
SENIOR ♦ TENNIS ♦ TIMES

NEWSLETTER OF THE SENIOR TENNIS PLAYERS CLUB, INC.

MAY 2002

JEAN MURDOCK Elected STPC President

Board member Jean Murdock, of Minneapolis, was elected president at the April 18 board of directors' meeting. She succeeds Helen Stecklein, president 2000-2002, and who will continue as immediate past president 2002-2003. This is Jean's third year on the board; she served as secretary the last two years.

A member of STPC since 1996, Jean, a 3.5 player, plays at Nicollet. She's lived in Minnesota her whole life. She has been a commercial real estate broker for forty years, loves travel, and has traveled to many parts of the globe.

The other newly-elected officers are:

- Vice president, Ken Landro of Golden Valley
- Secretary, Carol Shields of Roseville
- Treasurer, Bernice Hansen of New Brighton, in a second term

There are two new board members:

- Caryl Minnetti of Bloomington
- Alice Weides of Bloomington

Filling out their terms are returning board members Roz Bernstein, Ed Fischer, Mary Kaminski, Sandi Sandstrom, Chuck Slocum, Jack Thommen, and Bill West.

Outgoing board members are: Ron Liddiard, Rod Macpherson, Polly Maki, Nick Pappas, Don Schneider, Helen Stecklein, and Ronnae Wagner.

The nominating committee members were Polly Maki, chair, Bob Tischbein, and Jean Murdock.

Nicollet Tennis Center New Facilities Available for STPC Use

The newly-completed addition to the Nicollet Tennis Center has been made available to STPC according to an agreement with Roger Boyer, CEO, and Mike Vidmar, Manager. STPC can use the new classroom/meeting space and its amenities free of charge. The center will also provide a file cabinet and storage closet for our use only.

Future board meetings will be held on the third Thursday of the month from 1 to 3 pm in the new meeting room. Members are welcome to attend the meetings. The next one is May 16.

Upcoming Events

- May 6-9, 2002Dow Tournament, Nicollet Tennis Center
 - May 11, 2002Nick Bollettieri Clinics
 - June 4, 2002Bolger Clinic, Nicollet Tennis Center
 - June 20, 2002Captains' Dinner, Town and Country Club
 - July 13, 2002Grandparent/Grandchild Tournament
 - September 28, 2002Anniversary Celebration and Annual Meeting, The Metropolitan, Minneapolis
- Have Fun, Play Often and Play safe.**

**Revised Summer
Court Schedule
Inside**

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
E-mail: bjgraph@bjgraphics.com

2001-2002 Board of Directors

President: Jean Murdock 612-825-5826
Vice President: Ken Landro 763-544-9757
Secretary: Carol Shields 651-484-3213
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
Sandi Sandstrom 952-944-6549
Chuck Slocum 952-941-4059
Jack Thommen 952-888-2267
Alice Weides 952-881-3751
Immediate Past
President: Helen Stecklein 651-494-0648
Director of Training:
Paul Stormo 952-944-6286
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: 1,642

May 2002: Volume 15, Number 04

2002 Captains' Dinner Scheduled for June 20

By Carol Hall

Captains' are the lifeblood of the STPC. A dinner party is put on each year to reward our captains for their considerable efforts organizing teams and supervising play throughout the season.

The date for this year's captain's dinner is Thursday, June 20. It will again be held at the Town and Country Club in St. Paul, which is centrally located and easily accessible from I-94.

Invitations are to be mailed in early May. We encourage captains to promptly return the RSVP card that accompanies the invitation so that an accurate head count can be given to the caterer.

The captains and co-captains to be invited are those listed in the 2001-2002 roster for indoor leagues and the 2001 roster for outdoor leagues. Facilitators for each racquet club also will be invited. Should a captain or co-captain not receive an invitation, call Beverly Sinniger (651) 578-1345.

In the past, each captain was allowed to bring one guest, non-gratis. However, the STPC budget has been cut and club expenses have gone up. Consequently, this year the club will cover the full cost of dinner for the captain, only.

Should a captain wish to bring a guest, he or she must pay a partial cost of the extra meal. A check for this amount should be mailed along with the RSVP card. The charge is \$10 per person. (The club will cover the balance.)

This event has proved to be great fun, with good music, food and fellowship. Mark your calendars for June 20, captains, and come ahead!

