



# Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc. May 2005

## Matt Little named 2005 Dow Trophy recipient

By Sue Larson

Matt Little is the 2005 recipient of the Jack Dow Traveling Trophy. The trophy is awarded annually to a member who has given leadership to STPC with both enthusiasm and dedication. Matt will receive the award at our annual meeting in June.



The Award Committee of Bob Tischbein, Percy Hughes, Ronnae Wagner, Ken Landro, Chuck Supplee, and Sue Larson selected Matt for his many contributions, including:

- Member since 1982
- Captain for over ten years.
- Chair of the Dow tournament committee for four years.
- Chair of the long range planning committee for four years.
- Board member for Inner City Tennis and mentor for Saturday's program.
- Manager in the Ernie Greene banquets.
- Vice President of the STPC board for four years, where he promoted changes in the structure of senior tennis players club.

Percy Hughes tells a story showing Matt's love of the game: "Years ago (before my hip replacements) Matt and I used to play most Sunday mornings before we would have to get to church. That's how much we loved tennis."

*(Matt Little—Continued on page 2)*

## Bolger Clinic now June 7

Due to a date conflict at Reed-Sweatt, the Bolger Clinic will take place June 7 rather than the previously announced April 26. Those already signed up have been notified.

Others: here's your chance to sign up for this great event—see signup on page 11.

## We're sorry! Late April newsletter

Well, really our printer apologizes for the very late April newsletter and Roster. Confusion reigned due to their acquisition of another printing company. We hope this May newsletter has reached you in a timely way.



### Upcoming Events

May 2-5, 2005

Dow Tournament

May 14, 2005

Tennis at Mall of America with some Senior Tennis players exhibiting skills

June 7, 2005

Bolger Clinic—signup page 9

June 18, 2005

STPC Annual Meeting—Signup page 5

Includes Captain's Recognition and Jack Dow Trophy Award

## Spring/summer Captains:

Please let Paul Steen (Minneapolis area) or Thue Rasmussen (St. Paul) know if there is any change needed for the 2005 schedule.

## 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 and Webmaster

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## 2005 Board of Directors

President: Darlene Moynagh .. 651-436-8927

Vice President: ?? (to be determined).....

Secretary: Gladys Murray..... 651-483-2850

Treasurer: Roger Junker..... 952-890-5370

New Members: Shirley Pratt..... 651-433-3583

Renewing Members:

Ronnae Wagner ..... 952-938-5785

Events Director:

Joanne Schwartz ..... 952-835-6794

Advisor: Mary Kaminski ..... 612-781-3271

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

Thue Rasmussen ..... 651-917-0075

Paul Steen ..... 952-835-9818

Past President: Ken Landro..... 763-544-9757

Director of Training: Roger Boyer

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

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.**

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 publication is subject to editing. Include stamped, self-addressed envelope if material is to be returned.

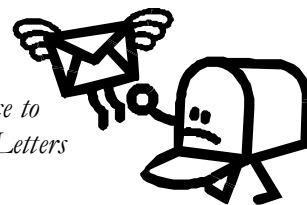
## Membership information changes, newsletter delivery problems, etc.,

can be made by writing Senior Tennis Players Club, 12080 Lakamaga Trail N, Marine on St. Croix, MN 55047

Membership total: 1428

May 2005, Volume 18, Number 4

# Letters to the editor



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

*Nothing this month. I'm lonely—send me letters or articles—it's easy to do:*

- *Low tech: mail typed or with clear handwriting. Enclose photo. If you want anything returned, include stamped self-addressed envelope.*
- *Mid tech: email text, mail photos.*
- *High tech: email text and photo. You can scan conventional photos or from a digital camera can download to your computer.*
- *No go: telephone me. I'll be polite but insist that you submit stories in writing.*

*(Matt Little—Continued from page 1)*

He also contributed much to concerns larger than tennis:

- Served as president of many organizations
- Leader in the civil rights movement
- President of the NAACP for many years
- Active in the political arena.

For his many good works, he was awarded an honorary doctorate by the University of Minnesota.

*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. Enclose self-addressed stamped envelope if you want materials returned.

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

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

We need help and input from writers, artists, and photographers.

