



Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc. *September 2002*

Sue Larson Named Dow Trophy Recipient



Sue Larson has been named the 2002 recipient of the Jack Dow Traveling Trophy. The trophy is awarded to a member who has given service to STPC with enthusiasm and dedication.

The award committee, chaired by Chuck Supplee, included Percy Hughes, Mary Kaminski, John Stecklein and Dick Pratt. The committee's unanimous selection was based on Sue Larson's outstanding service to the Club, including:

- Third charter member of STPC
- Vice President of Activities for two years
- Co-captain for three years
- President, 1992 and 1993, with these accomplishments:

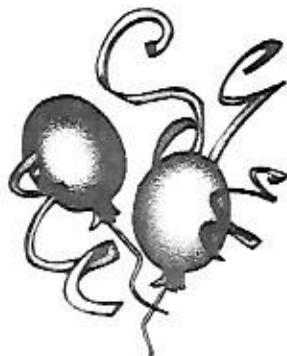
Originated Grandparent/Grandchild Round Robin; initiated John Bolger Tennis Clinic with support from the Bolger family; approved Chuck Slocum's idea of first captains' dinner; developed stronger relationship with InnerCity Tennis and Urban Tennis; worked with the Dow family and Matt Little in organizing the Jack Dow Tournament.

The trophy will be awarded at the Anniversary Celebration and Annual Meeting on Saturday, September 28, at The Metropolitan in Minneapolis.

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

Sign-up sheet on page 14—get your reservation in today!

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

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2002-2003 Board of Directors

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Director of Training: Roger Boyer
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Founding President: Jack Dow

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: 1758

September 2002: Volume 15, Number 7

Upcoming Events

- September 28, 2002 Anniversary Celebration and Annual Meeting
The Metropolitan, Minneapolis
- October 19, 2002 Tennis Party, Fort Snelling Tennis and Learning Center (see insert for sign-up sheet and directions)
- October 26, 2002 Nick Bollettieri presents "Tennis In A Can" program to high school coaches, Reed-Sweatt Family Tennis Center (formerly Nicollet Tennis Center)
- November 14, 2002 Doubles Troubles Strategy with Percy Hughes and Roger Boyer, Reed-Sweatt Family Tennis Center (formerly Nicollet Tennis Center)

In Memory...

Ed Munson, 64 of Andover MN died on July 26, 2002. He was co-captain of the Monday/Wednesday Sr. Daytona Tennis League. In 1999 Ed was a winner in the Jack Dow Tournament at the men's doubles 3.0 level. Ed was employed by the Spring Lake Park school district for 33 years. He was a veteran, an avid tennis player, a baseball enthusiast, ballroom dancer and a proud grandfather. He will be missed by his family, his friends, and his many tennis playing friends.



Carlton Carmody, 82, of Bloomington died August 5, 2002. Our sympathy to his wife, STPC member Harriette.

Harry Karasov, 81, of Golden Valley died July 12, 2002 from complications of pneumonia. His wife, Marilyn, is an STPC member as is his brother, Elliott. Our sympathy is extended to them, to three children and nine grandchildren.



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.

Guidelines for Indoor Tennis Captains

These guidelines are voluntary. You can change them to suit how you and your players want to work together. Just remember, following a set of guidelines will help keep things running smoothly. These guidelines apply mostly to winter tennis, since summer tennis is mostly free and on a walk-on basis.



Eligible Players

Playing with STPC groups on STPC-arranged courts is a member privilege! You are responsible for making sure each person playing with your group is an STPC member. If a non-member is playing, give him or her a membership application.

Setting Up Your Group

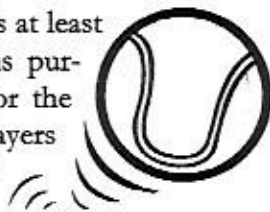
It is up to you to establish the skill level of your group and put together an adequate number of regular players and substitutes for the number of courts you have.

Payment

Many groups pay for their court time in advance. You should determine how much it costs to play, and charge each regular player accordingly. If a regular player needs a substitute, he or she sets it up with someone from the substitute list and confirms the night before that the sub will show up and play. The regular player should inform the captain who the sub is. If the player has paid for the entire season up front, the sub pays the regular player for the court time; the captain is not responsible for this. If your group pays each time they play, the sub pays at the front desk.

Tennis Balls

It's nice to have fresh tennis balls at least every two weeks. Some captains purchase tennis balls in advance for the entire season and charge the players accordingly—one can per court should do it for two weeks.



Participation in the USA Community Tennis Program

STPC urges captains to participate in the voluntary USA Community Tennis Program. The money we receive by participating in this program helps support Inner City Tennis and Urban Tennis. All you have to do is collect information about your regular players and submit it to the designated board member.

Playing Nice

STPC Bylaws give you the authority to ensure that all players practice good conduct and adhere to the code of the United States Tennis Association. Step in when tempers flare and make sure everyone plays nice!

Recruit!

There is always a need for more captains. It's a good idea to keep an eye out for someone who is willing to take over your responsibilities if you must resign.

Protect Your Eyes From Disease

By UCare Minnesota



While getting older may cause your eyes to weaken, it does not cause blindness or severe vision loss. But glaucoma, cataracts, and other eye diseases—which become common with age—can.

