



# Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc.

October  
2004

## Leonard Brawerman

By Sue Larson

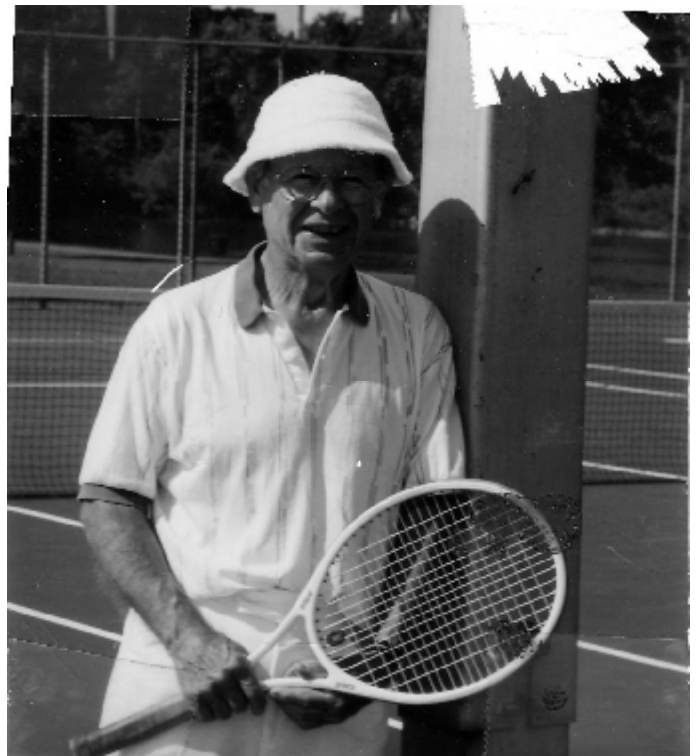
Leonard Brawerman, charter member of Senior Tennis Players Club, passed away on August 29 after a long illness. That's Len in his playing days at right.

Len was a hero to many members of Senior Tennis Players Club who regularly attended the Thursday morning drills at Wolfe Park. Len was the trainer for those interested in improving their doubles strategy.

Len was well known in the community starting with the early years of his life when he was one of the "Powderhorn Tennis Gang" and continued with his activity in Inner City Tennis, and STPC. Len was a close friend of Jack Dow, the founder of STPC, and also of Percy Hughes.

Len was known as a Renaissance Man for his many talents as he was an oboe player with the Zuhrah Shrine Band, Normandale Community Band, and a Mason. See In Memoriam on page 11 for more about Len.

To honor his life, Percy Hughes, Martha A. Schlader, and Sue Larson are establishing a Leonard Brawerman Fund for Tennis Training provided by STPC. If you were a friend of Len's and want to participate in this fund, please send a check to Ken Landro, 1890 Hampshire Lane, Golden Valley, MN 55427.



## Party, party, party

By Caryl Minnetti

**The Halloween Tennis Party is filling up fast!** The Fort Snelling Tennis Party was a big success last year and members are encouraged to send in their reservation *today* in order to avoid disappointment. Space is limited to those who sign up first.

Saturday, October 30, 2004 is the date, with play starting at 5:00 PM and with snacks, beverages and socializing in between and a light lunch after 8:00 PM.

The format will be mixed doubles, rotating partners, arranged according to skill level. You may sign up alone or with a partner. Tennis balls will be provided.

Bring your racquet and be ready for a good time!

*(Party—Continued on page 12)*

## Upcoming Events

**October 23, 6-10 PM**

Ernie Greene Tennis Mixer

Call Ronnae Wagner (952) 938-5785

**October 30, 5-9 PM**

Fort Snelling Tennis Party

Sign up on page 9

**November 17-18, Tennis Trip**

See story page 3

**December 4, 5-9 PM**

Holiday Party

Sign up on page 14

**February 12, 2005**

Valentine Party

**April, 2005**

Bolger Clinic

**May 2-5, 2005**

Dow Tournament

Senior Tennis Players Club, Inc.  
A nonprofit corporation, P.O. Box 385434,  
Bloomington, MN 55438  
On the web: [www.seniortennismn.com](http://www.seniortennismn.com)

#### Senior Tennis Times

The Senior Tennis Times is published ten times annually by and for the members of the Senior Tennis Players Club, Inc.

#### Newsletter Editor

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Minneapolis, MN 55407-2805  
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#### 2004-2005 Board of Directors

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E-Mail: [percychjr@msn.com](mailto:percychjr@msn.com)

Club Founder: Jack Dow

#### Advertising

Send digital files by disk or e-mail to the newsletter editor by the 15th 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 (first month/additional months):

Full page (7x9 in) ..... \$110/90

Half page (7x4.5 in) ..... 85/65

Quarter page (3.5x4.5 in) ..... 60/40

Eighth page (3.5x2.5 in) ..... 40/20

Classified ad

(members only, max 4 lines) ..... 15

2-line ad (members only, 50 spaces/line)

First three months: free, then \$5/issue.

