



# The Senior Athlete

Montgomery County  
Senior Sports Association

Volume 24, Issue 2  
April 3, 2015

## BASKETBALL TIP-OFF



Season is underway, see results on Page 5

**Maryland Roadrunners** Womens 55+ team inducted in the Metropolitan Washington Hall of Fame of February 28,



### The Maryland Roadrunners SPA World Champions 2014

Front Row L to R: Kathy Collett, Janet Mitchell, Maggie Bennett, Lori Grimm, and Jill Childers. Back Row L to R: Pam Joseph, Joy Wyne, Sheila Hutchison, Patti Martin, Kim Long, Mary Byrnes Joyce Kraimer, Sharon Chaney and Collen Goodwin. Missing from photo: Pam Truxal, Linda Frazier, Gail Chambers, Mary Broch, Pam Mest and Trish Gill.



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### Dates to Remember

- Week of April 20 Action begins in spring softball leagues. The CoRec league will begin on April 15.
- July 11 MCSSA Picnic at Olney Manor Park plus league All-Star games.
- July 12 Twentieth Annual "Bill Tait" Invitational Softball Tournament

**From the Editor's Desk:**

Those whose dues expire on March 31, 2015, this will be your last issue of the *Senior Athlete* until you renew your MCSSA dues.

\* \* \* \* \*

Speaking of MCSSA dues, many people overlooked the directions in the last issue of the *Senior Athlete* where we indicated that your dues are included in the posted price for your league dues. Again, many people sent in the posted price along with league dues, sometimes twice, when signing up for more than one league. But do not fear. When you sent in additional funds you were credited with paying for your dues in advance.

\* \* \* \* \*

Several people have asked questions about the price of registration fees for each of our leagues. First, let me say that the aim of MCSSA is to break even on costs and fees. We track from season to season to see where each of the leagues fall. When a league comes up out of balance during one season, we try to make up the difference by either raising or lowering prices the following season. Expenses is closely watched. The biggest part of the costs are the fees we pay for field rental and umpires. Then there are shirts, hats and balls that influence the total charges. We are lucky that we have the ability, facilities and health to continue to play the game we all love while at the same time watching our expenses.



Ken Yednock says he is going to get this rebound no matter who is hanging on his back.

*“Learn from the mistakes of others. You can never live long enough to make them all yourself.”*

*Groucho Marx*

**In Memoriam**

Barbara Salins  
(Wife of Ephraim)

Otto Seraphin  
Dec 1922—Oct 2014



Alan Shanberg's shot is so far off the mark, one of the opponents is on the ground laughing. Good try though, Alan.

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MCSSA  
14320 Fairdale Road



## MCSSA Personality Profile Janet Mitchell



I started playing organized softball in 1965 at the age of 9. Never in my wildest dreams did I think I would be playing senior ball at the age of 58 -- that was OLD! I feel so fortunate to have the opportunity to continue playing.

I am a native Washingtonian, born in 1956. I'm the middle of five kids and I grew up in Montgomery County in Garrett Park. My family was very athletic, including both parents. In the 1950's and 60's, it was not particularly acceptable for girls to participate in sports. I was lucky, however -- my mother had played high school sports at Coolidge High in Washington, DC, in the 1940's. I even have an article from the school paper in 1945 where she is quoted as wondering why girls didn't have the opportunity to play interscholastic sports like the boys. I am very thankful that I never heard "girls don't play sports." I was encouraged from day one!

I can't recall any time when I wasn't playing something. With my father in law school at night after working full-time during the day, it was my mother who taught us to play and love softball, baseball, wiffle ball, basketball, roller skating, swimming -- you name it and she encouraged us to play. My dad was also very encouraging and once his schooling was complete, he became very involved as a coach and

supporter of all of our teams. Fortunately, as many of you will remember, we were able to run around freely outside and play in our neighborhoods, so there was always a game of some type to join. All of this fueled my love for recreations, sports and fitness for a lifetime.

My first organized softball experience was in fifth grade on a CYO team. I was hooked! I loved everything about it, especially practice, practice, practice - - which is still true today. I also played basketball as a kid, even though there were not many girls' teams available. Once I got to junior high and high school, there were school teams on which to participate.

While I did play every year in school, our teams rarely had much success. In a way, that cemented my love for playing. I never remember getting upset about losing -- it just made me want to work harder. And looking back, I really learned to play because I loved it and not for the winning -- since we rarely experienced that! We did not play for attention or glory -- girls' teams did not have any spectators at that time. Today's school sports are so different with competitions for college scholarships, All-County selections, travel leagues, etc. Back then, none of that existed for us, so girls really did play because they loved it.

