

## From the President

Dear Fellow Members,

Now that the indoor season is underway, our weather is bound to be more summer-like than that which we had for outdoor play in June, July and August. The seasons are really mixed up.

How mixed up are they? Well, we have an amaryllis which normally blossoms in December. In May we set it outside, per instructions in our gardening book, planning to bring it inside before the first frost, when we expected it to go into a rest period before it would bloom again. While still outside in the middle of September, it started to form its flower buds. Undoubtedly it had been deceived into thinking that our summer really was fall, and that winter would soon be upon us. Which, of course, means it should bloom profusely--now. It is beautiful, even if slightly off its normal schedule.


All of which really has nothing to do with tennis, but it does serve to remind us that things are in full bloom as we start another year of activities.

Dave Moore got the Special Event Series off to a great start when he spoke to about 150 members and guests at Christ Presbyterian Church in Edina on the first of September. Dave, in his inimitable way, informed and entertained the audience with his views

on tennis and about what's good and what's bad about television. Be sure to check the schedule of future events in the Series, repeated in this issue of the *Times*.

It will soon be time to renew your membership in STPC for 1993; a renewal form will be included in the November *Times*. When you receive that issue, please take the time to fill in the form and send it in promptly so you can continue to enjoy one of the best bargains in town.

Holger Christiansen



## Provocative Topic, "Sex and the Tennis Player", Headlines Ongoing Series

Dr. Gerhard Neubeck, nationally recognized authority specializing in marriage and family therapy and author of many books on human sexuality, will be the featured speaker on "Sex and the Tennis Player" on Thursday, November 12, at 7:00 pm at the Richfield Community Center, 7000 Nicollet Avenue South, Richfield. Dr. Alfred Anderegg, an STPC director, will chair the meeting.

A recently retired University of Minnesota professor, Dr. Neubeck initiated the U's Human

Sexuality program several years ago to universal acclaim. He often reviews books for local papers on subjects relating to marriage and the family.

In his role as a physician at Group Health, Dr. Anderegg was an ardent supporter of Dr. Neubeck's program at the U. "He was and still is an outstanding authority on the value of older adults understanding their sexuality and related subjects," says Dr. Anderegg. "This is a highly sensitive program that shouldn't be missed," he states.

Dr. Neubeck's presentation is the third in the ambitious series of STPC social events for 1992-93 chaired by Sue Larson and a host of committees.

## **Dave Moore Presentation for STPC Opener Draws Enthusiastic Crowd**

It was vintage Dave Moore on September 1 at Christ Presbyterian Church in Edina. The legendary WCCO-TV newscaster, commentator, actor and dashing tennis player regaled the audience with his wit and irreverence to inaugurate the most attractive social program STPC has ever offered.

Moore presented his views on sports, broadcasters and behind-the-scenes incidents on television that made for an evening of laughter and enjoyment. The question-and-answer session following Moore's address was spirited and insightful.

Chaired by Sue Larson, Char Hall presided over the arrangements assisted by Susie Mackenstadt, Irma Bong, Jean Hanson, Mary Ann McCabe, Frank McCabe, Donna Lucker, Vern Backes, Marilyn Thorne, Bob Western and Mary Kaminski. STPC prexy Holger Christiansen presided while Norm Diamond moderated.

## **Membership Appreciation Special Event Series**

**Saturday, October 17, 1992, 7-11 p.m.** Moore Lake Tennis Party, Fridley; Mary Ann and Frank McCabe, Chairs.

**Thursday, November 12, 1992, 7:00 p.m.** "Sex and the Senior Tennis Player," Dr. Gerhard Neubeck, speaker. Richfield Community center, Richfield; Al Anderegg, Chair.

**Wednesday, December 2, 1992, 5:30 p.m.** Holiday Dinner Dance, Decathlon Club, Bloomington. Merrilyn Belgum, Twin Cities comedian and humorist; music by Bob Deichert. Marilyn Thorne, Chair.