One of the best ways to protect your vision is to get regular eye exams. That's because many eye diseases, including glaucoma and diabetic retinopathy, often come on with no warning. Only regular exams can detect these diseases in the early stages, when they are most successfully treated.

UCare Minnesota wants to help you maintain good eye health. Take this quiz to find out how you can protect your vision from disease.

Test your "Eye Q"

Circle "T" for true and "F" for false.

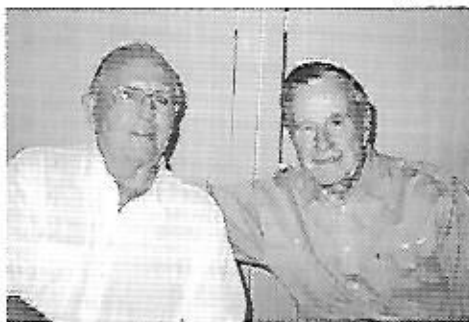
1. You could increase your risk of cataracts by reading in weak light. T F

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A Trip of a Lifetime

By Roz Bernstein

STPC member, Bill Cornell, a Navy pilot veteran who flew in the Pacific during World War II, was



reading the March, 2002 issue of his American Ex-POW Organization's monthly magazine when he found his name in one of the

articles. The author, James Bradley, was looking for a "William Connell" and two other pilots who had been shot down and captured by the Japanese on the island of Chi-Chi Jima in the Bonin Island group near the Japanese mainland.

Mr. Bradley was doing research for a future book, "Flyboys," the story of American pilots who were shot down and captured by the Japanese, and the indignities they were forced to endure. The central theme of the book is the story of seven American pilots who were captured by the Japanese at Chi-Chi Jima. The pilots were later executed and their bodies mutilated and cannibalized by the Japanese military. When the war was over, eight Japanese officers were tried, convicted, and executed for their roles in this inhumane treatment.



Bill called the phone number shown in the magazine and reached one of the author's researchers. She was glad to hear from Bill since she had already found out that the other two pilots were deceased. Bill had been shot down on July 4, 1944 and was now the only surviving American pilot to have been shot down and captured by the Japanese in this particular

area. Bill learned that the senior George Bush had also been shot down at Chi-Chi Jima on September 12, 1944. Mr. Bush was a little more fortunate than Bill; he had been rescued by an American submarine. This rescue was recorded on film and has been seen on many national television news programs.

James Bradley had contacted CNN about his forthcoming book, and CNN agreed to make a documentary about the events that occurred on the island. Bill was in-



invited to take part in this documentary along with the senior George Bush, and to be CNN's guest on a trip to Japan. On June 12, 2002, he left Minneapolis and flew to Tokyo, where he was taken on a tour of the city. Bill was later transported by the Japanese Navy to the island of Chi-Chi Jima, where he and island officials took a tour and revisited the area where he had been held captive for seven days before being transferred to a concentration camp on the Japanese mainland. Bill was also interviewed by CNN staff members about his experiences on the Island and in the concentration camp.

Bill was then invited to be a guest at a dinner sponsored by the local island officials. When he arrived at the dinner, he was escorted to the head table, where he sat between George Bush and Howard Baker, the American ambassador to Japan. Also sitting at the table was Paula Zahn, the CNN newscaster who would be narrating the documentary.

It's not every day that an STPC member gets to be in the presence of such well-known people. Bill then returned to Tokyo where he spent several days as a tourist before returning home on June 22. All in all, Bill's memories of his latest trip to Japan and Chi-Chi Jima Island turned out to be much better than the memories of his first trip.

Look for the CNN documentary, scheduled for airing sometime in September, 2002.

For New Members: A Brief History of the Senior Tennis Players Club

By Carol Hall

The organization came about in 1982 when Twin Cities businessman Jack Dow brought a small group of senior tennis enthusiasts together to form a club exclusively for their age group. These 60-and 70-somethings incorporated under the name of Senior Tennis Players Club, and proceeded to organize doubles matches for themselves at the old Parade Stadium courts near downtown Minneapolis. Their numbers quickly swelled. Today, the STPC membership exceeds 1700 members, aged 50 to 80-plus, participate regularly in organized leagues, playing year-round at outdoor courts during the summer and racquet clubs in winter. Their playing venues are scattered throughout the greater Twin Cities area.

Jack Dow is credited not only with founding the STPC, but also with its long-term success. An entrepreneur and go-getter who thrived on tennis, Dow, of Edina, was inducted into the Minnesota Tennis Hall of Fame, served as president of the Northwest Tennis Association, and, at his peak, was ranked No. 6 in Minnesota. He initially got the club off the ground by snagging members from among his tennis-playing friends, even giving out some free memberships to increase the numbers. Somewhere along the way, Dow decided that novices should be admitted to this group of seasoned players and hired senior tennis pros, including Percy Hughes, Virginia Morgan and the



late Ernie Greene, to provide them with beginner lessons.

Through the years Dow expanded club activities. Senior tennis camps, parties, drills, clinics and trips were added to the established leagues. Some of these trips saw Dow leading groups to Wimbledon, French Open, and U. S. Open, others to a Florida tennis resort where they played tennis daily.

