

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

**Change of Address and Phone Number?  
Mail to Senior Tennis Times  
P.O. Box 24826  
Edina, MN 55424**

January/February 2003

Nonprofit  
Organization  
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Minneapolis, MN  
Permit No. 3270



# Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc.

Jan/Feb  
2003

## Combined Issue!

This issue of the Times is for the period January/February, 2003, one of the two combined issues put out by the newsletter staff.



The other combined issue will be the June/July summer issue.

Look for the 2003 Membership Roster in the March issue. If you haven't renewed your club dues by February 1, your name will not ap-

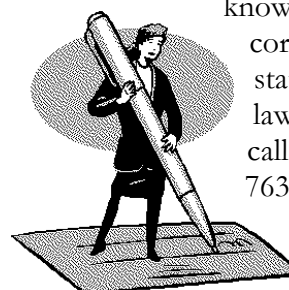
pear in the roster and you will no longer receive the Times. So -- if you haven't already, send in your dues!



## Ever Consider Making a Gift?

The Senior Tennis Players Club is incorporated as a not-for-profit charitable organization under the IRS code 501-C-3. This means that we can accept gifts from individuals, companies or organizations to further our purpose of making tennis opportunities available for all interested men and women age 50 and over. The Senior Tennis Board has the responsibility for accepting and acknowledging charitable gifts which can be in the form of cash, stock, real estate, art work or other items of value. Any non-cash item donated with a value exceeding \$5,000 must have an independent appraisal.

The club welcomes honor gifts, memorial gifts, or estate gifts and will acknowledge them according to current state and federal tax laws. Any questions, call Ken Landro at 763-544-9757 or any STPC Board member.



## Upcoming Events

- |                   |   |
|-------------------|---|
| February 15, 2003 | <b>Valentine Tennis Party</b><br>Fort Snelling Tennis and Learning Center (See page 7 for sign-up info) |
| April 1, 2003     | <b>Outdoor court schedules due</b>  |
| May 5-8, 2003     | <b>Dow Tournament</b><br>Reed-Sweatt Family Tennis Center (formerly Nicollet Tennis Center)             |
| June 3, 2003      | <b>Bolger Clinic</b><br>Reed-Sweatt Family Tennis Center  |

## Did You Know.....

- Each year, 24 tons of Kent strawberries are ordered for The Championships at Wimbledon.
- Modern tennis was originally started by the French during the 10<sup>th</sup> Century, and the game owes its name to the French word 'tenez', meaning 'take it' or 'play', which is what each player called out when they served.
- Ball girls were first introduced to the game of tennis in 1977 -- up until then, there had only been ball boys.



## UCare for Seniors

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.*



*When you feel good, it shows.*

**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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**2002-2003 Board of Directors**  
President: Jean Murdock ..... 612-825-5826  
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Phone: 952-831-2872  
E-mail: [percychjr@aol.com](mailto:percychjr@aol.com)  
Founding President: Jack Dow

**Advertising**  
Send digital files by disk or e-mail [mkaminski@attbi.com](mailto:mkaminski@attbi.com) to Mary Kaminski by the 20th of the month for publication the following month. **Please send all payments to the newsletter editor.** 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)  
First three months.....free  
After three months, per issue .....\$5

**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: 1864  
Jan/Feb 2003: Volume 16, Number 1



## Lob Notes from the "Prez"

### Honorary Membership Awarded to Jeanne Arth

Jeanne Arth of Saint Paul was awarded an honorary membership in the STPC. Jeanne was recently inducted into the Women's Collegiate Tennis Hall of Fame in Williamsburg, Virginia. Her many accomplishments include being ranked in the USTA Top 10, 1957-58, U. S. Open Doubles Champion, 1958-59, Wimbledon Doubles Champion, 1959, mixed Doubles semifinalist, 1959. Many other events were firsts for this Minnesota native. Although she no longer plays tennis, Jeanne has taken up golf and excels at that sport as well. We are proud to have her in our roster.

### Summer Team Tennis

Several years ago, John Stecklein (former president of STPC) initiated a summer tennis league to play one morning each week. There would be two levels, with A division at 3.2 and above, and B division at 3.0 and below. Each team would have four women and four men and play an eight-game pro set. Women's and Men's Doubles would play first and then the Mixed Doubles Teams. A Captain would keep the roster and do the line-up. Each team would have a home court (usually a park court in the locale of the team reserved by the Captain). The teams would set up a schedule for the matches for the summer. Each team would go to the other's home court (such as Wayzata going to Roseville and vice-versa. The teams started at 9:00 a.m. and therefore ran into work traffic which became the demise of this concept.