**Saturday, January 16, 1993, 7:00 p.m.** Crosstown Tennis Party. Irma Bong, Chair, and Jean Hanson, Co-Chair.

**Saturday, February 13, 1993, 7-11 p.m.** White Bear Tennis Club Tennis Party. Bob Western, Chair. Single members only.

**Wednesday, March 24, 1993, 7:00 p.m.** "Sports Medicine and the Senior Tennis Player," George Kramer, M.D., Park-Nicollet Medical Center. Richfield Community Center, Richfield. Susie Mackenstadt, Chair.

**Sunday, April 18, 1993, 8:00 a.m.** Flagship Tennis Club Tennis Party and Brunch. Char Hall, Chair.

**Tuesday, May 11, 1993, 9-12:00 noon, Tennis Luncheon, 12:15 p.m.** John Bolger Tennis Clinic. Nicollet Tennis Center, Minneapolis. Dick Gehring, Chair.

# Tennis Tips by Ginny Owens

## Try This and Improve!

If you're having trouble controlling your forehand, your swing feels cramped, and you open your shoulders too soon, here's a tip which may help these problems.

hang down by your side, but reach out of it for the approaching ball. It may help you maintain balance, transfer your weight better, and complete your follow-through. It also should keep your shoulders turned sideways during the stroke. Chris Evert's forehand demonstrates a perfect example of this.

Give it a try! I find it gives me a more solid forehand.

As you make your stroke, do not let your free arm

## LEARN TENNIS

### 1992 - 93 Schedule for Beginner Lessons and Drills

LOCATION	DAY	TIME	INSTRUCTOR	PHONE
NICOLLET TENNIS CENTER 4005 Nicollet Avenue Minneapolis, 825-6844	Thurs	8:30 - 10 am	Percy Hughes Ginny Owens Paul Stormo	545-7696 546-9666 944-6286
NORTHLAND FITNESS CENTER SOUTH 5250 West 84th Street Bloomington, 831-2660	Wed	5:15 - 6:45 pm	Ernie Greene	488-6359
WILLISTON-SAGEDAHL CLUB 14509 Minnetonka Drive Minnetonka, 935-8638	Mon	5:30 - 7 pm	Connie Custodio	824-2569
WOODDALE RECREATION CENTER 2122 Wooddale Drive Woodbury, 735-6214	Mon Wed	8 - 9:30 pm 1 - 2:30 pm	Cathy Morgan Virginia Morgan	690-5204 459-6059

NOTE: The cost of indoor courts will be defrayed by collecting \$1.50 from each student.

## 1992 - 93 Schedule for Indoor Courts

<u>LOCATION</u>	<u>DAY</u>	<u>TIME</u>	<u>CAPTAINS</u>	<u>PHONE</u>
DAYTONA CLUB 14740 Lawndale Lane Dayton 427-6110	Tues	10 - 12 noon	Harvey Benson Warren Westerlund	784-6778 484-2670
	Thurs	10 - 12 noon	Bernard Ackerson Ed Comer Vernal Nelson	537-5061 537-8859 545-9028
DECATHLON ATHLETIC CLUB 7800 Cedar Avenue South Bloomington 854-7777	Mon	7 - 9 am	Fred Habegger	869-7918
		10 - 11:30 am	Jean Robb	922-4729
		2 - 3:30 pm	Mary Noble	825-9487
	Tues	7:30 - 9:30 pm	Georgia Chapman	869-7069
		10 - 11.30 am	David Zimmer	588-2554
	Wed	7 - 9 am	Florence Habegger	869-7918
	Thurs	10 - 11:30 am	Cliff McMinn	888-4989
		3 - 4:30 pm	Vic Erdmann	922-0158
	Fri	10 - 11:30 am	Lorraine McDaniel	869-7392
		7 - 9 am	Georgia Chapman	869-7069
9 - 10:30 am	Cliff McMinn	888-4989		
9 - 10:30 am	Florence Habegger	869-7918		
LILYDALE RACQUET CLUB 945 Sibley Memorial Hwy Lilydale 457-4954	Tues	7:30 - 9 am	Dot Guenther	687-0246
	Wed	7:30 - 9 am	Nancy Karasov	452-3172
	Thurs	7:30 - 9 am	Nancy Karasov	452-3172
NICOLLET TENNIS CENTER 4005 Nicollet Avenue Minneapolis 825-6844	Mon	7:30 - 9 am	Cliff Northfield	869-1859
		9 - 11 am	Jean Hanson	377-4997
		10 - 12 noon	Walter Kofski	481-9123
		12 - 2 pm	Pete Robinson	443-3026
		11 - 1 pm	Dick Pratt	433-3583
	Tues	7 - 9 am	Gene Philipson	454-5355
		9 - 11 am	Frank McCabe	633-6319
		11 - 1 pm	Kay Matthews	926-2953
	Wed	9 - 11 am	Mike Christofore	489-6580
		10 - 12 noon	Jean Wallace	925-4133
		11 - 12 noon	Barbara Diamond	920-3530
		11 - 1 pm	Pete Robinson	443-3026
		3 - 5 pm	Dick Pratt	433-3583
	Thurs	7 - 9 am	Gene Philipson	454-5355
		9 - 11 am	Elvin Kolstad	869-7277
		10:30 - 12:30 pm	John Connelly	771-2664
		11 - 1 pm	Mary Kaminski	781-3271
	Fri	7:30 - 9 am	Jim Erler	471-9750
		8:30 - 10:30 am	Cliff Northfield	869-1859
	Sat	3 - 5 pm	Will Robbins	546-1377
Sun	2:30 - 4:30 pm	Dave Moore	941-2512	
			Pat Smith	935-7897