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.

What's Going On!

KUDOS to Matthew Little

Member Matthew Little of Maplewood received an honorary degree, Doctor of Laws, University of Minnesota, for his life-long contributions to human rights and education. The public Graduate School commencement and reception was held May 3, 2002, at Northrup Memorial Auditorium.

The Office for Multicultural and Academic Affairs proudly nominated Matthew Little for his more than fifty outstanding years to public service.

Northland Senior Games

The 2002 State of Minnesota Northland Games will be held June 24-28 in Duluth. This is a state-wide event for persons age 50 and over and includes tennis. Join in as a serious competitor or recreational participant and enjoy entertaining social events throughout the week. The registration deadline is June 7. For more information or entry forms, call the City of Duluth, Department of Parks and Recreation, 218-723-3724, or email at ewenneson@ci.duluth.mn.us.

USTA Community Tennis

Three years' work in initiating, organizing, and implementing STPC's cooperation with NWUSTA in the USTA Community Tennis program has resulted in money reimbursement to the club. Thanks go to Bob Tischbein, Rod Macpherson, and Ron Liddiard for their hard work. Also, thanks to all the captains who made this possible by their work in collecting the information needed to make this possible.

In Memory

Mike Christofore, 79, of Roseville, died March 27 of cancer. A member since 1990, he is survived by his wife, Mary Lou, also an STPC member. Our deepest sympathy to Mary Lou, his sons Mike Jr., Joe, and David, to his daughter Mary Jo Hark, and to his eleven grandchildren.

Peter Carlson, 53, of Minneapolis, died in April of cancer. Our sincere sympathy to his mother, Elaine Carlson of Edina, an STPC member.

Certified Pros Needed

Paul Stormo, Director of Training, would like to add certified pros to his current roster. If members are interested in becoming pros, they must be certified by USTPA. Paul can explain the requirements and the process. Call him at 952-944-9266.

Land O' Lakes Awards Grant to STPC

The Land O' Lakes Foundation gives financial grants to eligible non-profit organizations based on the amount of time retired Land O' Lakes employees volunteer in the organization. Mary Kaminski, a retired LOLer, gave 115 hours of service to STPC in 2001. Based on these hours, a \$250 grant was awarded to STPC. The Land O' Lakes Foundation's mission is to "make your community a better place to live." Thanks to Mary Kaminski and Land O' Lakes for making this generous gift possible.

Fort Snelling Courts

The new Fort Snelling Tennis and Learning Center is making courts available to us. If you're interested in playing at Fort Snelling, call Paul Stormo at 952-944-9266. He's collecting names to gauge member interest so he can arrange the appropriate number of courts.

Thursday Drills Group Celebrates Hughes' 80th Birthday

Percy Hughes has been a faithful and popular instructor for the STPC lessons and drills program at Nicollet Tennis Center for many years. Mary DeLong hosted 54 people at a brunch in her home April 4 in honor of Percy's eightieth birthday. Percy's wife, Dee, was there. Many brought beautifully-prepared food to share in the celebration. Mary's cake was decorated with players on a tennis court. Lucy Nord and Shirley Peterson captained the kitchen crew with help from Evelyn Collins, Nancy Lindeman, Annette Grad, and pro Laurie Kozlak. It was a fun way to say, "thanks, Percy, and many more happy birthdays!"



L-R Marguerite Prawdzik, Svetlana Shavzun, Percy Hughes, Dee Hughes, and Joyce Schadel

Eighth Annual
**Grandparent/Grandchild
 Round Robin**



Saturday, July 13, 2002
8 a.m. - noon
Valley View Courts
 90th and Portland, Bloomington

Here's an opportunity for you to play tennis with your grandchild, share time together, and most of all, have fun.

