December 2024 Newsletter

SENIOR TENNIS TIMES

THE 50+ TENNIS EXPERIENCE

Serving up news & event updates to keep STPC's members informed, connected, and enthusiastic about playing tennis!

SENIOR TENNIS PLAYERS CLUB
www.seniortennismn.org

JACK DOW AWARD

Sheila Bjore receives the annual Jack Dow award for service to STPC from Board member Mike Woolsey.

At our picnic in August, Sheila Bjore received the Jack Dow Award for her service to the club over the years. Originally from England, Sheila started playing tennis at the age of eleven. She married an American soldier and came to live in the US, where she became a citizen in 1965.

Sheila has been a member of STPC since about 1990. For many years, she has served as a summertime Team Tennis captain, and she has competed in the Dow tournament many times. Currently, she plays three times a week with senior groups at ICT.

From 2018-2021, Sheila held the position of secretary on STPC's Board of Directors. While on the Board, she volunteered to be on the Long-Range Planning Committee in the area of membership.

She also volunteered without hesitation to be the "voice" of the Help Desk when the Board added this service. From 2018-2023, she responded to calls, kept excellent notes on reasons people called the Help Desk, and reported on this to the Board when requested.

Congratulations, Sheila!

UPCOMING EVENTS

STPC Holiday Party December 7, 2024

Bring your racket and smile to STPC's Holiday Tennis Party on Friday, December 7 (5:30-8:00pm) at Fred Wells. Doubles, snacks, drinks, and music! The cost for the event is $20, payable at the door.

STPC Valentine Party February 7, 2025

Mark your calendar for STPC's annual Valentine Tennis Party on Friday, February 7, 2025. More details can be found on page 12 of this newsletter and in future STPC eUpdates.

Jack Dow Round Robin, May 5-8, 2025

The Jack Dow Round Robin tournament will be back in 2025 in early May. There will again be Men's, Women's, and Mixed doubles divisions. Think about who you may want to partner with!

FROM THE PRESIDENT'S DESK

Greetings from the Senior Tennis Players Club Board of Directors (STPC BOD). I'm writing this in November but hoping that when you receive this newsletter it is a great winter day, and you are either outside enjoying the snow, indoors playing tennis, or whatever you choose to do.

In this December newsletter you will find a recap of the 2024 year and some news about what the STPC has planned for the upcoming 2025 year. Before I go any further, I want to mention what a great Board of Directors you have. The members are diligent, dedicated, fun, and most importantly, always thinking about what they can do to support you as members of the STPC. The meetings are lively and productive as ideas on how we can improve your experience are shared with the group. AND how often can a person say that they really look forward to attending a meeting, as I do? Seriously, they are that positive, and—might I say?—open to anyone to attend.

STPC INFORMATION CENTER

STPC Mission: The Senior Tennis Players Club (STPC) provides tennis-playing opportunities for those 50 years and older to enhance their mental, physical, and social well-being. STPC provides a welcoming environment that seeks to reflect the diversity of the Twin Cities metropolitan area and to support the growth of tennis.

Board of Directors

President–Katie Grove.....812-219-7008
Vice-President–David Minke 612-757-6248
Secretary–Tom Worthington 612-812-6687
Treasurer–Mark Thompson 515-269-9788
John Bantle (Board Nominations) 651-699-9724
Diane Bundlie (Marketing and Membership).....612-886-5953
John Denis.....952-884-0194
Alice Douthwaite (Socials, Newsletter).....763-954-1392
Rolf Krogstad (Team Tennis) 612-597-7249
Kevin Veenstra (Drills, Group Play).....651-695-1706

All Board Members serve as volunteers without compensation.

Non-Board Volunteers

Steve Bruell (Advisor) 319-331-6036
Bonnie Niles (Advisor) 952-474-6442
Mike Woolsey (Advisor).....952-937-2546
Jon Holmgren (Advisor) 612-702-7509
Brian Kretsch (Advisor)..... kret0010@umn.edu
Marilyn Kelley (Advisor) 952-334-2146

Senior Tennis Players Club, Inc. (STPC) is a nonprofit corporation, P.O. Box 6943, Minneapolis, MN 55406.

Donations: As a non-profit organization, STPC gratefully accepts donations, memorials and estate gifts. Please send to Senior Tennis Players Club, P.O. Box 6943, Minneapolis, MN 55406.