*Continued on Page 7*



### 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](mailto: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.

## Lob Notes from the "Prez"

*Continued from page 2*

If you would like to be a captain and/or have any questions regarding how this can work, for Saint Paul and suburbs, call Jo Rolling at 651-777-3773. For Minneapolis and suburbs, call Marv Schneider at 952-975-1895. The idea was to meet other members on a friendly competitive basis and socialize after matches for coffee, etc.

### Update to Members

Due to health reasons Jack Thommen has resigned from the Board of STPC. David Howard has joined the Board and will be a welcome addition. David is a CPA with his firm in Saint Louis Park, lives in White Bear Lake, and is a captain for his group that plays at the White Bear Tennis Club.

Courtfully Yours,  
Jean Murdock

## Nicollet Tennis Center Name Change Explained

Nicollet Tennis Center in South Minneapolis has gone through a few changes in the last year, including a much needed renovation project and a name change. Many STPC members play and volunteer at Nicollet and we would like to take this opportunity to explain the relationship between Nicollet Tennis Center, Inner-City Tennis and Reed-Sweatt Family Tennis Center.

Nicollet Tennis Center in South Minneapolis has existed as a two-bubble, 11-court facility since 1982. In the year 2000, the non-profit organization InnerCity Tennis, which offers tennis programs to at-risk inner city youth, purchased Nicollet Tennis Center to have a home base for its operations. Reed-Sweatt Family Tennis Center is the new name of the recently renovated tennis center. The name stands for the Reed and Sweatt families, generous contributors to InnerCity Tennis and its programs.

## Fort Snelling Valentine Tennis Party

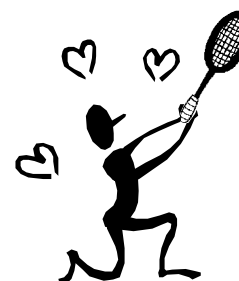
Saturday, February 15, 2003  
Fort Snelling Tennis and Learning Center

4:00-6:00pm Tennis  
6:15pm Social



Mixed Doubles, Rotating Partners. **ONLY THE FIRST 56 PLAYERS TO ENTER WILL PLAY.**

Please detach and mail in this registration form.



Name: \_\_\_\_\_

Phone: ( \_\_\_\_\_ ) \_\_\_\_\_ Rating: \_\_\_\_\_

Send your \$10.00 check payable to STPC **BEFORE FEBRUARY 10** to:  
Terry Diebold, 3539 Holmes Avenue So., Minneapolis, MN 55408

## Senior Tennis Players Club

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

LOCATION	DAY	TIME	SKILL	COST	INSTRUCTOR(S)	PHONE
Nicollet Tennis Center 4005 Nicollet Avenue South Minneapolis 612-825-6844	Mon	1:30-3:00PM	All	\$3.00	Laurie Kozlak	952-939-9758
					Duncan Welty	952-933-8592
	Thurs	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	Wed	12:30-2:00PM	All	\$3.00	Peg Kelly	651-697-1987
Williston Fitness & Sports 14509 Minnetonka Drive Minnetonka 952-930-8370	Tues	5:30-7:00PM	All	\$3.00	Duane Ryman	763-557-8607

New members are encouraged to join the above lessons. After completion of 12 lessons you will receive a free can of balls, a certificate of completion and congratulations from the STPC president. Notify your instructor when you have completed 12 lessons. All members are encouraged to attend lessons and drills to improve your game.

### ◆◆ PRIVATE CLUB DRILLS OPEN TO STPC MEMBERS ◆◆

LOCATION	DAY	TIME	SKILL	COST	INSTRUCTOR(S)	PHONE
Nicollet Tennis Center 4005 Nicollet Avenue South Minneapolis 612-825-6844						
	Tues	9:00-10:00AM	3.0 & up	\$5.50	Tim Burke	612-825-6844

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

### ◆◆ STPC Fall/Winter Indoor Court Schedule Update

**Fort Snelling Tennis and Learning Center**  
Wednesday, 1 court, 9:00-10:30am, 3.5+, drill, only 8 players. \$5 per player. Call Paul Stormo to reserve 952-944-6286.

#### White Bear Racquet Club

For those who want to play in the evening, THIS IS FOR YOU. Wednesday, 7:00-8:30 pm, 1 court (but can expand to more), 3.5+, M/W, Bill Kansas, 651-227-0286.

#### Williston

Looking for players Tuesdays, 8:00-9:30 am, 3.0-3.5 m/w, Jan through Apr. Call Tom, 952-475-2199.

