



The Senior Athlete

MCSSA

Volume 22, Issue 2

April 3, 2013

Mark Berman turns 85



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Mark Berman, who is the oldest player in the 70+ Basketball League, turned 85 in February of this year. With the magic of Photoshop, his teammates honored him with an altered version of his playing style and a birthday cake, after the regularly scheduled games

All Star Weekend

All Star Weekend Festivities will begin on Saturday, July 13, with the MCSSA Picnic and All Star Softball games.

There will be two All Star Games beginning at 9:30 am: the Morning and Evening 60+ leagues will face off, followed by the game between the Tuesday evening and Friday evening 50+ leagues.

The picnic begins at 11:00 am and

you can enjoy these moments between the softball games.

On Sunday, July 14, the Eighteenth Annual MCSSA Bill Tait Invitational Senior Softball Tournament will be held on Fields #3, #4 and #5. We will have four 65+, four 70+ and four 75+ teams vying for honors. Opening Ceremonies will begin at 9:45 a.m. on Field #4.

Dates to Remember

- Week of April 15
Action begins in spring softball leagues.
- July 13 MCSSA Picnic at Olney Manor Park plus league All-Star games.
- July 14 Eighteenth Annual "Bill Tait" Invitational Softball Tournament

From the Editor's Desk:

Remember, if your dues expire on March 31, 2013 this will be your last issue of the *Senior Athlete* until you renew your MCSSA dues.

* * * * *

Turnout has been quite good for Indoor Softball workouts this year. Lots of new faces, heavy duty workouts

* * * * *

Notice the article on Page 7 featuring Buzz Burroughs and Dan Mann and their near death experiences. They were on the cover of the MedStar Montgomery Medical Center magazine.

* * * * *

Please notice the flyer on Page 4 on the Walk for Wounded Warriors on Saturday, April 6 in Gaithersburg. Good exercise, entertainment, good food all for a worthy cause.

* * * * *

The draft for the Ross Emerson League will take place on Saturday, March 30 at Noon in Jacky Loube's home, 14 Galesville Drive in Gaithersburg. Anyone who has an interest in observing the draft process is welcome to attend.



One thousand one, one thousand two, one thousand three and Glen Windle is surrounded in the lane by a herd of Bears players in the 70+ League.



There is just no way of telling who will show up as a spectator.

In Memoriam**Tom English**

March 1932—February 2013

Barbara Ritchey
(wife of Paul Ritchey)

Jobie Brautigam
(wife of Norm Brautigam)

Elizabeth Mary Gessert
(Daughter of Bob Gessert)

Domenic Cetrone
May 1937—February 2013



Here is Frank Mallgrave going up with an old fashioned two-hand set shot on the 70+ League.

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MCSSA
14320 Fairdale Road



MCSSA Personality Profile Jerry Cohen



It was a typical hot and muggy July day in Baltimore, Maryland in 1939 when Jerry Cohen arrived into this world. According to my sister, Eunice, I was born with a ball in my hand, my left hand of course. As a baby I didn't care much for toys or rattles, but stick a ball in my hand and I was happy for hours. I grew up in a row house in Northwest Baltimore playing in the alleys and yards behind the houses. My father worked two jobs to support his family, and was a huge baseball fan. In the mid 1940's the Baltimore Orioles were a triple A team in the International League. Every Sunday when the Orioles were at home my father and I would go to old Oriole Park to see a double-header. I became an Oriole fan at an early age and still root for the birds today. I can still remember the Orioles of the 1960'S and 70's when they had the best team in the majors. I started playing organized baseball on the sandlots of Baltimore about age 10 or 11. I started out playing first base, but for some reason that I can't recall I was converted to a pitcher, and that became my permanent position on the many amateur teams I played on, and also my high school team at Forest Park High School. I was a pretty good hitter and when I wasn't pitching I usually played the outfield or sometimes first base. In my junior and senior years in high