## 1992 - 93 Schedule for Indoor Courts

<u>LOCATION</u>	<u>DAY</u>	<u>TIME</u>	<u>CAPTAINS</u>	<u>PHONE</u>	
NORTHLAND FITNESS CENTER 5250 West 84th Street Bloomington 831-2660	Mon	9 - 11 am	Marian Versen	929-9643	
	Tues	9 - 11 am	Dorothy Schlichting	920-0965	
		11 - 1 pm	Gene Gibson	455-0122	
	Thurs	1:30 - 3:30 pm	Phil Briant	866-6029	
		8:30 - 10 am	LaVerne Wilger	929-8120	
		10 - 11:30 am	Shirley Zumberge	922-5675	
		1 - 3 pm	Cleora Feuk	544-2991	
		Gene Gibson	455-0122		
	Fri	1 - 3 pm	Phil Briant	866-6029	
			Mary Ellen Jarnes	881-4703	
NORTHLAND FITNESS CENTER 7624 Boone Avenue North Brooklyn Park 425-5880	Thurs	10:30 - 12:30 pm	Bob Metcalf	571-3596	
WHITE BEAR RACQUET CLUB 4800 White Bear Parkway White Bear Lake 426-1308	Fri	3 - 5 pm	Dick Pratt	433-3583	
WILLISTON-SAGEDAHL CLUB 14509 Minnetonka Drive Minnetonka 935-8638	Mon	2 - 4 pm	Henry Flesh	546-7317	
	Tues	7 - 9 am	Don Schierman	470-9144	
		8 - 9:30 am	Henry Lofquist	476-4543	
		8 - 10 am	George Frost	866-8552	
		8:30 - 10 am	Adeline Levin	937-1709	
		9 - 10:30 am	Kit Peterjohn	474-0154	
		12 - 2 pm	Henry Flesh	546-7317	
		Wed	1 - 3 pm	Bill Storie	428-2052
		Thurs	7 - 9 am	Don Schierman	470-9144
			8 - 10 am	Henry Flesh	546-7317
			8:30 - 10 am	Adeline Levin	937-1709
	10 - 12 noon		Margaret Jenkinson	473-5243	
	Fri	8 - 10 am	Pete Robinson	443-3026	
		8:30 - 10 am	Jean Melony	474-9461	
			Phyllis Johnson	472-2196	
			Bill Storie	428-2052	
	Sat	2 - 4 pm	Don Schierman	470-9144	
		12 - 2 pm	Shirley Pratt	433-3583	
		2 - 4 pm	Lois Heim	544-1322	
		4 - 6 pm	Rosalyn Bernstein	544-0511	
		Ronnae Wagner	938-5785		
Sun	4 - 6 pm	June Holmes	541-1449		
	4 - 6 pm	James Adams	545-8578		



