



Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc.

Jan/Feb
2005

Holiday Party

By Ken Landro

It was another fun night on the 7 courts for 56 of our members at Fort Snelling Tennis and Learning Center on Saturday, December 4. Members were divided into four groups based on their tennis rating and play began promptly at 5 pm. In between play, members snacked and socialized and from 8 to 9 pm everyone enjoyed a wonderful buffet supper of pasta, pizza, cold cuts, vegetables, chips, soft drinks and brownies.

Events chair Alice Weides thanks all who made this such a great success, "I sincerely thank Diane McBride-Thompson for chairing the food committee at the Holiday Party, with the help of Craig Thompson, Betty Porter, Connie Waterous, Cal and Joyce Schadel, and ICT volunteer Bill Sturm. Many thanks also to Jackie Darst who took reservations and fielded all sorts of queries and special requests. It takes quite a crew of volunteers to produce our events so please offer your services when called upon.

"Jean Murdoch assisted from beginning to end in producing the rotation of players, so it was fun and well-balanced. Thank you Jean. Thank you as well to Caryl Minnetti for her expertise in arranging tournament play.

"Candid photos were shot by Diane and Sally Browning. Results? You be the judge!"

Our cooks (L to R) Connie Waterous, Betty Porter, and Diane McBride-Thompson.

(More pictures on page 9.)



Captains: help!

If you are a **spring/summer** captain, please let Jack Baloga (Minneapolis area) or Darlene Moynagh (St. Paul) know if there is any change needed for 2005. You can look at the 2004 schedule in the June-July 2004 newsletter, or on our web site.

Fall/winter captains, please check that your listing is correct on our web site. This is especially important for the Minneapolis area, where we've had quite a few changes, and want to be sure they are correct.

Women's Challenge Tournament

Here's your chance to see excellent women's professional tennis at bargain prices. These pros are among the top 500 players in the world, though not usually in the top 100. Still, some of them have played tough matches against the world's best, and performed very well.

(Women's Challenge—Continued on page 7)

Upcoming Events

February 12, 2005

Valentine Party

Sign up on page 5

February 17-27, 2005

Women's Challenge Tournament

See article this page

April 26, 2005

Bolger Clinic

May 2-5, 2005

Dow Tournament

June 18, 2005

Captain's Luncheon & Dow Award
Town & Country Club

Senior Tennis Players Club, Inc.
A nonprofit corporation, P.O. Box 385434,
Bloomington, MN 55438
On the web: 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 and Webmaster
David Sommer
3657 17th Avenue South
Minneapolis, MN 55407-2805
Phone: 612-276-1313
Email: editor@seniortennismn.com

2004-2005 Board of Directors
President: Ken Landro 763-544-9757

Vice President:

Darlene Moynagh 651-436-8927

Secretary: Gladys Murray 651-483-2850

Treasurer: Roger Junker 952-890-5370

New Members: Caryl Minnetti. 952-884-5136

Renewing Members: Sally Browning
952-942-9336

Events Director: Alice Weides.. 952-881-3751

Advisor: Mary Kaminski 612-781-3271

Carol Shields 651-484-3213

Bob Busch 952-941-1204

David Howard 952-525-2252

Jack Baloga 952-944-5194

Dotti Brazeal 952-377-2289

Jo Rolling 651-777-3773

Newsletter: David Sommer 612-276-1313

Past President: Jean Murdock. 612-825-5826

Director of Training: Roger Boyer

Ass't Director: Percy Hughes... 612-866-1102

E-Mail: 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.

Ad rates (first month/additional months):

Full page (7.5x10) \$110/90

Half page (7.5x4.9) 85/65

Quarter page (3.7x4.9) 60/40

Eighth page (3.7x2.4) 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 publica-
tion is subject to editing.

Membership information changes

Can be made by writing Senior Tennis Play-
ers Club, P.O. Box 385434, Bloomington, MN
55438. Or email to:

currentmembers@seniortennismn.com

Membership total: 1656

January-February 2005, Volume 18, Number

1

Warm greetings to all our
members. May you enjoy
family, friends, and all the
good things of life in this sea-
son and throughout the com-
ing year.

from your Editor and the
Board of the Senior Tennis
Players Club.



Letters to the editor

Gee whiz! Just a couple of
months ago, we were just *flooded*
with talkative members wanting
to express their opinions. We
published those letters, and then?