Fast forward to post-college years....my first experience with Montgomery County adult softball in the late 1970's. The leagues were popular and there were several women's teams that played in regional tournaments. I had a taste of tournament ball and was hooked. For many years I played on teams in the county as well as playing in 3-4 travel tournaments. We participated in many ASA Regional Tournaments and a few ASA National Tournaments, but didn't experience much success at that level.

As we gained more experience, however, our teams did start to improve and were very competitive regionally. I played throughout my thirties and into my forties, but I was still unaware of senior ball. Then a friend asked if I was 45 -- old enough play for a team called the Maryland Roadrunners. I had to wait one year -- but as soon as I was old enough, I joined the team. The Roadrunners was a 50+ team, but, the rules at that time allowed 5 players who were 45-49

(Cont'd on Page 8 Mitchell)



**Bauer Drive Walk-in Basketball:** The gym doesn't open until 9:00am, but come rain or shine they begin arriving between 8:15 and 8:30. That will usually guarantee a position to play in the first game of the morning at Bauer Drive or Thomas Farm Recreation Centers Monday through Friday. KC is always there early creating a list, ensuring everyone knows their position in the pecking order. With attendance often 25 players or more, the competition during Senior Basketball is surprisingly skillful, rigorous, vigorous, and sometimes contentious. But under the watchful eye of "Team Leader" Bruce Dearbaugh, who informs us through email of closings, lunch gatherings, and even advises us when and where free screenings for heart health and early cancer detection is held. Bruce has the patience of a saint, creates a special environment of exercise, enjoyment, and friendship, which is shaped by the accomplished and affable players who come from near and far to participate.



Graceful Hal Reuben getting off a shot.

## All Star Weekend

All Star Weekend Festivities will begin on Saturday, July 11 with the MCSSA Picnic and All Star Softball games.

There will be two All Star Games played on Field #4. The first beginning at 9:30 a.m. with the Morning and Evening 60+ leagues facing off.

The picnic begins at 11:00 am and there is time where everyone can enjoy great food and great company between the softball games.

The picnic celebration will be followed by the game between the Tuesday evening and Friday evening 50+ leagues.

On Sunday, July 13, the Twentieth 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.

*"The older I grow, the more I distrust the familiar doctrine that age brings wisdom."*

*H. L. Mencken*



## 2014-15 Final Basketball Standings and Stats

### 70+ League

Team		Won	Lost	Pct	
Go Green	Green	10	2	0.833	
Lions	Blue	9	3	0.75	
Red Power	Red	7	5	0.583	
Golden Oldies	Gold	2	10	0.167	
Super Seniors	White	2	10	0.167	

Name	Team	3s	2s	F/Ts	Total
Lawrence, Steve	Go Green	0	115	50	280
Kamenoff, Bill	Red Power	0	61	81	203
Gessel, Tom	Lions	39	22	13	174
Lynch, Ken	Red Power	0	53	12	118
Medford, John	GldOld	5	40	18	113
Reuben, Hal	Lions	12	30	17	113
Chap, Rick	SuperSrs	0	39	26	104
Hunter, Al	Go Green	16	24	2	98
Martin, Jim	Red Power	23	7	8	91
Conlin, Ralph	GldOld	0	39	4	82
Stroud, Bob	Go Green	1	36	3	78
McClellan, Ray	Red Power	2	23	17	69
Hawkins, Tom	Lions	1	26	11	66
Doyle, Mike	Go Green	1	29	3	64
Thompson, Mike	GldOld	0	26	7	59
Cornwell, Bill	Lions	0	26	5	57
Warren, Ron	Go Green	0	28	0	56
Brinker, John	GldOld	0	20	12	52
Hoffman, Neil	SuperSrs	0	17	9	43
Staines, Jack	Red Power	0	20	2	42
Yednock, Ken	Sub	0	14	14	42
McIntyre, Joe	Lions	0	18	1	37
Storrs, Larry	SuperSrs	0	18	1	37
Clark, Dewey	SuperSrs	2	10	7	33
Spencer, Norm	Lions	0	11	10	32
Bagileo, John	GldOld	0	14	0	28
Fisher, Stan	GldOld	0	13	1	27
Howard, Ed	SuperSrs	0	11	3	25
Hiban, Art	SuperSrs	0	11	1	23
Condell, Jim	Go Green	0	9	3	21
Shanberg, Alan	SuperSrs	0	9	2	20
Parcover, Herb	Go Green	0	9	0	18
Howell, Kip	Red Power	0	8	1	17

### 65+ League

Team		Won	Lost	Pct	
Golden Oldies	Gold	9	2	0.818	
Senior Sages	Blue	8	3	0.727	
Relics	Red	4	7	0.364	
Elephants	White	1	10	0.091	

