

Senior Tennis

TIMES

DOWN THE LINE

The 1991 schedule for outdoor courts was published in the May TIMES as well as in this issue. You are urged to take advantage of tennis activities scheduled in your area or anywhere in the Twin Cities. Outdoor tennis is less structured--but this has an advantage in that one can generally walk on and play. If the courts are full upon arrival, members are good about rotating in those members waiting.

A question often asked is: "Where can I find players of my level?" If you can't find such play at the scheduled courts, I encourage you to contact members in your area by phone and invite them to join in a foursome or more. Through conversation and playing, you will soon become acquainted with players with whom you are most comfortable. New members should make note of those players who along with them participated in lessons and drills, and call them for tennis. Members like to be called for tennis. That's what it's all about.

There are plenty of one and two public courts available throughout the parks in your community. There's a lot of unpublished neighborhood tennis being played by club members who got together by a telephone call. Some have been playing together for years. Make a call! You'll enjoy the tennis, activity, fresh air, companionship, and what could be better than to convene at a restaurant following the match for a late breakfast or early lunch and good conversation.

See you on the court!

Bob Curran,
President.

Dinner Cruise

We have reserved space on the Jonathan Padelford for a 2 1/2-hour dinner cruise Sunday evening, July 28.

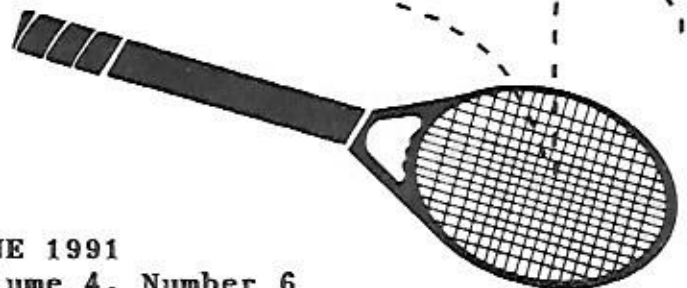
This cruise includes a chicken and rib dinner with all the trimmings, and a live dixieland band for your entertainment or dancing. Tickets are \$21.95 per person and boarding is at 5:30 at Boom Island in Minneapolis.

Reservations must be made by Friday, June 21. Your check will be your reservation. Send check payable to Ethel Trebil, 5250 Villa Way, #121, Edina, MN 55436. Any questions? Call Ethel at 926-0978. Hope to see you there.



Senior Tennis Players Club Founder Jack Dow will be 85 on June 8. With love, we wish you many happy returns of the day.

Happy Birthday, Jack!



JUNE 1991
Volume 4, Number 6

Marge Fox Wins Trophy at Ms. Senior America Pageant



Selected by Active Lifestyles magazine to represent Minnesota in the age 60 and over contest that exemplified the dignity, maturity and inner beauty of all senior American women, Marge Fox, STPC member, acquitted herself admirably. She won a first-place trophy for the most creative talent, the only contestant to do so.

Nearly 40 states were represented in the senior competition, won for overall accomplishment by Ms. Nevada. Eight judges presided over the various talent presentations, with Fox's display of three garments she had designed and sewn garnering a first-prize trophy. In rehearsal for nearly a week, Fox participated in choral dancing, individual walking down the runway and various other activities.

"It was the most wonderful experience a person could have and I made a lot of new friends in the process," Fox stated. The contest was staged at the Trump Regency & Plaza Hotel in Atlantic City.

Desperately Needed: A Volunteer

Someone with a home computer who could assist Ethel Trebil by scheduling the players and the playing time for tennis parties. Please call Ethel Trebil at 926-0978.

Can We Top This?

Fred Habegger forwarded an article about a senior league that's a smash hit in Florida with 1550 players competing on 70 teams. The Senior Men's Tennis League includes teams from as far north as Deerfield Beach and as far south as Pembroke Pines in Broward County, Florida.

The league was created in 1977 with 150 members on 10 teams. Today there are 1550 players on 70 teams. The league plays by age divisions, and last season yet another age barrier came tumbling down when a 75-and-older division was formed with 5 teams.

1550 players, all men, is impressive. STPC's latest membership count is 1442. Surely with both men and women we can top the Florida league. Spread the word. There must be lots of people who would rather smash an overhead than fall asleep in front of a television set. There's no age limit—talk to your friends and encourage them to join, even if they've never played the game. With a membership, twelve lessons are free.

