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

April 2003

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 (55371, 56313, 56330, 56353, 56363) counties.



When you feel good, it shows.

Percy Hughes to Receive "Community Connection" Award



By David Sommer

Pioneering Twin Cities band-leader Percy Hughes will receive the fourth Annual "Community Connection" Award from Normandale Community College at its Normandale Fundraising Gala. The gala will be at 6:00 p.m. Saturday, April 12, 2003 and will be held in the Nor-

mandale Community College Activities Center. Hughes follows the WCCO-Radio team of Boone & Erickson, futurist Earl Joseph, and motion picture film archivist Bob DeFlores as recipients of the award presented "to individuals who have contributed greatly to connecting us as a community," according to College President Tom Horak.

Hughes (who receives the award two days after his 81st birthday) continues to leave a golden legacy in the Twin Cities through his jazz music preservation concerts, with his college, high school and grade school workshops and sessions, and in his charitable efforts throughout the State.

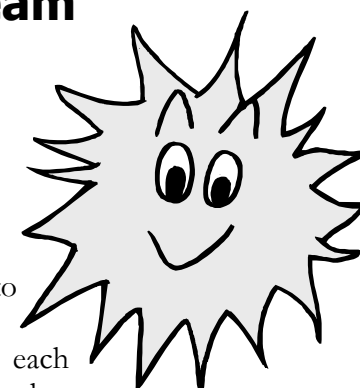
He received a Christmas clarinet from his jazz-loving mother when he was 11 years old and quickly began emulating the big band idols he heard on old 78 records. Baseball, however, was his first love when he went into the military service during World War II and he had the chance to compete against the likes of Satchel Paige and Jackie Robinson of the legendary Kansas City Monarch pro team. A third baseman, he said "I had a good arm and I could sting the ball," but his assignment to play clarinet and sax with the Army Ground Forces Band allowed him to play alongside great musicians from the Duke Ellington and Count Basie bands which held sway for the young St. Paul boy. "I thought baseball might be my game after the war," he said, "but I was more sold on music, so I came back home and started playing."

The Percy Hughes-directed band became a headliner at such 1940s hot spots as the Treasure Inn in St. Paul and the Flame and Point Supper Club in Minneapolis and he performed with such stars as Patti Page, Sarah

Continued on page 5

Summer Team Tennis

Last year six teams competed in the west metro area. The organizer, Marv Schneider, would like to expand to eight teams, with two divisions. Winners in each division would play for the championship. We need captains. Please volunteer, either as captain or player. Call Marv at 952-975-1895



Upcoming Events

- May 5-8 **Dow Tournament**
Reed-Sweatt Family Tennis Center (formerly Nicollet Tennis Center). See page 7 for info and application.
- June 3 **Bolger Clinic**
Reed-Sweatt Family Tennis Center. See page 6 for info and application.
- June 21 **Captains' Recognition Luncheon, Jack Dow Trophy Award, Annual Meeting**

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 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

Membership total:
April 2003: Volume 16, Number 3

The Editor Speaks!

by David Sommer

I'm the new editor of this newsletter. I welcome all contributions—complete stories are easiest for me to handle, but I'm also open to ideas such as interesting people to interview, tennis events we should cover, etc. Remember, this is *your* newsletter, so keep that copy coming!



Valentine's Day Party

Under the spell of Valentine's Day, lovely red balloons and the friendly, well-lit Fort Snelling Tennis Center bubbles, 56 members enjoyed good tennis, food and fellowship for several hours. Terry Diebold and Karen Lee organized the party. Also a big thanks to Karen for her wonderfully decorated candy door prizes and to our creative food committee of Janet Rush, Roz Bernstein, Joyce Schadel, Marilyn Karason and Lois Bundy—the turkey wraps and appetizers were excellent! Two lucky members also walked away with \$20 gift certificates to Mike Lynne's Tennis Shop. Let's do it again next year!



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: 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 _____

John Bolger

Tennis Clinic & Luncheon
Tuesday, June 3, 2003



Reed-Sweatt Family Tennis Center
4005 Nicollet Avenue South
Minneapolis, MN 55409

Tennis at 9 a.m., luncheon at 11:30 a.m.

New format: 3 50-minute segments
Men and women, everyone plays!