## Percy's tennis rhythms



By Percy Hughes

By the time you read this issue, the Jack Dow Tournament will be over, the winner of the Battle of the Sexes decided, and the tournament's winners and finalists will have had their pictures posted in our newsletter. I will also name and thank all the members of Bernice Hanson's "In the Trenches Crew," plus many others—believe me, I won't miss naming anyone who helped make the 2005 Tournament another winner. Also the 2005 Jack Dow recipient has been chosen—as always, it was a good choice. See the story about the winner, Matt Little, on the front page of this newsletter.

And we are especially grateful for the **\$1,500 gift** from Harlan and Ruth Hansen to make the Dow Tournament happen again this year. Harlan and Ruth are "role models" for all of us—we can give back in different ways (money, time, or both) to those organizations like STPC that enrich our

lives.

Outdoor lessons have begun—there is no charge until indoor time begins again in September. Check this Newsletter for time, day, and where the lessons are held. Try to attend as many as possible, *and*, make sure you have: 1) cap or visor, 2) **water**, 3) Sun Screen, 4) a small first aid kit, 5) and possibly a health candy bar. These items are very important when you're playing in sun and heat. Hey - **know your body**—remember, Mother Nature is **boss**. (Cornny talk, but it's the truth) As Seniors, we **must** be very wise with how we use our body. I'll include a report from our only certified umpire, Ron Liddiard, in the next issue as to what things he had to address during the tournament. It's good that Ron is a *big* guy, huh—wouldn't want to argue with him.☺☺☺ I want all our players to enjoy outdoor time (it seems to be shorter and shorter), and **please** take **good** care of yourselves! In the meantime, **please**, No Foot Faults!

Perc

## Grudge Match at MOA May 14

By Caryl Minnetti

Board member Jo Rolling and her partner Larry LaLonde are out for revenge and victory in a rematch with fellow board member Jack Baloga and his partner, who trounced them two years ago at the USTA event which showcases local tennis organizations and is held at the Mall of America. The fur may fly this year as both teams announced their intention to dominate. "We're back this year, stronger than ever," said Jo Rolling. "We'll wipe the floor with them, just like last time," replied Jack Baloga.

The Tennis Rock and Rally Music Festival will be Saturday, May 14 from 10:00 a.m. to 8:00 p.m. in the Sam Goody Rotunda on the east side of the mall. Our STPC members will be playing from 10:30-11:00 am. Many other activities are planned:



interactive tennis games, tennis exhibitions, music, games and prizes throughout the day, plus appearances by Fox-9's Jeff Passolt and former NBA great Trent Tucker.

So, come on out to the Mall of America Saturday, May 14 to cheer on our STPC players and see which team will take the honors! Great fun guaranteed!

## Carol Shields

We goofed in the April story about retiring Board members. There are five, not four. Carol Shields served as secretary for two years, and volunteered for many special events and assignments. She was cheerful and helpful in all she did.

Thanks, Carol!



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

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

Location	Day	Start	Time	Instructor	Phone
Aquila Park Mtka Blvd & Aquila Ave St. Louis Park	Thu	5/5	8:30-10:00 AM	Percy Hughes	612-866-1102
				Paul Stormo	952-944-6286
Bryant Courts 85 <sup>th</sup> and Bryant Ave. S. Bloomington	Wed	6/1	8:30-10:00 AM	Percy Hughes	952-831-2872
Breck School 123 Ottawa Ave. Golden Valley	Tue	5/3	5:30-7:00 PM	Jim Erler	952-471-9750
	Wed	5/4	5:30-7:00 PM	Laurie Koslak	952-939-9785
				Duncan Welty	952-933-8592
McKnight Field North St. Paul High School N.E. corner Hwy 36 and McKnight Rd	Wed	5/4	9:00-10:30 AM	Tom Bauman	651-738-6726

**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	Tue	\$6.50 + .30 energy sur- charge	9:00-10:00 AM	612-825-6844 Call for reservation.

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

## Team Tennis warming up

**By Marv Schneider**

With summer rapidly approaching, the STPC Team Tennis League is looking forward to another great year. The league plays on Tuesday mornings from about 9-11 am at several locations in the southwest suburbs from mid-June thru mid-August. With four men and four women on each team, each match has two men's doubles, two women's doubles, and four mixed doubles.

We still have openings for regulars and subs. Most players in this league are rated 3.5 or above. If interested, call Marv Schneider at 952-975-1895.