The USPTA's Tennis Day Across America on May 16 at Wolfe Park was a success. 75 members participated in the drills led by USPTA pros Roger Boyer, Ernie Greene, Percy Hughes, Ginny Owens and Paul Storms. Many thanks to Roger for the many wonderful Prince prizes awarded for accuracy in the volley at the end of the clinic.

President Bob Curran congratulated the large group for their participation. Other STPC notables present were: Past President Mandy Johnson, Board members Norm Diamond, Percy Hughes, Ginny Owens, Mary Kaminski, Dick Pratt, Ethel Trebil and Jean Wallace.

TENNIS TIPS by Ginny Owens

I HATE MY BACKHAND

How many times have we heard or said this? How often do we run around what would be a backhand shot and take it as a forehand? If we have a weak or defensive backhand, we should determine if we are using the elbow instead of the shoulder as our pivot point. Use of the elbow as the pivot point prevents us from getting body weight into the shot, and the power comes only from the wrist and/or the forearm. It is extremely difficult to hit deep, accurate backhand drives using the elbow as a pivot point.

How do we remedy this? Here's some homework: Stand in front of a mirror in the ready position, but without a racquet. Let your left hand grip your right hand, now let it pull the right arm straight back. You are still facing the mirror, but your left shoulder has swung around and the right shoulder faces the mirror. Note that the right arm is slightly bent. Let the left

hand drop and swing the right hand forward and up, using your shoulder as the pivot point. The elbow does not lead as you swing your arm.

Now repeat this exercise, but add one more motion. When the left hand pulls the right arm back, you will feel the pull in the shoulder. Just before swinging the right arm forward, take a step toward the mirror with the right foot. When the right arm swings forward, there should be no movement of the elbow, only the rotation from the shoulder. Repeat daily until you have mastered this change so it becomes automatic during tennis play.

One last helpful correction. When actually practicing on the court, be sure to take the ball well in front of your body. If you let the ball get by your side before making contact, you will revert back to hitting from the elbow.



IT WAS A MOST UNUSUAL MAY 2. Pictured above at Wolfe Park are the hardy tennis players who showed up to drill with Ginny Owens, Percy Hughes and Paul Storms in spite of the 36-degree morning. Enough was enough. When the pros couldn't hold on to the balls, Percy sent everybody home.

LOOKING FOR PERMANENT COURT TIME AT WILLISTON? Gloria Sealock is looking for four people to take permanent court time on Tuesdays from 9 to 10:30 a.m. January through May, 1992. If this is for you, call Gloria at 470-0855.

1991 SCHEDULE FOR OUTDOOR COURTS

<u>LOCATION AND DAY</u>	<u>TIME</u>	<u>CAPTAIN(S)</u>	<u>TELEPHONE</u>
AUGSBURG PARK 72nd and Blaisdell, Richfield Mon, Tues, Wed, Thurs, Fri	8:00-10:00 am	Florence Habegger	869-7918
BROOKLYN CENTER SENIOR HIGH 6500 Humboldt Ave N, Brooklyn Center Tues, Thurs	9:00-11:00 am	Bob Metcalf	571-3596
BROOKVIEW PARK Hwy 55 & Winnetka, Golden Valley Sat	9:00-11:00 am	Joyce Hautman Mary McNeil	545-4051 545-7142
COMO PARK Horton Ave near Lexington, St. Paul Mon Wed	9:00-11:00 am 9:00-11:00 am	Mary Kaminski Margaret Webb	781-3271 379-1427
DONALDSON PARK 75th & Humboldt S, Richfield Mon, Wed, Fri, To 9/30 Tues, To 9/30	8:00-10:00 am 8:00-10:00 am	Chad Sharkey Cliff Northfield Elvin Kolstad	866-7682 869-1859 869-7277
DRED SCOTT PARK W Old Shakopee Rd & Ferry Bridge Rd Mon, Tues, Wed, Thurs, Fri, To 9/20	8:00-10:00 am	Lois & Paul Lokensgard Chuck Supplee	831-1171 888-0551
EDGEWOOD COURTS S of Hwy 10 on Edgewood, Moundsview (south of Donatelli's Supper Club) Mon, Wed, 6/17 to 9/1	9:00-12:00 noon	OPEN PLAY. Would be better organized with a captain. If willing to be a captain, call Dick Pratt, 433-3583.	
EDINA SENIOR HIGH 6754 Valley View Road, Edina Tues Thurs Sat Sun	6:00- 8:00 pm 6:00- 8:00 pm 4:00- 6:00 pm 4:00- 6:00 pm	CAPTAIN NEEDED Jim Bernstein Charlie Kiefer Jim Bernstein Al Holter Jim Bernstein	544-0511 (day) 725-2017 (eve) 831-8514 544-0511 537-1843 544-0511
CHASKA HIGH SCHOOL Hwy 41 & Engler Blvd, Chaska Fri	8:00-10:00 am	Stan Furber	448-4519
LAKWOOD COMMUNITY COLLEGE #120 betw 694 & Co Rd E, White Bear Lake Sat, 6/15-9/14 Sun, 6/16-9/16	8:00-10:00 am 8:00-10:00 am	Frank Beutel Frank Beutel	426-2440 426-2440

