

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

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P.O. Box 24826  
Edina, MN 55424**

March 2003

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# Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc. March 2003

## Bye Bye!



My term on the Board and as newsletter editor is up on April 1. So this is my last issue!

David Sommer is your new newsletter editor. David, an STPC member since 2000 is eager to take over the reins. Send your newsletter contribu-

tions to him from now on. You can reach him at 612-276-1313 or [dsommer7@earthlink.net](mailto:dsommer7@earthlink.net).

Thanks very much for everything--it's been fun working with so many interesting members. I'll miss you all, but I'll be around with as fervent an interest in the Club as ever.

- Mary Kaminski

## 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.

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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 (56371, 56313, 56330, 56353, 56363) counties.*



*When you feel good, it shows.*

## The 2003 Roster is in the Mail

The results of the 2003 STPC membership renewal drive are in. Everyone who renewed their membership in the Club are listed in the 2003 Membership Roster which is being mailed under separate cover.

Please check your listing for accuracy. If we've made any mistakes, contact Sally Browning with your correction by writing Senior Tennis Times, PO Box 24826, Edina, MN 55424.



## Snow Birds

As you see, you are receiving only the Senior Tennis Times this March. We did this last year, and it worked quite well. You will receive your Roster in a special mailing in May when all of you have returned from warmer climes. Please remember, if we miss you in transit, Postal Services does not forward the Roster.

## Upcoming Events

**Attention CAPTAINS!**  
Outdoor court schedules due  
Complete form on Page 4 and  
return by April 1, 2003

- |         |  |
|---------|--|
| May 5-8 | <b>Dow Tournament</b><br>Reed-Sweatt Family Tennis Center<br>(formerly Nicollet Tennis Center)<br>See page 7 for info and application. |
| June 3  | <b>Bolger Clinic</b><br>Reed-Sweatt Family Tennis Center   |
| June 21 | <b>Captains' Recognition Luncheon, Jack Dow Trophy Award, Annual Meeting</b>   |

**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**

David Sommer  
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**2002-2003 Board of Directors**

President: Jean Murdock ..... 612-825-5826  
Vice President: Ken Landro .... 763-544-9757  
Secretary: Carol Shields ..... 651-484-3213  
Treasurer: Bernice Hanson ..... 651-633-3276  
Director of New Membership:  
Caryl Minnetti ..... 952-884-5136  
Newsletter: Mary Kaminski ..... 612-781-3271  
Events Director: Alice Weides...952-881-3751

Roz Bernstein ..... 952-938-7698  
Sally Browning ..... 952-942-9336  
Ed Fischer ..... 763-550-9770  
Robert Sloan ..... 612-529-0604  
David Howard ..... 952-525-2252

**Immediate Past President:**

Helen Stecklein ..... 651-494-0648  
Director of Training: Roger Boyer  
Assistant Director of Training: Percy Hughes  
Phone: 952-831-2872  
E-mail: percyhjr@aol.com  
Founding President: Jack Dow

**Advertising**

Send digital files by disk or e-mail dsommer7@earthlink.net to David Sommer 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 David Sommer 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

March 2003: Volume 16, Number 2



**Lob Notes from the "Prez"**

In April the Club will have a new president and several new board members—all to be announced after the election. It has been a very challenging year for me as well and the changes (hopefully for the better) were put in place for the continued success of the Club. The invaluable help and support of the board members cannot be stressed enough. As members of this Club when you see any board member you should give them a big "Thank You" for all the hours they have volunteered and will continue to do so.

And let us not forget all of the great volunteers that are not on the board and continue to give of their time and efforts. This Club cannot function without them and we will continue to be the most unique and the most successful Senior Tennis Club in the United States!!

I shall continue to be very proud that I am a member. So Adios for now and keep swingin'!

- Jean Murdock



**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.

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

**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:** David Sommer, 3657-17th Avenue South, Minneapolis, MN 55407-2805. Email: dsommer7@earthlink.net. Phone: 612-276-1313.

If you have an idea you would like to see written up, or if you would like to write an article, call or e-mail David Sommer. We need help and input from writers and photographers.