## Weekend tennis moving

After many years of Senior Tennis at Edina High School on Saturday and Sunday afternoons, we are moving west to Eden Prairie Central Middle School. This walk-on group will be captained by Marv Schneider and will play from 3-5 pm on both Saturdays and Sundays. Play will begin April 30.

To get to Central Middle School from I494 in Eden Prairie, go west about two miles on Hwy 5, exit Mitchell Road, go left about 1/4 mile on Mitchell, turn right on Technology Drive and go to the end of the street. The 8 courts are right in front of you on Wallace Road with parking to the left. If any questions, call Marv Schneider at 952-975-1895.

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# STPC Annual Meeting

All Members Welcome

Includes Captain's Recognition Luncheon and

Jack Dow Trophy Award



Saturday, June 18, 2005—11:30am-3:00pm

Town & Country Club  
300 Mississippi River Boulevard  
St. Paul, Minnesota

## Schedule of Events

- 11:30am Social Hour
- 12:30pm Luncheon
- 1:45pm Annual Meeting and  
Introduction of New  
Board Members
- 2:15pm Jack Dow Trophy Award

## Luncheon Menu

### *Chicken Veronique*

*Sautéed Chicken Breast with Champagne Cream  
Sauce, Red Grapes, and Toasted Almonds*

*White and Wild Rice Mixture*

*String Green Beans*

*Strawberry and Brie Salad, Warm Rolls, Beverages*

*Ice Cream Sundae with Butter Cookie*

### **Directions to Town & Country Club**

From 94 East: Take the Cretin Avenue/Vandalia Street exit (exit 237) and turn left (south) onto Cretin Avenue. Turn right onto Marshall Avenue. Turn right onto Otis Ave, then left into parking.

From 94 West: Take the Cretin Avenue/Vandalia Street exit (exit 237) and turn right (south) onto Cretin Avenue. Turn right onto Marshall Avenue. Turn right onto Otis Ave, then left into parking.

✂

**Reservation form: STPC Luncheon**

**June 18, 2005—11:30am-3:00pm**

Cost: \$18.00 per person—captains attend free, but registration required

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

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

Phone: \_\_\_\_\_

**Send reservation form by June 13 with check payable to STPC to:**

Jo Rolling, 6580 Upper 23rd St N, Oakdale, MN 55128

✂

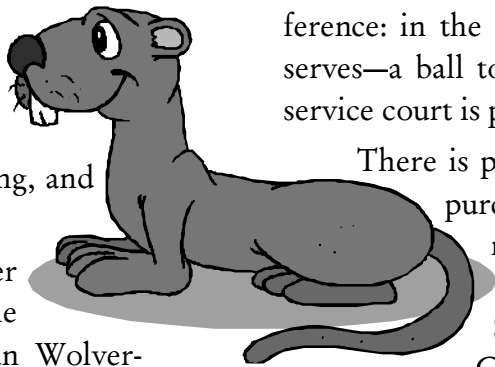
## Gopher tennis

By Louise Halverson

Want something different to do on a weekend? It's free, it's exciting, and you might even learn something.

It's Gopher tennis! David Sommer and I went on April 1, when the Gopher men played the Michigan Wolverines at the Baseline Tennis Center on campus. First, there were three courts of doubles, with Minnesota winning two. Then there were six courts of singles, with Minnesota winning four. So the Gophers won the match 5-2.

In college tennis, there are seven points per match. Each singles is best two of three sets, counting one point toward the match. Each doubles plays a single eight-game pro set, with a ten-point tie-breaker if needed. Whichever team wins two out of three of the doubles scores a lowly one point. Another dif-



ference: in the men's game only, there are no let serves—a ball touching the net but landing in the service court is played.

There is plenty of seating, and you can even purchase a pretzel and a soda. We sat next to three women who looked familiar. It turned out that all are STPC members: Shirley Pratt, Ginny Morse, and Rita Welch. Shirley is an incoming board member. I also spotted another familiar face, that of Denny, my instructor the previous week at the drill in Oakdale. He was a chair umpire for a singles game.

Don't forget your tennis-ball-proof glasses. I couldn't duck fast enough and took a soft hit in the face (we were in the front row).

