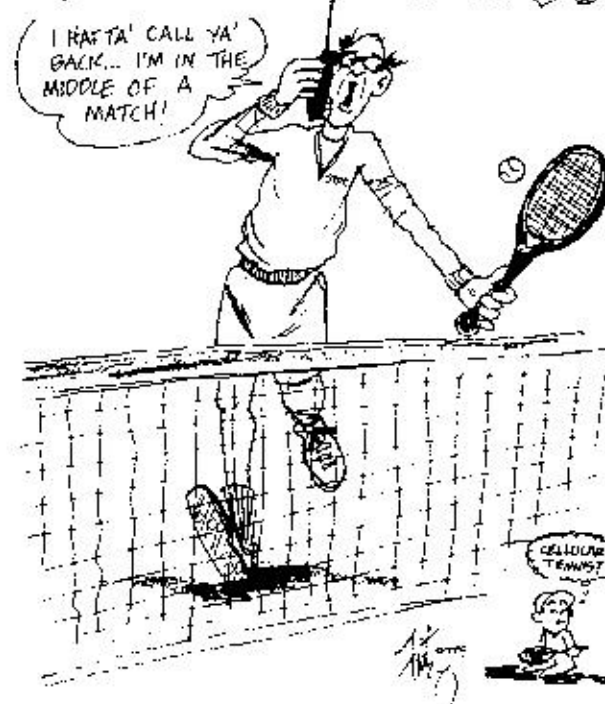
All art, and photos must be saved as tif, eps, or jpeg only and at 300dpi. If you are not sure how to do this please call and I will walk you through this.

Send your submissions to:

Betty M. Johnson
5813 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.

TENNIS ANYONE?



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 Mack's band, Lennox Comm. Ctr. 6715 Mka Blvd. Questions? 763-428-2052.

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

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

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.wjbaum.com

Join us for a tour of Norway & Sweden for 15 lovely days. May 11-25, 2002. Call Joan at 612-251-4467

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 Erier	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.

Beat the winter "blahs"

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

Winter's shortened days and colder temperatures can leave you feeling sad, anxious, or tired. UCare Minnesota recommends the following tips to overcome this year's winter blues:

Volunteer

Volunteer opportunities are abundant during the holiday season and beyond. You can help by wrapping gifts or by collecting food, clothing, and toys for people in need. You can also lend a hand to a homeless shelter and dish up some hot food.

Get moving

Take a stroll around the shopping center, join a fitness club, rent an exercise video, or simply clean your house. Cleaning out cupboards and vacuuming your floor are great ways to maintain flexibility and range of motion. And, you'll feel great knowing your house is clean!

Check out a senior center

Call or visit your local senior center to learn about special events and programs designed specifically for your age group.

Find a hobby

It's never too late to take up an activity that you'll enjoy, such as painting, reading, cooking, woodwork, or even ice fishing. The sky's the limit when it comes to developing new interests!

Take a class

We all have subjects we'd like to know more about or skills we'd like to learn. Check out the classes available through a local college or university or your local school district's community education 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.

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. This is a great opportunity to see championship tennis free and fill a need at the same time.