#### Publication Deadline

Submit articles to the editor 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 Players Club, P.O. Box 385434, Bloomington, MN 55438. Or email to:

[currentmembers@seniortennismn.com](mailto:currentmembers@seniortennismn.com)

Membership total: 1621

October 2004, Volume 17, Number 8

## Wanted: host families and tennis players for group from Japan

By Rosemary Moneta Rosengren

Minneapolis is the sister city to Ibaraki, Japan. The Chamber of Commerce is coordinating a tennis group arriving November 12, 2004. We are in need of host families for home stays from Saturday, November 13th through Wednesday, November 17th. As a host family, we ask that you open your home to one or two players, share our culture and help transport your guests to the tennis facilities.

We are also looking for tennis players to be matched with/against our Japanese players. Play will be scheduled for Monday morning, November 15th, Tuesday, the 16th and Wednesday the 17th in both the morning and afternoon. Location to be announced.

If you are interested in hosting a player or two for a home stay and/or interested in playing tennis on any one or more of these dates, please contact: Rosemary Moneta Rosengren at 952-835-3424. Several years ago, a group from Minnesota enjoyed this cultural/tennis exchange by going to Japan. Staying with our host families was a wonderful way to experience Japan, its people and its culture. Won't you help us reciprocate with your hospitality?

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



#### 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; and to support the growth of tennis.

#### 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: [editor@seniortennismn.com](mailto:editor@seniortennismn.com).

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, artists, and photographers.

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## Percy's tennis rhythms



By Percy Hughes

I feel I must start this month's column on a very sad note. I, along with many, many of us have lost two fine human beings to that court upstairs—**James Lidstone** and **Leonard Brawerman**.

Those that knew them, readily agree with me, I'm sure. Jim played until his health wouldn't allow him to be on court, but he would show up to help sign in and collect student's court time money for the club. Leonard was a fine tennis instructor, player, and a magnificent concert oboist—a total reed-instruments musician, playing the saxophones and the clarinet. Our great departed Instructor, **Connie Custodio**, always said Lenny got him started in tennis. Jim, you and Lenny can foot fault all you want—we won't mind....

I hope you've read our member **Gregg Wong's** September Senior Times article about the second **Ernie Greene Scholarship tennis mixer** that benefits needy college students, Saturday, October 23, 6 to 10 PM, Fort Snelling Tennis and Learning Center. WOW! This will be a very active evening for all who wish to do lots of playing. We'll have seven courts for all the forms of doubles (men's, women's, and mixed). If you don't care to play, just be a very interested spectator. (I'll be that - but I promise not to check for

"foot faults" that night). Cost of the event is \$50, which includes playing tennis, hearty hors d'oeuvres and a dessert table, **complimentary** beverages (wine, beer, soda and coffee). Everything will be *scrumptious*, believe me. Sign up by calling our member **Ronnae Wagner** at (952) 938-5785. We hope you have it in mind to contribute to such a fine and important cause, whether or not you're able to be there. Be sure to check the Silent Auction while there—it's a good one. Put that date on your calendar, please.

Hope you watched the US Open. Did you notice the ages of some of the women players? Some just 17, and playing so great! I remember at age 15 or 16, my tennis coach gently suggested I try baseball, which I did. (smiles) **But**—how can you leave tennis—impossible! I found my way back to the game at an early age. (I certainly wouldn't still be playing baseball at age 82)! Our club has many members still playing in their 80s, and a few in their 90's—*great!*

I implore all members to **read** our fine, informative Newsletter. David Sommer, our newsletter editor, is also a very gifted tennis player, and also has very good teaching skills.

**Please** read each monthly issue—it's a very interesting publication—thanks, David. There are many great Club activities for all to participate in before the end of the year—have fun, and **please, No Foot Faults!**

Perc

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## Dorothy Rossing Birthday

By Alice Weides

Jack Kendall's Donaldson Park group met after tennis to celebrate Dorothy's birthday. Dorothy is as close to a "regular" as you can be at a walk-on group.

Photo left to right: Jack Kendall, Don Wahlund, Dorothy Rossing, Alice Weides, Willie Prawdzik, Sally Finnegan, Carol Brager, Bob Ylvisaker, and Ann Barten. Photo by Bob Arndt.