school I was the only left hander on the team, so I got to pitch a lot. I joined the Maryland National Guard when I was a senior and after graduation in June of 1958 I was sent to Fort Knox, KY. To serve a six months tour of active duty. When I came home in February of 1959 some important decisions had to be made. My parents didn't have the money to send me to college, and I wanted to continue to play baseball. The best amateur team in Baltimore City at the time was Leone's Boys Club, which was coached by Walter Youse, who was a scout for the Orioles. I wanted to try out for the team in the spring. My father liked the idea, but my mother was more concerned with my future. My mother's rational was that your going to be twenty years old shortly, you have a girl friend that you've been dating since high school, and probably want to marry some day, and where is the money coming from? I guess I knew in my own mind that I wasn't good enough to play baseball professionally, but I always wondered if I could have played for Leone's? In any case my Mother's reasoning won out. I got a job working in a men's clothing store and saved enough money, with some help from my parents to enroll for the fall semester at the University Of Baltimore. I took a federal entrance exam and got a job with the Social Security Administration. I worked during the day and went to school three nights a week and studied on the week-ends. In 1960 I married my high school sweetheart Barbara. We had two children, my son Richard who will turn fifty this year, works in customer relations for Pepco, and lives in Bethesda. My daughter Pam is an elementary school teacher who lives in Auburn, Indiana with her husband Greg and my grandson Sam. Sam is a junior in high school and hopes to attend Indiana University. After six years of night school I finally got my degree in Business Management. When my son was born we lost my wife's income and I got a part time job working Thursday evenings and Saturday's at the Goodyear Tire store near school. I pumped gas, kept the store clean, and helped out on the sales counter when needed. After working there for about three months the District Manager called me in to his office and asked if I had any interest in working for Goodyear full time. There was a sales position opening in a store close to where I lived. Goodyear was expanding and opening many new stores in the Baltimore/Washington area, and advancement thru the retail chain was coming quickly. When the District Manager told me the

(Continued on Page 9 Cohen)

WOUNDED WARRIORS WALK



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MCSSA: SIGN UP AS AN INDIVIDUAL OR WITH YOUR TEAM & SEE HOW MANY PEOPLE YOU CAN GET TO SPONSOR YOU!

Saturday, April 6th, 2013

9:00am-1:00pm

Washingtonian Center,
9811 Washingtonian Blvd,
Gaithersburg MD 20878



During the game, Ron Warren saw the camera pointed his way and he asked the photographer to pause for a second while he whipped out a comb and straightened his hair.



JUMP BALL!



2012-13 Final Basketball Standings

70+ Men

<u>Teams</u>	<u>W-L</u>
1. Bears (Frank Carlman)	10-1
2. Angels (Jack Staines)	5-6
3. Golden Oldies (John Medford)	4-7
4. Creepers (Del Wilson)	3-8

Scoring Leaders:

John Medford (Golden Oldies)	162
Glen Windle (Golden Oldies)	160
Del Wilson (Creepers)	116
Ken Lynch (Bears)	115
Henry Hennings (Angels)	104
Ray McClellan (Bears)	84
Rich Dixon (Bears)	80
Bob Stroud (Creepers)	68
Kip Howell (Angels)	60
Al Hunter (Bears)	56
Jack Staines (Angels)	50
Ron Warren (Angels)	42
Frank Carlman (Bears)	41
Jim Stephens (Bears)	37
Jim Viggiani (Creepers)	37
Alan Shanberg (Angels)	35
Jim Condell (Golden Oldies)	34
Bruce Hewitt (Creepers)	30
Larry Storrs (Golden Oldies)	28
Al Cahill (Creepers)	25
Frank Mallgrave (Angels)	25

65+ Men

<u>Teams</u>	<u>W-L</u>
1. Relics (Harvey Ailes)	9-2
2. Senior Sages (Jacky Loube)	7-4
3. Golden Oldies (John Medford)	6-5
4. Elephants (Frank Carlman)	0-11

Scoring Leaders:

Doug Squires (Relics)	216
Tom Gessell (Sages)	185
Mike Gorsage (Sages)	176
Gary Lake (Golden Oldies)	162
Robert Wasilewski (Golden Oldies)	136
Nick DeLuca (Relics)	128
Bill Kamenoff (Golden Oldies)	127
John Medford (Golden Oldies)	113
Tony Upson (Relics)	109
Harvey Ailes (Relics)	103
Pete Reichwein (Elephants)	95
Ned Li (Golden Oldies)	73
Paul Roddy (Elephants)	58
Jim Martin (Sages)	45
Jacky Loube (Sages)	43
Bill Cornwell (Relics)	36
Henry Hennings (Elephants)	36
Bill Perrick (Relics)	35
Tom Mertes (Elephants)	34
John McNellis (Golden Oldies)	29

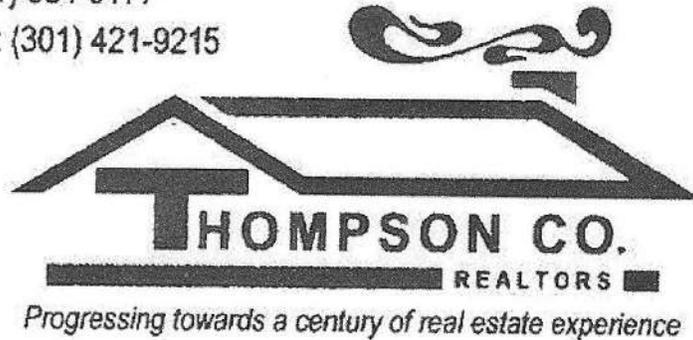


Good tight defense.