Jack Dow died in 1996. The club thereafter initiated a tournament in his name, which is held annually. The programs and lessons that Dow began are going strong still today, as are the tennis camps and Florida trips. Recently a program for members to teach tennis to inner city youngsters was added to

the list, as was a yearly grandparent-grandchild competition.

Each year the Jack Dow traveling trophy is presented to a member whose attitude, character, sportsmanship, enthusiasm and service best typify the organization. Long-time member Mary Kaminski of Saint Anthony, who serves on the STPC Board of Directors, was the 1998 trophy winner. Kaminski says of the STPC: "It does much more for seniors than offer tennis. The club creates the opportunity for new friendships; I've made so many good friends through Senior Tennis. Why, many members who've met on the courts have even found romance, and we've had a number of marriages."

Promoting the sport he so loved for the enjoyment and social opportunities it offers seniors was important to Dow, but more important was its benefit of improved physical health, of which he was keenly aware. Jack Dow played tennis five to seven times a week, continuing well into his eighties, and he lived to be 89.

Because the Senior Tennis Players Club is a nonprofit organization, members who volunteer to undertake them handle all of its activities. They also serve as team captains for leagues. The STPC Board of Directors elects board members for three-year terms; board officers serve one-year terms. Members are encouraged to volunteer for activities, captaining league teams and board positions.

Fall/Winter Indoor Court Schedule—Senior Tennis Players Club

•• ST PAUL AREA ••

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
LILYDALE RACQUET CLUB 945 SIBLEY MEMORIAL HWY LILYDALE FACILITY COORDINATOR DOT GUENTHER 651-457-4682 NANCY KARASOV 651-452-3172	MON	7:30-9:00AM	2	2.0 M/W	PAT PALMER	651-686-6780
	TUES	7:30-9:00AM	2	2.5-3.0 M/W	BUNNY DOUGHTERTY	651-454-1353
	WED	7:30-9:00AM	2	2.5-3.0 M/W	GINNY STOCKWELL	651-690-1840
					DODIE GREIG	651-687-9139
	THURS	7:30-9:00AM	2	2.5-3.0 M/W	MARY BARRETT	651-225-9708
					SAM SMITH	952-432-5262
	FRI	7:30-9:00AM	2	3.0-3.5 M/W	BOB KELLY	651-452-0244
OAKDALE GOLF & TENNIS 5115 HADLEY AVENUE N ST. PAUL HELEN STECKLEIN 651-494-0648	MON	8:00-10:00AM	3	2.5-3.0	BOB CRIPE	651-459-3682
		10:00-12:00PM	3	2.5-3.0	BEV SINNIGER	651-578-1345
					PATSY SIPPLE	651-484-5743
	WED	8:30-10:30AM	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	8:30-10:30AM	3	3.0-3.5 M/W	ERIKA PLAGEMANN	651-633-0466
		10:00-12:00PM	2	3.5 M/W	CONNIE WATEROUS	651-291-1610
				GORDY MANAIGE	651-429-4046	
ST. PAUL INDOOR TENNIS CLUB 600 DESOTO ST, ST PAUL FACILITY COORDINATOR JACK WALLIN 651-457-2266	WED	7:00 9:00AM	3	3.0-3.5 M/W	JERRY THORESON	651-457-0804
	FRI	7:00 9:00AM	3	3.0 M/W	JIM VINT	651-636-0071
WHITE BEAR RACQUET CLUB 4800 WHITE BEAR PKWY, WHITE BEAR LAKE FACILITY COORDINATORS ED WENSMAN 651-429-3683 JIM RAUSCH 651-429-3091	MON	7:00-8:30AM	3	3.0-3.5 M	JIM RAUCH	651-429-3091
	WED	7:00-8:30AM	2	3.0-3.5 M	DAVID HOWARD	952-525-2252
	FRI	7:30-9:00AM	3	3.0-3.5 M	ED WENSMAN	651-429-3683
WOODDALE RECREATION CENTER 2122 WOODDALE DRIVE WOODBURY FACILITY COORDINATOR EARL HALL 651-731-5127	MON	8:00-10:00AM	2	3.0-3.5 M/W	BOB WROBEL	651-306-1422
		1:00-3:00PM	3	2.5-3.0 W	JoANNE CHRISTENSEN	651-483-6850
	TUES	9:00-10:00AM	1	2.5-3.0 M/W	GLORIA DOMBROCH	651-738-9449
		1:00-3:00PM	2	3.0 M/W	EARL HALL	651-731-5127
		1:30-3:00PM	1	2.0-2.5	CAROL MADER	651-735-8707
	WED	10:00-12:00PM	3	2.5-3.0 M/W	BOB HINZ	651-415-9879
	THURS	8:00-10:00AM	2	3.0-3.5 M/W	BOB WILFER	651-439-1987
		1:00-3:00PM	3	2.5-3.0 M/W	GLORIA DOMBROCH	651-738-9449
	FRI	8:00-10:00AM	2	2.5-3.0 M	PAUL LEONHART	651-739-3690
		8:00-10:00AM	2	2.5-3.0 W	VIRGINIA JOHNSON	651-739-0487
					SANDY VICK	651-739-8107
		10:00-12:00PM	3	2.5-3.5 M/W	JOHN MCCARTHY	651-552-4933