1991 SCHEDULE FOR OUTDOOR COURTS

<u>LOCATION AND DAY</u>	<u>TIME</u>	<u>CAPTAIN(S)</u>	<u>TELEPHONE</u>
LONE LAKE PARK Shady Oak n of Bren Rd, Eden Prairie Mon, Tues, Wed, Thurs, Fri	8:00-10:00 am	Laurene Wastvedt Angie Jepson	935-2369 933-1133
MARTHALER PARK Wentworth & Humboldt, West Saint Paul Mon, Wed, Fri	9:00-11:00 am	Marge Milbery	455-5579
SIBLEY HIGH SCHOOL 1897 Delaware Ave, West Saint Paul Thurs	6:30- 8:30 pm	Mary Wenz	457-5347
VALLEY VIEW PARK 90th between Nicollet & Portland, Blmgtm Mon, Tues, Wed, Thurs, Fri, To 9/20	7:00-10:00 am	Cliff McMinn	888-4989
WBL SOUTH CAMPUS McKnight Rd & Co Rd E, White Bear Lake Mon, Tues, Wed, Thurs, Fri, 6/10-9/30	7:30-10:00 am	Frank Beutel	426-2440
WOLFE PARK W 36th St off #100, Saint Louis Park Mon, Tues, Wed, Fri	8:00-11:00 am	CAPTAIN NEEDED	
WOODBURY ELEMENTARY SCHOOL 1425 School Drive, Woodbury Mon, Wed, Fri, To 9/30	9:00-11:00 am	Karen Ovadia	738-0229

LEARN TENNIS

1991 SUMMER SCHEDULE FOR BEGINNER LESSONS AND DRILLS

BRECK SCHOOL 123 Ottawa Ave N, Minneapolis Mon, 6/3 Wed, 6/5	5:00- 8:00 pm 5:00- 8:00 pm	Instructors Connie Custodio Ernie Greene	824-2569 488-6359
WOLFE PARK W 36th St off #100, Saint Louis Park Thurs, To Labor Day *Assisted ably by Paul Stormo, our newest certified instructor	8:30-10:00 am	Instructors Percy Hughes* Ginny Owens *	545-7696 546-9666 944-6286
WOODBURY ELEMENTARY SCHOOL (Same as last year) 1425 School Drive, Woodbury Mon	6:00- 7:30 pm	Instructor Virginia Morgan	459-6059

Rarin' Marian: STPC Membership Chairperson on Cutting Edge of Being the Classic Superwoman

Amateur writers sometimes conjure up weird coined words that baffle the imagination. Take, for instance, this fabrication: pole-eye. To the warped mind it's remindful of a potent booze in this flight of fancy found at the Golden Nugget Saloon in the days of the old Wild West. Imagine this scenario, if you will. Clint Eastwood sidles up to the bar and drawls at the bartender: "Gimme a double shot of pole-eye or I'll crease your skull with my Remington." Barkeeper answers: "Never heard of pole-eye, stranger." Bang, bang, and the fantasy ends.

This is a sneaky, left-handed way to introduce you strangers and friends to our June profile subject, Marian Murphy Pollei. You guessed it - last name pronounced "pole-eye." What this small-statured but powerfully accomplished woman has propelled in her lifetime would be worthy of a novel. You will just have to be content with highlights in this abbreviated version. Take five to get your glasses - are you ready?

Born and raised on a farm near Saint Cloud, Pollei got through Saint Francis High School in Little Falls and embarked on a career in nursing. In 1946 she became an R.N. from Saint Cloud School of Nursing and shortly thereafter married Barney Murphy. A dental student at the University of Minnesota, Murphy tragically died after two years of marriage from a kidney disfunction. Pollei sorrowfully recalls that if a dialysis machine could have been available at that time, Murphy might still be alive today. The marriage produced an only daughter, Mary Ellen.