Only \$3 per person.
 Deadline for reservations is July 10.
 Send your reservation form and check, made out to STPC, to:

Jean Murdock
 Box 24302
 Edina, MN 55424

For more information call
 612-825-5826

Send this reservation form with your check for \$3 per person, made out to STPC, to:
 Jean Murdock
 Box 24302
 Edina, MN 55424

Name _____
 Phone No. _____
 Grandchild's Name _____
 Grandchild's Age _____

**John Bolger Tennis Clinic
 Reservation Form**

Name _____

Phone _____

- Skill level: 1-1.5
 2-2.5
 3-3.5
 4.0

Send your check for \$10 (\$15 per guest) and this coupon to:
Bill Connell, 6105 Lincoln Dr #239,
Edina, MN 55436-1622
952-930-3060

All players must sign the Release Form below:

RELEASE FORM

I agree that any participation by me during my membership or at any other time, in an activity of, or sponsored by, Senior Tennis Players Club, including lessons, clinics, drills, rating sessions, tournaments, meetings, camps, trips, scheduled group (or other) games, and social events, shall be at my own sole risk, and I hereby release and hold harmless Senior Tennis Players Club and its officers, directors, members, employees, agents, tennis pros, and other independent contractors from any and all claims of any nature whatsoever arising from any such activity or otherwise.

Signature _____ Date _____

**John Bolger
 Tennis Clinic &
 Luncheon**

Tuesday, June 4, 2002



**Nicollet Tennis Center
 40th and Nicollet Ave S**

Tennis at 9 a.m., luncheon at noon.
 2 1/2 hours lessons, 45 minutes play.
 Everyone plays!
 \$10 per member, \$15 per guest.

SUMMER 2002 OUTDOOR COURT SCHEDULE - SENIOR TENNIS PLAYERS CLUB

THIS IS A TENTATIVE LISTING OF THE COURTS BELIEVED TO BE AVAILABLE THIS COMING SUMMER ALONG WITH THE CAPTAIN(S) AS KNOWN. PLEASE CALL ROD MACPHERSON (952-474-9346) WITH ANY OMISSIONS, ADDITIONS AND/OR CORRECTIONS.

IF YOU WOULD LIKE TO BECOME A CAPTAIN GET YOUR PLAYERS TOGETHER AND CALL ROD MACPHERSON (952-474-9346) AND BE ADDED TO THE LIST

PLAYERS: CHECK WITH CAPTAINS FOR START DATES

ST PAUL AREA

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
COMO PARK HORTON AVENUE WEST OF LEXINGTON.	MONDAY	8:00-11:00 AM			JOHN CONNELLY	651-771-2664
	WEDNESDAY	8:00-11:00 AM			JOHN CONNELLY	651-771-2664

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
IRON DALE HIGH SCHOOL LONG LAKE ROAD SOUTH OF CTY RD H NEW BRIGHTON	SATURDAY	8:00-10:00 AM		3.00	JIM VINT	651-636-0071

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
MARTHALER PARK 1625 HUMBOLDT AVE ACROSS FROM CITY HALL. WEST ST. PAUL	TUESDAY	9:00-11:00 AM			JIM MATTAINI	651-455-5898
	THURSDAY	9:00-11:00 AM			JIM MATTAINI	651-455-5898
	SATURDAY	9:00-11:00 AM			JIM MATTAINI	651-455-5898

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
NORTH VALLEY PARK OFF 70TH 1 MILE EAST OF LAFAYETTE FREEWAY. INVER GROVE HEIGHTS	MONDAY	9:00-11:00 AM		2.5-3.5	JAN MACHACEK	651.455.5236
	WEDNESDAY	9:00-11:00 AM		2.5-3.5	JAN MACHACEK	
	FRIDAY	9:00-11:00 AM		2.5-3.5	JAN MACHACEK	

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
OAKDALE COURTS 48th and Granada (1 mile E of 120 on 48th OAKDALE	Tuesday	8:00 TO 10:00			Betty Livingston	651.777.9723
	Thursday	8:00 TO 10:00				
	Saturday	8:00 TO 10:00				

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
ROSEVILLE MIDDLE SCHOOL CTY RD B2, 2 BLKS EAST OF RICE ROSEVILLE	MONDAY	8:00-10:00 AM		3+men	DAN NEDOROSKI	651.645.2368
	MONDAY	8:00-10:00 AM		3+men	DAN NEDOROSKI	
	MONDAY	8:00-10:00 AM		3+men	DAN NEDOROSKI	

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
SHAWNEE PARK 6515 SCHEEL DR (UPPER AFTON RD TO MARTHA N TO SCHEEL) WOODBURY	MONDAY	9:00-11:00 AM			CAPTAINS(S) AND PLAYERS NEEDED	
	WEDNESDAY	9:00-11:00 AM				
	FRIDAY	9:00-11:00 AM				