Nothing! Don't make your edi-
tor feel lonely and unloved—
write to him by snail mail or:

editor@seniortennismn.com.

*Letters to the Editor are wanted!
This is your space to express an opinion.
Letters will be edited only for length.*

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



Mission Statement

The primary purpose of the STPC is to pro-
vide 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 dead-
line is the 20th of the month for publication the following
month. Enclose self-addressed stamped envelope if you
want materials returned.

Send your submissions to: David Sommer, 3657 17th Ave-
nue South, Minneapolis, MN 55407-2805.

Email: editor@seniortennismn.com.

If you would like to write an article, call or e-mail David
Sommer. We need help and input from writers, artists, and
photographers.

Percy's tennis rhythms



By Percy Hughes

So many names that I have "Information Overload" — neat people I owe **big thanks** to for helping me better my two professions, they being (1) USPTA Instructor, (2) Professional Musician and Leader. I'm the first to realize that success doesn't come from just your abilities. No, it's the strength and abilities of those working with you....

For the honors that have come my way I humbly thank all my teammates, both in tennis and music. (Maybe kind of "corny," but I have to say it, what with our coming into a new year).... Hmm, "these old bones"—follow me?

Looking back at 2004, I thought our club was very busy with many pleasant activities, both on and off the court. Also, I think television is showing more tennis (mostly cable) for us to watch. (It's about time.) I hope that continues from now on. There's so much to learn just by watching the pros play (women's or men's matches). Something I teach my students—have a **ritual** before you serve. Bounce the ball at least once. As a player, I was a three bouncer before serving either first or second serves. Check the Pros—they all do it—differently, but **do** bounce the ball before each serve. Try that. It's a ritual that gives you time to think of how, where, and what you want to do next. (It makes you look kinda classy too. **J J J**)

My wife Dee and I had the pleasure of having lunch with two neat members of our club who'll be heading to Florida for the winter months: **GINNY OWENS LIDSTONE** was one of our most popular USPTA Pros, and her husband, **DICK LIDSTONE**, was President of our club not too many years ago, and a **good** one.

They summer in the Park Rapids, MN area, and Punta Gorda, FL during the winter months. Here's a picture of Ginny, Dick and myself. They're still very active in tennis, and remain members of our club, so you can check the Roster for their address and telephone number. As President, Dick's idea

was (quote): "Organizationally we split responsibilities of membership and courts for play East and West of the Mississippi River. The thought was



that we would have better communication lines with all parties." Thanks Dick—it's still working well.

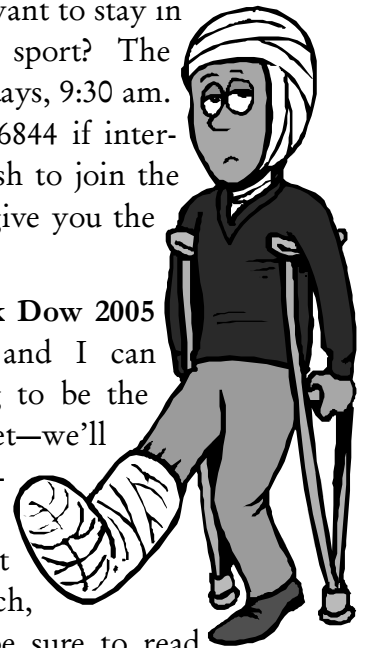
Still have an **Owie**, but want to stay in touch with this great sport? The meeting time is Wednesdays, 9:30 am. Call the desk (612) 825-6844 if interested. Tell them you wish to join the **Owie** class, and they'll give you the necessary information.

We've had our first **Jack Dow 2005 Tournament** meeting, and I can promise you it is going to be the best one yet! Don't forget—we'll also have the play-off—they're tied. Yes, **The Battle of the Sexes!** That will be an exciting match, I'm sure. **Snow-birds**, be sure to read

your future Newsletters for the tournament's signing up instructions. The Newsletter is also available on our website: www.seniortennismn.com.

Remember, keep your feet busy as **David Wheaton** says, and also, **no foot faults!**

Perc



●● STPC lessons and drills—all levels ●●

Some court locations are subject to change during the season. No reservations necessary.