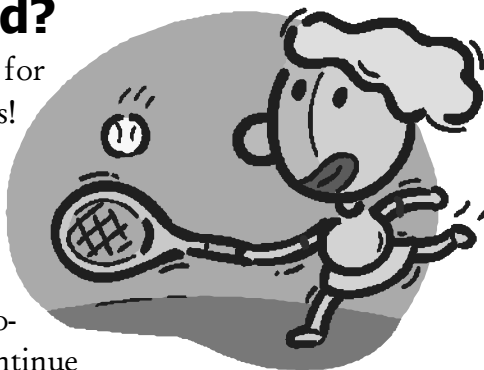
Most of this season's men's and women's games will be done by the time you read this. So remember the Gophers next year.

## WOW tennis—are you interested?

It's time to plan for summer tennis! Women On Wednesday, will begin play on the Wednesday after Memorial Day and continue

through the Wednesday just before Labor Day. Play is at 9:00, but when weather turns hot we play earlier. We have a good group of women, 2.5 and above, six courts in two locations: Valley Place and Medley Park in Golden Valley. We play on Wednesday mornings at 9:00. Best two out of three sets. We meet new players, have a lot of fun and don't take ourselves too seriously. And no one is committed to playing every week.

Call A1 Simcoe at 763-315-0657 or Ginny Morse at 612-288-9121 if you'd like to play with us.



## 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.

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

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

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

*(Want Ads—Continued on page 7)*

## If you are playing tennis you're not too old

By Herman Swanson

On April 7, thirteen of Bea Mattsen's tennis friends helped her celebrate her 80th birthday at TJ's Restaurant in Edina. These friends are part of the sixteen that play every Thursday morning from 7:00 to 9:00 at the Northwest Normandale Club. While at this breakfast party Bea received a surprise phone call from Cancun, Mexico. It was Willie Prawdzyk wishing Bea a Happy Birthday. As Bea begins the second half of her life we wish her many more Happy Birthdays and many more fun-filled games of tennis.



Front row: Betty Vitala, Bill Welch, Bea Mattsen, and Marv Gish.

Middle row: Sally Finnegan, Carol Brager, Mary Fabry, Ann Barton, Herb Bacel, Rosemary Moneta, and Dean Laurance.

Back row: Milt Possis, Herman Swanson, and Dorothy Rossing.

*(Want Ads—Continued from page 6)*

'95 Triumph Sprint motorcycle 900cc/3 cyl, full o'haul '04, exc. cond. 10K mi. \$7500, 952-884-1632

Craftsman/Shaker style Gunlocke solid cherry-maple desk 72"x30" very light use. 952-884-1632

91 Buick 4dr, 68M miles, Exc cond, new tires, brakes, full power, great 2<sup>nd</sup> car \$5750 952-476-1298

Understanding Sergers - the best serger instruction and reference. 25% off - just \$18.70. 612-276-1313.

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**Richard A. Spore**

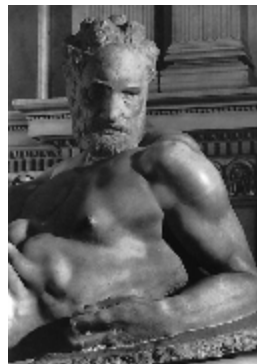
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6500 City West Parkway #350 Eden Prairie, MN 55344 800-325-2435

## Shoulder Specialty Clinics Minneapolis/Edina



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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*

# Ache-Free Strategies for Active Days

## Tips from UCare Minnesota

Warm weather puts you on the move—whether it's working in the yard or playing tennis at the club. Here are some guidelines from UCare Minnesota on how to help prevent achy joints and muscles:

- Take a few minutes to warm up. Do some jumping jacks or walk for three to five minutes. Then, do a few stretches. When you're all done, cool down with a gentle activity and some more stretches.
- Wear comfy shoes with good support. If you play a sport more than three times a week, consider getting the proper shoes to prevent injuries.

- Play tennis, golf or some other sport? Sign up for a lesson to ensure that you've got the proper form.
- When gardening or cleaning up the yard, bend forward from your hips and keep your back straight. If you need to pick something up, bend your knees, lift with your legs, and keep the item close to your body.

