



Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc. August 2002

It's Time to Sign Up for Indoor Tennis

This issue of Senior Tennis Times has the 2002-2003 indoor tennis season schedule. Now's the time to look it over and decide where you want to play.

Old STPC hands know how this all works, but it might be confusing to our new members. If you fall into that category, read on. Here's the short guide to playing indoor tennis.

What are Regular and Substitute Players?

A regular player makes a commitment to play every week at a particular place and time. The other people signed up at that location depend on you to show up so that there is the correct number of people present to play doubles on all courts. If you don't show up and don't find a substitute to take your place, they're forced to play three on a court or singles, and that isn't always fun.

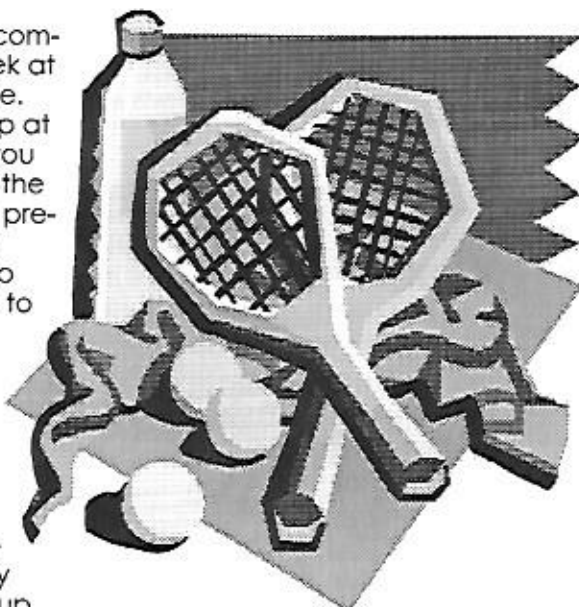
If you want to play but can't make a commitment, you can be a substitute player. Substitutes play when regulars can't show up, for instance when they are on vacation or sick. You can sign up as a substitute at several times and locations to increase your chances of playing frequently.

How Do I Sign Up to Play?

First, look over the schedule in the back of this issue. Find a location and time that looks good to you. Then call the captain listed and sign up as either a regular or substitute. Act soon—many people play at the same time and place every year and places fill up fast.

How Much Does It Cost?

The cost to play as a regular varies from location to location.



Another bonus of playing as an STPC member is that you don't have to pay hundreds of dollars in club membership fees. What a deal!

I Still Have Questions—Who Should I Talk To?

Talk to the court captains for more information on starting dates, fees, rotation of playing, and anything else about playing at that captain's location. Captains run their sessions differently, so be sure to talk to the captain of the session you're interested in.

What's This About Free Lessons?

An important objective of STPC is to encourage more people over 50 to learn and appreciate tennis. So every new member is entitled to twelve free lessons from our own STPC pros (you do have to pay a nominal court fee, the lessons themselves are free).

You don't have to commit to a set series of lessons—just pack your racquet and show up. Balls are provided.

There's a listing of lessons and drills in every issue of the Times. Check it out! If you have any questions about the lessons, just call the instructor listed in the schedule. He/she will be glad to talk with you.

Upcoming Events

September 28, 2002	Anniversary Celebration and Annual Meeting The Metropolitan, Minneapolis
October 19	Tennis Party, Fort Snelling Tennis and Learning Center
October 26-27	Nick Bollettieri Clinics

Fall/Winter 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.

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Advertising

Send digital files by disk or e-mail mkaminski@attbi.com to Mary Kaminski by the 20th 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 (7x9 in) \$100
- Half page (7x4.5 in) 75
- Quarter page (3.5x4.5 in) 50
- Eighth page (3.5x2.5 in) 30
- Classified ad
(members only, max 4 lines) 15
- 2-line ad
(members only, 50 spaces/line) free

Publication Deadline

Submit articles to Mary Kaminski 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 Senior Tennis Times, P.O. Box 24826, Edina, MN 55424

STPC Membership

Membership Total: 1742

August 2002: Volume 15, Number 6



From the "Prez"

Thanks to Past President Helen Stecklein, who set up procedures and duties of the President and other Board officers, the transition has been made much easier. Thanks also to all the enthusiastic board members, facilitators, captains and great volunteers, who continue to be supportive with their time and ideas.

We have two new board members, Sally Browning and Robert Sloan, who replace Sandi Sanstrom and Chuck Slocum. Our newsletter editor will now be only Mary Kaminski. We hope to eliminate any confusion on submissions of articles, ads, and schedules, and hope to make it more member friendly for those who do not have computers. With Mary's past experience, expertise, and volunteer work ethic, it will be a positive change.

Remember -- this is *your club*, and we always welcome volunteer help, new ideas, and constructive criticism. Everyone is welcome at our board meetings. The next board meeting is Thursday, August 15, 2002, at 1 pm at the Nicollet Tennis Center.

Don't forget to sign up for the September 28 Jack Dow Celebration!

Keep Swinging,
Jean Murdock

Oops, We Goofed

Corrections from June/July issue:

The Jack Dow Tournament winners in Women's Doubles should have included 2.5 Silver – Joyce Schadel and Beverly Farnham.

In Men's Doubles, the 4.0 Gold winners were Roger Montgomery and David Reier.