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## Tennis trip, Nov. 17-18

By Ron Liddiard

We'll leave the Twin Cities at 9 AM on November 17 and go to the Owatonna Tennis Club for 5 hours of tennis play. Optional trips to Cabellas or the Medford discount mall. Lunch will be provided.

At 4 PM we will go to Treasure Island. At the casino each person will receive a \$3 food coupon, a 20 % discount at the gift shop, and a \$10 coin roll. Each person will receive 1/2 of a room. The room will be no smoking and have 2 queen size beds. Single supplement is \$20.

We will return at 3 PM to the Twin Cities. Cost will be \$57 each with a \$10 coin roll gift. The bus will hold 46 people. We need 40 people to make the budget.

Contact Ron Liddiard at 952-445-5576 or [Benz6pt9@aol.com](mailto:Benz6pt9@aol.com). I need to know if you want to go by October 15.

## ●● STPC free lessons and drills—all levels ●●

Some court locations are subject to change during the season. No reservations necessary and no fees are charged.

Location	Day	Time	Skill	Cost	Instructor	Phone
<b>Reed-Sweatt Family Tennis Ctr</b> 4005 Nicollet Ave S Minneapolis 612-825-6844	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	612-866-1102
					Paul Stormo	952-944-6286
<b>Oakdale Golf &amp; Tennis Club</b> 5115 Hadley Avenue N St. Paul 651-770-2719	Wed	12:30-2:00PM	All	\$3.00	Peg Kelly	651-697-1987
<b>Williston Fitness &amp; Sports</b> 14509 Minnetonka Drive Minnetonka 952-939-8370	Tue	5:30-7:00PM	All	\$3.00	Jim Erler	952-471-9750
<b>Fort Snelling Tennis/Learning Ctr</b> 100 Federal Drive Minneapolis 612-252-8367	Wed	9:00-10:30AM Special class for 3.5 and above.	3.5+	\$6.00	Paul Stormo	952-944-6286 Call for Reservation.

**Free Lessons.** Twelve free lessons are offered as part of your STPC membership. New members are encouraged to take advantage of them. After twelve lessons, you will receive a free can of balls and a certificate of accomplishment and congratulations from the STPC president. You should notify your instructor when you have completed twelve lessons.

## ●● Private Club Drills Open to STPC Members ●●

Location	Day	Cost	Time	Phone
<b>Reed-Sweatt Family Tennis Center</b> 4005 Nicollet Ave S. Minneapolis	Tues	\$5.50	9:00-10:00 AM	612-825-6844 Call for reservation.

**\*\*Additional classes for all skill levels available, open to seniors and younger players.**

## 1700 reporters, one editor

By David Sommer, editor

Senior Tennis Players, *you* are the reporters for this newsletter. You provide the stories, *in writing* and I edit what you provide.

Fear not! Your stories needn't be grammatical, brief, or polished. I'll take care of that. But they do need to come to me *in writing* by email or snail mail, handwritten or typed. If you have a gripe or suggestion, try a Letter to the Editor—that section will appear whenever there are submissions.



Or give me an article about a fellow member of STPC, preferably with a photo. Or tell about something funny/tragic/remarkable that happened on the court.

The truth is, I don't do much *re*porting I simply don't have time to go out and interview an interesting person, cover a tennis event, or respond to suggestions like "the Newsletter should have something about \_\_\_\_\_."

You write it; I'll beautify it. And after that Louise Halverson, ace proof-reader, will correct *my* errors.

# Intense Drills to change

By Paul Stormo

In response to the requests from a number of STPC members we are changing the Intense Drills from four hours to three. The drills scheduled for October 29 and December 3 will start at 9:00 AM and will finish at 12:00 noon. The price is reduced from \$40.00 to \$30.00 for the three hour session. The format will remain the same with a limit of one instructor and six students per court. All STPC members are invited no matter what your skill level, as students will be grouped by skill level. To sign up please complete the application below. If you have any questions please contact any of the STPC instructors listed below:

Jim Erler	(952) 471-9750
Percy Hughes	(612) 866-1102
Duane Ryman	(612) 865-9517
Paul Stormo	(952) 944-6286
Duncan Welty	(952) 933-8592

The drills have been great fun for the participants. And they've found that this is an excellent way to make rapid progress.

Pictures from recent drills:



Left to right: Lee Johnson, Tom Rice, Steve Caruso, Jim Culhane, Debbie Norrbohm, Gary Quam, and instructor Duncan Welty.



Helen Kaplan, Nancy Karasov, Julie Richmond, Elliott Karasov, instructor Jim Erler, and Norma Johnson.