Players: Check with Captains for Start Dates

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
WOODDALE (CONTINUED)	FRI	1:00-3:00PM	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 FACILITY COORDINATOR ROD MACPHERSON 952-474- 9346	MON	8:00-9:30AM	2		COOKIE WALLIS	952-894-8941
	TUES	UP TO 9AM	3		NEED CAPTAIN(S) AND PLAYERS	
		12:30-4:00PM	2	3.0+ M	KIM CUMMINGS NEED PLAYERS	952-226-2683
	WED	8:00-9:30AM	2		COOKIE WALLIS	952-894-8941
		11:30-3:00PM	2	3.0+ M	KIM CUMMINGS NEED PLAYERS	952-226-2683
	THUR-FRI	UP TO 9AM	3		NEED CAPTAIN(S) AND PLAYERS	
CROSSTOWN - 6233 BAKER RD, EDEN PRAIRIE FACILITY COORDINATOR ROD MACPHERSON 952-474-9346	MON	7:30-9:00AM	2		MARLYS CHRISTENSEN	952-368-3285
	TUES THRU FRI	UP TO 9AM	3		NEED CAPTAIN(S) AND PLAYERS	
DAYTONA CLUB 14740 LAWNSDALE LANE DAYTON FACILITY COORDINATOR	MON	9:30-11:30AM	4	3.5-4.0 M/W	DOROTHY BANACH	763-784-1344
					RON WELDE	763-315-1833
	TUES	9:30-11:30AM	4	2.5-3.5 M/W	JACK SAUNDERS	763-561-6144
	WED	9:30-11:30AM	4	3.5-4.0 M/W	DOROTHY BANACH	763-784-1344
					RON WELDE	763-315-1833
	THURS	9:30-11:30AM	4	2.5-3.5 M/W	RON COWDEN	763-545-1839
FLAGSHIP ATHLETIC CLUB 755 PRAIRIE CENTER DR. EDEN PRARIE FACILITY COORDINATOR TED HENDRICKSON 952-474-5477	MON	7:00-9:00AM	3	3.0-3.5 M	DICK JOHNSON	952-941-1313
					ROBERT ZIOMEK	952-935-3441
		7:00-9:00AM	2	3.0+ M/W	DEAN SAUFFELE	952-828-9405
					LOIS MUNSON	952-975-3668
	TUES	7:00-9:00AM	2	3.0 M/W	DON SNYDER	952-830-9415
	WED	7:00-9:00AM	6	3.0-4.0M/W	MARV SCHNEIDER	952-975-1895
	THURS	7:00-9:00AM	4	3.0+M/W	ORVILLE ANDERSON	952-935-7398
	FRI	7:00-9:00AM	4	3.0+ M/W	ROBERT ZIOMEK	952-935-3441
					PAULINE BOUCHARD	952-476-2351
	SAT	3:00-5:00PM	2	3.0-4.0 MW	MARV SCHNEIDER	952-975-1895
FORT SNELLING TENNIS AND LEARNING CENTER FACILITY COORDINATOR RON LIDDIARD 952-829-7530	MON - THURS	9:00-3:00PM & 7:00-9:00PM			NEED CAPTAINS AND PLAYERS	
	FRI	9:00-11:00AM	2	3.0-3.5M	CHUCK WENZ	651-457-5347
HIGHWAY 100 NO FRANCE 4001 LAKE BREEZE AVENUE BROOKLYN CENTER FACILITY COORDINATOR ROD MACPHERSON 952-474-9346	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	
	WED	6:30-8:30PM	3	3.5 + MW	JEAN MURDOCK	612-825-5826
	THUR-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 FACILITY COORDINATOR ROD MACPHERSON 952-474-9346	MON THRU FRI	UP TO 9AM	3		NEED CAPTAIN(S) AND PLAYERS	
	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	7:30-9:00AM	2	3.0 M	JACK KENDALL	612-869-0431
		8:30-10:00AM	3	3.0-3.5 M/W	ROD MACPHERSON	952-474-9346
		10:00-11:30AM	4	2.0-3.0 M/W	JIM DUFFEY	651-778-0645
		11:00-12:30PM	2	2.5 M/W	DIANE LEHMAN	651-488-6147
		11:30-1:30PM	6	3.5-4.0 M	DON BRATT	651-636-7083
					CHUCK EMME	763-502-9063
					JIM JENSEN	952-922-3435
	TUES	8:30-10:30AM	3	3.0 M	BILL STAMM	952-920-7632
		9:00-11:00AM	3	3.0-3.5 M/W	FRITZ CHRISTENSEN	763-571-5212
		10:30-12:00PM	3	2.5-3.0 M/W	MARY KAMINSKI	612-781-3271
					GLADYS MURRAY	651-490-0402
		11:00-12:30PM	3	2.5-3.0 W	NAN HOLLAND	763-593-0492
					FLORENCE PETERSON	952-929-6276
		1:30-3:00PM	3	2.5-3.5 M/W	DOROTHY S. REIF	612-920-0965
					JANE TISCHBEIN	952-938-9348
		2:00-3:30PM	2	2.5-3.0 M/W	TED STEEN	952-926-9026
		3:30-5:00PM	1	3.0 W	VIRGINIA MORSE	612-288-9121
	WED	9:00-10:30AM	3	2.5-3.5 M/W	BERNICE GALUSH	651-486-2900
					JIM DUFFEY	651-778-0645
		9:00-11:00AM	3	3.0-3.5 M/W	RONNAE WAGNER	952-938-5785
		9:30-11:30AM	3	3.0-4.0 W	RUTH van HILST	612-825-0779
		10:30-12:00PM	2	2.5-3.0 W	SHIRLEY PRATT	651-433-3583
		11:30-1:30PM	2	3.5-4.0 M/W	LARRY LaLONDE	612-922-1780
					JO ROLLING	651-777-3773
		1:00-3:00PM	2	3.5-4.0 M	TOM JACKSON	763-550-1369
	THURS	9:30-11:30AM	4	2.5-3.0 M/W	ELVIN KOLSTAD	612-869-7277
		10:30-12:30PM	2	3.0-3.5 M/W	BOB METCALF	763-571-3596
FRI	7:30-9:00AM	2	3.0 M	JACK KENDALL	612-869-0431	
	9:00-10:30AM	6	2.5-3.5 MW	NANCY LINDEMAN	612-823-0304	
				MARY LOU BOWEN	612-869-9438	
	9:00-11:00AM	4	3.0-3.5 MW	RONNAE WAGNER	952-938-5785	
	10:30-12:30PM	3	3.0 M/W	AMY RINCON	612-724-4623	