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

To help make the newsletter as correct as possible, please submit all items in writing only, by mail or email. The deadline is the 20th of the month for publication the following month.

Send your submissions to:
Mary J. Kaminski
3300 East Gate Rd
Saint Anthony, MN 55418-2545
Email: mkaminski@attbi.com

If you have an idea you would like to see written up, or if you would like to write an article, call Mary Kaminski at 612-781-3271. We need help and input from writers and photographers.



Percy's Tennis Rhythms

By Percy Hughes

2002 Wimbledon is history. Question: How many of us watched whenever it was possible? In many ways we're like the pros. For instance, they too must shoulder turn, take the racquet back with the shoulder turn, move to the ball and read it to set up for the best strike zone position, start the stroke to the ball, make contact and follow through, get back to where you're prepared to receive a return ball.

We have to do these same mechanics. Right? My advice to beginners is to watch expert players two ways: watch only the ball or watch only a player's body mechanics. It's important for us seniors to know our mobility and strength. In many cases, vision is a big factor in making contact with the "sweet spot" on our racquet face.

These are my thoughts for senior players, expressed differently from tennis magazines. These suggestions will work for us and may also help us avoid injuries. Remember one thing, the game of tennis can be a part of every senior's life. We'll probably never be able to go on the "tour", but there's a place for every one of us on a tennis court. Whatever your level is, there are many STPC members at the same level ready to play with you. Our pros promise that you'll enjoy the game, enjoy the fellowship, and benefit from the exercise that comes with playing the game.

TAKE LESSONS (at least once a week), and please, no foot faults!

By the way, two grandmothers in my Wednesday morning Bryant Courts class went out of their way to tell me how much they enjoyed the grandparent-grandchild round robin last month.

The Bolger Clinic June 4, 2002



One hundred STPC members signed up for the 2002 Bolger Clinic held on June 4th at the Reed-Sweatt Family Tennis Center, formerly known as the Nicolet Tennis Center. The theme of this year's clinic was "How to Play Better Tennis Today."

Regardless of the unseasonably cold wet June 4th weather outdoors, there was an overabundance of indoor warmth generated by the STPC members attending the clinic. There were three hours of "fun and games" consisting of mixed doubles play and tennis drills, ending with a buffet lunch and dessert. Many thanks to Gen Bolger for underwriting the cost of the lunch.

The tennis drills were led by Roger Boyer and his staff: Tim Burke, Mike Holden, Abdul Idi and Dilcia Peterson. These tennis pros donated their time and expertise to our club, and we thank them for their generosity.



Our thanks also go to Bill Connell, the Bolger Clinic Chair, for a job well done and for all his work in organizing and chairing this Clinic for the last seven years. In addition, we appreciate the help provided by his group of official and unofficial volunteers: Roz and Jim Bernstein, Ron Liddiard, Winnie Lund and Ronnae Wagner.

Judging from the enthusiastic and appreciative comments voiced by the Clinic's participants, a good time was enjoyed by all.

"One important key to success is self-confidence. An important key to self-confidence is preparation."

- Arthur Ashe

Captains Honored at Town and Country Club Dinner

By Bev Sinniger

Each year STPC honors captains with a special appreciation dinner.

On June 20, senior tennis captains and their guests - numbering 200 - enjoyed an elegant sit-down dinner at the Town and Country Club overlooking the Mississippi River in St Paul. This year, each captain could bring a guest for an additional \$10, and most did.

President Jean Murdock took the microphone and welcomed all with special thanks to the captains, telling them they are "the key people in the every day operation of the Senior Tennis Players Club and how much they are appreciated." The volunteer captain responsibilities for indoor tennis include the organization of teams, scheduling times for play at the various clubs, and seeing that four players show up to play doubles on each court scheduled. Summer captains supervise play on the open courts at various locations.

Invitations were mailed to all senior tennis captains and co-captains who served during any season, fall through spring of 2002.

The captains list is developed from the membership renewal form which is mailed to all members. If you are a captain and do not check off the box indicating that you are a captain or a co-captain, your name will not appear on the invitation list.

Captains are always needed. The schedule printed in the newsletter usually lists "captain needed" at several locations and some clubs have time slots that are available for setting up new teams. Anyone at any play level can set up a team to fit an available time slot. You are considered a captain if you set up only one doubles team and are listed in the newsletter schedule. If you would like to set up a team or want more information, it's easy, just call Jean Murdock at 612 825-5826

Committee for the Captains dinner makes all arrangements including mailing out invitations. Members included Lois Nedoroski, Patsy Sipple, Carol Hall, Ronnae Wagner, Bernice Hanson and Bev Sinniger, chair.

Photos by
Howard Wagner





Grandparent-Grandchild Tournament July 13, 2002

The Grandparent/Grandchild Tournament took place on July 13, a beautiful Saturday morning, at Valley View in Bloomington. Nineteen teams participated.

We'd like to thank Kevin McDonald of Twin City Tennis Supply, who donated the Dunlop tennis balls, and Nick Pappas and Jim Tone, who donated their time to run the tournament.

This is the first year that the Jones-Harrison Residence has sponsored the Grandparent/Grandchild Tournament. Sue Larson is on their board and she made it all possible.