Mike Lynch for two.

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Teammates Share *Heart-Strong Bond*

Teammates **Dan Mann** and **George "Buzz" Burroughs** share a passion for softball. The two Montgomery County residents play in a competitive senior league, hitting the field up to eight times a week during the season. But Dan, 71, and George, 74, share something else, too: a deep appreciation for the **lifesaving heart care** they received at MedStar Montgomery Medical Center.

"Buzz and I agree it's a first-class institution," Dan said. "I would go there again in a second, and I'd especially go there for cardiac care."

CHEST PAIN EXPERTISE

Both men thought they were in good shape; yet both suffered heart attacks last summer. Dan had his in the midst of a doubleheader. He felt light-headed and out of breath, but never suspected it was his heart. Concerned teammates called the paramedics, who brought him to MedStar Montgomery.

Accredited by the Society of Chest Pain Centers, MedStar Montgomery ensures that all patients complaining of chest pain or other heart-attack symptoms receive immediate evaluation and prompt treatment, if necessary. Only hospitals that demonstrate a higher level of expertise in dealing with heart attacks are awarded this accreditation. With a cardiologist on call 24 hours a day, MedStar Montgomery can quickly assess heart attacks and other heart problems.

"The majority of people experiencing chest pain do not have significant heart disease, but we never take these symptoms lightly," said Kiersten Henry, NP, coordinator of the chest pain program. "If you're having any signs of a cardiac problem, you need to be evaluated. We can determine if it's a serious problem or not, and then make sure you receive the right treatment, whether it's here or at another facility."

FAST ACTION IN EMERGENCIES

George's heart attack was more severe. After being attacked by a swarm of bees while mowing his lawn, he went into shock. Paramedics gave him epinephrine to control the allergic reaction. But unbeknownst to George, he had several major blockages in the arteries that supply blood to the heart muscle. The shock from the bee stings and the jolt from the epinephrine put his heart under stress, resulting in a heart attack.

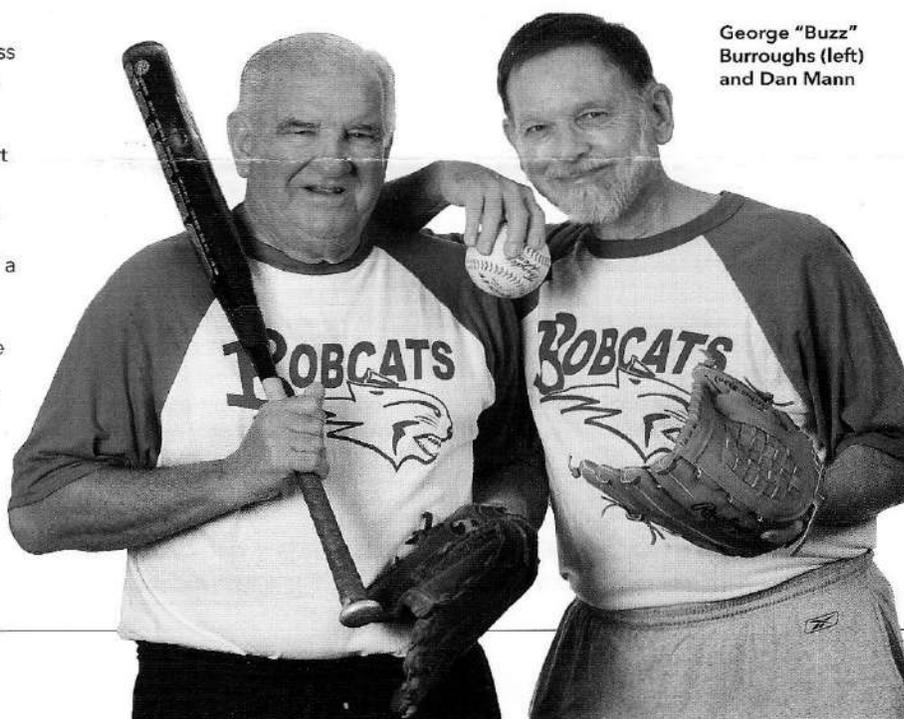
"We had a very limited time to save his heart muscle," Henry said. Within 34 minutes of arriving at the hospital, George was stabilized and in a MedSTAR Transport helicopter on his way to MedStar Washington Hospital Center, where he had quadruple bypass surgery.

"I thought these things happen to other people, and it would never happen to me," George said. "I feel very fortunate."