**Senior Tennis Players Club, Inc.  
Jack Dow Annual Senior Tennis Tournament**



**May 5-8, 2003—8am-4pm**

**Reed-Sweatt Family Tennis Center**  
(formerly Nicollet Tennis Center)

4005 Nicollet Ave. S.  
Minneapolis, MN 55409



**Tournament Rules**

- **Fee:** \$6 per event, per person
- The **15 minute default rule** will be enforced.
- No partner substitution after Round 1.
- No participant may play in more than 2 events.
- Super Tie-Break will be used if a 3rd set is needed.
- A first place winner in an event in 2002 automatically jumps to the next rating or *must* change partners. Those unable to find a partner *must* state that on the application.
- All entrants *must* be members of STPC.
- **All entrants must be rated** by an STPC professional or have a current USTA rating. Those rated in 2002 need not be rated again in 2003. **If you have any rating questions**, please call Percy Hughes at 952-831-2872.
- **Events Rating:** 2.0, 2.5, 3.0, 3.5 and 4.0 Men's, Women's and Mixed Doubles.
- **Rating Sessions at Reed-Sweatt Family Tennis Center:**
  - \* Mondays, 1:30-3:30pm: March 10, 17, 24, 31 & April 7, 14, 21
  - \* Thursdays, 8:30-10:30am: March 13, 20, 27 & April 3, 10, 17
- **Starting Times:** Please call Ronnae Wagner at 952-938-5785 between April 28 & May 1 for your starting time.
- **For additional information call:**
  - \* Percy Hughes: 952-831-2872
  - \* Ron Liddiard: 952-829-7530
  - \* Ronnae Wagner: 952-938-5785

**Application**

Two players may use this form. Entries close April 21, 2003. All players must **sign the release form below.**

Event	Name (print)	Rating	Phone w/ area code
Men's Doubles	1.		
	2.		
Women's Doubles	1.		
	2.		
Mixed Doubles	1.		
	2.		

\*\*\*\*\*Yes, I need a partner at \_\_\_\_\_ rating.\*\*\*\*\*

Send Application and Check payable to STPC for \$6 per event, per person to:

**Ronnae Wagner •5326 Rogers Drive •Minnetonka, MN 55343**

**RELEASE FORM**

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

Signature **X** \_\_\_\_\_ Date \_\_\_\_\_

## 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 Winter Indoor Court Schedule Update

### Daytona Tennis Club

at 651-227-0286.

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.

### Williston

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

### 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.

### Normandale Racquet and Swim Club

Wednesday, 7:30-9:00 am, 3 courts, 3.0, Barb Spaulding, 952-943-8236

### White Bear Racquet Club

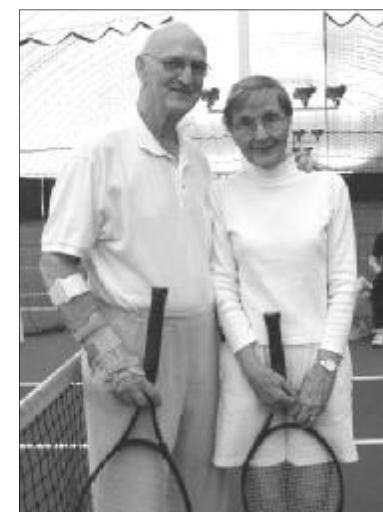
Looking for more subs to play on Wednesday EVENINGS, 7:00-8:30 pm, 3.5+, M/W. Call Bill Kansas



### Love Match!

STPC's recently inaugurated newsletter editor David Sommer and Louise Halverson were married on February 15 at the St. Paul College Club. 84 of their closest friends and relations celebrated with them.

Congratulations and best wishes to David and Louise!



## At Age 85, Don and Dorothy Snyder Still Going Strong

By John Soucek

Whoever said, "They play tennis to live", must have been looking at Don and Dorothy Snyder. Both having birthdays in June, they turned 85 and 84, respectively, last year. They are playing Senior Tennis in a Tues-

day group at the Flagship Athletic Club (of which Don is Captain), and during the summer months Don captains the outdoor group at the Dred Scott Park in Bloomington.

Don and Dorothy both graduated from Morningside College, Sioux City, IA., in 1939. Dorothy won the women's tennis championship there.

Don had a distinguished career involving the U.S. Navy, and coaching and managing high school athletics. Don's Navy duty included service in WW II (Don tells about Kamikaze attacks by the Japanese). After his Navy career, Don obtained a masters degree and embarked upon a (basketball, and sometimes football) coaching career (he says God led him in that direction). Wherever he went, he won something – Wisconsin '50 State championship and a return to the tourney in '54 from St. Croix Falls; one state tourney appearance from Winona, MN; consolation in the Minnesota State Tourney as coach at Bloomington High School. Don became the Bloomington Athletic Director from 1958 to 1979, which grew to include three major high schools (Jefferson, Lincoln & Kennedy), including responsibility for managing a significantly large budget!