A free thirty-minute massage from the Jones-Harrison Residence was awarded to Helen Palmer.

Sue Larson came to the tournament and presented all the grandparents a small jar of Thera-Putty, which exercises the joints in the hands, courtesy of the Jones-Harrison Residence. Thanks, Sue, for your excellent work in obtaining sponsorship from Jones-Harrison, and for your time at the tournament.

Grandparent-Grandchild Tournament Results

	Grandparent	Grandchild
Group A: Grandchild 16 yrs and up		
First Place	Donald Knauer	Jeff Barthel
Second Place	Milton Farnham	Amy Anderson
Other Competitors	Jo Robles	Bryan Robles
	Bill Adams	Andrea Silvernagel
	Byron Goldstein	Matt Walzer
	Florence Halverson	Christopher Pennock
	Helen Palmer	Becky Palmer
	Don Baumann	Rose Baumann
Group B: Grandchild 13-15 yrs		
First Place	Bettimae Richman	Evan Klane
Second Place	Phyllis Roff	Ryan Roff
Other Competitors	Gene Kemp	Patty King
	Janet Rush	Jake Kooy
	Jim Crawford	Jack Crawford
	Martha Schlader	Andrew Schwinn
Group C: Grandchild 10-12yrs		
First Place	Kearney Frantsen	Derek Gee
Second Place	Fred Biederman	Michael and Katherine Foerster
Other Competitors	Vern Jenson	Ellie Kantar
	Jean Murdock	James Bauer
	Katie Meyer	Amber Meyer

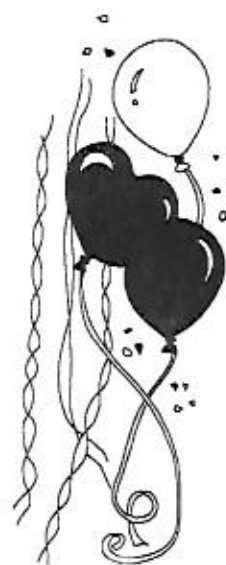
WOW! Let's Celebrate!

Senior Tennis will be commemorating its
twentieth anniversary on September 28.

Don't delay!

Get your reservation in now!

Your form is on page 14.



Fall/Winter Indoor Court Schedule—Senior Tennis Players Club

Players: Check with Captains for Start Dates

●● ST. PAUL AREA ●●

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE	
LILYDALE RACQUET CLUB 945 SIBLEY MEMORIAL HWY LILYDALE	MON	7:30-9:00	2	2.0 M/W	PAT PALMER	651-686-6780	
	TUES	7:30-9:00	2	2.5-3.0 M/W	BUNNY DOUGHTERTY	651-454-1353	
	WED	7:30-9:00	2	2.5-3.0 M/W	GINNY STOCKWELL	651-690-1840	
					DODIE GREIG	651-687-9139	
	THURS	7:30-9:00	2	2.5-3.0 M/W	MARY BARRETT	651-225-9708	
FACILITY COORDINATOR DOT GUENTHER 651-457-4682 NANCY KARASOV 952-452-3172					SAM SMITH	952-432-5262	
	FRI	7:30-9:00	2	3.0-3.5 M/W	BOB KELLY	651-452-0244	
	OAKDALE GOLF & TENNIS 5115 HADLEY AVENUE N ST. PAUL	MON	8:00-10:00	3	2.5-3.0	BOB CRIPE	651-459-3682
			10:00-12:00	3	2.5-3.0	BEV SINNIGER	651-578-1345
					PATSY SIPPLE	651-484-5743	
HELEN STECKLEIN 651-494-0648	WED	8:30-10:30	3	3.0-3.5 M/W	HELEN STECKLEIN	651-494-0648	
		2:00-3:30PM	2	3.0-3.5 M/W	MATT LITTLE	651-773-8141	
	FRI	8:30-10:30	3	3.0-3.5 M/W	ERIKA PLAGEMANN	651-633-0466	
		10:00-12:00	2	3.5 M/W	CONNIE WATEROUS	651-291-1610	
					GORDY MANAIGE	651-429-4046	
ST. PAUL INDOOR TENNIS CLUB 600 DESOTO STREET ST PAUL	WED	7:00 9:00 AM	3	3.0-3.5 M/W	JERRY THORESON	651-457-0804	
	FRI	7:00 9:00 AM	3	3.0 M/W	JIM VINT	651-636-0071	
FACILITY COORDINATOR JACK WALLIN 651-457-2266							
WHITE BEAR RACQUET CLUB 4800 WHITE BEAR PARKWAY WHITE BEAR LAKE	MON	7:00-8:30	3	3.0-3.5 M	JIM RAUCH	651-429-3091	
	TUES	6:30-8:30	2	3.0-3.5 M	ANDY OSTAZESKI	763-571-3740	
	WED	7:30-8:30			ED WENSMAN	651-429-6383	
	THURS	7:00-8:30	3	3.0-3.5 M	NEED CAPTAIN(S) AND PLAYERS		
	FRI	7:30-9:00			ED WENSMAN	651-429-6383	
FACILITY COORDINATOR ED WENSMAN 651-429-3683	WOODDALE RECREATION CTR 2122 WOODDALE DRIVE WOODBURY	MON	8:00-10:00 AM	2	3.0-3.5 M/W	BOB WROBEL	651-738-2290
			1:00-3:00	3	2.5-3.0 W	JoANNE CHRISTEN-SEN	651-483-6850
	TUES	9:00-10:00 AM	1	2.5-3.0 M/W	GLORIA DOMBROCH	651-738-9449	
		1:00-3:00	2	3.0 M/W	EARL HALL	651-731-5127	
		1:30-3:00	1	2.0-2.5	CAROL MADER	651-735-8707	
FACILITY COORDINATOR EARL HALL 651-731-5127	WED	10:00-12:00	3	2.5-3.0 M/W	BOB HINZ	651-415-9879	
	THURS	8:00-10:00	2	3.0-3.5 M/W	BOB WILFER	651-439-1987	
		1:00-3:00	3	2.5-3.0 M/W	GLORIA DOMBROCH	651-738-9449	
	FRI	8:00-10:00	2	2.5-3.0 M	PAUL LEONHART	651-739-3690	
		8:00-10:00	2	2.5-3.0 W	VIRGINIA JOHNSON	651-734-3482	
					SANDY VICK	651-739-8107	
		11:00-1:00	1	2.5-3.0	JOHN MCCARTHY	651-552-4933	