Senior Tennis Times: The newsletter is published three times per year for the members of the Senior Tennis Players Club.

Newsletter Submissions: Submit all items by email to newsletter coordinator Alice Douthwaite at jetsetalice7@gmail.com by the 5th of the month for publication the following month. All material is subject to editing.

Contact Information Changes: Membership information changes, newsletter delivery problems, etc., can be made in writing to Senior Tennis Players Club, P.O. Box 6943, Minneapolis, MN 55406 or email to Diane Bundlie at diane.bundlie@gmail.com.

Advertising: Send to the newsletter editor Brady Schmidt bschmidt26@gmail.com by the 5th of the month for publication the following month.

Full page (7.5x10)..... $165/135
Half page (7.5x4.9) $110/85
Half page on back cover $125/100
Quarter page (3.7x4.9)..... $70/50
Eighth page (3.7x2.4) $45/30
Business card special $30/20
Horizontal strip ad .....$55 first two inches
.....$20 each additional inch
Vertical strip ad .....$75 first two inches
.....$25 each additional inch
2-line text ad..... free for members only
..... additional lines $5/issue

Web: seniortennismn.org | **Help Desk:** 844-729-9277

Membership Total: 462

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FROM THE PRESIDENT'S DESK *continued from page #2*

We know that some of you also play pickleball and hopefully tennis when you can, but we do appreciate that you continue to renew your membership every year to keep STPC going. It is a bit of a battle to maintain STPC membership with the arrival of a new fun sport like pickleball. The Board has discussed whether we want to change our mission and add pickleball but decided to remain a tennis organization and expand tennis opportunities. We do believe that there is a place for many sporting opportunities and there is always something new. Padel, anyone?

I want to send a big thank you to Mike Woolsey, who served on the board for several years before stepping off this past year. He agreed to serve in an advising role but continued to head up Team Tennis through the summer. Mike is now stepping back into his role as advisor after mentoring Rolf Krogstad who will now handle summer Team Tennis. Thank you, Mike, for all you have done and continue to do for STPC.

Kevin Veestra has been more than generous in the work he has done for the Board (website, group play, summer drills—I'm sure I've left something out). Thank you, Kevin. John Denis has joined the BOD and will now be taking over the 2025 summer drills. From personal experience, I can tell you that running summer drills is time-consuming; not only scheduling courts and coaches, sending out invitations, and reimbursements, but also in the last couple of years dealing with the WEATHER. The issues are no longer only rain, lightning, and heat, but now air quality, too. Who ever thought we would have to have guidelines for air quality?

Some great tennis opportunities happened this year—some for the first time—and all deserve a large thank you: winter travel to the Delray Beach tournament (John Bantle), Saturday tennis (Diane Bundlie), new indoor flex league (Mark Thompson), September fun fall play, and financial support for outdoor clay courts. Continuing successful tennis opportunities (tradition is important) include the Jack Dow Tourney (Tom Worthington) in May, the August potluck, the Halloween social, and the upcoming holiday social. Many of these tennis-playing opportunities would not have been possible without the work of Alice Douthwaite and Diane Bundlie.

Congratulations to Sheila Bjore as the recipient of the 2024 Jack Dow Award for her volunteer service with STPC. Jim, Jack, and Jane Dow met at ICT with representatives from the Chief Executives Organization located in New York City to provide a history of their dad for this group and receive the first annual H. Jack Dow Professional Service Award. As a side note, we cannot say enough about the continued support from the Dow family for the Jack Dow Round Robin Tennis Tournament. Also, thanks to Deb Irvine from Tennis on Selby for her donation of tennis balls for the tournament. And thanks to USTA Northern, as they have generously awarded us a grant for the last couple of years which we have used to run the Jack Dow Tournament. Mark Thompson has worked with a group through USTA Northern to set up the new flex league. Before I forget, let me thank Steve Bruell, who has moved to the east coast but is still available to work with us on some of our website and membership issues.

Finally, over the past couple of months you have received information in the e-Updates about our matching funds program. For several years, STPC has donated money at the end of the year to ICT, Fred Wells, and St Paul Urban Tennis (SPUT). This year, our treasurer Mark Thompson has set up a matching funds program so that you can donate money to one of the above-mentioned groups, as well as Minneapolis Community Clay Courts (MCCC). Mention that you are a member of STPC, and STPC will match the total amount of donations up to $1000. We want to support these tennis playing groups for the services they provide on several levels. The matching program ends on December 15th. If you are able to make a contribution, please contact Mark at MarkT52@outlook.com.