Location	Day	Time	Skill	Cost	Instructor	Phone
Reed-Sweatt Family Tennis Ctr 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
	Wed	9:30-10:30 "Owies"	All	\$3.00	Roger Boyer	612-825-6844
	Thu	8:30-10:00AM	All	\$3.00	Percy Hughes	612-866-1102
				Paul Stormo	952-944-6286	
Oakdale Golf & Tennis Club 5115 Hadley Avenue N 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 952-939-8370	Tue	5:30-7:00PM	All	\$3.00	Duncan Welty	952-933-8592

Free or low-cost 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.

* Lessons are free during outdoor season; they cost \$3 when indoor (to pay for court time). You may continue taking lessons as long as you are a member of the club.

●● Private Club Drills Open to STPC Members ●●

Location	Day	Cost	Time	Phone
Reed-Sweatt Family Tennis Center* 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.**

Beauford Delaney exhibit

By Jean Ann Dorades

The Beauford Delaney exhibit opened at the Minneapolis Institute of Art in November and runs until February 20, 2005. This is a special exhibit of an American abstract expressionist painter who had a fascinating career and life in New York and Paris. See how his brilliant portraits, landscapes and studies of color and light brought a fresh perspective to modern art. Watch his transition from urban landscapes and portraiture in New York to abstract expressionism in Paris.

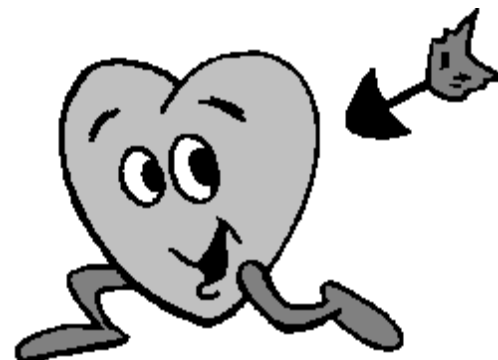
I will be giving public tours on January 8th and 22nd, and I would be happy to give private tours to

my fellow tennis players in groups of 8-10 people. There are public tours daily (except Mondays) at 1pm and on weekends at 2 pm also. The museum is open until 9 pm on Thursday nights and tours are available at 7pm. Please call me at 612-377-4824 for further information and to set up a tour for you, your family, friends and tennis players.

Come celebrate Delaney and his wonderful use of colors and light. It's an exciting exhibit.

Note: Jean Ann explains her role at MIA: "I am a Collection in Focus guide which means I am trained in giving tours in 5 of our permanent collections: Africa, China, The Americas, Japan/Korea, and South and Southeast Asia. I have 14 weeks of training in each of these areas and there are continuing education classes and lectures to continue the learning."

Fort Snelling Valentine Tennis Party



Saturday, February 12, 2005
5:00-8:00 pm tennis, 8:00-9:00 refreshments
Fort Snelling Tennis and Learning Center

Open to Singles and Couples. Mixed Doubles. Rotating Partners.
Only the first 56 players to enter will play!!

----- Please detach and mail in this registration form. -----

Name _____ Phone (____) _____

Rating _____ (You do not need a partner; this is rotating doubles)

Name _____ Phone (____) _____

Rating _____

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 _____

Send check for \$12 per person payable to STPC before February 7 to:

Karla V. Sand
382 S McKnight Rd
Maplewood, MN 55119
651-739-7397

Want to play on Tuesdays?

We have openings for 3.0 mixed doubles at Willis-ton Center, Minnetonka, 11:30 am - 1:00 pm. Call Fred Wright (952) 938-1242.

Our founder, Jack Dow

By David Sommer

This caricature of Jack Dow was done by Judy Lieber, who joined STPC recently. She saw an article about the Jack Dow tournament and asked me “who is Jack Dow?” I explained that he was our founder, a man who loved tennis and wanted to make it possible for many others to enjoy the game.

Then Judy said that the name was familiar, and maybe she’d done a caricature of him sometime. Sure enough, she found this in a file from 1984! Judy makes a business of her caricature skills—see her ad below (Two-liner want ads).