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
SKILLMAN COURTS EAST OF CLEVELAND ON SKILLMAN	TUESDAY	8:00-10:00 AM			PAT GRAMES	651-646-4776
	THURSDAY	8:00-10:00 AM			ESTHER SHIVERS	651-646-4776

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
3M TARTAN PARK 20TH STREET N BETWEEN CTY RDS 17 AND 15 LAKE ELMO ENTER THROUGH PICNIC AND SPORTS AREA	MONDAY	8:00-10:00 AM		3.0+	TOM LYONS	651.771.6120
	WEDNESDAY			3.0+	WALL LEWIS	651.745.8287
	FRIDAY			3.0-3.5	DARLENE MOYNAUGH	651.436.8927

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
WHITE BEAR LAKE HIGH SCHOOL CTY RD E AND McKNIGHT RD WHITE BEAR LAKE	WEDNESDAY	6:00-8:00 PM			SHIRLEY KRESKO GORDON MANAIGE	651-770-1272 651-429-4046

CHECK WITH CAPTAINS FOR START DATES

MINNEAPOLIS AREA						
LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
AQUILA PARK MINNETONKA BLVD & AQUILA AVE ST LOUIS PARK	MONDAY	8:00-12) NOON			CAPTAIN(S)	
	THRU				AND PLAYERS NEEDED	
	FRIDAY					
AUGSBURG PARK 72ND AND BLAISDELL RICHFIELD	MONDAY	7:30-9:30 AM			LORRAINE McDANIEL	612-869-7392
	THRU					
	FRIDAY					
BASS LAKE BELTLINE BLVD & 36TH STREET ST LOUIS PARK CERTAIN DATES NOT AVAILABLE	MONDAY	9:00-11:00 AM			JOYCE ANDERSON	763-588-1887
	TUESDAY	9:00-11:00 AM			MEL/MILLY WARNERT	763-588-1887
	WEDNESDAY	9:00-11:00 AM			BARB WEBB	612-922-0757
	FRIDAY	9:00-11:00 AM			LAVERNE WILGER	952-929-8120
BROOKLYN CENTER HIGH SCHOOL 65TH AND HUMBOLDT AVE N BROOKLYN CENTER	TUESDAY	8:30-10:30 AM			CAPTAIN(S)	
	THURSDAY				AND PLAYERS NEEDED	
BROOKVIEW PARK HWY 55 & WINNETKA AVE GOLDEN VALLEY	SATURDAY	8:00-10:00 AM			ALDEEN CUMMINGS	952 474 1731
					JOYCE HAUTMAN	952 545 4051
CARPENTER PARK MINNETONKA BLVD & RALEIGH AVE ST LOUIS PARK	MONDAY	8:00-10:00AM			CAPTAIN(S) AND PLAYERS NEEDED	
	THRU	8:00-10:00AM				
	FRIDAY	8:00-10:00AM				
DONALDSON PARK 75TH AND HUMBOLDT RICHFIELD	MONDAY	7:30-10:00 AM			CHAD SHARKEY	612-884-2575
	WEDNESDAY	7:30-10:00 AM			AND	
	FRIDAY	7:30-10:00 AM			JACK KENDALL	612-869-0431
DRED SCOTT PARK WEST OLD SHAKOPEE RD & FERRY BRIDGE ROAD, BLOOMINGTON	MONDAY	8:00-10:00 AM			CHUCK SUPPLEE	952-884-2575
	THRU				AND	
	FRIDAY				DON SNYDER	952-830-9415
EDINA SENIOR HIGH SCHOOL 6754 VALLEY VIEW RD EDINA	TUESDAY	6:00-8:00 PM			CAPTAIN & PLAYERS NEEDED	
	THURSDAY	6:00-8:00 PM			CAPTAIN & PLAYERS NEEDED	
	SATURDAY	4:00-6:00 PM			MARV SCHNEIDER	952-975-1895
	SUNDAY	4:00-6:00 PM			CAPTAIN & PLAYERS NEEDED	
FRIDLEY COMMONS 62ND & 7TH AVENUE (NW CORNER) FRIDLEY	TUESDAY	9:00-11:00 AM		3 0-4 0	BOB MEETCALF	9763-5871-3596
	THURSDAY			3 0-4 0	BOB MEETCALF	9763-5871-3596
GRO-TONKA PARK N OF MINNETONKA BLVD, EAST OF HWY 101 AND GROVELAND SCHOOL MINNETONKA	MONDAY	8:00-10:00 AM			CAPTAIN(S) AND PLAYERS NEEDED	
	THRU					
	FRIDAY					