# 1992 - 93 Schedule for Indoor Courts

<u>LOCATION</u>	<u>DAY</u>	<u>TIME</u>	<u>CAPTAINS</u>	<u>PHONE</u>
WOODDALE RECREATION CENTER 2122 Wooddale Drive Woodbury 735-6214	Mon	8 - 10 am	Paul Leonhart	739-3690
		10 - 12 noon	Ed Jandl	731-5410
	Tues	8 - 10 am	Rolly Arndt	436-7622
	Wed	8 - 10 am	Paul Leonhart	739-3690
		10 - 12 noon	Marianne Davidson	731-8790
	Bob Hinz	771-4480		
	Thurs	8 - 10 am	Darlene Moynagh	436-8927
	Fri	8 - 10 am	Bob Western	735-5761
		10 - 12 noon	Bill Michalko	777-9576
			Deni Sahr	483-8880





## Holiday Dinner Dance Wednesday, December 2, 1992 Decathlon Club 7800 Cedar Avenue South Bloomington 854-7777

Social Hour	5:30 pm	Cash Bar
Dinner	6:30 pm	Famous Decathlon Club Chicken Wellington
Entertainment	7:30 pm	Merrilyn Belgum, Comedian/Humorist
Dancing	8:30-11:30 pm	Bob Deichert, his Piano and Band

Everyone welcome, including singles — Reserve a table!  
— \$25 per person —

Mail your check by November 22, payable to STPC, to:  
Marilyn Thorne  
2635 Casco Point Road  
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*your check is your confirmation*

*“What an event to start out the holidays”!*

# Court Report

## **Decathlon Athletic Club, Bloomington**

There are vacant courts Mondays through Fridays, and captains are needed for different time slots. If you have never been a captain, help is available. Call Chuck Supplee, 888-0551, or John Arp at 854-0322.

## **Nicollet Tennis Center, Minneapolis**

The list isn't terribly long, so if you'd like to be on a substitute list for Thursdays from 10:30 to 12:30, call John Connelly, 771-2664.

## **Northland Fitness Center, Bloomington**

There is more court time available. If you'd like to be a regular or a sub, call Charlie Peterson, 471-9524.

## **Northland Fitness Center, Brooklyn Park**

Court time is available at Northland (North). The cost for two-hours' play with pro instruction is \$5.20. Regulars and substitutes, sign up for this good deal with Charlie Peterson, 471-9524.

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## **Sign Up Now for the Fall Senior Tournament at Wooddale**

A senior tournament will be held at the Wooddale Recreation Center, 2122 Wooddale Drive, Woodbury on Monday, October 26, through Friday, October 30, from 9:00 am to 4:00 pm. Women will play on Monday and Tuesday, men on Wednesday and Thursday, and mixed doubles on Friday. (You must call for match times.) The entry deadline is Monday, October 19.

The cost is \$16 for a doubles team; \$10 for singles. Trophies will be awarded for championship division and consolation division. Entry forms are available at Wooddale Recreation Center, 735-6214. Contact person: Lois Nordman.

**All Events are Double Elimination  
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Women's singles  
Women's doubles  
Men's singles  
Men's doubles  
Mixed doubles



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instructor after twelve  
lessons.**

**The copy deadline for the  
next issue  
is October 20, 1992.**

## Texas-Born Doctor Finds Haven in Minnesota; Still Going Strong for Thirty-Five Years in Wonderland

The world media would have us believe Dr. Christian Barnard of South Africa performed the first medical transplant in modern history. Wrong! Dr. Alfred Anderegg, 70, the venerable member of STPC's Board of Directors for three years, lays claim to accomplishing the difficult surgery first. Another tall Texas tale, you say? Not really. He actually transplanted himself from Texas to Minnesota in 1958 with one stroke of the scalpel accompanied by a spouse who just happened to be from Minneapolis. This almost reads like a surgeon doing his own appendectomy with mirrors.