Senior Tennis Players Club came about in 1982 when Twin Cities businessman Jack Dow brought a small group of friends and tennis enthusiasts together to form a tennis club exclusively for their age group, 50 and above. This group established a not-for-profit organization with the name “Senior Tennis Players Club.” STPC went on to organize doubles matches for themselves at the old Parade Stadium courts near downtown Minneapolis. Their numbers grew quickly as word spread. Today membership exceeds 1700 members who participate regularly in events

(Jack Dow—Continued on page 11)



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: Singer Featherweight #221 or 222 sewing machine. Not working OK. Jim 952-250-6181.

Sun City Grand (PHX), new home for rent Jan-March. All amenities. mprandolph@usfamily.net.

Lazy-Boy Recliner, tan, leather, purchased 1-10-04 for \$600, sell for \$400. Call Bob or Jane 952-938-9348.

On Gulf Bonita Beach 2BR 2B, Jan, Feb, Mar. Tennis, Pool, 4 mi WTC Naples. 952-933-3434.

2 Greek homes, 3BR, 2.5BA, near Nafplio, furnished, \$750(Euros)/week. Sally Howard 612-340-9706.

Caricatures for your next party! Subjects take them home...you get the thanks. Judy 952-884-1815.

(Women's Challenge—Continued from page 1)

Where: Fort Snelling Tennis and Learning Center.

When: Pre-qualifying starts on Feb. 17; Qualifying on Feb. 20 and Main Draw on Feb. 23. Semifinals are on Saturday, Feb. 26 and Finals on Sunday Feb. 27. Times each day vary. Check www.northern.usta.com for complete draws, match schedules and times throughout the tournament.

Ticket Prices: Sunday-Thursday \$5 for adults, free for students 18 and under; Tournament Pass for Sunday-Thursday \$7; Friday \$10 for adults, \$5 for children 18 and under; Saturday \$12 for adults, \$6 for children; Sunday's finals \$15 for adults, \$7 for children.



Abby Spears in action

USTA members receive a \$2 discount each day on tickets. Tournament Pass is \$25 for public, \$20 for USTA members. You can also get a free pass for Sunday-Thursday if you volunteer for two shifts; and of course free admission any day you volunteer.



Jill Crabas awaits serve

Jean Murdock is still looking for volunteers—call her at (612) 825-5826 or email jeanmurdock@aol.com.

Senior events: Senior Clinic with the tournament pros on Thursday, Feb. 24 at Reed-Sweatt Family Tennis Center, 8:30-10:30 am. Wednesday, Feb. 23 is Senior Day where we encourage all senior tennis players to come watch the matches. Senior event details on page 9.

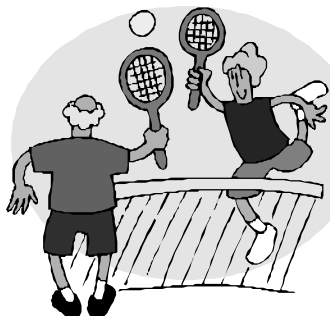
Fort Myers, FL Vacation Rental Featuring a full tennis membership to 6 soft court surfaces

Contact vacation rental owner/manager Steve Jensen at 800-945-7465 or e-mail hhc2000@brainerd.net.

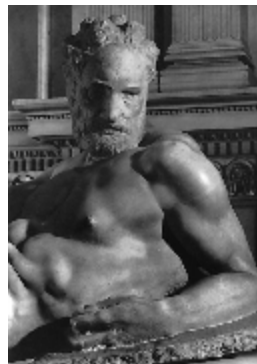
You may view the property on-line by going to www.heartlandhockey.com and click on to the "Florida Vacation Rental" banner advertisement found on our homepage.

Two bedrooms & two full bathrooms. Living room and dining room, along with a patio overlooking the 14th tee of Legends Golf & Country Club. Full kitchen with eating area.

Vacation rental rates:
Weekly \$600, March \$2,000, April \$1,800, May-Sept \$1,500/month.



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



Bridge

FREE!

Learn to Play

The First Lesson is FREE!

Yes, the first lesson is FREE! If you wish to take the next five lessons there is a one time fee of \$30. Give it a try!

Surprise your friends! It is not necessary to bring a partner. Meet interesting people! Many singles - many couples. Fun! Sharpen your memory. Earn respect. (No racquet needed)

Twin Cities Bridge Center

6020 Nicollet Ave. S. Minneapolis
612-861-4487

Sunday Jan. 23rd: 2:00 - 4:30

American Contract Bridge League



Senior Day

By Becky Longsdorf

Thursday, February 24 is Senior Day at the American Family Mortgage \$50,000 Women's Tournament!! In celebration, all seniors may attend matches free of charge on this day. In addition, the USTA/Northern Section, Senior Tennis Players Club, and Reed-Sweatt Family Tennis Center have organized a Senior Tennis Clinic for all interested individuals.