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
HOLASEK PARK Baker Rd s of Hwy 62 Eden Prairie	Wednesday	8:00am to noon			CAPTAINS AND	
	Thursday				PLAYERS NEEDED	
	Friday					
LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
LONE LAKE PARK SHADY OAK RD N OF BREN RD MINNETONKA	MONDAY	8:00-10:00 AM			PAUL WEINREIS	952-935-9463
	THROUGH	8:00-10:00 AM			PAUL WEINREIS	952-935-9463
	FRIDAY	8:00-10:00 AM			PAUL WEINREIS	952-935-9463
LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
NEW HOPE PARK 4300 XYLON AVE N (BEHIND SWIMMING POOL)	MONDAY	8:30-10:30AM		ALL	Jeanne Rose	763-537-2455
	THROUGH	8:30-10:30AM				
	FRIDAY	8:30-10:30AM				
LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
NORMANDALE COLLEGE 98TH St and France Ave Bloomington	MONDAY	8:00 TO 10 AM			JOHN HERBST	952.841.1061
	WEDNESDAY	8:00-10:00 AM			AND	
	FRIDAY	8:00 -10 AM			CHUCK SUPLEE	952.884.2575
LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN	PHONE
PARKERS LAKE CTY RD 6 & NIAGRA LANE PLYMOUTH	TUESDAY	8:30-10:30 AM			ED FISCHER	763-550-9770
	THURSDAY	8:30-10:30 AM			ED FISCHER	763-550-9770
	FRIDAY	8:30-10:30 AM			ED FISCHER	763-550-9770
LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
ST ANTHONY COURT SILVER LAKE RD & 33RD ST ANTHONY VILLAGE	THURSDAY	9-10 AM			MARY KAMINSKI	612.781.3271
LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
VALLEY VIEW PARK 90TH ST BETWEEN NICOLLET AND PORTLAND - BLOOMINGTON	MONDAY	7:30-9:30 AM			CAPTAIN(S)	
	TUESDAY	7:30-9:30 AM			AND	
	FRIDAY	7:30-9:30 AM			PLAYERS NEEDED	
LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
WAYZATA BELL COURTS 1 BLOCK N OF HWY 12 AND MINNETONKA ST - WAYZATA	WEDNESDAY	9-11 AM			MARILYN THORNE	952-471-9813
LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN	PHONE
WILDWOOD PARK 137 THE St @Harwell AppleValley	Monday through Friday	8:00am-10		2	Glen Lien	952-997-2368

STPC Free Lessons and Drills - All Levels

Some court locations are subject to change during the season.

No reservations are necessary and no fees are charged.