Name	Team	3s	2s	F/Ts	Total
Lake, Gary	Sages	21	57	35	212
Lawrence, Steve	GldOld	1	65	36	169
Ballard, Herb	Sages	24	28	39	167
Gorsage, Mike	GldOld	1	71	19	164
Squires, Doug	Relics	3	67	17	160
Gordon, Mike	Relics	5	44	21	124
Gessel, Tom	GldOld	25	14	10	113
Naugle, Mike	Elephants	2	46	9	107
Wasilewski, Robert	Sages	7	39	6	105
Martin, Jim	Elephants	32	2	0	100
Upson, Tony	Elephants	1	38	6	85
Kamenoff, Bill	Relics	0	35	10	80
Conlin, Ralph	GldOld	0	33	6	72
Medford, John	GldOld	8	19	7	69
Loube, Jacky	Sages	9	10	17	64
Reichwein, Pete	Elephants	0	29	4	62
Einhorn, Steve	Sages	0	26	7	59
Chap, Rick	Relics	0	20	18	58
Wells, John	Elephants	1	24	6	57
Moy, Leon	Relics	0	27	1	55
McClellan, Ray	Elephants	2	14	9	43
Weisberg, Stuart	Relics	0	13	4	30
Cornwell, Bill	GldOld	0	7	4	18
Tucker-Saunders, Phyllis	Relics	0	9	0	18
Perrick, Bill	Relics	0	8	1	17
Chin, KC	Sages	4	0	0	12
Svartz, Steve	Sages	0	3	3	9
Howell, Kip	GldOld	0	3	1	7
Fleischer, Nick	Elephants	1	1	0	5
Koontz, Bob	Elephants	0	2	0	4

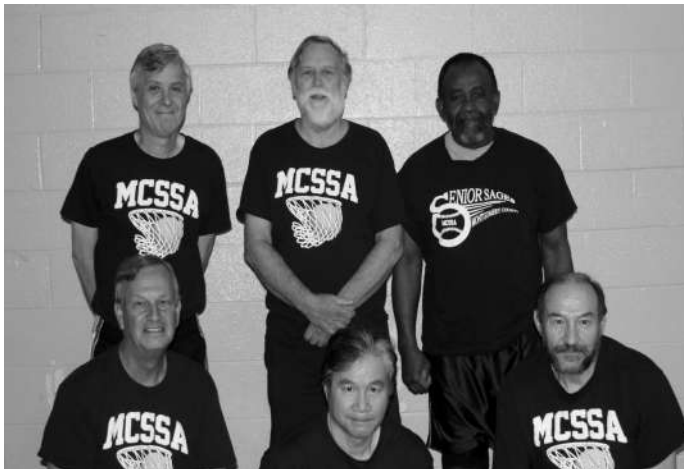
The entire 65+ league



**Elephants:** Front Row L to R Tony Upson, John Wells and Ray McClellan. Back Row L to R Jim Martin, Pete Reichwein and Mike Naugle. Missing: Nick Fleisher and Bob Koontz



**Relics:** Front Row L to R Mike Gordon, Phyllis Tucker-Saunders and Leon May. Back Row L to R Stu Weisberg, Bill Kamenoff, Doug Squires and Bill Perrick. Missing: Rick Chap



**Senior Sages:** Front Row L to R Steve Svartz, K.C. Chin and Steve Einhorn. Back Row L to R Gary Lake, Robert Wasilewski and Herb Ballard. Missing: Jacky Loube



**Golden Oldies:** Front Row L to R Tom Gessel, Bill Cornwell and John Medford. Back Row L to R Kip Howell, Mike Gorsage and Ralph Conlin. Missing: Steve Lawrence.



Mike Gorsage for two.



Bill Perrick has that look of hoping and praying on this shot.



**The entire 70+ League**



**Golden Oldies:** Front Row L to R Ken Yednock ( Sub), John Medford and Ralph Conlin. Back Row L to R Bert Kapinus, John Brinker and John Bagileo. Missing: Stan Fisher and Mike Thompson.



**Super Seniors:** Front Row L to R Larry Storrs, Ed Howard and Neil Hoffman. Back Row L to R Al Shanberg, Dewey Clark and Art Hiban. Missing: Rick Chap.



**Go Green:** Front Row L to R Al Hunter, Jim Condell and Ray McClellan. Back Row L to R Ron Warren, Mike Doyle, Steve Lawrence and Herb Parcover.



**Lions:** Front Row L to R Tom Gessel, Joe McIntyre and Harold Kessler. Back Row L to R Tom Hawkins, Hal Reuben and Bill Cornwell. Missing: Norm Spencer.