**Free Senior Tennis Clinic
Thursday, February 24
8:30 am - 10:30 am**

Reed-Sweatt Family Tennis Center

RSVP required to: Becky Longsdorf 952-358-3291

Arrive early to enjoy bagels and beverages with your friends and pro circuit players. The clinic will begin at 8:30 am and consist of various drills and games led by local teaching pros, a mini exhibition match, and a question and answer session with the pro circuit players. Register today as space is limited. Don't miss this opportunity to get up close and personal with the world's best up-and-coming tennis professionals.

Kinship mentoring

By Becky Rutka

Kinship of Greater Minneapolis is a faith-based mentoring program, which matches children, ages 5-15 in need of additional support, with individuals, couples or families in hopes of building a loving, trusting friendship. Volunteers are matched with kids who live near their homes and who share similar interests and pastimes. They get together on a weekly basis to do "every day" kind of activities. Kinship is now celebrating its 50th year of mentoring children. Over these past 50 years Kinship has brought together more than 1,160 children and caring adult friends. Currently there are 266 children matched with Kinship friends. Despite this success there are still over 100 children on Kinship's waiting list. If you would like to find out more about Kinship or about becoming a Kinship friend call 612-588-4655 or visit website: www.kinship.org.



Pictures from Holiday Party



Caryl Minnetti and
Sally Browning



Ron Cowden and
Darlene Moynagh



David & Sue Haughton



Dick Brandt and
Ken Landro



Dottie Brazeal, Darlene
Moynagh, Alice Weides



Terry Diebold, Jean Murdoch,
Wes Peterson, and Jean DuBois

In Memory...



Robert H. Gardner, husband of STPC member Dorothy Gardner, died on Dec. 10, 2004. Robert is survived by his wife and best friend of over fifty years, Dorothy; four children, Bob of Eagan MN, Susan (John) Zager of Anchorage AK, Trish (Bruce) Sodahl of Wrenshall MN, Laura (Greg) Strom-



gren of Bloomington, MN; His grandchildren, Bobby, Matt, and Cassie Gardner and their mother Kathy, Katie and Annie Zager, Carly and Jared Sodahl, Erin and Kenny

Stromgren; mother-in-law Emma Jean St. Clair. Bob was born in Pittsburgh PA on Nov. 29, 1928 and was proud of the fact that he attended 13 grade schools during the great depression. In addition to his parents he was preceded in death

by brothers, Jim and Bill (Dede) and his grandson John Fredrick Zager. Also he is survived by his beloved half-brother, Josiah H. Blackmore (Joyce) of Blacklick, OH. He was a veteran of WWII - by 25 days - in USAF. He served for three years, returning to attend the University of Pittsburgh. The major part of his work career was in the food industry with Pillsbury, BBD&O Advertising and International Multi-foods, where he retired as Vice President in the Consumer Products Division. In 1983, he began his second career, trying to "save the world" with the DFL and various other organizations. He then devoted over ten years to Store To Door, a non-profit that does grocery shopping and delivery for the elderly and disabled. A celebration of Bob's long and happy life will be held at Diamond Lake Lutheran Church, 5760 Portland Av. S. Mpls. MN on Thursday, Dec. 16th, 1:00 pm. Memorials preferred to Store To Door, 1821 University Av. W., St. Paul, MN 55104.

Our sincere sympathy to Dottie Gardner and her family.

Scottsdale tennis vacation

By Darlene Moynagh

Here's a great opportunity for a tennis vacation at beautiful Radisson Scottsdale Resort and Spa. They have 21 tennis courts (one clay), swimming, golf, etc. The group rate cost is about \$71 per person per day double occupancy, including taxes. This price includes tennis. To see more about the resort, visit <http://www.radisson.com/scottsdaleaz>

Dates are January 30 to February 6. You can stay less than the full week. Call me (Darlene) with questions and to let me know if you are coming. My number is (651) 436-8927.

