

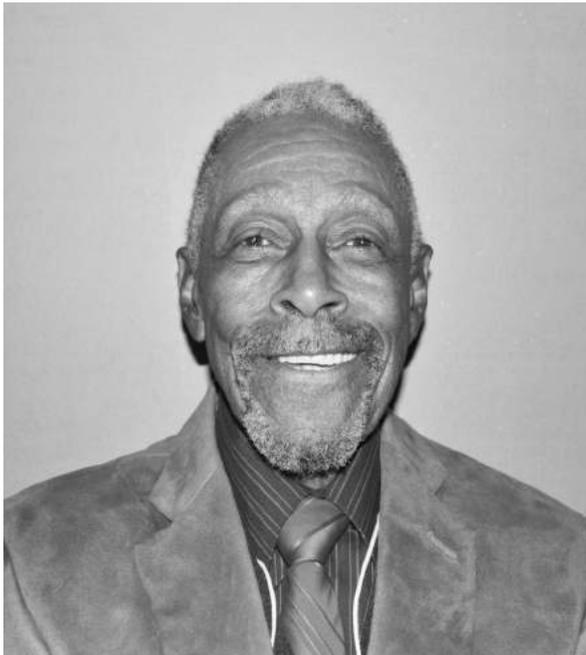


THE SENIOR ATHLETE

Montgomery County
Senior Sports Association

Volume 25 No. 1
January 4, 2016

Ed Guillette Wins Newbury Award



In 2000 Ed opted to join the Super Senior League MCSSA as a player. Three years later he became team manager, a role that he sustained for the ensuing twelve years.

In 2003, Ed assumed the dual role as a team manager and league commissioner. In three years the league expanded from four teams to the current level of seven.

As league commissioner, Ed has continually sought ways in which to enhance the experience of participants. These include providing special awards and group picture to members of championship teams; purchasing pitching screens and first aid kits to insure

Ed has served MCSSA for the past fifteen years and has been an inspiration to those who have benefitted from his friendship and wise counsel.

(Cont. on Page 8 Guillette)

Wayne Coy and Gail Dapolito Win "Comeback" Awards (See texts on Page 8)



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Dates to Remember

- **Jan 5** Indoor Softball drills begin.
- **Jan 10** Registration for Spring Leagues begins.
- **April 20** Action begins in spring softball leagues.
- **July 14** League All Star games.
- **July 15** 20th Annual "Bill Tait" Invitational Tournament.





Basketball 2014-15

Basketball Results will appear in the next issue of *The Senior Athlete*

From the Editor's Desk:

Just in case anyone should drive up and ask, you can tell them that MCSSA is celebrating its 25th anniversary this year. This is a great organization that promotes senior sports opportunities in Montgomery County. It is an organization with approximately 650 active members. We accept member participation from everyone from everywhere.

* * * * *

If MCSSA wishes to continue to exist, then we must get serious about finding successors for the President and Treasurer. These two key functions keep the organization running. John Rice has been the Treasurer for all 25 years of MCSSA's existence. We are applying a band-aid treatment to these critical positions, but we need people to step up and take on responsibility to keep moving forward. Not only are these two positions critical, but the role the league commissioners play is acutely necessary for success. It is recommended that current commissioners try to recruit deputies to ensure their continuity.

* * * * *

Indoor softball drills begin on Tuesday, January 5, 2016 at the Rockville Sportsplex on Tuesday and Thursday mornings from 9:00 to 11:30 a.m. and run through the end of March. I will run the drills on the field on the left and Spike will handle the field on the right. The fee is \$10 per person, per session.

* * * * *

Once again your attention should be directed at the daytime league fees. Your \$5 MCSSA membership dues is already included in the registration fee, e.g. the Super Senior League fee is \$55, that means the league fee is \$50 and the additional \$5 is the league dues. If you MCSSA dues are current, you can deduct \$5 from your registration. The same is true for all draft leagues.

In Memoriam

Bob Soulen
July 1940—November 2015

A Note to MCSSA

To Jim Ganz and Board of Directors:

Enclosed is a donation of \$250.00 in memory of Gary L. Brooks who participated in MCSSA softball for many years. He enjoyed his time on the softball field, with others who shared his love of the sport. MCSSA continues to provide valuable opportunities for senior men and women to stay alive. Congratulations on your 25th year of success.