## APPLICATION FOR STPC INTENSE DRILLS

DATE OF SESSION REQUESTED (Circle):      October 29, 2004      December 3, 2004

NAME: \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS/CITY/ZIP \_\_\_\_\_

TEL: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

STPC TENNIS RATING: \_\_\_\_\_ USTA RATING: \_\_\_\_\_  
(If you have one.)

\*ANY SPECIAL HEALTH OR PHYSICAL CONSIDERATIONS: \_\_\_\_\_

\*Please inform us if you have recently had a knee/hip replacement, bypass surgery, etc.

Send application and check for \$30, payable to STPC, to:

Paul Stormo / 6200 Balder Lane / Edina, MN 55439 (952) 944-6286

## Senior Clay Tournament

By Bob Busch

During the week of August 15-21, over 80 seniors participated in an exciting week of clay court tennis at Bearpath Country Club in Eden Prairie. The tournament was held as a benefit for the Inner City Tennis Foundation.

Two separate tournaments were held. The Men's Senior Clay USTA Northern Sectional was held August 15-20, and a one day Senior Men's and Women's Fun Clay Court Challenge was held on August 21. Tournament participants included David Nash, a number one ranked player who won the 55 year old singles bracket.

Results of the Men's Senior Clay Sectional:

- 55 Singles: David Nash defeated Ron York 6-2, 6-2
- 55 Doubles: James Diterman and Skip Hills, 2-0 Round Robin
- 60 Singles: Tony Williams defeated James Hoeschler 6-1, 3-6, 6-4
- 60 Doubles: James Hoeschler and Tom Sterdalen defeated David Paulson and Rod Smith 6-2, 6-2
- 65 Singles: Jerry Pope defeated George Roehrdanz, 6-0, 6-2
- 65 Doubles: Jerry Melnychuck and Jerry Thomas defeated Doug Anders and Larry Nelson, 6-3, 6-4
- 70 Singles: Bob Tengdin defeated John Bridgeman, 6-3, 6-3
- 70 Doubles: Henry Norton and Norman Torrison 2-0 Round Robin
- 75 Singles: Bernie Gunderson defeated Steve Frank, 6-0, 6-2
- 75 Doubles: Bernie Gunderson and Al Bruce defeated Steve Frank and James Gremmels 6-3, 6-3

Winning teams in the Men's and Women's Round Robin Challenge:

- Paul Stormo and Arnie Stern
- Sondra Hickman and Jackie Darst
- Dick Faunce and Bob O'Brien

## Team Tennis final

Division I winner Schneider team eked out a 5-3 win over Division II winner Wagner team, giving further evidence just how tough and competitive team tennis has become! Go for 2005!

## Riot at Ruttgers!

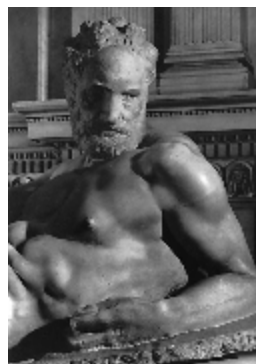
By Marilyn Coady

We were at Ruttgers Resort this past week having a great time with lots of tennis, food and friendship. Shown on the picture are: Back L to R Marilyn Coady, Linda Shermock, Linda Kraft, Sharon Engel, Rita Welch, Lois Kukuk, Marlys Christensen, Carol Arvidson. Front L to R Ginny Morse, Jane Tishbein, Joanne Schmid, Susan Rosenberger.

This has become an annual event for us.



## Shoulder Specialty Clinics Minneapolis/Edina



Providing nearly 20 years of exceptional physical therapy care for conservative and post-surgical shoulder cases.

Consultation may require a referral from your physician.

Terry Buisman PT

Trevor Erlandson MSPT

Minneapolis, Medical Arts 612-339-2041  
Edina, Southdale 952-922-0330



ORTHOPEDIC REHABILITATION SPECIALISTS, INC.  
*Physical Therapy for the Twin Cities*

# 21st Annual Winter Tennis Vacation

## World Tennis Center, Naples, Florida

*Join us for 2 or 4 weeks 2/12-3/12/05 – fabulous location!*

**Location:** Our 82.5 acre resort is located in Naples just 2.5 miles from the Gulf of Mexico.

**Who should come?** Tennis players of all ages and abilities and their nonplaying spouses and friends are welcome to join the fun. We'll find roommates and tennis partners if needed.

**Reserve now!** Act soon! Reservations for Naples Tennis 2005 are on a first come, first serve basis. A \$200 deposit per person guarantees your reservation.

**Airfares:** If you are planning to go as a frequent flyer or senior ultra fare, we strongly recommend you make early reservations.