Players: Check with Captains for Start Dates

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
WOODDALE RECREATION CTR (CONTINUED)	FRI	1:00-3:00	2	3.0-3.5 M	DEAN SCHUESSLER	651-731-4451

●● MINNEAPOLIS AREA ●●

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
BURNSVILLE TENNIS CENTER 146 BURNHAVEN DRIVE BURNSVILLE	MON	8:00-9:30	2		COOKIE WALLIS	952-894-8941
	TUES	UP TO 9AM	3		NEED CAPTAIN(S) AND PLAYERS	
	WED	8:00-9:30	2		COOKIE WALLIS	952-894-8941
FACILITY COORDINATOR ROD MACPHERSON 952-474- 9346	THURS	UP TO 9AM	3		NEED CAPTAIN(S) AND PLAYERS	
	FRI	UP TO 9AM	3		NEED CAPTAIN(S) AND PLAYERS	
CROSTOWN 6233 BAKER ROAD EDEN PRAIRIE	MON	7:30-9:00 AM	2		MARLYS CHRISTEN-SEN	952-368-3285
FACILITY COORDINATOR ROD MACPHERSON 952-474-9346	TUES THRU FRI	UP TO 9AM	3		NEED CAPTAIN(S) AND PLAYERS	
DAYTONA CLUB 14740 LAWNSDALE LANE DAYTON	MON	9:30-11:30	4	3.5-4.0 MW	DOROTHY BANACH RON WELDE	763-784-1344 763-315-1833
FACILITY COORDINATOR	TUES	9:30-11:30	4	2.5-3.5 MW	JACK SAUNDERS	763-561-6144
	WED	9:30-11:30	4	3.5-4.0 MW	DOROTHY BANACH RON WELDE	763-784-1344 763-315-1833
	THURS	9:30-11:30	4	2.5-3.5 MW	RON COWDEN	763-545-1839
FLAGSHIP ATHLETIC CLUB 755 PRAIRIE CENTER DR. EDEN PRARIE	MON	7:00-9:00	3	3.0-3.5 M	DICK JOHNSON ROBERT ZIOMEK	952-941-1313 952-935-3441
FACILITY COORDINATOR TED HENDRICKSON 952-474-5477		7:00-9:00	2	3.0+ MW	DEAN SAUFFELE LOIS MUNSON	952-828-9405 952-975-3668
	TUES	7:00-9:00	2	3.0 MW	DON SNYDER	952-830-9415
	WED	7:00-9:00	6	3.0-4.0MW	MARV SCHNEIDER	952-975-1895
	THURS	7:00-9:00	4	3.0+MW	ORVILLE ANDERSON	952-935-7398
	FRI	7:00-9:00	4	3.0+ MW	ROBERT ZIOMEK PAULINE BOUSCHARD	952-935-3441 763-476-2351
	SAT	3:00-5:00PM	2	3.0-4.0 MW	MARV SCHNEIDER	952-975-1895
FORT SNELLING TENNIS AND LEARNING CENTER	MON THRU FRI	9AM-3PM and 7-10PM			NEED CAPTAIN(S) AND PLAYERS	
FACILITY COORDINATOR RON LIDDIARD 952-829-7530						
HIGHWAY 100 NO FRANCE 4001 LAKE BREEZE AVENUE BROOKLYN CENTER	MON	9:00-11:00AM	2	2.5-3.0 MW	BETTY MOORHEAD	763-535-8562
	TUES	UP TO 9AM	3		NEED CAPTAIN(S) AND PLAYERS	
FACILITY COORDINATOR ROD MACPHERSON 952-474-9346	WED	6:30-8:30PM	3	3.5 + MW	JEAN MURDOCK	612-825-5826
	THURS	UP TO 9AM	3		NEED CAPTAIN(S) AND PLAYERS	
	FRI	UP TO 9AM	3		NEED CAPTAIN(S) AND PLAYERS	

Players: Check with Captains for Start Dates
ALL MIDWEST SESSIONS HAVE MOVED TO NORMANDALE