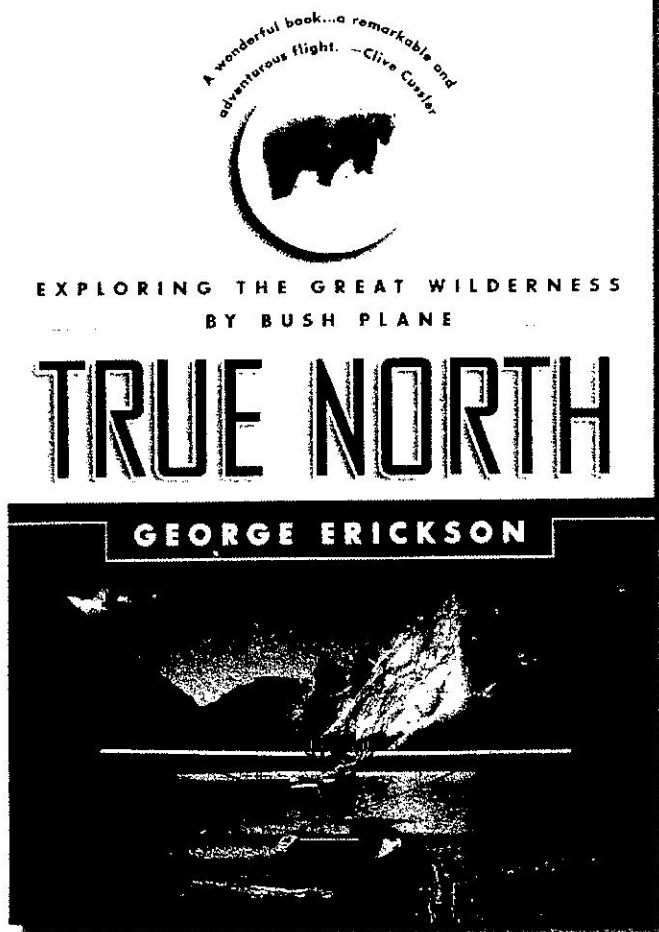
	Day	Start	Time	Pro	Phone
Bass Lake Beltline Rd & 36th St. St. Louis Park	Thursday	5/16	8:30-10am	Percy Hughes	952.831.2872
				Paul Stormo	952.944.6286
Bryant Courts 84th and Brant Ave. S. Bloomington	Wednesday	5/15	8:30-10 am	Percy Hughes	952.831.2872
Breck school 123 Ottawa Ave. Golden Valley	Tuesday	5/14	5:30-7 pm	Jim Erler	952.471.9750
	Wednesday	5/15	5:30-7 pm	Duncan Welty	952.933.8592
McKnight Field at N. St. Paul High School N. E. corner Hwy 36 and McKnight Rd.	Wednesday	5/15	9-10:30 am	Bob Smith	715.386.1319

Private Club Drills open to STPC Members

Nicollet Tennis Club 4005 Nicollet Ave, Minneapolis	Tuesday	\$5.50	9-10 am		612.825.6844
---	---------	--------	---------	--	--------------

Free Lessons. Twelve free lessons are offered as part of your STPC membership. New members are encouraged to take advantage of them. After twelve lessons, you will receive a fee can of balls, a certificate of accomplishment and congratulations from the STPC president. *You must notify your instructor when you have completed twelve lessons.* **ALL MEMBERS ARE ENCOURAGED TO ATTEND LESSONS AND DRILLS AT ANY TIME.**

CORRECTIONS TO THE SCHEDULE - Please notify Rod MacPherson at 952.474.9346 or Helen Stecklein at 651.494.0648.



STPC member
George Erickson's
Canadian bestseller
is now available
in the US!

*"One of the ten best books
of 2001" —Outdoor Canada*

*"A wonderful book"—Clive
Cussler, best-selling author*

*"The best book I ever read"—
Northwest Airlines captain
Larry Doudt*

For a signed copy, send your check for \$22 to
George Erickson
2300 17th Street NW
New Brighton, MN 55112

all profits go to educational charities

Paid Advertisement

Healthy Eating Isn't Complicated

The choices you make at the dinner table can help minimize the health risks and weight gain that often accompany aging. Some moderate adjustments in eating habits can contribute to better health.

"It's always the 'right time' to make a positive change in the way you eat," said Barry Baines, M.D., Medicare Medical Director for UCare Minnesota, which offers health insurance programs for Medicare-eligible adults. "A healthy, varied diet combined with regular exercise can help most of us live better, longer. Of course, it's important to follow any specific dietary restrictions prescribed by your physician if you're at risk for heart disease or another major illness."

Here are five ways you can adjust your eating habits for better health:

- **Choose to limit fat, cholesterol, and sodium.** Saturated fat is a primary source of high blood cholesterol. Cholesterol exists in animal foods, and is especially high in egg yolks, organ meat, and whole milk products. You can control your sodium intake by limiting processed foods, and carefully choosing how much salt you add while cooking and eating. The American Heart Association (AHA) recommends 2,400 milligrams of sodium per day. That's only a little more than a teaspoon of salt.
- **Track calories.** As you age, your metabolism may slow, which may reduce the amount of calories you expend. Adjust your intake of calories to maintain a healthy body weight. Your doctor can recommend how many calories you should consume each day.
- **Keep drinking water.** One way to find out how much you need is to divide your weight (in pounds) by two. The number you get is about how many fluid ounces you should drink each day.
- **Think flora.** Foods from plants do not contain cholesterol. Look for recipes that include whole grains, fresh vegetables and fruits, and legumes - beans, peas, nuts, and seeds - to get a broad range of nutrients. A good goal is to eat five servings of fruits and vegetables a day.