He and Dan now see each other regularly during cardiac rehab at MedStar Montgomery. And thanks to the hospital's cardiac team, they look forward to seeing each other on the field again when softball season starts in March. <<

Our cardiac and vascular team

includes world-renowned cardiologists, vascular surgeons, radiologists, emergency medicine physicians, neurologists and neurosurgeons. To meet the team, visit MedStarMontgomery.org/CardiacVascularTeam.



George "Buzz" Burroughs (left) and Dan Mann

(Cohen from Page 3)

starting salary I could hardly contain my excitement, it was about \$60 more a month than I was making working for the government, a lot of money back in 1963. I told the D.M. that I would talk it over with my family and let him know. My wife and I thought I should take the chance, even though I knew nothing about the tire industry, but did have some retail selling experience. My mother said don't take it, you have security with the government. I usually listened to my mother, but in this case I said at my age I don't need security I need the money. I took the chance in late 1963, and after a thirty-six career retired from Goodyear at the end of 1999. Along the way I held several retail and wholesale positions and retired as the sales manager for the Baltimore/Washington area. My wife Barbara passed away in 1990 after a year long battle with ovarian cancer. In 1995 I met and married my current wife Susie. Susie is a successful real estate agent with Weichert Realtors and has two sons, both married, and three grand children, all of whom live in the area. After retirement I wanted to get back to playing ball. In the spring of 2000 I contacted the Montgomery county Rec Dept. to inquire about senior leagues. I was given the name of Bill Tait and was told that he could give me information about senior sports in the county. When I called Bill he told me he managed a team in a Tuesday/Thursday morning league and needed players. Bill asked me what position I played. I said I don't know I haven't played in forty years, but I'm limited because I'm left-handed. Bill said can you run, I said I think so Bill said good you're an outfielder!! This year I'll be starting my 14th season playing in the Ross/Emerson Tuesday/Thursday morning league, still playing the out-field and enjoying every minute of it. Every team I've been on has been a great team, whether we've won or lost, in the end it's the individual personalities that I'll always remember. In 2004 Jim Ganz asked for volunteers to form a committee to establish an award in memory of Bill Newbury, a senior athlete, who was the epitome of what senior athletics stood for. What was supposed to be a committee of five or six became the task of three individuals. Urban Donnelly, Bert Conger, and myself. The three of us wrote the criteria of the award to be presented, designed and wrote the wording that would be inscribed on the plaque, and designed a perpetual plaque that would have the names of the recipients for twenty years. The perpetual plaque is on display for all to see in our trophy case at

the Bauer Drive Rec. Center. As we approach our 10th anniversary of the Newbury Award, I am proud to chair this committee with the past honorees. Besides playing I have been umpiring for the past three years, and thoroughly enjoy this part of the game. Other sports I participate in are tennis, which I play two or three days a week, depending on the season, and I bowl with the senior league on Monday's at Clopper Road. I also try and help my wife Susie in her real estate business by taking pictures, putting up signs, or sitting with her at open houses. In March of 2012 we sold our home in Olney and moved to Leisure World. We both love condo living and enjoy the many amenities available to us in this community. We both love to travel and have taken at least one nice vacation every year since we've been married. We have seen a good part of the world, and have wonderful memories from all the countries we've visited. The best part of being a member of the MCSSA is the friendships I've made in the last thirteen years. Nothing in my retirement years could have been better. We all have the same goal, compete, have fun, and enjoy each other's company.



RELICS: Regular Season and Playoff Champions of the 65+ League. Front Row, L to R Nick Fleischer, Bill Kamenoff and Tom Mertes. Back Row, L to R David Schardt, Henry Hennings, Doug Squires and Harvey Ailes.



BEARS: Regular Season and Playoff Champions of the 70+ League. Front Row, L to R Ray McClellan, Richard Dixon and Mark Berman. Back Row, L to R Jim Stephens, Frank Carlman, Ken Lynch and Al Hunter.

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Treasurer	John Rice

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50+ Tuesday Night	Bud Marshall
55+ Thursday Night	Bud Marshall
60+ Wednesday Night	Joe Fry
50+ Friday Night Draft	Dave Hyder

REGISTRATION FORM FOR MCSSA

Include \$5.00 for Annual MCSSA membership.....(\$5.00) \$ 5.00

Include \$5.00 for MCSSA Annual Picnic.....(\$5.00) \$ _____

Optional: Donation to MCSSA to further the goals of MCSSA \$ _____

TOTAL AMOUNT DUE \$ _____

Name: _____ Phone # _____

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E-mail address _____ Emer contact: _____ Phone # _____



65+ Basketball League Action



John Medford gets a shot off over Jacky Loube



Jacky Loube gets a shot off over John Medford



Tony Upson goes airborne over the crowd



Poof, whack, scramble, who can get the ball?

MCSSA

Primary Business Address

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Your MCSSA Dues expire March 31,