*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; 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).*

## In Memory...



### Robert H. Kuehn

Robert H. Kuehn Sr., age 88, died April 14, 2005. Survived and dearly loved by Joanne (Knight) Labernik; sons, Robert Jr. of Boston, and Tom Kuehn of Albuquerque; sisters & their families, Marguerite Van Gordon of Dover, Marilyn Phillips of Dallas; Joanne's brother Don (Gin) Knight of Eagan, sister-in-law, Kay Knight of Madison, and Joanne's family, daughters Karen (Tony) Wickland of Mound, Becky (Bill) Keller of St., Paul; son Tom (Gina) Labernick of Bemidji; also Bob's very special cousins and much loved Nachtsheim family; and dear friend, David Irvin. Preceded in death by first wife, Dorothy (Nachtsheim) Kuehn. We sincerely thank our wonderful angels from Hospice of the Lake, nurse Mary Jo Schaak, Chaplain Gretchen Thompson, and social worker Nancy Albrecht for over a year of loving care. Bob was a world traveler, a champion volleyball player, an avid

tennis player (member of Senior Tennis Players Club from its beginning), a WWII veteran, a fascinating, wonderful friend, and will truly be missed by all who knew and loved him.

### Adeline Levin

Adeline Levin, formerly a very active member of Senior Tennis died February 20 at the age of 89. Preceded in death by parents, Sam & Dora Levin; sister, Mary Glickman; brother, Leonard Levin. Survived by sister-in-law, Nettie Levin; niece, Janis Propper; nephews, Herbert and Michael Levin; and by many other loving relatives. Adeline was involved in the first ever U.S. Army Women's Auxiliary Corp (WAC). She was a retired Major and veteran of WWII and the Korean War. Following her years in the military, Dr. Levin returned to complete her doctorate in science, physical education, and health. She began teaching at Minnesota State University - Mankato in 1964 and retired in 1983. In her later years she found much enjoyment in writing, being with family, friends, and staying physically active. She will be missed by everyone whose life she touched.





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## Passing the torch: new president, new board members

April 21: at today's STPC Board meeting, Darlene Moynagh became the new president. Ken Landro, outgoing president, hands the keys to the kingdom, or as least the official file boxes, to Darlene.



New board members, from left to right:

Joanne Schwartz, Paul Steen, Thue Rasmussen, Shirley Pratt, and Ronnae Wagner.



All five new board members will serve three years, active on several committees. You'll meet them at the Annual Meeting in June and other events. Let them and other board members know what you want from the club.

# Bolger Clinic

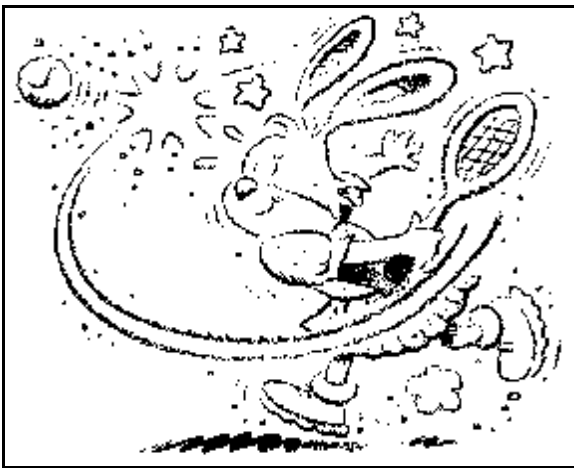
The Bolger Clinic, led by Roger Boyer, takes place **June 7**. You'll improve your game, have a great time, and get lunch too, all for \$12.50. Bring a guest for just \$15.

**Changed date!**  
**It's June 7**  
**Sign up now!**

Registration closes **May 31** and there is a limit of 72 players, so sign up now and be sure you're included.

**John Bolger**

Tennis Clinic & Luncheon  
Tuesday, June 7, 2005



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

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

**Format:** 3 50-minute segments  
Men and women, everyone plays!

\$12.50 per member, \$15 per guest

**72 Players Only**  
**Register by May 31, 2005**

## 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 (\$12.50 per member, \$15 per guest) and this form by **May 31, 2005** to:

Dottie Brazeal  
4406 S Cedar Lake Road  
St. Louis Park, MN 55416

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: \_\_\_\_\_

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

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**Change of Address and Phone Number?**  
**Mail to Senior Tennis Times**  
**P.O. Box 385434**  
**Bloomington, MN 55438**  
**[currentmembers@seniortennismn.com](mailto:currentmembers@seniortennismn.com)**

May 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](http://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](mailto: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.