**Red Power:** Front Row L to R Jack Staines, Jim Martin and Mark Berman. Back Row L to R Ken Lynch, Ray McClellan, Mike Lynch, Kip Howell and Bill Kamenoff.

(Continued from Page 3 **Mitchell**)

on each roster. I was lucky to be one of those players! And I've played on the Roadrunners ever since.

*"I never remember getting upset about losing -- it just made me want to work harder. And looking back, I really learned to play because I loved it and not for the winning -- since we rarely experienced that!"*

We are now in the 55+ age group and will be eligible for the 60+ age group in 2016. The Roadrunners' philosophy is to play hard, play to win, and do so with grace and sportsmanship on and off the field. I love this and we take it seriously. The team works hard at practice, relying on cooperation and dedicated effort since we do not have an official coach. We travel to 5-7 tournaments per year around the country and sometimes in Canada. We have won the Olympic gold medal in both the 50 and 55 year age groups, as well as numerous medals at the Huntsman World Senior Games and other women's national tournaments. Our players also participate in the Montgomery County women's 40+ league -- the only women's league in the county. Some of us play together and others are on different teams. That also helps us stay in playing shape.

Our team chemistry and cooperative spirit is the foundation of our success. We enjoy playing ball and spending time traveling together. As that kid in Garrett Park, I could never have imagined that I'd be playing softball with grandmothers and loving it!

I've sustained some injuries along the way, including 2 torn, reconstructed ACLs and a torn meniscus. But as I've learned in senior ball -- everyone experiences some type of physical issue and it never stops us. You just have to rehabilitate and come back stronger! Personally I was honored in 1994 with induction as a player into the Washington Metropolitan Area Slo-

*"The Roadrunners' philosophy is to play hard, play to win, and do so with grace and sportsmanship on and off the field."*

Pitch Softball Hall of Fame. I was most appreciative, but far more important to me is that our team, the Maryland Roadrunners, was just elected to be inducted into the same Hall of Fame.

In addition to softball, I love any outdoor activity -- biking, hiking, swimming, walking. I enjoy working out 2-3 times per week as well, all with the goal of staying healthy enough to continue to enjoy these activities.

My other passion is music. I love learning musical instruments and am currently studying piano and accordion. I played piano starting in first grade and it's a lifelong pursuit. I also take accordion lessons, an instrument that always intrigued me. Throughout my years in school, I played in both school and community bands on the trombone and French horn.

I'm looking forward to retiring in 2016 after 35 years in the IT Department of the National Education Association, the teachers' union. In addition to having more free time for recreation and sports, I hope to return to my first love -- teaching. With a degree in Special Education, I've always had a particular passion for teaching reading. I plan to do that in some capacity.

While I have so much to look back on, there's even more to look forward to and I can't wait to see what's coming up in my next chapter!



Barbara Cawood makes good contact with the ball in the Super Senior League.

*"Football is not a contact sport—it is a collision sport. Dancing is a contact sport."*

*Duffy Daugherty, Coach Michigan State.*





The guys who calls 'em as they sees 'em.

*“The man who complains about the way the ball bounces is likely to be the one who dropped it.”*

*Lou Holtz, Coach Arkansas*

**MCSSA Board of Directors**

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Treasurer	John Rice

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**League Commissioners**

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Super Senior League	Ed Guillette
60+ Tuesday/Thursday Morning	Jacky Loube
Co-Rec Wednesday Morning	Don Juran
50+ Tuesday Night	Paul Jarosinski
55+ Thursday Night	Don Juran (Interim)
60+ Wednesday Night	Joe Fry
50+ Friday Night Draft	Dave Hyder
Basketball (50/55/60)	David Schardt
Basketball (65/70)	John Medford
Senior Olympics	George Huson
Volleyball	Stan Way

**REGISTRATION FORM FOR MCSSA**

Include \$5.00 for Annual MCSSA membership.....(\$5.00)	\$ <u>      5.00</u>
Include \$5.00 for MCSSA Annual Picnic.....(\$5.00)	\$ <u>          </u>
Optional: Donation to MCSSA to further the goals of MCSSA .....	\$ <u>          </u>
<b>TOTAL AMOUNT DUE</b> .....	\$ <u>          </u>

Name: \_\_\_\_\_ Phone # \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Date of Birth \_\_\_\_\_

E-mail address \_\_\_\_\_ Emer contact: \_\_\_\_\_ Phone # \_\_\_\_\_



**65+ Basketball League Action**



Stu Weisberg lets one fly



Ralph Conlin's big Hook Shot over tight defense



Herb Ballard goes up for one of many threes



Tony Upson gets off a tough shot in a crowd

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