The timeless sagas from Texas are noted for their exaggerations and Anderegg might weave a story or two to expand on the reputation. Philip Sheridan once wrote: "If I owned Texas and hell, I would rent out Texas and live in hell." Anderegg has confounded his fellow Texas pundits by abiding in heaven, the synonym for Minnesota and particularly the City of Inspiration (we love you, too, Saint Paul).

When you first meet Dr. Al and don't realize he's a member of a distinguished profession, that Texas twang of his might lead you to believe he's a country singer from Galveston. Upon further examination (latter word good for a doctor's profile), you learn he's a man of many talents. Some people at times may think he's invincible and somewhat opinionated if you don't know him intimately, but down deep he's just an ol' country boy from Tayxas. What you really see and hear is a man of consummate honesty voicing his opinion without all the trappings of sham and deceit.

This may be hard to swallow, but Anderegg was born in Menard, Texas (fortunately not to the local Menard television spokesman who sells teeth). He dutifully graduated from the local high school and aimed at flying to emulate his brother's love. Instead, he attended Draughn Business College to

learn accounting. After 18 months, he became a Civil Service clerk at Brooks Army General Hospital in San Antonio. When December 7 happened, Anderegg started flying lessons anew and soloed in a Piper Cub. As yet he hadn't been able to attend college.

When a bombardier-navigator opening presented itself in December, 1941, he jumped on it and graduated a year later at a camp in Victorville, California. As a member of the newly formed 96th Bomber Group located in Utah, he trained other groups before being sent to England in April, 1943. On a bombing mission over Kiel, Germany, he was shot down behind enemy lines, landing in the sea. Only five of the crew survived and eventually wound up in Frankfurt to be interrogated by German Intelligence. Never mistreated by the enemy, he joined some other 2000 flyers interned (latter word great name for a future internist) in five compounds throughout Germany. He was a POW for 28 months and Patton's army finally liberated the





prisoners in his area. It was there to gay Paree and on to LeHavre to board a Liberty ship and home.

Back to San Antonio, he entered the Army's GI Bill program for four years. Having read medical books while a POW, he became interested in a medical career after doing his undergraduate work at the University of Texas in Austin. He was accepted at Northwestern and Washington Universities and an alternate for Harvard. He opted for Northwestern and supplemented his income by hauling milk and working in a medical fraternity house in Evanston.

Enter Lyla Mae Anderson from Minneapolis who was seeking a Master's degree in Speech. Lyla and Al married before his senior year in medical school. It was on to Denver General Hospital as an intern for one year, to Oakland and Highland-Alameda Hospital for a three-year residency in internal medicine (the last year as chief resident) and then the inevitable R and R. Feeling they would never have the opportunity to get time off as their careers advanced, Lyla and Al spent three months gallivanting around Europe and logging some 6000 kilometers.

Back in the States, Al began his practice in San Francisco where he remained for 18 months. Sensing an opportunity in Minneapolis, he became Assistant Medical Director of Prudential Life Insurance Company as a risk appraisal expert — and a reputation for business acumen which was his first love. In 1962, he transferred to Group Health out of Fairview-Riverside Hospital where he became a staff physician. He became Acting Medical Director and was promoted to Head Director. After Group Health decided to expand, Anderegg changed courses to practice privately at Methodist Hospital and the Meadowbrook Building in Hopkins. Enjoying being a private practitioner again, he remained another ten years until his retirement on December 31, 1985. He was also on the Board of PHP and chairman six of the eight years of his affiliation as it developed into an outgrowth of Group Health.

Although Anderegg's tennis direction has not matched his illustrious tenure as a physician, he did play in high school and in Minneapolis at the Parade Grounds and Nicollet Tennis Center. He joined the STPC gang early in its history to learn more about the game and to compete with people who equaled his playing ability.