Fort Snelling Tennis Party

Saturday, October 19, 2002

4:00 - 7:00PM



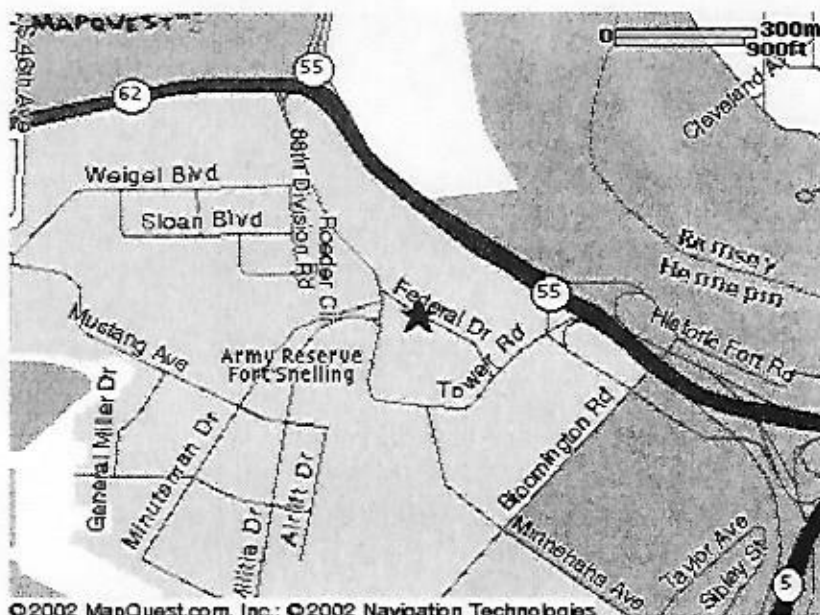
- Mixed Doubles—Rotating Partners
- Tennis, Food and Fun Provided
- You Bring the Racquet
- 3 Flight Divisions Based on Tennis Experience

Fort Snelling Tennis and Learning Center is located at:

100 Federal Drive
Fort Snelling, MN

For driving directions, please contact Fort Snelling Tennis and Learning Center at:

952-252-8367



Sign Up Sheet—You do not need a partner, this is rotating doubles

Name _____

Phone _____ Rating _____

Name _____

Phone _____ Rating _____



Send \$10.00 with sign-up sheet **before October 14** to: Connie Waterous, 1024 Linwood Avenue, St. Paul, MN 55104, 651-291-1610.

No shows will not receive their money back—Sign up, be there!