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
MOORE LAKE 1200 EAST MOORE LAKE DRIVE FRIDLEY	MON THRU FRI	UP TO 9AM	3		NEED CAPTAIN(S) AND PLAYERS	
	FACILITY COORDINATOR ROD MACPHERSON 952-474-9346	SAT	UP TO 9AM	1	NEED CAPTAIN(S) AND PLAYERS	
NICOLLET TENNIS CTR 4005 NICOLLET AVE MINNEAPOLIS 612-825-6844 FACILITY COORDINATOR MARY KAMINSKI 612-781-3271	MON	7:30-9:00	2	3.0 M	JACK KENDALL	612-869-0431
		8:30-10:00	3	3.0-3.5 M/W	ROD MACPHERSON	952-474-9346
		8:30-10:30AM	3	3.0 M	BILL STAMM	952-920-7632
		10:00-11:30	4	2.0-3.0 M/W	JIM DUFFEY	651-778-0645
		11:00-12:30	2	2.5 M/W	DIANE LEHMAN	651-488-6147
		11:30-1:30	6	3.5-4.0 M	DON BRATT	651-636-7083
					CHUCK EMME	763-788-2824
					JIM JENSEN	952-922-3435
	TUES	9:00-11:00	3	3.0-3.5 M/W	FRITZ CHRISTENSEN	763-571-5212
		10:00-12:00	3	2.5-3.0 M/W	MARY KAMINSKI	612-781-3271
					GLADYS MURRAY	651-490-0402
		11:00-12:30	3	2.5-3.0 W	NAN HOLLAND	763-593-0492
					ALICE OLSON	952-929-6276
		1:30-3:00	3	2.5-3.5 M/W	DOROTHY S. REIF	612-920-0965
					JANE TISCHBEIN	952-938-9348
		2:00-3:30	2	2.5-3.0 M/W	TED STEEN	612-926-9026
	WED	9:00-10:30	3	2.5-3.5 M/W	BERNICE GALUSH	651-486-2900
					JIM DUFFEY	651-778-0645
	9:30-11:30	3	3.0-3.5 M/W	RONNAE WAGNER	952-938-5785	
				MIKE CHRISTOFORE	651-489-6580	
	9:30-11:30	3	3.0-4.0 W	RUTH van HILST	612-825-0779	
	10:30-12:00	2	2.5-3.0 W	SHIRLEY PRATT	651-433-3583	
	11:30-1:30	2	3.5-4.0 M/W	LARRY LaLONDE	612-922-1780	
				JO ROLLING	651-777-3773	
	1:00-3:00	2	3.5-4.0 M	TOM JACKSON	763-550-1369	
THURS	9:30-11:30	4	2.5-3.0 M/W	ELVIN KOLSTAD	612-869-7277	
	10:30-12:30	2	3.0-3.5 M/W	BOB METCALF	763-571-3596	
FRI	7:30-9:00	2	3.0 M	JACK KENDALL	612-869-0431	
	9:00-10:30	6	2.5-3.5 MW	NANCY LINDEMAN	612-823-0304	
				MARY LOU BOWEN	612-869-9438	
	9:00-10:00AM	4	3.0-3.5 MW	RONNAE WAGNER	952-938-5785	
	10:30-12:30	3	3.0 M/W	AMY RINCON	612-724-4623	

Players: Check with Captains for Start Dates

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE			
NICOLLET TENNIS CENTER (CONTINUED)	FRI	10:30-12:30	3	3.0 M/W	ROY RINCON	612-724-4623			
		12:30-2:30	5	3.5-4.5	GERRY LUDWIG	763-522-9376			
	SUN	2:00-3:30	1	3.0-3.5 W	GEORGE SAMPLE	952-454-5086			
					JOELL ANDERSON	952-881-5510			
NORMANDE RACQUET AND SWIM 6701 WEST 78TH STREET BLOOMINGTON	MON	7:30-9:00	2	3.0 M/W	BARB SPAULDING	952-943-8236			
	TUES	7:30-9:30	3		NEED CAPTAIN(S) AND PLAYERS				
	WED	7:30-9AM	3	3.0	BARB SPAULDING	952-943-8236			
	THUR	7-9AM	5	3.0	POLLY MAKI	952-472-7707			
	FRI	7:30-9:30	3		NEED CAPTAIN(S) AND PLAYERS				
NORTHWEST RACQUET AND SWIM 5525 CEDAR LAKE ROAD ST. LOUIS PARK	MON	9:30-11:30AM	2	2.5-3.0 M/W	LEO MELOCHE	952-470-1770			
	WED	8-10AM	3	3.0-3.5 M	ROD MACPHERSON	952-474-9346			
	FRI	8:00-10:00	4	3.0-3.5 M	ROD MACPHERSON	952-474-9346			
FACILITY COORDINATOR ROD MACPHERSON 952-474-9346									
OAKDALE RACQUET CLUB 1202 FORD ROAD MINNETONKA,	MON	7:00-9:00	3		NEED CAPTAIN(S) AND PLAYERS				
	TUES	7-9AM	3	3.0 M/W	ORVILLE ANDERSON	952-935-7398			
	WED & THURS	7-9AM	3		NEED CAPTAIN(S) AND PLAYERS				
	FRI	7-9AM	2	3.0 M/W	DON SCHNEIDER	952-938-0121			
WILLISTON FITNESS AND SPORTS 14509 MINNETONKA DR MINNETONKA	MON	8:30-10:30	1	4	DICK MILLER	952-446-1504			
		10:30-12:30	2	3.0-3.5 M/W	FRANK LOCKE	952-937-9394			
FACILITY COORDINATOR BILL STORIE 763-428-2052	TUES	7:30-9:30	2	3.0 M/W	TOM SHILLOCK	952-475-2199			
					BART TSAI	952-988-7873			
					KIT PETERJOHN	952-474-0154			
					HENRY FLESH	763-546-7317			
					FRED WRIGHT	952-938-1242			
	WED	1:00-2:30	1	2.5-3.0 W	LINDA KRAFT	952-934-1992			
					10:30-12:30	2	3.0-3.5 M/W	FRANK LOCKE	952-937-9394
								HAROLD KRANTZ	952-935-6656
	THURS	12:30-2:30	2	3	NEED CAPTAIN(S) AND PLAYERS				
					1:00-3:00	2	2.5-3.0 M/W	DWANE BILLBE	952-938-5016
								8:00-9:30	2
8:00-9:30					2	3.0 M	HENRY FLESH		
	11:30-1:00	2	2.5-3.0 W	FRED WRIGHT			952-938-1242		
SHIRLEY PILGAARD				952-941-8582					