- **Ask about supplements.** Talk to your doctor to find out if you should be taking vitamin or mineral supplements, such as calcium or a multivitamin. Keep in mind that supplements aren't a substitute for healthy eating. Be sure to check with your doctor before you try herbal supplements, as many can cause serious interactions with medications you may be taking.

That doesn't sound too difficult, does it? You can make positive changes starting today!).

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.

ANNUITY OWNERS READ THIS!

Some annuity owners lose 70% of the value of their annuity to taxes! Will this happen to you?

It's true. Annuities and IRAs can be double-taxed assets (income taxes up to 39% PLUS estate taxes up to 50% on estates exceeding \$1 million). After estate taxes and income taxes, there can be as little as **30% of the value remaining**. You can learn how to help avoid the loss in the FREE educational booklet "**Annuity Owner Mistakes**." The booklet is free and shows how to help avoid double taxation and get more benefits from your existing annuity value.

For your FREE copy
Call 800-370-6569 (24 hours)
Richard H. Witt of Minnetonka

Securities and advisory services offered through Lincoln Financial Advisors, a broker/dealer (Member SIPC) and registered investment advisor. Insurance offered through Lincoln affiliates and other fine companies. Branch office: 5850 Opus Parkway, Suite 200, Minnetonka, MN 55343. CRN#0203-1751

Paid Advertisement

Percy's Tennis Rhythms

By Percy Hughes

Inner City Tennis is sponsoring an all-day free program of well-known teaching pro Nick Bollettieri's clinics and contests on Saturday, May 11, at the Nicollet Tennis Center, from 9 am to 4 pm, with a silent auction at 9 am. This program is for adults, kids, juniors, and high school players. There will be a special clinic for seniors, league players, and adults from 10 or 11:30 am. Mentor Roger Boyer always includes seniors in his programs. The food tents will be open from 11 am to 1pm, with live music by guess who (me!).

May 16 is the starting date for free outdoor instruction classes and drills. The schedule is in the back of the Times. More summer courts than ever are available to provide more supervised playing time.

The annual Jack Dow Tournament winners will be published in the next Times.

I'm most grateful to all of you for making my eighty years of living "worth living." Mary DeLong graciously opened her home to more than fifty of us for a wonderful party, complete with many food dishes and desserts that my students prepared. Thank you, thank you, thank you! --Ol' Perc.

See you at Nick Bollettieri's clinic!

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. Ctrr. 6715 Mtka Blvd. Questions? 763-428-2052.

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

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

Palace Resort in Cancun, or any resort in RCI, any time, anywhere. 952-431-3361, bahn003@tc.umn.edu, or www.wjbahn.com .

Violin \$2,000 for sale. Also viola \$1,000. Florence 612-825-5824

SCOTTSDALE/CAREFREE AZ. Furnished townhouse to rent with pool & free tennis. Others to buy. For info. please call 651-631-1044

Ski Aspen 1/16-2/1/03. Incl. transp.; B&B lodge; apres ski treats hot tub; pool; 3 parties; \$575-\$675. Jan Hoffman 651-771-8553

Substitutes Needed

More substitutes are welcome to sign up for the women's summer group playing at Eden Prairie Central Middle School on Mondays 8:30 to 10 during June, July, and August. Call captain Martha Johnson at 952-942-9588.

Erickson is Published

George Erickson, STPC member since 1989, was described by Shoreview-Arden Hills Bulletin as "the Twin Cities version of Charles Lindbergh, Jack London, and Annie Dillard all mixed in one." George is the author of "True North: Exploring the Great Wilderness by Bush Plane," a non-fiction recollection of his travels through the North American wilds. The book rode the Canadian Bookseller Association's coast-to-coast best seller list for three months. His Toronto publisher sold the US rights to The Lyons Press and the book is now available in the US (see the ad in this edition of the Times).

George, a dentist in southwestern Minnesota, didn't pursue writing as a full-time endeavor, but dentistry led to his first published article. He designed and built an office, took pictures, wrote about the experience, and sent the package to an industry magazine, which immediately accepted his work. Since then, his articles and commentaries on a variety of subjects have been published in magazines and newspapers.