Sincerely,

Nancy Brooks

The Senior Athlete is a publication of the Montgomery County Senior Sports Association (MCSSA) and is published four times a year, at the beginning of each quarter (January, April, July and October) to members in good standing. MCSSA is a non-profit organization exempt from Federal income taxes under section 501(c)(3) of the Internal Revenue Code. Submit articles and/or changes of address to:

MCSSA
14320 Fairdale Road
Silver Spring, Maryland 20905



MCSSA Personality Profile Joyce Kraimer



I was born in Ferndale, Michigan, on December 19, 1956 along with my twin sister Carol. I grew up in Troy, just north of Detroit. My parents emigrated from Germany, so we spoke German at home. I excelled in math and science, and enjoyed reading science fiction. I liked sports, and played baseball with the neighborhood boys, then softball in junior high. Summers meant listening to Ernie Harwell broadcast Detroit Tiger games on the radio. My favorite player was Al Kaline. I was a huge Red Wings fan because hockey was the only American sport my father liked. I lettered in volleyball, softball (fast pitch) and tennis at Royal Oak Kimball H.S., was a member of the National Honor Society, and graduated in 1975.

I went to Michigan State University, and made the Spartans JV volleyball team as a walk-on my freshman year. Without a scholarship, and wanting to graduate in 4 years, I quit after one year to concentrate on my pre-med studies. I was fortunate to attend games and watch Magic Johnson play basketball and Kirk Gibson play football. During the summers in Troy, I coached Tee-ball and played on numerous recreation league softball and volleyball teams. I graduated in June 1979 with a BS in Zoology.

I joined the Peace Corps to work in pest control in Nepal. My dental records got "lost", so rather than waiting for the next training cycle, I opted for the next available opportunity. That happened to be in one of the "most stable" countries in West Africa, Liberia, for two years as a secondary education science teacher. I arrived in Liberia in December, 1979. However, a bloody and brutal military coup took place on April 12, 1980! Master Sergeant Samuel K. Doe and other soldiers took power. I heard about it on VOA radio, and fled with some other townspeople in a canoe across the river border. When things calmed down, the new government implored the Peace Corps volunteers to stay. I felt safe, so I did. I brought a volleyball net and ball with me, a plus for my students. Traditionally, the boys played soccer, the girls played kickball; now both could play volleyball! My school was located in Butuo, Nimba County, near the river border with Ivory Coast. The walls were cinderblock, it had a zinc roof, the rooms contained desks and a chalkboard, and the students wore uniforms but had no books. I lived at the edge of town, in a mud brick house without electricity or running water. I had a private well and outhouse, took "bucket baths" and cooked on a kerosene stove. It was a unique and challenging experience, especially being the only white woman in town! High point: everyone in my 9th grade class passed the National exam, in order to attend high school, a first! Low point: had malaria. Memorable moments were finding a cobra in my house, eating fried termites and learning some of the local tribal language (Gio) and culture. The name I was given, Yiddeah, meant "first one." I returned to the U.S. in December 1981.

I wasn't done volunteering; just less idealistic and more realistic, so I joined the Army! I enlisted in March 1982. My selected military occupational specialty (MOS) and duty assignment: Biological Science Assistant (01H), Walter Reed Army Institute of Research (WRAIR) in Washington, DC for 3 years. Compared to Liberia, basic training at Fort Dix, NJ, was a piece of cake! At WRAIR, I was assigned to the Division of Surgery and did research related to blast overpressure and spinal cord injuries. I enjoyed the work, the responsibility and leadership; promotions followed and I re-enlisted twice. I took correspondence courses in preventive medicine, and NBC (Nuclear, Biological and Chemical). Other duties were as an authorized user of radioactive materials, and unit safety NCO. I also played shortstop for the Walter Reed women's softball team.

I met my future husband, Michael Hrynkiw, while at Basic NCO training, Fort Sam Houston, San Antonio, TX in 1989, when we were both Staff Sergeants. We were

(Cont. Page 5 Kraimer)



FINAL FALL SOFTBALL STANDINGS 2015

WOMEN'S MASTERS LEAGUE

Team	Won	Lost	Tied	Points
Sparks, Stein & Sterling	12	0		24
Like a Fine Wine	7	5		14
Old Bats	6	6		12
Tornados	2	10		4

Commissioner: Carmen Campbell

ROSS EMERSON 60+ LEAGUE

Team	Won	Lost	Tied	Points
Good Sports	24	3	1	49
Senators	20	9	1	41
Fire Balls	15	13	2	32
Dust Busters	11	17		22
Patriots	11	19		22
Centurions	5	25		10