Players: Check with Captains for Start Dates

LOCATION	DAY	TIME	CTS	SKILL	CAPTAIN(S)	PHONE
NICOLLET TENNIS CENTER (CONTINUED)	FRI	10:30-12:30PM	3	3.0 M/W	ROY RINCON	612-724-4623
		12:30-2:30PM	5	3.5-4.5	GERRY LUDWIG	763-522-9376
					GEORGE SAMPLE	952-454-5086
					JOELL ANDERSON	952-881-5510
	SUN	2:00-3:30PM	1	3.0-3.5 W	MARILYN ERICKSON	952-835-2938
NORMANDEALE RACQUET AND SWIM 6701 WEST 78TH STREET BLOOMINGTON FACILITY COORDINATOR ROD MACPHERSON 952-474-9346	TUES	7:30-9:30AM	3		NEED CAPTAIN(S) AND PLAYERS	
	THURS	7:00-9:00AM	5	3.0	POLLY MAKI	952-472-7707
	FRI	7:30-9:30AM	3		NEED CAPTAIN(S)	
NORTHWEST RACQUET/SWIM 5525 CEDAR LAKE ROAD ST. LOUIS PARK FACILITY COORDINATOR ROD MACPHERSON 952-474-9346	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
OAKDALE RACQUET CLUB 1202 FORD ROAD MINNETONKA, FACILITY COORDINATOR ROD MACPHERSON 952-474-9346	MON	7:00-9:00AM	3		NEED CAPTAIN(S) AND PLAYERS	
	TUES	7:00-9:00AM	3	3.0 M/W	ORVILLE ANDERSON	952-935-7398
	WED & THURS	7:00-9:00AM	3		NEED CAPTAIN(S) AND PLAYERS	
	FRI	7:00-9:00AM	2	3.0 M/W	DON SCHNEIDER	952-938-0121
WILLISTON FITNESS AND SPORTS 14509 MINNETONKA DR MINNETONKA FACILITY COORDINATOR BILL STORIE 763-428-2052	MON	8:30-10:30AM	1	4	DICK MILLER	952-446-1504
		10:30-12:30PM	2	3.0-3.5 M/W	FRANK LOCKE	952-937-9394
					HAROLD KRANTZ	952-935-6656
	TUES	7:30-9:30AM	2	3.0 M/W	TOM SHILLOCK	952-475-2199
		8:00-9:30AM	1	3.0 M/W	BART TSAI	952-988-7873
		9:30-11:00AM	1	2.5-3.0 W	KIT PETERJOHN	952-474-0154
		11:30-1:00PM	2	3.0 M/W	HENRY FLESH	763-546-7317
					FRED WRIGHT	952-938-1242
		1:00-2:30PM	1	2.5-3.0 W	LINDA KRAFT	952-934-1992
	WED	10:30-12:30PM	2	3.0-3.5 M/W	FRANK LOCKE	952-937-9394
					HAROLD KRANTZ	952-935-6656
		12:30-2:30PM	2	3	NEED CAPTAIN(S) AND PLAYERS	
		1:00-3:00PM	2	2.5-3.0 M/W	DWANE BILLBE	952-938-5016
	THURS	8:00-9:30AM	2	3.0-3.5 M	ED FISCHER	763-550-9770
		8:00-9:30AM	2	3.0 M	HENRY FLESH	952-546-7317
				FRED WRIGHT	952-938-1242	
	11:30-1:00PM	2	2.5-3.0 W	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	1:00-2:30PM	1	3.0-3.5 W	LINDA KRAFT	952-934-1992
		3:00-4:30PM	1	4	DICK MILLER	952-446-1504
	FRI	8:30-10:00AM	2	2.5-3.0 M/W	BART TSAI	952-988-7873
		8:30-10:00AM	2	2.5-3.0 W	MARTHA JOHNSON	952-942-9588
					DELORES ROZMAN	952-938-6757
		2:00-4:00PM	2	3.0-3.5 M/W	DWANE BILLBE	952-938-5016
		2:00-4:00PM	2	3.0-3.5 M	RALPH FULLER	952-593-1620
					FRITZ WEBER	952-525-1906
	SAT	12:00-1:30PM	2	2.5-3.0 W	AUDREY ROE	952-545-9434
					JOYCE HAUTMAN	952-545-4051
		12:00-2:00PM	1	3.0-3.5M	BOB JAMESON	952-935-8791
98TH STREET RACQUET AND SWIM 1001 WEST 98TH STREET BLOOMINGTON FACILITY COORDINATOR ROD MACPHERSON 952-474-9346	MON	7:30-9:30AM	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
		12:00-2:00PM	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	7:30-9:30AM	3	3.0-3.5 M	CLIFF MCMINN	952-888-4989
		9:00-10:30AM	2	2.5-3.5M	MIKE BOSANKO	952-881-0258
		12:00-2:00PM	3	3.5 M	ROGER JOHANSON	952-831-5507
	THURS	7:30-9:30AM	2		NEED CAPTAIN(S) AND PLAYERS	
		9:00-10:30AM	1		NEED CAPTAIN(S) AND PLAYERS	
		1:00-2:30PM	2		NEED CAPTAIN(S) AND PLAYERS	
	FRI	7:30-9:30AM	3	3.0-3.5 M	CLIFF MCMINN	952-888-4989
		8:00-10:00AM	3		NEED CAPTAIN(S) AND PLAYERS	
		12:00-2:00PM	3		NEED CAPTAIN(S) AND PLAYERS	

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

LOCATION	DAY	TIME	SKIL	COST	INSTRUCTOR	PHONE
Nicollet Tennis Center 4005 Nicollet Avenue South Minneapolis 612-825-6844 Starting 9/16/02	MON	1:30-3:00PM	All	\$3.00	Laurie Kozlak	952-939-9758
					Duncan Welty	952-933-8592
	THU	8:30-10:00AM	All	\$3.00	Percy Hughes	952-831-2872
					Paul Stormo	952-944-6286
Oakdale Golf & Tennis Club 5115 Hadley Avenue North, St. Paul 651-770-2719 Starting 9/18/02	WED	12:30-2:00PM	All	\$3.00	Bob Smith	715-386-1319
Williston Fitness & Sports 14509 Minnetonka Drive, Minnetonka 952-930-8370 Starting 9/17/02	TUES	5:30-7:00PM	All	\$3.00	Jim Erier	952-471-9750
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 to be listed in the directory.