**Attention:** There are 15 fewer condos available in the rental pool in 2005, so please make your plans early.

### Why choose Naples?

- Temperatures in the 70's almost every day
- Great restaurants & shopping
- Har Tru courts (hard courts also available)
- Most golf courses per capita in the USA
- **FREE COURT TIME!**

**Register early if you intend to rent a condo alone, rent for less than 2 weeks, or stay more than 2 weeks.**

Note: Reservations can also be made for 3/13-3/31/05 and January 2005.

Fill out this form and send it with your check (payable to Naples Tennis 2005) to:

Don Bratt  
3044 18th St. NW  
New Brighton, MN 55112

**Questions?**

**Call Don at (651) 636-7083.**

### Naples, one of Florida's choice spots for vacation fun!

**Accommodations:** 148 fully furnished 2 bedroom / 2 bath condos, completely equipped kitchen and washer/dryer in every condo.

**Recreation:** 16 tennis courts (11 Har Tru, 5 hard, 10 lighted for night play), 2,500 seat stadium court, heated pool, outdoor Jacuzzi, saunas, basketball court, and frequent pro tennis exhibitions.

**Dining/Amenities:** Le Petit Café, pool-side restaurant and bar, full-service pro shop, USPTA professional tennis staff offering instructions, programs, and tournaments. Tennis calendar of activities for all ability levels. Golfing arrangements made for you at golf courses.

**Name 1**

**Address**

**City/State/Zip**

**Phone**

**Name 2**

**Address**

**City/State/Zip**

**Phone**

Circle Session	Cost	Date	No. Days	Deposit/ Person	No. Persons	Total \$\$
<b>A</b>	\$545	2/12-2/26	14	\$200		
<b>B</b>	\$545	2/26-3/12	14	\$200		
<b>A/B</b>	\$965	2/12-3/12	28	\$200		
All prices are per person and based on 4 persons/condo plus 9% tax due with the final payment.					<b>Total Enclosed</b>	

STPC Membership Changes, Renewals, and New Members  
October 2004

**Material omitted due to privacy concerns on web site.**



# Fort Snelling Tennis Party

Saturday, October 30, 2004

5:00-8:00 pm tennis, 8:00-9:00 Social



- Mixed Doubles
- Tennis, Food and Fun Provided
- You Bring the Racquet
- Sign up NOW** - only the first 56 persons to sign up will be accepted!

Directions to Fort Snelling Tennis and Learning Center, 100 Federal Drive, Fort Snelling

*From the North:*

Starting at the junction of Highway 62 and Highway 55: go 1/2 mile south on 55. Take Fort Snelling exit. The facility will be 100 yards ahead of you.

*From the South:*

Starting at the junction of Highway 5 and Highway 55: go 1/2 mile north on 55. Take Fort Snelling exit. Horseshoe under 55 and turn right on the frontage road. The facility is 200 yards on your left.

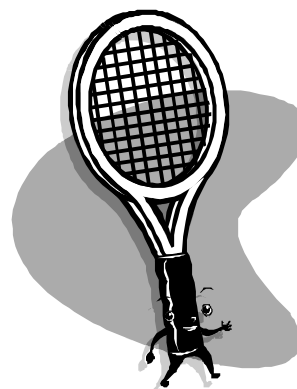
Sign Up Sheet - You do not need a partner, this is rotating doubles.

Name \_\_\_\_\_

Phone \_\_\_\_\_ Rating \_\_\_\_\_

Name \_\_\_\_\_

Phone \_\_\_\_\_ Rating \_\_\_\_\_



Send a check for \$10 per person made out to STPC  
with sign-up sheet **before October 23** to:

STPC, Box 385434, Bloomington, MN 55438. Caryl Minnetti 952-884-5136.

**No-shows will not receive their money back - sign up, be there!**

# Tennis Gifts To Go



Shop on-line at: [www.TennisGiftsToGo.com](http://www.TennisGiftsToGo.com)  
Or call (866) 458-2727



Tennis Gifts To Go has the quality tennis gift you've been looking for! From socks to custom painted glassware, we have it all! We offer personalized service and we strive to have the **LOWEST** prices, passing on the savings to you!  
**NEVER PAY FULL RETAIL PRICE AGAIN!**



- Low prices! No lines to wait in! Satisfaction Guaranteed!
- Innovative, Quality Gifts - Many gifts are custom made to your specs.
- Shop on-line or call for personalized service—toll free 1-866-458-2727.
- Top notch service to help you find the gift or product you are looking for.

Log onto our website [www.TennisGiftsToGo.com](http://www.TennisGiftsToGo.com)  
or call (866) 458-2727 to shop now!