Commissioner: Jacky Loube

TUESDAY NIGHT 50+ LEAGUE

Team	Won	Lost	Tied	Points
Unipark	8	4		16
NATS	7	4	1	15
Pirtek	7	5		14
Gaithersburg Rentals	6	6		12
Marauders	1	10	1	3

Commissioner: Paul Jarosinski

RON SCHELL 50+ DRAFT LEAGUE

Team	Won	Lost	Tied	Points
Burgundy Bombers	10	4		20
Midnight Special	6	6	2	14
Green Hornets	6	7	1	13
Rustlers	4	9	1	9

Commissioner: Dave Hyder

SUPER SENIOR LEAGUE

Team	Won	Lost	Tied	Points
Lynx	19	5		38
Bobcats	18	6		36
Cougars	16	8		32
Jaguars	13	11		26
Tigers	8	15	1	17
Lions	5	14	1	11
Panthers	4	20		8

Commissioner: Ed Guillette

THURSDAY NIGHT 55+ LEAGUE

Team	Won	Lost	Tied	Points
Senior Ballers	8	2		16
Chartwell Builders	4	4		8
Gaithersburg Rentals	4	5	1	9
Marauders	4	6		8
Hamel	3	6	1	7

Commissioner: Don Juran (Interim)





(Cont. from Page 3 Kraimer)

married in July 1990, after he returned from 6 months Temporary Duty (TDY) in Honduras. I started work on my MS in Biology in 1987, at The American University in DC, and graduated in 1991. The Army Medical Department then eliminated my specialty! I reclassified to Health Physics (91X) and was re-assigned to WRAMC. In the coming year, my specialty was due to change to preventive medicine (the same as Mike). There was no way we would be stationed together, so I applied for a direct commission as a Nuclear Medical Science Officer in the Medical Service Corps. I would serve as a Radiation Protection Officer (RPO) also known as a health physicist (there were only 50 positions in the Army at that time). I was commissioned as a First Lieutenant in June 1992.

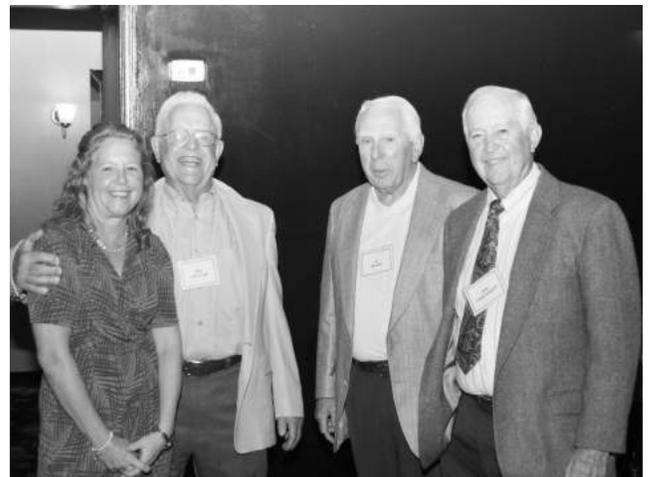
The next several years were defined by lots of moves, more TDY in Texas, and separations. Mike was assigned to Fitzsimmons Army Medical Center in Aurora, CO; I was assigned to the hospital at Fort Carson in Colorado Springs, where we lived. My promotion to Captain in August 1994 meant a year in San Antonio for additional training. Mike rented an apartment in Aurora. He was promoted to Sergeant First Class in December, then received orders for Landstuhl, Germany, as the First Sergeant at the Center for Health Promotion and Preventive Medicine (CHPPM)-Europe. I joined him in December 1995, as the Chief of Health Physics at Landstuhl Regional Medical Center. Being fluent in German was a definite plus. We lived off-post, in Queidersbach; and took full advantage of the great USO military history tours, Volksmarches, festivals, and German beer! In June 1999, we returned stateside.