Senior Olympics

By Roz Berstein

The Northland Senior Games, sponsored by the City of Duluth Department of Parks and Recreation, took place in Duluth from June 24-28, 2002. Approximately 375 senior athletes participated in the games, including a group of STPC members who dominated the tennis matches. The Senior Games consist of various athletic events, not just tennis. Most of these events are separated into five-year age brackets, starting from age 50 to a high of 90+.

STPC members who won tennis medals are shown at right.

Quite a respectable showing for the STPC members in the tennis matches! But tennis wasn't the only activity for them. They also took advantage of the extra-curricular activities available in the Duluth area, including shopping, sightseeing, trying out the various eating establishments, recreational card-playing and, last but not least, partaking in the Edgewater Motel's Happy Hour. A few even made use of their nontennis talents in several of the Games' other athletic venues. For those of us who made the trip north without winning any medals, at least we have official Games' commemorative t-shirts.

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Ages	Medal	Event	Name
65-69	Gold	Singles	Ruby Rott
65-69	Bronze	Singles	Roger Montgomery
70-74	Gold	Singles	Duane Ryman
75-79	Gold	Singles	Marilyn Cuneo
75-79	Silver	Singles	Betty Western
75-79	Gold	Singles	Bernie Gunderson
50-54	Silver	Doubles	Mel Baken & Harry Johnson
55-59	Silver	Doubles	Jo Rolling & partner
60-64	Gold	Doubles	Lois Hoffman & Joyce Schabel
65-69	Gold	Doubles	Patricia Dahlman & Ruby Rott
65-69	Silver	Doubles	Muriel Hackney & Dorothy Werner
65-69	Bronze	Doubles	Elizabeth Kamish & partner
65-69	Gold	Doubles	Duane Ryman & partner
65-69	Silver	Doubles	Roger Montgomery & partner
70-74	Silver	Doubles	Marian Murphy & partner
70-74	Bronze	Doubles	Don Holton & Calvin Schadel
75-79	Gold	Doubles	Mary Haviland & Winnie Lund
75-79	Silver	Doubles	Marilyn Cuneo & Betty Western
75-79	Gold	Doubles	Mel Baken & Harry Johnson
60-64	Gold	Mixed Doubles	Roger Montgomery & Jo Rolling
60-64	Silver	Mixed Doubles	Calvin & Joyce Schadel
65-69	Silver	Mixed Doubles	Ronnae Wagner & partner
70-74	Silver	Mixed Doubles	Don Holton & Lois Hoffman
75-79	Gold	Mixed Doubles	Mel Baken & Nancy Lauring
75-79	Silver	Mixed Doubles	Harry Johnson & Betty Western

Paid Advertisement



Percy's Tennis Rhythms

By Percy Hughes

Hi team! September is upon us. Inside we go, where we have no sun, wind, or rain to contend with. I believe that playing indoors is better for us. However, seniors, wind and sun can also work for you. We'll talk about that next spring.

Our Twentieth Anniversary party, September 28, will be an awesome celebration. Put this in red on your calendar. I've heard that a good musical group (?) will play for your dancing and listening pleasure. This is a must-see for all of you on September 28. The agenda for the celebration is elsewhere in the newsletter.

How do you select a racquet? Please seek advice from your instructor regarding your physical needs in order to make the best selection for you. Racquet size, weight, and grip size, along with strings -- your instructor will help you to make the right decisions. Your racquet can increase or decrease your hitting ability.

Your "groove" racquet will also pump up your confidence. This of course will affect your level of play. Remember: 1) Continue to take lessons; 2) Participate in permanent court time playing; and 3) When in doubt, always ask questions.

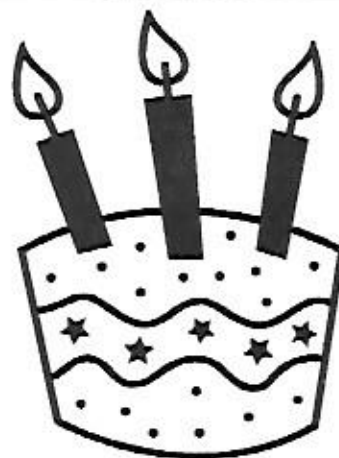
My mentor, Roger Boyer, is now our Director of Training. We should all be very happy that this has come about -- I don't believe any of our teaching staff is unhappy about this decision by the Board. We have a "GREAT" teaching staff now, and under Roger, it will become even better. A lot of thanks has to go to our pro, Paul Stormo, for working with our newest instructors, preparing them for the USPTA test they are required to take. I will be Roger's assistant director (I've told him I'll be his 80-year-old wheels!).

Remember-----No foot faults!!!!!!!!!!!!!!!!!!!!!!



InnerCity Tennis 50th Anniversary Celebration

Saturday, October 26, 2002 — 5:00-9:00PM
Reed-Sweatt Family Tennis Center
(Formerly Nicollet Tennis Center)
Guest appearance by Nick Bollettieri!



You are cordially invited to share in the celebration of 50 years of love and service to inner city youth!

Events will include:

Dedication of Arthur Ashe Sculpture donated to the
Reed-Sweatt Family Tennis Center

Dinner and Dance, featuring Percy Hughes and the **Echoes of Ellington** orchestra

Silent Auction to benefit InnerCity Tennis programs

\$50 Donation per couple, \$25 per individual.