### Openings Available at Daytona!

New openings are available at the Daytona Tennis Club for 3.5 players, starting in January. Please call Bruce or Mary Jane at 763-427-6110.

### Twelve-Lesson Awards

Mary Ann Geyen and Tim Lawless are the latest STPC members to complete twelve lessons.

**Congratulations!!**



### Percy's Tennis Rhythms

By Percy Hughes

Full payment for an instructor is when he or she sees the green light of understanding register with students after introducing and working on a stroke not generally practiced, "THE SHARPLY ANGLED DROPSHOT."

The basic mechanics apply - shoulder turn and racquet back disguises the intended short shot - because now instead of "squeeze, hit" your forward swing before contact is with a soft grip and "open" racquet face, and much slower to control as short placement shot. Your target is the crosscourt single sideline, as close as possible to the net, having hit the ball at least two feet higher than the net cord. This type of placement is 95% successful, especially in senior play. Talk to your pro about this shot, learn it. This shot is best used only when your opponent has made a mistake and given you a short ball. DON'T try this shot from your baseline. That's not too wise, unless your opponents are behind their baseline taking a break (smiles).

Our director, Roger Boyer's ICT program is wonderful. Many of our members are a big part of this program. Roger has trained dozens of our club members to be CMT's (Coach/Mentor/Tutors). He can use more of us. If you have an interest in helping youngsters become not only tennis players, but more importantly, fine human beings, stop in and observe the program held Saturday afternoons, 1:30 to 3:30 p.m. The program can use you. Roger has a lot of faith in us seniors.

Our recently departed member, Don Ittner, was a very dear friend and fellow Board member in the club's early years. He was a football player at the University of Minnesota back in their nationally recognized years. As you look at our amazing picture taken at the Metrodome, Don is the first player on the left in the front row. He was a nice and caring human being.

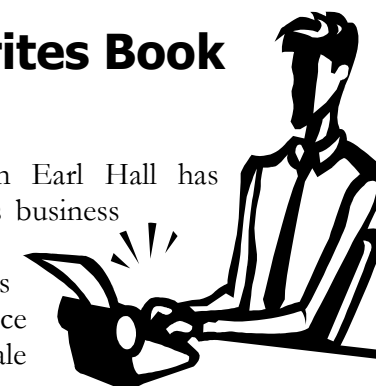
Paul Stormo, our teaching pro, has a new program at

the Fort Snelling courts. First come, first served for only eight players of 3.5 and better ability. If you have an interest, call Paul at 952-944-6286.

I leave you with one thought, NO FOOT FAULTS!

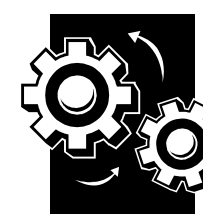
### Earl Hall Writes Book

By Carol Hall



Senior Tennis captain Earl Hall has written a book on his business specialty, project management, which was published by Prentice Hall and now is on sale on the Internet at Amazon.com and Barnes and Noble.com. Titled Integrated Project Management, the book is written for working project managers and students of project management. Using a "how to" approach, it explains, step-by-step, the procedures for successfully completing projects, which are the lifeblood of business and industry.

Hall, 80, retired in 1995 as director of The University of St. Thomas Management Center in Minneapolis.



His long career includes managing projects in the jet engine division of General Electric. He also designed and developed servomechanism control systems that produced patents in his name, which are assigned to GE.

In the early 1980s Hall helped develop the first graduate course in project management for the MBA program at the University of St. Thomas, and also taught project management there.

Hall captains a senior tennis team at Wooddale on Tuesday afternoons.

## The Healing Power of Creative Arts

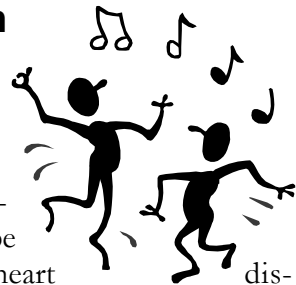
By UCare Minnesota

Have you ever listened to a poem or a song and found yourself in the midst of a feeling or memory? Perhaps dancing or drawing has helped you express a feeling that mere words failed to convey.

Such experiences help explain how art can help you heal, both emotionally and physically.

### Dance toward Health

The beat and movement of dance can help you pinpoint and express certain feelings. When done at a brisk pace, dance also provides the physical benefits of exercise. It can be beneficial for you if you have heart disease and may help reduce the pain of arthritis.



### The Sound of Music

Music, much like dance, can help you get in touch with and express memories and emotions. This is true whether you are listening to music or making it.