Players: Check with Captains for Start Dates

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
WILLISTON FITNESS AND SPORTS (CONTINUED)	THURS	1:00-2:30	1	3.0-3.5 W	LINDA KRAFT	952-934-1992
		3:00-4:30	1	4	DICK MILLER	952-446-1504
	FRI	8:30-10:00	2	2.5-3.0 M/W	BART TSAI	952-988-7873
		8:30-10:00	2	2.5-3.0 W	MARTHA JOHNSON	952-942-9588
					DELORES ROZMAN	952-938-6757
		2:00-4:00	2	3.0-3.5 M/W	DWANE BILLBE	952-938-5016
		2:00-4:00	2	3.0-3.5 M	RALPH FULLER	952-593-1620
					FRITZ WEBER	952-525-1906
	SAT	12:00-1:30	2	2.5-3.0 W	AUDREY ROE	952-545-9434
					JOYCE HAUTMAN	952-545-4051
98TH STREET RACQUET AND SWIM 1001 WEST 98TH STREET BLOOMINGTON FACILITY COORDINATOR ROD MACPHERSON 952-474-9346	MON	7:30-9:30	3	3.0-3.5 M	KEN GJERDE	612-827-2073
		8:00-9:30AM	3	2.5-3.0 W	PEG FEILZER	952-881-9485
		9:00-10:30 AM	1		DOTTIE GARDNER	612-827-4918
		12:00-2:00	3	3.5 M	ROGER JOHANSON	952-831-5507
					DON OSETH	951-457-4642
	TUES	8:00-10:00AM	4	3.0 W	GENEVIEVE GJERDE	612-827-2073
					RUTH PETERSON	952-941-7116
		WED	7:30-9:30	3	3.0-3.5 M	CLIFF MCMINN
		9:00-10:30AM	2	2.5-3.5	BOB STUHL	651-714-0651
		12:00-2:00PM	3	3.5 M	ROGER JOHANSON	952-831-5507
THURS	7:30-9:30	2		NEED CAPTAIN(S) AND PLAYERS		
	9:00-10:30	1		NEED CAPTAIN(S) AND PLAYERS		
	1:00-2:30	2		NEED CAPTAIN(S) AND PLAYERS		
	12:00-2:00	3	3.5 M	ROGER JOHANSON	952-831-5507	
FRI	7:30-9:30	3	3.0-3.5 M	CLIFF MCMINN	952-888-4989	
	8:00-10:00	3		NEED CAPTAIN(S) AND PLAYERS		
	12:00-2:00	3		NEED CAPTAIN(S) AND PLAYERS		

◆◆ STPC FREE LESSONS AND DRILLS—ALL LEVELS ◆◆

LOCATION	DAY	TIME	SKILL	COST	INSTRUC-	PHONE
Nicollet Tennis Center 4005 Nicollet Avenue South Minneapolis 612-825-6844 <i>Starting 9/16/02</i>	MON	1:30-3:00PM	All	\$3.00	Laurie Kozlak	952-939-9758
					Duncan Welty	952-933-8592
	THUR	8:30-10:00AM	All	\$3.00	Percy Hughes	952-831-2872
Oakdale Golf & Tennis Club 5115 Hadley Avenue North, St. Paul 651-770-2719 <i>Starting 9/18/02</i>	WED	12:30-2:00PM	All	\$3.00	Bob Smith	715-386-1319
	TUES	5:30-7:00PM	All	\$3.00	Jim Erler	952-471-9750
Williston Fitness & Sports 14509 Minnetonka Drive, Minnetonka 952-930-8370 <i>Starting 9/17/02</i>						
Private Club Drills Open to STPC Members—Nicollet Tennis Center	TUES	9:00-10:00AM	3.0 & up	\$5.50	Tim Burke	612-825-6844

Skill ratings: To determine your rating, attend a lesson/drill and ask instructor to rate you.