Healthy Eyes

Continued from page 5

2. Exercise and other healthy strategies taken to prevent or control diabetes also may reduce your risk of glaucoma and other eye diseases. T F
3. Spinach and other green vegetables may protect your eyes from disease. T F

Check your answers

1. False. While reading in weak light may strain your eyes, it won't lead to any long-term problems. But another type of light will: Ultraviolet rays from the sun are believed to increase your risk of cataracts. To shield your eyes against sunlight, choose sunglasses that block 99 or 100% of ultraviolet A and ultraviolet B rays. If the tag says "UV absorption up to 400nm," the glasses screen 100% of ultraviolet rays.
2. True. When unchecked, diabetes can lead to diabetic retinopathy, which is the leading cause of blindness in American adults. Diabetes also raises your risk for glaucoma and cataracts. Research shows that regular exercise can help prevent type 2 diabetes. So, too, can a low-fat diet. If you have diabetes, you can reduce your risk of eye diseases by keeping your blood sugar in check with healthy lifestyle habits.
3. True. Some studies found that spinach, kale, and other produce were linked to lower cataract risk. Other research suggests that omega-3 fatty acids, found in fish, might help prevent glaucoma. But experts say more research is needed before a direct link between diet and eye diseases can be assumed.

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. Today, UCare is an independent, nonprofit HMO that offers three health plans 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).

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, Thursdays 1-3:30 Dick Macko's band. Lennox Comm. Ctr. 6715 Mtka Blvd. 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.

IBR furnished villa in Green Valley AZ - \$2500 total cost for winter season 612-869-7918 Fred Habegger

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

World Tennis Center, Naples, FL. Plan now. 2/8/03 thru 3/08/03. Two weeks or one month. Call Don 651-636-7083.

Sanibel, FL: 3 bdrm home, htd pool, near beach and tennis. Avl. 11/9/02-12/8/02 or 3/1/03-3/29/03. Call Bob at 952-908-0203.

Wanted: Mixed doubles players 3.0-3.5 at Oakdale Golf & Tennis, starting in October, 2-3 pm. Call Matt Little, 651-773-8141

Country Antiques Sale. 9 am Sept. 26-28. Signs at 88th and Normandale. Dee Smith 952-835-4267

Tucson Resort Villa - Rent furnished, 3 br 2 ba, free tennis + clubhouse. Contact Bob Sharpe, 612-483-1506.

Subs needed at Fort Snelling Tennis Center—Men, 3.0-3.5, Fridays, 9AM. Call Chuck Wenz 651-457-5347.



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

Lois, are you coming to the STPC Celebration on September 28 at the Met Club?



Yes, Clark, I wouldn't miss it!!

Clip Here

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

Name(s) of attendee(s): _____

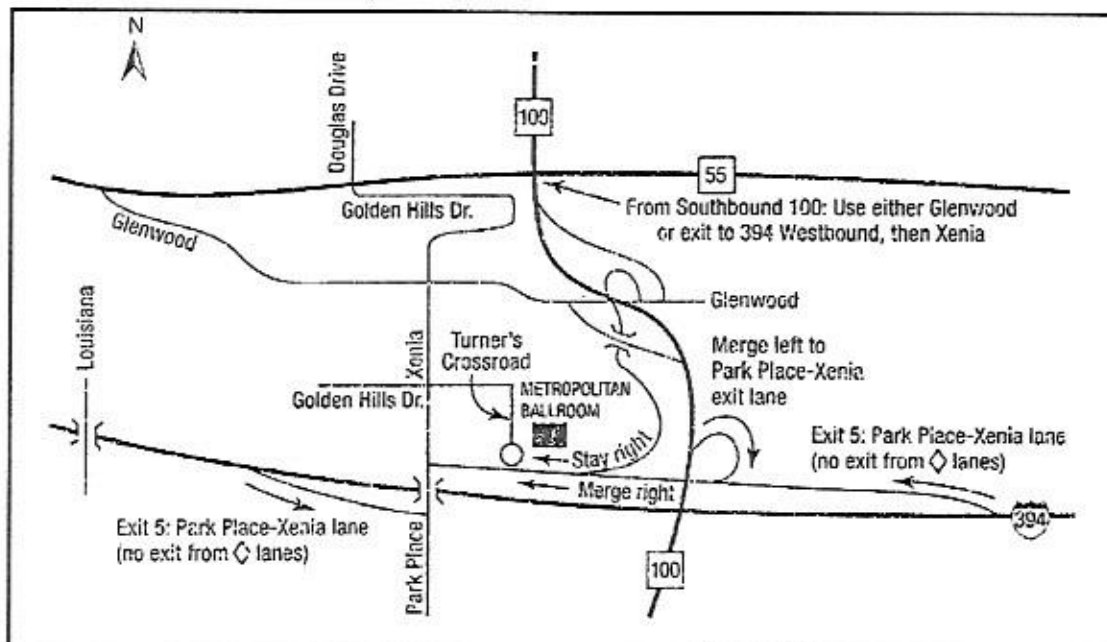
Phone: _____

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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September 2002

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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.



When you feel good, it shows.