\$12.50 per member, \$15 per guest

72 Players Only

Register Now for SS-USTA

Players 60 and over needed for Super Senior USTA leagues forming for local USTA matches to be held during June, July, and August, 2003.

Interested players contact Liz Kamish at 952-887-5001, ext. 17 or kamish@northrn.usta.com.

John Bolger Tennis Clinic & Luncheon Reservation Form

Name: _____

Phone (w/ area code): _____

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

Send your check payable to STPC (for \$12.50 per member, \$15 per guest) and this form by **May 23, 2003** to:

Alice Weides
9600 Portland Ave. S. # 301
Bloomington, MN 55420

All players must sign the Release Form below:

RELEASE FORM

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

Signature: _____

Date: _____

Sign Up for USA League Tennis

Players can register for USA League Tennis-Seniors starting April 26th. Captains may access a team number by going to northern.usta.com and then click on TennisLink. Give the team number to your players and have at least 6 players registered by May 25th. You must be at least 50 years of age. Format is 3 doubles positions per team match. Team play will start at Twin Cities clubs June 16th. Liz Kamish, Twin Cities Coordinator can be reached at northern.usta.com or 952-887-5001 ext. 17 or 651-735-2600 on Tues and Wed.

Percy's Tennis Rhythms

By Percy Hughes

Springtime, how far away are you? We players have lots of activities that require the great outdoors. Can you give us a break soon? The annual Jack Dow Tournament is May 5-8, 2003. The SUPER Tie Break will be used this year, instead of the usual 12 point Tie Break. We'll explain it to everyone before the matches start.

I'll be acknowledging our TWELVE LESSON AWARD students in this column from now on. Our latest student to complete 12 lessons is **Mary Ann McGuire**. Congratulations, Mary Ann, you're doing fine, and we pros can tell you love the game and are serious about improving your basics. Keep on coming, hear?

There are many factors important for a senior who is just beginning tennis. Health is the most important factor—have you checked yourself out with your doctor? If you are in good shape, but have a few minor “owies,” always let your pro know your problem. There's no sense in aggravating a physical problem—we seniors don't bounce back like we used to—right?

Our mentor, Roger Boyer, has a *great* teaching staff. Two of them are also fine musicians. Tim Burke is a French horn player, performing at symphony level, and Doug Matuska is a gifted saxophonist—I'm sort of partial towards musicians, as some of you know. (smiles)

I implore all tennis players, new to the game, or those with lots of experience, *never* tire of taking lessons, or working on all the shots in this game. I'll be giving some time in my class to the *drop shot*. This shot, especially for seniors, is a real winner when used at the right time. You could lose some friends, but that would be just temporary. (smiles)

Let's get that drop shot ready for use by Jack Dow Tournament time—have you signed up yet? *Don't wait—do it now!* Also, be very nice to Bill Connell whenever you see him—he's our *food man* for the Dow tournament. (smiles)

Remember, *no foot faults!*



Eat Heart-Smart When Dining Out

By UCare Minnesota

It's one thing to eat a heart-healthy diet when you're home. But it can be more challenging when you're at a restaurant. UCare Minnesota offers the following tips:

- Opt for dishes that are designated “heart-healthy,” “low-fat,” or “light.” Today, many restaurants make a point of highlighting these healthy items on the menu.
- Don't be afraid to ask how dishes are prepared - and if they can be prepared differently. Many restaurants will honor requests to serve foods the way you prefer. For example, ask to have fish grilled without butter or oil.
- Ask for dressing, sauces, and gravy on the side, so you can use them sparingly. And ask your server if low-fat salad dressings are available.
- Avoid deep-fried foods. Instead, opt for foods that

are broiled, baked, grilled, roasted, steamed, poached, lightly sautéed, or stir-fried.

- If you order poultry or meat, trim off all the visible fat.
- Eat the same amount of food you would if you were at home. If the restaurant meal includes larger portions, set some of it aside and take it home.
- Choose pasta with tomato-based rather than cream-based sauce.
- Order entrées with vegetables as key ingredients.

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 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 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.

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.

Expert Piano Tuning - \$55 - So Mpls & South & West Suburbs, Ted Kobs 952-933-6644.

River Falls Summer Tennis Camps. Aug 1-3 & 4-7. Details in April. Karla Sand & Pat Williamson.

2 bed/2bath condo, Galveston Island, Tex. RCI red week, (May), ground floor, facing pool & Gulf, \$1870. 651 578-1345.