Everyone makes their own resort and airline reservations. Talk to Jena at 1-888-447-6675 ext 7009, or email jenachoi@groople.com, and be sure to mention our group is Senior Tennis Players Club.

Roger Boyer's Xmas and birthday drill

By Percy Hughes

Since the year 1984 (Roger's calculation) our Thursday morning class has been celebrating Roger's birthday, singing to him and having a cake, but making him work for his cake by having him lead the drills.



Many thanks to Mary DeLong and our Events Director, Alice Weides, for preparing the celebration after the class was over. Roger had many gifts for the class to go for at the end of the class period, with the Volley Stroke. Students, you did pretty good, but no one was able to hit that nice new **Head tennis racquet**, so Roger says he'll put it away for next year's Xmas drill.

Exercise caution in cold weather

Heart-healthy advice from UCare Minnesota

Regular physical activity does your heart good. But exercising outdoors in cold weather puts an extra strain on your heart—boosting heart rate and blood pressure. “That’s because, when the temperature dips, your body requires extra oxygen simply to keep warm,” explains UCare Minnesota’s Chief Medical Officer Dr. Barry Baines. Add sudden, intense exertion—like running, skiing, or shoveling snow—and your heart rate and blood pressure can skyrocket.

None of this is a problem if you’re healthy. “But if you have a family or personal history of heart disease—or if you have been inactive—check with your doctor before beginning an outdoor exercise program this winter,” advises Dr. Baines.

People with asthma should also seek medical advice before exercising outdoors in cold weather, because inhaling very cold air can trigger an asthma attack. Wrapping a scarf loosely around the face may warm the air enough to make breathing comfortable.

Here are some other tips from UCare Minnesota for safe cold-weather exercise:

- Keep moving to keep warm.
- Drink plenty of fluids; dehydration disturbs the body’s ability to regulate temperature.
- Wear a hat to hold in body heat.
- Wear mittens instead of gloves; they keep your fingers warmer.
- Wear shoes with good traction to avoid slipping on snow or patches of ice.
- To avoid overheating, wear one less layer of clothing than you would if you were outside but not exercising.

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 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).

(Jack Dow—Continued from page 6)

year-round at venues scattered throughout the Twin Cities metro area.

Jack Dow is credited not only with founding the STPC but also with its long-term success. Somewhere along the way, Dow decided that novices should be admitted to this group of seasoned players and hired tennis pros including Percy Hughes and the late Ernie Greene, to provide them with beginner lessons. Through the years Dow expanded club activities adding tennis camps, parties, drills, clinics and trips to the established leagues. Some of these trips went to Wimbledon, the French and U. S. Open while others were to Florida tennis resorts for member play.

Jack Dow passed away in 1996 at the age of 89. Dow loved the game of tennis, and played five to seven times a week. Dow was inducted into the

Minnesota Tennis Hall of Fame, served as president of the Northwest Tennis Association, and, at his peak, was ranked No. 6 in Minnesota. Following his death, STPC initiated a tournament in his name, which is held annually. To further honor our founder, every year the Jack Dow traveling trophy is presented to a member whose attitude, character, sportsmanship, enthusiasm and service best typify the ideals of STPC.



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

Nonprofit
Organization
US Postage
PAID
Minneapolis, MN
Permit No. 3270

Change of Address and Phone Number?
Mail to Senior Tennis Times
P.O. Box 385434
Bloomington, MN 55438
currentmembers@seniortennismn.com

January-February 2005



We don't want any hassles on the road ahead.
We're with UCare.

Some health plans require a lot of paperwork. Seniors like us have better things to do. UCare understands this. With *UCare for Seniors*™ we don't get stuck with piles of paperwork. They do most of it for us. Even better, we get the coverage we need at a price we can afford.

You get more from your Medicare plan with *UCare for Seniors*.

**Call 612-676-3500, ext. 240 or visit
www.ucareforseniors.org**

UCare Minnesota™ is a Medicare Advantage organization with a Medicare contract. Contact UCare for Seniors for more details.

TTY 612-676-6810, e-mail: sales@ucare.org

UCare makes Medicare simple for you.

With UCare it's easy to get the health care you need. Even finding a doctor is simple. You can choose from our network of over 1,400 physicians, 3,500 specialists, and 31 different hospitals. And when you travel, you can simply take your coverage with you.



UCare
MINNESOTA

Health care that starts with you.