## 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 612-866-1102 for what's best for you.

**Handyman Services.** Affordable repairs/maint, SW Mpls/Edina/SLP. Bob 952-929-0844, rthompson111@earthlink.net.

**Wanted: FL Keys condo rental** for one person. Will alternate use with owner. Hubert Van Dyke 952-836-0428.

**Wilson Sledge Hammer Outer Limit** 4<sup>3</sup>/<sub>8</sub> grip. Pd \$200, sell \$50. Ottemrg8@aol.com, 651-739-9773.

**Cancun, Feb 12-19 5\* Royal Caribbean.** On ocean, penthouse, tennis. 2 persons \$600. 612-823-0304.

**New 3BR home, Las Vegas, Sun City retirement com-**

munity; golf/tennis. Call Art (763) 784-9716.

**Tennis ball hopper** \$10. Guaranteed to improve your serve if used regularly. Dave Sprague, 952-944-6419.

**Keyboard for sale.** Full range chords, rhythms, digital effects, easy to operate, like new. Karen 952-888-9450

**Help**—my garden needs transplanting & weeding. Many perennials to give. Karen 952-888-9450.

**World Tennis Center, Naples, FL.** 2/12-2/26 and 2/26-3/12/05. Don Bratt 651-636-7083 for info.

**For rent: Park Model in Mesa, AZ.** Towerpoint Resort. 763-788-2024

**Perfect gift for families**—Your unique life story! Call Adorene 651-714-0651 or Rena 715-386-9692 for help

**Professional Internet Page Design and Programming.** Call ELINE Web Publishing @ 612-929-2507.

**Expert Racquet service.** Fred Jurewicz (952) 496-1018 (H); (612) 250-3185. *10% STPC discount.*

**One week tennis vacation in Mexico,** week of Dec. 12, 2004 bargain price, ph. Ken Landro, 763-544-9757.

**Scottsdale studio condo** for rent Jan-Apr. pools, tennis nearby. george\_halder@yahoo.com.

## In Memory...



Leonard Brawerman, age 90, died Aug. 29, 2004. Leonard joined Senior Tennis in 1992 and played as long as health permitted. Preceded in death by wives, Ruth Brawerman and Muriel Brawerman. Survived by daughter & son-in-law, Mindy & Steven Melemed of Plymouth; son, Dr. Stephen Brawerman of Round Hill, VA; son & daughter-in-law, Alan & Janny Silver of St. Louis Park; grandchildren, Robin & Jim Gale, Dr. Allen & Wendy Melemed, Wendy Melemed & Andrew Jacobson, Jennifer & Doug Ries, Stephen Silver and Amy Silver; great-grandchildren, Lenny, Alana and Kayla Gale; Catie, Abigail, Aaron and Shayna Melemed; Alexa, Madeline and Tony Ries. Leonard was an avid musician and tennis player who was a

member of the Zuhrah Shrine Band, Normandale Community College Band and a Mason. He will be missed by family and friends. Memorials preferred to donor's choice. See Percy's column, page 3, for more about Leonard.



(Party—Continued from page 1)

Look for the sign-up sheet and directions to the Fort Snelling Tennis Center on page 9.

But there's more! We also have the Ernie Greene tennis mixer on October 23. Call Ronnae Wagner at (952) 938-5785 to sign up. This is a fund-raising event to raise money for the Ernie Greene Scholarship Fund. Last year's party was a great success, raising over \$13,000. With equal success this year, the Fund will be endowed sufficiently to carry on Ernie's mission indefinitely. The party will feature:

- A casual evening of socializing
- Optional tennis mixer orchestrated by Ric Yates
- Hearty hors d'oeuvres and dessert table
- Complimentary beverages (wine, beer, soda and coffee)
- Brief program with open microphone [bring your stories about Ernie]
- Silent auction.

STPC is also having a Holiday Tennis Party, at Fort Snelling, on December 3—see information and sign-up on page 14.

Early next year is the annual Valentine's tennis party—look for sign-up in the December newsletter.