Studies show that listening to relaxing music can help you reduce pain after surgery. In addition, singing can provide people with Alzheimer's disease a way to express themselves.

### Expression through Art

Creating a drawing or painting of a memory or feeling can help you through various emotional issues.

This is particularly true if you have trouble talking about their concerns.

Art therapy also can help those who have suffered a brain injury as a result of stroke, head injury, or Alzheimer's disease. Drawing and other art projects can help them regain lost motor skills.



### Poetry as muse

Reading or writing poems is another way to come to terms with feelings. Discussing the work can provide a way to connect to and express emotion.

*UCare Minnesota is an independent, nonprofit health maintenance organization (HMO) serving more than 100,000 members. UCare 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 Medical Assistance with or without Medicare. For more information, visit [www.ucare.org](http://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).*

## AN INCOME OPPORTUNITY FOR THE STPC

Community Tennis will give STPC \$10 for every credit card application. The application will go only to the members that request it, indicating they have an interest in getting the income for the Club. Request an application form from Ron Liddiard at 952-829-7530, [benz6pt9@aol.com](mailto:benz6pt9@aol.com), 9713 Dorset Ln, Eden Prairie, MN 55347.

Once the form is filled out and submitted in a prepaid envelope, it will not be reviewed until the bank receives it.

P.S. You don't need to use the card to receive the credit.



## In Memory...



**Albert Durand** of Minneapolis died November 23. Our sympathy is extended to his wife, Mary, to their four children, and eight grandchildren.

**Donald Ittner**, 75, of Edina died in November of Alzheimer's disease. Don and his wife, Margaret, joined STPC in 1985 and were lifetime members. Don served on the Board of Directors in 1989 and 1990. Our heartfelt condolences to Margaret and to their son, Paul, and to their daughter, Gail Bolger, and to their grandchildren.

**John (Jack) Snavelly**, 79, of Oakdale died November 28 after a very short battle with cancer. He joined STPC in 1994. During the winter, he played tennis at Wooddale and Oakdale, and in the summer he played at Tartan Park and various other courts in the east metro area. Our sincere sympathy is extended to his wife of fifty-seven years, Delores, and to their four children and their families.

*As a non-profit organization, the Senior Tennis Players Club gratefully accepts donations, memorials and estate gifts.*

## Regional Champs



Deni Sahr and JoAnne Christensen played in the USTA National League Championships on October 24-26th, 2002 at the Barnes Tennis Center in San Diego, CA. After playing together in the Jack Dow Tournament in 2001, they decided to give USTA a try and found themselves on the winning Regional Championship team.

Congratulations, Deni and JoAnne!

## 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. [bahnx003@tc.umn.edu](mailto:bahnx003@tc.umn.edu) or [www.wjbahn.com](http://www.wjbahn.com).

**Scottsdale/Carefree, AZ:** Furnished townhouse to rent with pool & free tennis. Others to buy. For info please call 651-631-1044.

**1BR furnished villa in Green Valley AZ** - \$2500 total cost for winter season 612-869-7918 Fred Habegger

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

**Handyman Services:** Affordable repairs/maint, SW Mpls/Edina/SLP. Bob 952-929-0844, [rthompson111@earthlink.net](mailto:rthompson111@earthlink.net).

**Unique Gift Idea for Backyard Fun!** New Gas Bonfire Set, \$310 value, asking only \$155. 763-473-5959.

**Mazatlan, Mexico:** 1 or 2-br condo, ocean, beach, tennis, pool, maid svc, wkly rentals. 952-881-9485.

**Need home for our** lovable female declawed cat (Abyssinian) from 1/28 to 3/7. Call Jeff 952-935-5856.

**Beautiful Lake Superior townhouse for sale** as fractions, RCI, 3 br, lakeshore, hot tub. 952-831-0880.

**Wimbledon '98 Model** great championship tennis racquet with carrying case/new strings. \$45. Chuck, 763-537-3370.

**Bonita Springs:** Lux coach home, 3 bdrms 3 bath, near 16 clay courts, \$4000 per mo. Mary Ricker, 651-455-6463.

**West Fish Lake Townhome/Maple Grove 2+BR 2 BA Lge Fam Rm Scr Porch,** \$165,900. Call 763-420-5789.

**Massage Support** in Bloom, So Mpls, Lake Elmo. Lee Peterson, certified massage therapist. 952-835-4253.

**Scottsdale condo** furn studio to rent, heated pool, dropin tennis nearby, Jan/Feb/Mar. George, 612-377-1352.