Play on!

Katie

Katie Grove
STPC President

DOUBLES CHALLENGE By Paul Stormo (2010 STPC Archives)

The game of doubles would be much more fun if it were better understood by the players at all levels. I assume I can probably exclude those who were well-coached in high school or college, but I suspect my statement applies to most recreational players.

In order to bring better understanding to the doubles game I have created a series of questions that I hope you will answer. We won't keep score.

QUESTIONS

1**. On a doubles team, which partner has priority in taking the shot?**
a. The player hitting the forehand.
b. The player hitting the backhand.
c. The player closest to the net.
d. The better player.

2. **You arrive to play a doubles match and your new partner announces that she/he does not come to the net. What do you do?**
a. Ignore partner, play your usual attacking game.
b. Stay back at the baseline with your partner.
c. Compromise and play in "no man's land."
d. Refuse to play.

3. **What do the lines mean on a tennis court?**
a. They define the boundaries for the players.
b. They define whether a shot is in or out.
c. They mean nothing.
d. They define "no man's land" which is "no-no" territory.

4**. You are playing a match and your partner is having trouble returning the ball away from your opponents' net man. You suggest to your partner that a lob return might work. She/he responds that lobs are for sissies. What do you do?**
a. Get in a better ready position to try to return the volley from your opponent.
b. Back up a few feet to give you more space to return the opponent's volley.

c. Move back to the baseline with your partner.
d. Argue with your partner that a lob is a perfectly legitimate shot.

ANSWERS

1. **Which partner has priority in doubles?**
In almost all cases (c) is the correct answer. The person closest to the net has total authority to cross over the entire width of the court to take a shot if she/he believes they can make it. The partner farthest from the net can see the cross and can cover the empty court behind her/his partner. One of the exceptions to this rule is the lob, which we will cover later.

2. **Partner says she/he won't come to the net. What to do?**
You could try (a) your usual attacking game, but if your partner will not come to the net, you are left "naked." Your opponents will repeatedly drive the ball through the very large gap between you and your partner. Accept your partner's choice (b) and go back to the baseline. If you are good, you and your partner can drive your opponents crazy with lobs. Incidentally, "no man's land" is definitely a misnomer. Ernie Green, who played in many national senior tournaments, played his entire match from "no man's land". By moving in from the baseline closer to the net he was able to narrow the court. As we get older we will take any help we can get.

DOUBLES CHALLENGE *continues on page 5*

2024-25 Indoor Drills
Senior Drills run by ICT & Fred Wells

Drills led by certified tennis professionals are a wonderful way to improve your game, your fitness, and have fun while you practice! All drills listed are run by the InnerCity Tennis or Fred Wells Tennis & Education Center teaching professionals. Note that STPC new member reward cards are NOT accepted; STPC is only passing information on to you.

Location	Day	Time	Level	Instructor	Fee
• INNERCITY TENNIS (ICT) September - May *To register call 612-825-6844 or register online: www.innercitytennis.org/adult-tennis/drills.*	Monday	10:30-Noon	3.5+	Roger Boyer	$20
		1:30-3:00 p.m.	2.5-3.0	Dilcia Stromberg	$20
	Tuesday	9:00-10:30 a.m.	All Levels	Bill Stark David Petersen	$20
	Wednesday	11:30-12:30 p.m.	3.0+	Roger Boyer	$15
	Thursday	9:00-10:30 a.m.	All Levels	Bill Stark David Petersen	$20
	Friday	9:00-10:30 a.m.	2.0-3.5	Roger Boyer	$20
• FRED WELLS (FWTEC) September - May *To register call 612-252-8367, ext.0 • www.fwtec.org*	Tuesday	1:30-3:00 p.m.	All Levels	Staff	$20

DOUBLES CHALLENGE *continued from page 4*

3. **What do the lines mean on a tennis court?** Lines on the tennis court mean only one thing: (b) they define whether a ball is in or out. If you said the lines mean nothing you are not wrong. In terms of player positions on the court, they mean nothing. Too often players feel they must get to a certain spot to hit a shot. That is true, but it has very little to do with the lines. I think we might be better off teaching tennis if the only lines on the court were the outer doubles lines. Players would have to learn position based on where your opponents will hit from and where the likely shot will go.