Schedule corrections: call (612-781-3271) or e-mail (mkaminski@attbi.com) Mary Kaminski.

For newly organized groups at Northwest Club locations, please notify Rod MacPherson (952-474-9346) to be listed in the directory.

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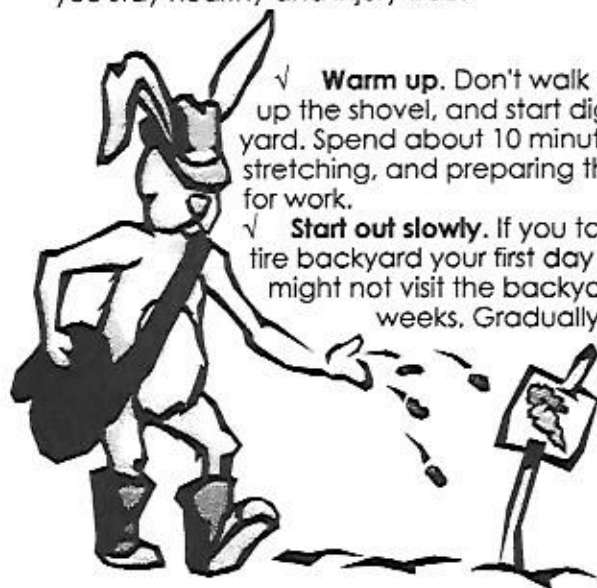


Gardening Safely and Sensibly

By UCare Minnesota

The lilies are up, the roses are blooming, and our thoughts turn to gardening and yard work. Gardening is good exercise. With every turn of the shovel, push of the lawn mower, and pull of weeds, we stretch, turn, and challenge our muscles and cardiovascular system. Studies show that 30 minutes of moderate activity each day, such as gardening, can reduce the risk of heart disease, stroke, and diabetes. Gardening can also reduce stress.

But because gardening is exercise, leaping into these activities can lead to sore muscles, sunburn, and injuries. UCare Minnesota offers the following tips to help you stay healthy and injury-free:



✓ **Warm up.** Don't walk outside, pick up the shovel, and start digging in the yard. Spend about 10 minutes walking, stretching, and preparing those muscles for work.

✓ **Start out slowly.** If you tackle the entire backyard your first day out, you might not visit the backyard again for weeks. Gradually increase the amount of time you spend working in the yard.

- ✓ **Wear gloves.** Keep your hands safe from scratches, blisters, and cuts.
- ✓ **Wear sunscreen.** Protect your skin from the sun's harmful rays.
- ✓ **Use your legs to lift, not your back.** And reduce the size of your load. Back injuries are common among gardeners and most have to do with poor technique or lifting too heavy of a load.

- ✓ If you need to stay low to the ground for any length of time, you might want to **consider sitting or kneeling on a padded cushion.** Stand up at least every 10 minutes to stretch or move around.
- ✓ **Take breaks.** Don't spend eight hours outside the first day. Break the project up into smaller sessions.
- ✓ **Vary your activity.** Do 10 minutes of weeding, 10 minutes of raking, and 10 minutes of watering.
- ✓ **Cool down.** It's just as important as warming up. Stretch your muscles, particularly those that you used extensively.

Now that you've taken care of your yard and yourself, be sure to sit back and enjoy your beautiful yard. After all, you deserve it!

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. UCare 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. For more information, visit www.ucare.org or call (612) 676-3500 or 1-877-523-1518 (toll free). The TTY number is (612) 676-6810 or 1-800-688-2534 (toll free).



In Memory...

In Memory of **Ernie Greene**
By Percy Hughes

Ernie Greene, 83, died May 31, 2002. He was a champion among people, that's why I nicknamed him "Champ." His contributions to Senior Tennis programs and teaching would fill a book.



It's difficult to express the love and compassion that was the heart of "Champ". Mary DeLong, who attended Ernie's camps and lessons, said he taught with a calmness and consistency and stressed important lessons: "Tennis is a thinking game;" "early preparation;" "keep moving;" "a thing in motion tends to stay in motion;" "follow through;" "know where you want the ball to go before it comes to you;" "talk to your partner in doubles."

Chuck Supplee and Ernie were very close, Ernie being Chuck's director at his camps, some in Las Vegas, Mankato and River Falls, Wisconsin. Diane Lehman helped in checking in campers. Ernie's camps were well attended and helped increase the Senior Tennis program. Behind every great man is a great woman. Dear Edie Greene was Ernie's great strength.

We were very fortunate to have Ernie on our teaching staff for over a dozen years. He touched many, many people, and we'll always see Ernie with his smile and turned-up rimmed hat.

Bill Hastings, 71, of Minneapolis, died June 30, 2002. Our sympathy is extended to his wife, Ruth, to his son, two daughters and to their families.

Marabelle L. Lidstone, 81, of Saint Louis Park, died in June, 2002. Our sympathy is extended to her husband, STPC member James Lidstone, to their daughters, sons and their families.

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, email or write the editor, Mary Kaminski. Your ad can be only 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 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. 24-hr doorman. Newly decorated. Carol Curry, 612-920-2222.