**"Champ" Ernie Greene**

**"What you give to others, you keep forever; what you don't give, is lost forever."**

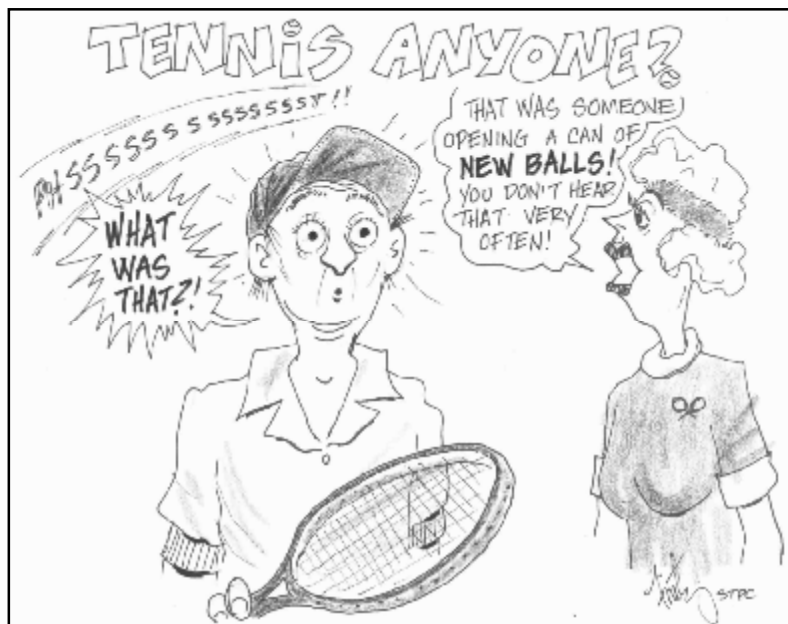
## Needed: Board members

By David Howard

The STPC Nominating Committee will be putting together a slate of new Board Members to be voted on at the February, 2005 Board Meeting. We are seeking four new board members. Board positions that are open at this time are:

- Vice President
- Events Director
- Renewing Members Director
- Board Member at large.

Please consider running for STPC Board or recommending someone to run. Please contact David Howard on the Nominating Committee at (952)525-2252 or [dhoward@visi.com](mailto:dhoward@visi.com) by December 15, 2004.



# Get your flu shot for a healthier winter

## Flu Shot Facts from UCare Minnesota

Another winter, and another flu season, approaches. Flu can make people of any age suffer with fever, chills, headache, cough, sore throat, and muscle aches. Most people who get the flu are ill for only a few days. But some develop a more serious illness and may need to be hospitalized. Thousands die each year from flu-related illnesses, mostly older adults. Flu and pneumonia together are the sixth leading cause of death nationwide.

"Scientists create a new flu vaccine every year to respond to changing virus strains. So it's important to get a new shot *every year*. The best time is the beginning of October through the middle of November," says UCare Minnesota's Chief Medical Officer Barry Baines

### Who Needs to Be Vaccinated?

Dr. Baines explains that anyone who has an increased risk of developing complications from getting the flu should be vaccinated now. Even if you had a flu shot last year, you need one *this year* if any of the following apply to you.

- You are age 50 or older.
- You have a serious health problem, such as heart, lung, kidney or liver disease; anemia; diabetes; asthma; or HIV/AIDS.
- You are pregnant.
- You are receiving chemotherapy or radiation treatment for cancer.
- Your body is less able to fight infection because of a congenital disease.
- You live with or take care of people who have serious health problems.
- You live in a nursing home, dormitory, or other densely populated community.
- You provide essential community services.
- You are healthy but want to lower your risk of getting the flu.

Chronically ill children who are 6 months or older also need yearly flu shots. While adults require only one shot, children need two. The American Academy of Pediatrics recommends that all children between six

and 23 months of age receive a flu shot annually.

### What to Expect from a Flu Shot

"Getting vaccinated is fast, easy and inexpensive. Plus, it's the only way to lower your risk of coming down with the flu," says Dr. Baines. While the shot may not be 100% effective in keeping you from getting sick—especially if you are older—studies show that your illness will be less severe, without life-threatening complications and costly hospitalizations.

Because flu vaccine may contain small amounts of egg protein, anyone with a history of severe allergic reactions to eggs should not be vaccinated. Otherwise, flu shots are considered to be safe and effective, with few side effects.

Soreness at the injection site is the most common side effect. You may also have a low-grade fever and a few aches for a day or two. Because the vaccine contains no live virus, you cannot catch the flu from a flu shot.

Don't let a cold or other mild illness—including a low-grade fever—prevent you from keeping your flu

shot appointment. And you *don't* need to postpone getting the shot if you:

- Have a personal or family history of allergies—except to eggs.
- Are recovering from a recent illness.
- Have just been exposed to an infectious disease.

If you are a *UCare for Seniors* or UCare Minnesota member, we can help you locate a flu shot clinic near you. *UCare for Seniors* members, please call 612-676-3600 or 1-800-523-1515 (toll free). UCare Minnesota members can call 612-676-3200 or 1-800-203-7225 (toll free). If you are hearing impaired, please call our TTY line at 612-676-6810 or 1-800-688-2534 (toll free).