Horse Boarding, lush pastures, \$100/mo. Private summer campsite available near horses. 30m N of Anoka. 763 689-0600

'01 Chrysler LHS, all options, 29M miles, by original owner, \$17900. Call John 763-689-0600.

Hilton Head, SC time share for sale. 2 bdrm, 2 1/2 bath, tennis & beach. \$5,000 or B.O. RCI 763-571-4605.

5th Annual Mayor's Play Day

By Joanne Labernick

Please join the STPC and InnerCity Tennis (ICT) at the 5th annual Mayor's Play Day on May 17 from 1-3pm at the Martin Luther King Park tennis courts (next to the Reed-Sweatt Family Tennis Center, 4005 Nicollet Avenue S, Minneapolis)!

Many STPC members volunteer their time as Coach/Mentor/Tutors at InnerCity Tennis, a nonprofit providing character-building tennis programs for inner city youth. The Mayor's Play Day was organized five years ago by the STPC, ICT and former Minneapolis mayor Sharon Sayles-Belton. Please join us as ICT Executive Director Roger Boyer leads an afternoon of fun-filled skill activities and a celebration of intergenerational relationships! For further information, please call Karen McGlynn of ICT at 612-803-0350 or myself at 612-522-8493.

In Memory...



Goldie Glad, 78, of Edina died on February 19 from asthma complications. She joined STPC in 1987 and was well known for her participation in most of the tennis vacations and club events.

Our sincerest sympathy is extended to her three sisters, two brothers, and many nieces and nephews.

Robert Reid, 92, of New Brighton died on February 23. A member since 1983, he will be remembered for his energetic and enthusiastic interest in sports and travel in his long retirement years. Our sincere condolences to his three daughters, his son, and to their families.

Stockton Shaw, 84, of Edina died Feb. 23, 2003. He was a career Air Force Officer and retired as a Colonel. He became a member of Senior Tennis Players Club member in 1984. Survived by one daughter, three sons and dear friends in the Twin Cities area. Memorials preferred to N.C. Little Hospice. Our condolences to his family and friends.

Chuck Browning, husband of STPC member Sally Browning, died March 17 at the age of 74. Our sincere condolences to Sally, their children, grandchildren, great-grandchildren, Chuck's sister, and the rest of Sally and Chuck's extended family.

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

Hughes-Award

Continued from front page

Vaughn, Carmen McRae, Dizzy Gillespie, Johnny Hodges and more. "I had numerous chances to leave town and could have toured with Peggy Lee back in the early '40s," he said, but instead he was elected to break the color line for black musicians in the Twin Cities.

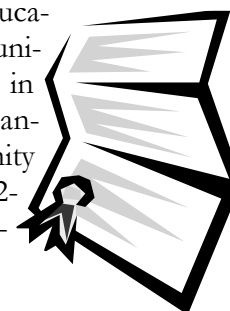
Over the years, the multi-talented Hughes began teaching the concepts of jazz improvisation to young musicians and bands to preserve the musical art form. He also began conducting college jazz workshops and concerts at such schools as the University of Minnesota, St. Thomas, Carleton, Hamline, Mankato, St. Cloud and

North Dakota State. In addition, he developed Minneapolis grade school musical programs. He was instrumental in forming the Twin Cities Jazz Society in 1978, and in 1985 he helped his bandleader friend Red Wolfe form the "Echoes of Ellington" jazz preservation octet. Hughes is a member of the Minnesota Jazz Hall of Fame and—with his late friend Red Wolfe—was honored with a special "Day" by former Governor Rudy Perpich for contributions to keeping jazz alive in Minnesota.

We in STPC know Percy for his tireless work as a coach, especially in encouraging new members to develop their skills. But most of us don't know that in 1989 he was elected to the Senior Tennis Hall of Fame, joining such greats as

Jack Kramer, Don Budge and Bobby Riggs. Hughes also received the U.S. Tennis Association's Development Award for outstanding efforts to promote tennis for those over 50. "Tennis and music are alike," he said, "in that you have to be exact in both; you can't play sloppy music and you can't play sloppy tennis. It's a matter of caring about what you're doing; if you care enough, you'll be prepared."

Event proceeds fund scholarships and other educational opportunities for students in need at Normandale Community College. Call 952-487-8147 to purchase tickets.



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