4. **Partner says lobs are for sissies. What to do?** Never, never, never argue with your partner on the tennis court. The only words you should have for your partner are words of encouragement and support. No matter how badly she/he is playing. Getting in a better ready position or moving back a few feet probably won't do much good if your opponents are teeing off on your partner's return. If your partner won't change, then you must change. (c) is the right answer. Move back to the baseline to give yourself a chance.

2024-25

INDOOR GROUP PLAY

If you're looking for a group of friends to play doubles tennis with regularly, you're in the right place!

INDOOR GROUP PLAY is made up of Men's, Women's, and Mixed Doubles. Groups have set players who agree to play at an appointed time and location because court time costs money for indoor play.

- "Regulars" agree to play every week or on a regular basis. "Substitutes" get called when a regular can't make it to a scheduled group play session. Subs may say yes or no to each request, depending on their availability.
- After finding a group you are interested in joining, contact the captain (contact information is located below). If you want to be a regular, ask if spots are available. Don't be discouraged if no regular spots are open. As a sub, you will likely get called often and can move into a regular spot when one opens up, and you can sub for multiple groups.
- Once you've got your tennis group play date set, make sure you show up. The whole group is counting on you!

GET PLAYING WITH A GROUP IN TWO EASY STEPS

1. Locate groups that meet at a convenient time, location, and at your skill level.
2. Contact the captain and see if they have any regular or sub positions available.

DID YOU KNOW? Group Doubles Play occurs at five locations across the Twin Cities at different times and skill levels. Senior Tennis negotiates deals with tennis clubs so in most cases you do not have to be a member of the club.

INDOOR GROUP PLAY AT 5 TWIN CITIES TENNIS CLUBS

ST. PAUL AREA

Regulars & Subs Wanted | **Subs Wanted** | **Full, Call First**

For corrections or changes to this schedule, email Kevin Veenstra at mnkevin4@gmail.com.

Location	Day	Time	Cts	Skill	Captains	Phone
St. Paul Indoor Tennis Club 600 Desoto, St. Paul, Facility Coordinator: Annette Adam, 651-455-9319.	Mon	8:30-10:00 am	2	3.0-3.5 MW	Ron Leitner	651-739-9732
		2:30-4:00 pm	3	2.5-3.5 MW	Lois Brink	612-251-5650
	Wed	7:00-9:00 am	3	3.0-3.5 MW	Annette Adam	651-455-9319
	Fri	7:00-9:00 am	3	3.0-3.5 MW	Annette Adam	651-455-9319

MINNEAPOLIS AREA

Regulars & Subs Wanted | **Subs Wanted** | **Full, Call First**

For corrections or changes to this schedule, email Kevin Veenstra at mnkevin4@gmail.com.