Don was president of the MN State High School Coaches Association ('59-'60); was elected President of the MN State High School Athletic Directors Association; and was awarded a National Federal Citation by the National Conference of Athletic Directors in '72 in Denver, Colorado.

Don and Dorothy have three daughters, ages 52 to 60, six grandchildren and three great-grandchildren.

Don retired in 1979. He and Dorothy started playing tennis together at that time, and they're still going strong. Don's trademark is a drop shot and Dorothy has perfected a cross-court shot - both being setup artfully!

Don and Dorothy exemplify what Senior Tennis is all about. They are truly an inspiration to all who come in contact with them and to those that are fortunate enough to play tennis with them. The frosting on the cake is they're two of the nicest people you would ever want to meet!

## Q & A: Antioxidants and Disease Prevention

By UCare Minnesota

### Q. What are antioxidants?

A. Antioxidants are nutrients that help protect against free radicals—substances made by the body that attack healthy cells. Some experts think free radicals may play a crucial role in aging and disease development.

Nutrients classified as antioxidants include vitamins A, C, and E, as well as beta-carotene and selenium. Some researchers think that getting enough of these antioxidants may protect against heart disease, cancer, and other diseases. But others say there is not enough evidence to prove this.

### Q. What's the best way to get more antioxidants?

A. Experts agree that the best way to get antioxidants is by eating a varied diet. Some foods to consider:

- Citrus fruits and leafy green vegetables offer vitamin C.

Continued on page 5

## TO ALL SUMMER TENNIS CAPTAINS

Please complete this form and mail to your coordinator **by April 1, 2003**

**St. Paul and Suburbs:** Darlene Moynagh, 13506 Valley Creek Trl. So., Afton, MN 55001, Ph: 651-436-8927

**Minneapolis and Suburbs:** Jack Baloga 9405 Woodbridge Dr., Bloomington, MN 55438, Ph: 952-944-5194

Captain Name \_\_\_\_\_ Co-Captain \_\_\_\_\_

Location \_\_\_\_\_

Days	Time	#Cts	Skill	Captain(s)	Phone#
Mon					
Tues					
Wed					
Thurs					
Fri					
Sat					

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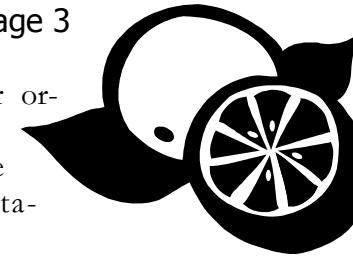
**CALL FOR DETAILS!**

**BOB HAMPER TEAM  
Real Estate Experts  
651-770-1535**

## Antioxidants

Continued from page 3

- Deep yellow or orange fruits and vegetables are rich in beta-carotene.
- Milk and other dairy products contain vitamin A.
- Poultry, seafood, and whole-grain breads and cereals offer vitamin E.
- Garlic has selenium.



*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).*



## Percy's Tennis Rhythms

By Percy Hughes

The coming months are going to be busy, exciting months for our prestigious club. The USTA-sponsored Cortec Women's Professional Tournament, for which we provided the service of volunteers, is now history. Cortec held a drill on February 27 during our morning class at Reed-Sweatt. Our pros assisted the Cortec players for the clinic, and then the Cortec pros played a match for us to observe and dream of the days when we can almost move like them.

The Jack Dow Tournament will be here before we know it. There's an entry form in this Times, and there will be extra forms at all the courts. Start working with your partners! Check with your pros at the lessons you attend--we're there to help you prepare for tournament play.

Something that was overlooked: Ron Liddiard is one of a select few that are Certified Professional Tennis Umpires, and we're very proud of him. Ron and I are co-directors of this year's Dow tournament, so be careful about foot-faulting. He's

a stickler on that as much as I am (smiles).

The director of the always-successful Bolger Clinic is the very capable Board member, Alice Weides. Again, read your Tennis Times. Alice will soon have all the info to sign up for that clinic.

Paul Stormo's 3.5 or better class for eight players at the Fort Snelling courts is a "winner". Call Paul if you're interested. His phone is 952-944-6286. I leave you with just two more thoughts: READ THE TIMES and NO FOOT FAULTS!

## Two-Liner Want Ads



These two-liner want ads are available to all STPC members. Your ad is free for three issues. After that, there is a charge of \$5 per publication. Your check should be payable to STPC and sent to David Sommer with instructions.

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

**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, wklly rentals. 952-881-9485.

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

**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.