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

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

Ski Aspen Jan 16-21, 2003. Incl transp, B&B lodge, après ski treats hot tub, pool, 3 parties; \$575-675. Jan Hoffman 651-771-8553.

Towerpoint Resort, Mesa AZ for rent: 1 bdrm Park Model trailer, \$1100 per mo, 763-788-2024.

TUCSON VILLA rental includes free tennis & resort use. Bob Sharp, 612-483-1506, sharp@outtech.com.

Corporate/Commercial Photography - Dave Willging Photography. Cell phone 612-280-3988.

Royal Villa Mazatlan, Mex T-share for sale. 19 yrs, ocean view. Sleeps 4 to 6. Joan, 612-920-2266.

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STPC 20th Anniversary Celebration

A tribute to founder, Jack Dow

Saturday, September 28, 2002

Metropolitan Club, 5418 Wayzata Blvd., Golden Valley
11:30am to 4:00pm

Schedule of Events:

- 11:30am Social Hour/Tennis Fashion Show
- 12:15pm Luncheon catered by D'Amico
- 2:45pm Dance to the music of Percy Hughes and reminisce with friends



Clip Here

Reservation form: STPC Celebration Luncheon, September 28, 2002, 11:30am-4:00pm

Name(s) of attendee(s): _____

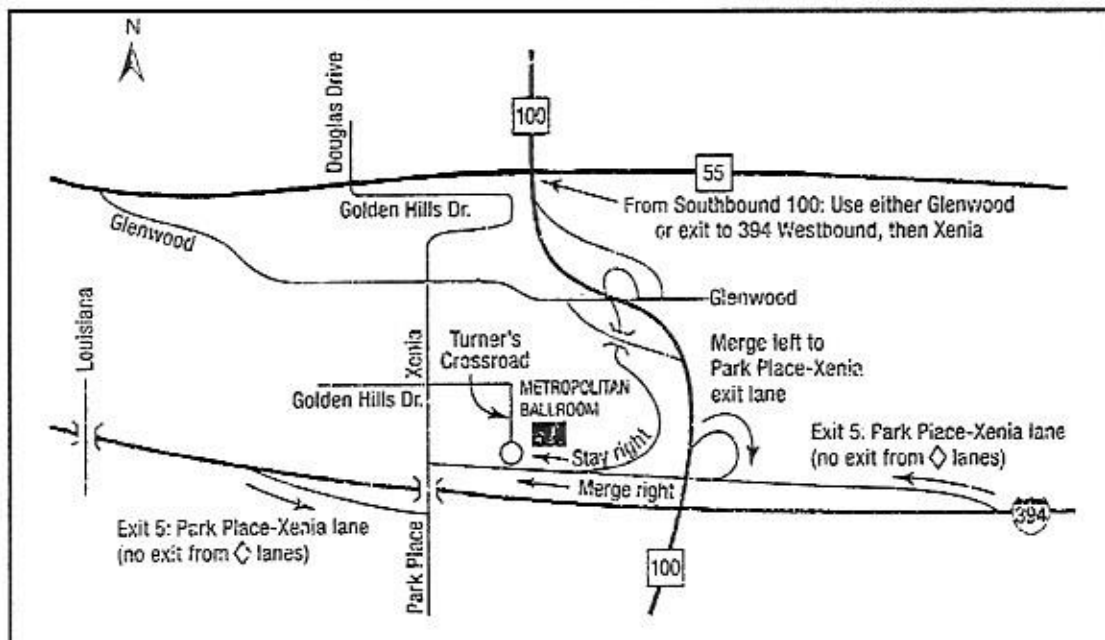
Phone: _____

Cost: \$20 per person

Send reservation form with check payable to STPC to:
Carol Shields, 1110 Rose Place, Roseville, MN 55113

DEADLINE FOR RESERVATIONS SEPTEMBER 23, 2002

Directions to 20th Anniversary Celebration Luncheon
Metropolitan Club: 5418 Wayzata Boulevard
Golden Valley, MN
Telephone: 763-797-1900



DIRECTIONS TO THE METROPOLITAN CLUB

From East

Take 394 West to the Xenia/Park Place exit. Turn right on Xenia to Golden Hills Drive. Turn right on Golden Hills Drive and go one block to Turner's Crossroad. Turn right on Turner's Crossroad. The Metropolitan is on the left, across from the Colonnade building.

From West

Take 394 East to the Xenia/Park Place exit. Turn left on Xenia to Golden Hills Drive. Turn right on Golden Hills Drive and go one block to Turner's Crossroad. Turn right on Turner's Crossroad. The Metropolitan is on the left, across from the Colonnade building.

From North

Take Highway 100 South to 394 West. Take 394 West to the Xenia/Park Place exit. Turn right on Xenia to Golden Hills Drive. Turn right on Golden Hills Drive and go one block to Turner's Crossroad. Turn right on Turner's Crossroad. The Metropolitan is on the left, across from the Colonnade building.

From North

Take Highway 100 North to 394 West. Take 394 West to the Xenia/Park Place exit. Turn right on Xenia to Golden Hills Drive. Turn right on Golden Hills Drive and go one block to Turner's Crossroad. Turn right on Turner's Crossroad. The Metropolitan is on the left, across from the Colonnade building.

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