Location	Day	Time	Cts	Skill	Captains	Phone
Baseline Club: 1815 4th St SE, Minneapolis, 612-625-1433 Facility Coordinator:Thue Rasmussen 651-917-0075.	Thu	10:00-11:00 am	1	3.0 W	Louise Anderson	612-354-0927
	Fri	9:00-11:00 am	1	2.5-3.0 MW	David Minke	612-757-6248
	Sat	9:00-10:30 am	1+	3.0-3.5 MW	Diane Bundle	612-886-5953
Fred Wells Tennis and Education Center 100 Federal Drive, Ft. Snelling, 612-252-8367.	Mon	7:30-9:00 am	2	3.0-3.5	Al Crow	952-944-2418
	Wed	7:30-9:00 am	2	3.0-3.5	Al Crow	952-944-2418
	Fri	7:30-9:00 am	1	3.0-3.5	Al Crow	952-944-2418
InnerCity Tennis 4005 Nicollet Avenue South, Minneapolis, 612-825-6844.	Mon	7:00-8:30 am	3	3.0-3.5 MW	Carol Thompson	612-669-3684
		8:00-9:30 am	3+	3.5-4.0 M	Mark Thompson	515-269-9788
		9:30-11:30 am	5	3.5-4.0 MW	George Farrah	612-206-7910
	Tue	7:00-8:30 am	2	3.0-3.5 MW	Ann Barten	612-751-7252
		9:00-10:30 am	1	3.5 MW	Michael Forman	408-623-6667
		9:00-11:00 am	1+	3.5 MW	Craig Binger	651-795-8764
		10:30-Noon	3	2.5-3.0 MW	Dennis Moody	651-488-8124
	Wed	9:30-11:00 am	3	3.0-3.5 W	Dee Neeley	612-695-8569
		10:00-11:30 am	2	3.0 MW	Louise Halverson	612-722-7132
		11:00-1:00 pm	4	3.5-4.0 MW	Jerry Buckridge	952-356-6448
		1:00-3:00 pm	5	3.5-4.0 MW	Mike Dalton	763-234-1690
	Thu	7:00-8:30 am	3	3.0-3.5 MW	Jean Robbins	952-738-1704
					Charlie Robbins	952-807-7258
		9:00-10:30 am	1	3.5 MW	Michael Forman	408-623-6667
	Fri	9:00 - 11:00 am	2	3.5+ MW	Craig Binger	651-795-8764
		10:30-12:30 pm	2	3.0-3.5 MW	Barb Lucey	612-210-5374
		12:30-2:30 pm	6	3.5-4.0 MW	Garfield Clark	612-868-8314
Public IndoorTennis 7833 Highway 65 N.E., Spring Lake Park, 763-231-3109 Facility Coordinator needed.	Mon	12:30-2:30 pm	6	3.5-4.0 MW	Chuck Lenthe	763-438-1741
	Thu	9:00-11:00 am	3	3.0-3.5 MW	Chuck Lenthe	763-438-1741

HALLOWEEN PARTY RECAP

On Saturday, November 2nd, twenty-one STPC members played Pop-In, Pop-Out doubles at Fred Wells Tennis & Education Center. Players rotated spots after every game and had the option to play as much or as little tennis as they pleased. What a fun way to spend a chilly evening!

STPC WELCOMES NEW MEMBERS

The recruitment efforts of our current members allow STPC to grow and continue offering year-round tennis opportunities such as group play, drills, pop ups, summer tennis leagues and flex leagues, doubles tournaments, and social events. The club appreciates our members' efforts!

Since July 1, twelve new players joined STPC. Please welcome: Barb Brown, Nancy Brown, Janet Folina, Deb Fritz, Matthew Glover, Shaan Hamilton, Al Justiniano, Dan Lenartz, Barbara Lucey, Trung Nguyen, Dawn Swanson, and Thomas Whitehead.

STPC is a volunteer organization. All membership fees are used to provide tennis-playing opportunities for our members and to support youth tennis programs through our annual contributions to local nonprofits serving kids. To learn how you can volunteer, call our Help Desk at 844-729-9277.

If you have any questions regarding your STPC tennis membership, call Marketing and Membership Coordinator Diane Bundlie at 612-886-5953.

2025 DELRAY BEACH OPEN

MEMBERS INVITED TO WINTER TENNIS TRIP

STPC members and their guests are invited to join us this winter for a trip to Florida to watch the Delray Beach Open men's pro tennis tournament. We plan to leave MSP on 2/11 and return on Monday 2/17/25.

If you're interested, please contact John Bantle at 612-385-3571, or via email at bantl001@umn.edu.

STPC BOARD OF DIRECTORS

The STPC Board of Directors meets on the first Thursday of each month from 1–3 p.m. and organizes and manages STPC leagues, drills, tournaments, social activities, tennis trips, and outreach programs. If you might be interested in serving on the Board, please contact Nominations Chairperson John Bantle at 612-385-3571 or bantl001@umn.edu.

9 REASONS YOU SHOULD **NOT** PLAY TENNIS

By Kaitlyn Diane

#1 – It will affect your stress level.

Does life stress you out? Tennis is a great outlet for stress, agitation, or any pent up energy. Running around, being active, laughing and hitting the crap out of some balls is sure to be a cure. You're sold already, aren't you? Never underestimate the power of physical activity for decreasing stress, increasing your mood and causing you to be HAPPY!

#2 – It will force you to meet new people and make new friends.

If you don't want friends and connections, then stay away from tennis. Through tennis, you will be introduced to many new people you may have otherwise not met, leading to new friendships and relationships. And, humans, as social beings, gain satisfaction and fulfillment from our relationships, which in turn leads to happiness. Seeing a trend here, yet?