Already a Minneapolis resident, Pollei went on to receive a Bachelor of Science degree in Nursing Education from the U of M in 1959. Without knowing it at that time, she was headed for the field of psychiatric mental health nursing. Now involved with the Veterans Administration Medical Center in Saint Cloud, she pursued her education by getting a Master's degree with honors from the University of Iowa in 1970, in her chosen specialty. Five years later she was awarded a certificate in Family Therapy from Family Counseling Associates in Saint Cloud.

Introduced by a mutual friend, she met Jack Pollei in Saint Cloud who was associated with the dry-cleaning business. The romance began in 1975, culminating in marriage two years later. About that time she started playing tennis in earnest, but not with the intent she utilizes today.

Before citing Pollei's other accomplishments let's recap her nursing career in staccato fashion:

- 1951-58 - Staff nurse and supervisor of 100 plus nursing staff personnel in psychiatric services.
- 1959-60 - Head nurse of a psychiatric service providing care for acutely disturbed patients.
- 1960-69 - Instructor for diploma nursing students (860) in psychiatric mental health nursing seminar.
- 1969-70 - Member State of Iowa mental health team during graduate study.
- 1970-71 - Clinical specialist in psychiatric mental health nursing.
- 1971-72 - Adjunct faculty member, College of Saint Benedict/Saint John's University to develop mental health associate programs.
- 1972-73 - Acting Associate Chief of Nursing Service for Education at Saint Cloud VA Medical Center.
- 1973-76 - Back to Clinical Specialist in psychiatric mental health nursing.
- 1976-82 - Again Clinical Specialist in psychiatric mental health nursing with VA Mental Hygiene Clinic.
- 1982-85 - Adjunct instructor, U of M Graduate School of Nursing and still to this day a consultant to the U of M's Psychiatric Mental Health nursing staff.

And in addition, Pollei was President of the 12th District Minnesota Nurses' Association for four years, held various offices at the district and state level of the Minnesota Nurses' Association, and was President of the Area Health Education Consortium of Central Minnesota Nursing Committee.

Whew! I'm out of breath and my hunt-and-peck

Continued on next page

Continued from last page
Marian Murphy Pollei

finger is falling off. Maybe I have psychiatric leprosy!

After 31 years of loving every aspect of her VA position, Pollei allegedly retired and with husband, Jack, purchased Nevens Cleaners in Saint Louis Park. After building the business (Marian was Madam President of the firm), the Polleis sold out in latter 1990. Now comes the good part - you know, playtime and all that jazz.

Seeing a Jack Dow inspired ad, she joined the STPC in 1986. "It was my entry into meeting new people because they interest me more than I can say," Pollei reveals. She frankly admits that today, at 66, her whole life evolves around tennis. She's been to Wimbledon twice, but would prefer now to go to the U. S. Open. As a team captain at Nicollet Tennis Center, Pollei ran a good show and was highly respected by her team. She still plays six days a week and is in splendid shape. "Tennis is aerobic, exhilarating and provides me with an outlet for my energy," Pollei says.

Prior to retirement, it should be noted, Pollei learned downhill skiing, cross-country hiking and roller blading. Take heed, all grandmas, that you, too, can become superwomen! Pollei is an excellent gourmet cook and sets an elegant table. When going out for dinner, she prefers Lucia's off Hennepin on 31st. She's into Mah Jong and bridge although no one knows how she fits it into her frenetic schedule.

Pollei's top priority: daughter Mary Ellen married to Bob Spector, and her two grandchildren, Mark, 13, and Ben, 9. The family is close and active (what else is new?). Making the most of every minute is Pollei's philosophy of life. "Senior Tennis has helped me maintain my emotional and physical health," she stresses. "I enjoy the sport and it enhances my reputation as a "people person."

A story-teller with a ready sense of humor, Freudian Pollei is a warm-hearted and

gregarious individual who's always looking for new challenges. Should you be looking up in the air when someone is hang gliding over the Grand Canyon, it could be Marian Pollei.

So the moral of this story is: If at first you don't succeed, call the buzz saw! Or better yet - lift up your glasses and drink a shot of that Pollei!

--Norm Diamond



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Medico Life Agent STPC Member

-PAID ADS-

LEAGUE NAME CHANGE

The USTA Masters League is now called USTA Senior League. To qualify to play, you must be 50 before the first match. Good luck to the teams.