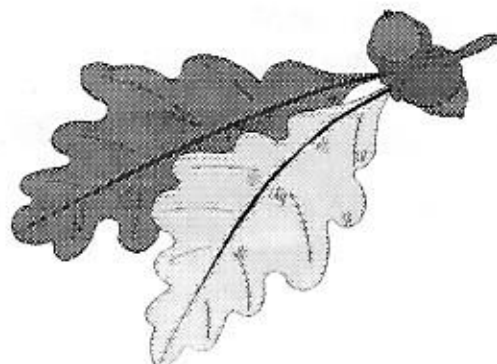
His retirement is anything but tranquil and with Lyla has traversed the world. Anderegg was the first in the metro area to adopt a highway in the popular program, enjoys being a member of the Rotary Club, and in true Texas fashion is a member of the Open Space and Recreation Committee hereabouts.

Outdoor downhill skiing, learning to conquer mogul (a small mound on a ski slope), tennis, golf and gardening occupy his time. He went to Wimbledon some five years ago with Jack Dow's group of 80 and never ceases talking about it. Outspoken but humorous, his Texas twang permeates a room nicely.

Anderegg has an interesting philosophy which concerns his epitaph. He wants it to read: "There lies old Al — he didn't miss nuthin'" — and that leads into his prayer that he is glad he's still alive because the practice of medicine was so exciting. He readily admits that the politics of medicine was burdensome.

Say, Al, I've got this pain in my pecking finger. Any remedies?

**Norm Diamond**



## The Word About STPC is Getting Around

Marian Murphy and Mary Kaminski promoted STPC on September 9 at the Lafayette Club in Minnetonka Beach. Ours was one of fifteen display tables viewed by 350 people from Senior Centers in Buffalo, Delano, Minnetonka, Monticello, Excelsior, Long Lake and Mound.

On September 12 Marge Mercer and Florence Habegger had a display table at the Richfield Community Center. The occasion was an Open House and Talent Show geared for seniors.

Booth 323 at the biggest expo of all, Senior Options, created interest among the thousands of seniors that visited the Minneapolis Convention Center on September 25 and 26. Many thanks to Jean Wallace for chairing the booth arrangements, and thanks also to the following STPC volunteers who worked three-hour shifts in the booth: Al Anderegg, Don Bratt, Ruth Copeland, Bob Curran, Bernice Hanson, Ed Holzacker, Mary Kaminski, Donna Lucker, Marian Murphy, Ted Smith and Bob Western.

At Senior Options, Jean Wallace, Ed Holzacker, Don Bratt, and Ted Smith were interviewed by NNET, the cable Nostalgia Channel for a segment on the "Senior Discount Show". The 26 half-hour segments highlight merchant senior discount programs nationwide, and will air later this year. They are shooting segments in 65 major US cities, including, of course, Minneapolis/St. Paul.

## The "Ageless Augies" Make the News

Word sure got around about the 50 STPC women who filled the courts at Augsburg during the outdoor-playing season. Full-page stories with a number of photos appeared recently in the Bloomington Sun, the Edina Sun and the Richfield Sun. I'm sure Captain Florence Habegger's groups wowed the press people who could hardly believe that three of the women are approaching 80 years!

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and much more.

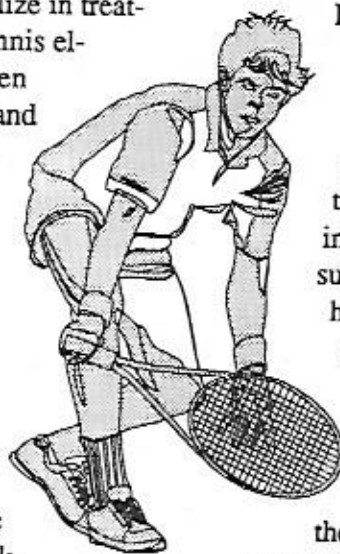


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**NORTHLAND FITNESS CENTER**  
 5250 West 84th St., Bloomington  
 831-2660

• Northland membership not necessary

**Form a group! Then call Dave to schedule a weekly time!**

Groups of six are \$59  
 Private lessons available upon request.



1992 - 1993

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