#3 – It will have an impact on your health.

With heart disease being one of the leading causes of death in today's world, it's important that we do what we can to prevent it. How do we do that? Tennis! Playing tennis improves your cardiovascular health, burns fat, builds muscles, improves coordination, builds bone strength, and increases agility. You're probably getting ready to head to the court, but wait! There's more!

#4 – You might have to leave your city.

Be forced to travel? Gasp! What could be worse? If you're playing in a league and your team wins a season, you'll have the opportunity to go play in a sectional or state or national tournament. This means you'll have the opportunity to travel somewhere else to play. A trip with friends to a cool location to play tennis!? Sounds dreadful, right?

#5 – It will mess with your mind.

Tennis is just as much a mental game as it is a physical game. Shocking, huh? No one ever

thinks that until they actually play. (Secret tip #1: tennis requires a lot of strategy. It's like a puzzle—trying to figure out the team you're playing and trying to piece together your tactics to come out on top. It's not just hitting a ball back and forth across a net.) Once you start playing, you'll notice increased mental sharpness, and you'll start thinking about strategy constantly—and then BAM, you're hooked. As if you needed another reason…

#6 - You may never stop.

Sounds daunting, right? Tennis is a sport that you can play from cradle to grave. There is no age limit on tennis, and your game will change with you as you age. So get ready for the long haul. (Secret tip #2: You actually won't want to stop once you start.)

#7 - You'll be included in something.

Tennis will force you to be a part of something bigger than yourself. You'll get the chance to be a part of a team, both on and off the court. (Secret tip #3: Feeling included and a part of something increases your confidence and self-esteem, which in turn makes you happy. The trend is real here.) Furthermore, tennis is all-inclusive, meaning that you're never too old, too young, too fat, too thin, too tall, too short, or too anything to start playing! And in a world with so much negativity, that's a pretty cool thing.

#8 -You'll never get a break.

Luckily, you'll never truly get a break from tennis because you can play it year round! Best news you've heard all day, isn't it!? And once you start playing, you won't want to stop (see point #5). Being able to play indoors and outdoors and having a zillion options for leagues to play on, your year will be booked.

#9 -You will have something to control.

That's right. Control. Depending on your personality, you're either loving this or cringing at it right now. However, this is nothing but good. You will have complete control over your tennis game. When it comes to tennis, there are about a billion options—you can be as involved as you want. If you want to play like you're on the pro tour, you can. (But there won't be sponsors sending you free stuff.) Or if you want to play socially one night per week, you do you. There are also singles leagues, doubles leagues, mixed leagues, day leagues, night leagues, fast feeds, tri-level leagues, combo leagues, fun leagues, serious leagues, and on and on.

With these kinds of benefits, tennis offers something for literally everyone. And everyone includes YOU! So get out there and start playing. You won't regret it.

Adapted from the Young Professionals Association of Louisville blog series entitled Get Healthy.

Senior Tennis Players Club
4005 Nicollet Avenue South
Minneapolis, MN 55409

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Renewal date: February 27, 2020 - F
You are receiving this newsletter because you are a current STPC member. - G

Check your Renewal Date!

If you need to renew your membership, please fill out the form below (or online)!

VALENTINE TENNIS PARTY FEBRUARY 7

Join Us for Doubles & Socializing!

On Friday, February 7, 2025, STPC will host a Valentine-themed tennis party at InnerCity Tennis from 3:30 - 6 p.m. (From 3:30-4, we'll mingle in the lobby. Doubles play starts at 4.) No partner required!

Our Pop-In, Pop-Out doubles format has been so popular that we'll keep doing it. After every game, players rotate one spot and the server rotates out. Players waiting may choose to pop in to the next opening on a nearby court or to head to the lobby for a snack and a drink. Check your January and February eUpdates for more details. Break the ice with some casual mixed doubles!

MEMBERSHIP RENEWAL FORM

On the address label of this newsletter we have printed the renewal date of your membership. There are two options for renewal:

1. Electronic: www.seniortennismn.org
2. Mail: Forms and checks can be sent to:
   STPC Membership Renewals
   P.O. Box 6943, Minneapolis, MN 55406

Name _____

Cell phone _____

Secondary phone _____

Email address _____

Skill level (1.0 to 4.5) _____

If your home address has changed, enter here:

_____

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