* * * * *

STPC Signs Up For Senior Options Expo

STPC will have one of the 350 exhibit booths at the Minnesota Senior Federation Senior Options Expo to be held at the Minneapolis Convention Center October 11 and 12. Virginia Morgan is the coordinator of the club's participation in the Expo, and volunteers from the club will work the booth.

Senior Olympics Fundraiser

Mixed doubles tennis games were held at three different sites in Bloomington May 18. In spite of the chilly weather, the games were supported by 90 people, not only STPC members, but also Matched Singles friends.

The fundraiser was promoted by Jeff Stottlemeyer, Older Adult Recreation Supervisor of the Bloomington Park Board, assisted by STPC members, Irma Bong, Lois and Ned Bunday, Vivian and Don Bratt, Cliff McMinn, Glen Gullikson and Ed Holzacker. There were drawings for prizes.

The purpose of the event was to help finance seniors traveling to Syracuse, New York to participate in the National Senior Olympics June 26 to July 2.

* * * * *

MSTC 20TH ANNIVERSARY CELEBRATION

Come One, Come All! Present and past members of the Matched Singles Tennis Club 1971 - 1991

WHAT: Tennis (mixed doubles), games, food, surprises, fun!!

WHERE: Blake School grounds and tennis courts

WHEN: July 4th, from 10 AM to 6 PM

COST: Tennis and social - \$15.00
Social only - reserved \$12.00, \$14.00 at the door.
Reservations needed by June 26

WHO: Mail reservations to:

Judy Granahan
1642 Hickory Lane
Eagan, MN 55122

Telephone 452-1729

TENNIS TOURNAMENT

The 1991 Greater Saint Paul Senior Games tennis tournament will be held Monday, June 17 through Friday, June 21 at the Bucky Olson courts, Marshall Avenue near Lexington in Saint Paul. The events will be men's singles and doubles and women's singles and doubles by age divisions. Medals will be awarded to the first, second and third place winners within each age group, and everyone will receive a participation ribbon.

The entry fee is \$5.00 and the entry deadline is Monday, June 10. Persons interested, please call Ernie Greene for a registration form. 488-6359.

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Pine Tree Apple Tennis Classic

The Sixth Annual Pine Tree Apple Tennis Classic will be held August 9, 10 and 11, 1991 at the Dellwood Hills Golf Club in White Bear Lake. It is an NWTAsanctioned, mixed doubles tournament and recognized by the International Tennis Hall of Fame as one of the highest net revenue noncelebrity tennis tournaments in the United States. Tickets for the three-day event are \$10, and the proceeds benefit pediatric cancer research and oncology programs at Children's Hospital of Saint Paul.

Member Paul Weinreis' daughter, Carol Lindow, has been a participant for the past couple of years. She is now a certified tennis teaching pro, a member of the USPTA and a physical education/health teacher at the Prior Lake High School. Many of the players in this tournament are Twin Cities area club pros.

There is a qualifying event at the Dellwood Hills Golf Club on August 5-8. In case of rain, the tournament is held at the White Bear Racquet Club.

For more information or tickets, call Paul Weinreis at 935-9463.



The latest grads completing twelve lessons are:

Jack Campion
Mary Campion
Harriet Kidder
Darlene Magnuson
Pearl Odland

Congratulations! New members, if you have completed twelve lessons, be sure to tell your instructor.

* * * * *

MULTIPLE SCLEROSIS: SPONSORS NEEDED

Donations welcome for the MS 150 Bike Tour, Minneapolis to Duluth. Receipts if requested. Mail to Multiple Sclerosis, Louise Storie, 14220 Starlite Drive, Rogers, MN 55374.

-PAID AD-

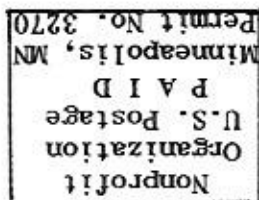
OOPS, WE GOOFED....Mona Mae Zarling chaired the Annual Dinner Dance in April, and recognition for her efforts was inadvertently omitted from the story. Mona Mae also procured the entertainment which pleasurably added to the success of the event, the largest in the club's history.

We all appreciate Mona Mae's great service.

Adult Children Trial, Etc.
General Meeting
Sharon Rice
Cathy
James
John
James
James

MEMBERSHIP COUNT AS OF MAY 20, 1991 - 1442

COPY DEADLINE FOR NEXT ISSUE IS JUNE 20, 1991



JUNE 1991

Senior Tennis Players Club, Inc.
1664 Bellows
West Saint Paul, MN 55118

1991-92

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H. Jack Dow

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