George grew up in northern Minnesota, spent weekends on Lake Vermilion, and so absorbed an appreciation for nature. He owns a four-place Cessna Skylane on floats. He is a 2400-hour private pilot, and his flight experience spanned much of the Northwest Territories, the Yukon, and Alaska and their roadless wilderness, which resulted in his book on his unique adventures.

His travels have taken him from the top of the Rocky Mountains to the depths of the Grand Canyon, and from the Arctic coast to the Great Barrier Reefs of Australia and Belize. At the urging of friends, he wrote the book over a period of three years. He gives lectures and slide presentations on his travels.

A reading and presentation of "True North" is scheduled for 7:30 pm. Tuesday, May 21, at the Arden Hills Public Library.

All profits from "True North" and his second book, "Time Traveling with Science & the Saints," are being donated to educational charities.

2002 SUMMER ADULT TENNIS DRILLS & PLAY RIVER FALLS, WISCONSIN

Directed by local experienced tennis professionals.

Select the camp that best fits your needs:

Camp 1 Monday a.m. – Thursday afternoon – July 29 – August 1

Camp 2 Friday a.m. – Sunday afternoon – August 2 – 4

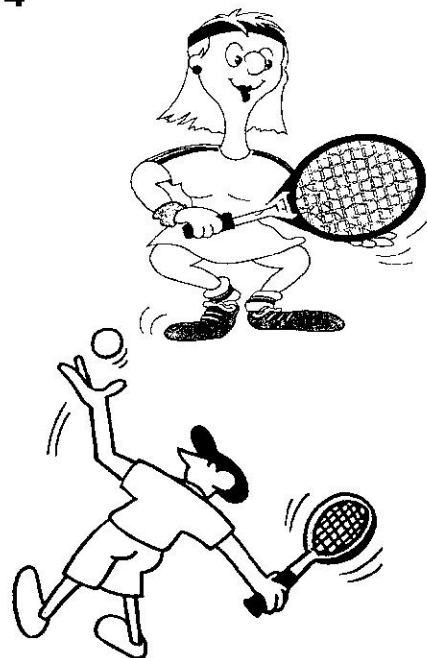
Fees: Camp 1: \$320/person, double occupancy with a/c
\$335/person, single occupancy with a/c

Camp 2: \$220/person, double occupancy with a/c
\$230/person, single occupancy with a/c

Individual \$22/person, single occupancy with a/c (without food)
Nights: \$16/person, double occupancy with a/c (without food)

Highlights of camp drills and play:

- Half-hour drill sessions alternating with free play
- Pros will critique free play
- Optional videotaping of strokes (group evaluation session later same day)
- Early morning and evening play time on your own



Send registration form with deposit of \$150/person by June 12, 2002.

Balance is due by July 12. Openings after July 12 on a space available basis.

Please make checks payable to Traveling Tennis and mail to Pat Williamson, 2465 Londin Lane #304, Maplewood, MN 55119.

There is a service fee of \$25 for all cancellations after June 29. After July 12, one-half of fees will be forfeited, except in cases of documented medical emergencies.

Call the **Traveling Tennis staff** with any questions:

Karla V. Sand : 651-739-7397

Pat Williamson: 651-738-6953

Name: _____

Address: _____

City/State/ZIP: _____

Telephone (10 digits) _____

CAMP #: _____ Tennis Rating: _____

Roommate: _____

We look forward to seeing you
this summer!

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

*Published monthly by the
Senior Tennis Players Club, Inc.*

May 2002

Address Service Requested

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

Capt

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

UCare for Seniors



Care
MINNESOTA

When you feel good, it shows.

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 plan premium.

For more information about this surprisingly affordable coverage, call 612-676-3500, toll free 1-877-523-1518, or hearing impaired 612-676-6810.

UCare Minnesota is a Medicare+Choice organization with a Medicare contract. Members must use plan providers. Anyone eligible for Medicare who resides in the following UCare for Seniors service area may apply: Anoka, Carver, Chisago, Dakota, Hennepin, Ramsey, Scott, Sherburne, Washington, and selected zip codes in Wright (55301, 55313, 55320, 55328, 55341, 55349, 55358, 55362, 55363, 55373, 55376, 55380, 55390) and Mille Lacs (55371, 56313, 56330, 56353, 56363) counties.

Paid Advertisement