*UCare Minnesota is an independent, nonprofit health maintenance organization (HMO) serving more than 130,000 members. UCare offers three health plans for seniors: UCare for Seniors, a Medicare Advantage 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). If you are hearing impaired, please call our TTY line at 612-676-6810 or 1-800-688-2534 (toll free).*



# *Holiday Party at Fort Snelling*

Saturday, December 4, 2004

5-8 PM Tennis, 8-9 PM Social

- Mixed doubles
- Light refreshments
- 56 players ONLY
- Register by November 30
- All players must be STPC members



Directions to Fort Snelling Tennis and Learning Center, 100 Federal Drive, Fort Snelling (612-252-8367)

*From the North:*

Starting at the junction of Highway 62 and Highway 55: go 1/2 mile south on 55. Take Fort Snelling exit. The facility will be 100 yards ahead of you.

*From the South:*

Starting at the junction of Highway 5 and Highway 55: go 1/2 mile north on 55. Take Fort Snelling exit. Horseshoe under 55 and turn right on the frontage road. The facility is 200 yards on your left.

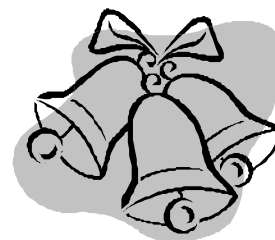
Sign Up Sheet - You do not need a partner, this is rotating doubles.

Name \_\_\_\_\_

Phone \_\_\_\_\_ Rating \_\_\_\_\_

Name \_\_\_\_\_

Phone \_\_\_\_\_ Rating \_\_\_\_\_



Send a check for \$12 per person made out to STPC with sign-up sheet **by November 30** to:  
Earl & Jackie Darst, 1805 Eagle Ridge Dr. #16, Mendota Hts, MN 55118

**No-shows will not receive their money back—sign up, be there!**

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.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

CHANGES TO 2004-2005 Fall/Winter Indoor Court Schedule—Senior Tennis Players Club						
•• ST. PAUL AREA ••						
For corrections or changes for St. Paul and suburbs call Darlene Moynagh 651-436-8927						
Location	Day	Time	Cts	Skill	Captains	Phone
Wooddale Recreation Ctr 2122 Wooddale Drive Woodbury	Tue	1:00-3:00		DELETE	DELETE	DELETE
	Fri	10:00-12:00 PM	3	2.5-3.5 M/W	Bob Thoreson	651-454-3236
•• MINNEAPOLIS AREA ••						
For corrections or changes for Mpls and suburbs call Jack Baloga 952-944-5194						
Location	Day	Time	Cts	Skill	Captains	Phone
Burnsville Tennis Center 146 Burnhaven Drive, Burnsville	Wed	8:00-9:30 AM	2		Esther Larson	952-890-1912
Normandale Racquet and Swim 6701 West 78th Street Bloomington	Wed	8:00-9:30 AM	3	2.5-3.0 W	Virginia Vining	952-941-4319
		6:00-8:00 PM	3	3.5+ MW	Jean Murdock	612-825-5826
Reed-Sweatt Family Tennis Center, 4005 Nicollet Ave S	Fri	7:30-9:00 AM	1	3.0 MW	Bob Ylvisaker	612-871-4432
		8:30-9:30 AM	1	2.5-3.0 W	Florence Halverson	952-835-5999
Williston Fitness and Sports 14509 Minnetonka Drive Minnetonka	Mon	10:30-12:00	2	3.0-3.5 M/W	Frank Locke	952-937-9394
					Frank Mobberly	952-848-9829
	Wed	10:30-12:00	2	3.0-3.5 M/W	Frank Locke	952-937-9394
					Frank Mobberly	952-848-9829

## Players and subs needed

Reed/Sweatt Family Tennis Center, Wednesdays 10:30-12:00, 2.5-3.0 women's group. Need one regular and subs. Please call Shirley Pratt 651-433-3583 or Rita Welch 952-926-5789.



Fort Snelling, Monday & Wednesday AM, 3.5+ men and women. Subs needed. Call David Sommer 612-276-1313.

Other groups welcome subs also. New members, this is the way to get into fall/winter play. Call the captain!

## Improve your doubles game

By Abdul Idi, Tennis Professional, Reed-Sweatt Family Tennis Center

- Serve and volley:** for success in doubles, players need to have a consistent first serve & first volley.
- Return of serve:** Make sure the other team plays and earns its points. Do not give them "freebies" by missing your return, especially on second serves. Make sure to pick a spot to return to before the server serves.
- Net Play:** Remember to move forward after your first volley and try to keep your eyes on the ball for correct positioning for the next shot.



Abdul Idi, Tennis Pro at Reed-Sweatt



Senior Tennis Times  
P.O. Box 385434  
Bloomington, MN 55438

Change of Address and Phone Number?  
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October 2004

## 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, Chicago, 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.*