My orders were for the Armed Forces Radiobiology Research Institute (AFRRI) in Bethesda, MD, while Mike's were to Beaumont Army Medical Center, Fort Bliss, in El Paso, TX (the Army's Married Couples Program was worthless!). I rented a house in Kensington, Mike rented an apartment in El Paso. Enough was enough; Mike retired in 2000 as a Master Sergeant, with 21 years of service. I was promoted to Major on December 1. While the RPO at AFRRI, I also managed the unit softball and volleyball teams, which led to offers to play in co-ed softball and volleyball leagues in Montgomery County, Rockville and Gaithersburg. I have been playing several nights a week ever since! Mike landed a job as the Safety Director at Priority One Services, Inc. in Springfield, VA. I did not want to relocate again for a staff job, so I retired in September 2002, after 20 years of service. In March 2003, we bought a house and moved to the Forest Knolls neighborhood in Silver Spring. I became a Nationals and Ravens fan, Mike is a die-hard Pittsburgh fan! I have played senior softball since 2004, as a member of the Maryland Roadrunners.

Before looking for a "civilian" job, I participated in

a clinical trial, at the new WRAIR in Forest Glen, testing a new method of administering the approved anthrax vaccine. In August 2003, I went to work for Social & Scientific Systems, Inc. in Silver Spring, as a Clinical Trials Specialist! As a contractor for NIH, I helped develop and monitor new drug trials for pediatric and adolescent HIV patients in the US as well as South Africa, Brazil and Thailand. It was interesting, rewarding, but stressful work. After 5 ½ years of "doing more with less," it wasn't worth it and I retired for good. Mike retired from his job in 2012. In November 2014, I completed participation in another clinical trial at NIH. It was an interesting 2 year study that used CT and MRI imaging to determine statin dosage for treating high cholesterol. I continue to volunteer as a regular blood donor.

Retirement is a blast! I now have more time to travel all over the country playing in tournaments, and hike in National Parks with awesome friends. I also participated in the Maryland Senior Olympics and National Senior Games. This year, I played in a DC morning senior co-ed softball league; it is definitely different playing on artificial "turf"! I also joined a senior women's (55) tournament volleyball team and am learning how to play pickleball! It has been a lot of fun meeting new people and playing in the various MCSSA softball leagues and volleyball activities. I hope to see you either on the field or on the court for many years to come.



Pam Ehrenfried, Jim Spencer, Al Beard, Jim Ehrenfried

At the Awards Banquet



SPRING SOFTBALL STARTS WEEK OF APRIL 18

This spring softball season will begin the week of April 18, 2016. MCSSA will be managing eight leagues: three daytime and five nighttime. On Monday mornings there is the Super Senior league for men 70+ and women 40+. The Ross Emerson league on Tuesday and Thursday mornings is the men's 60+ league. The Co-Rec league for men 60+ and women 40+ plays its games on Wednesdays.

On Monday nights, the Women's Masters 40+ league play. Tuesday night we see the men's 50+ league. On Wednesday night it's the men's 60+ league. Thursday nights it is the men's 55+ league. Finally, on Friday nights, we have the men's Ron Schell 50+ draft league. More information on these leagues appears on page 12 of this issue of *The Senior Athlete*.

Bat standards for the night leagues follow the Amateur Softball Association guidelines. Bat standards for morning leagues vary—consult with league commissioner.

MCSSA Board of Directors

<u>Office</u>	<u>Incumbents</u>
President	Jim Ganz
Vice-President	Don Juran
Secretary	Dan Mann
Treasurer	John Rice

Other Board Members

<u>League Commissioners</u>	
Women's Masters	Carmen Campbell
Super Senior League	Ed Guillette
60+ Ross Emerson League	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+ Ron Schell Draft	Dave Hyder
Basketball 50/55/60	David Schardt
Basketball 65/70	John Medford

Program Coordinators

Volleyball	Stan Way
Senior Olympics	George Huson
Internet Advisor	David Schardt



2015 MCSSA Annual Awards Banquet



Sally Newbury, Jacqui Nicholson, Jerry Cohen & Ed Guillette



Thom Urick presenting Gail Dapolito her award



Wayne Coy accepting his award



Jeanette Guillette



Carmen Campbell with twin daughters and Martine Bohn



Jacqui Nicholson (Bill Newbury's daughter) with Patrick

GAIL DAPOLITO

Gail has played softball just about all her life. She joined the Montgomery County Women's Senior Softball League at its inception and has played with the Like a Fine Wine/Manhattan Auto team.

In September 2013, she was diagnosed with early stage breast cancer, causing her to miss the end of fall ball that year. However, after several surgeries, chemotherapy & radiation, she was ready to return to her first love the following spring.

Gail has said that the silver lining in her diagnosis was the timing—it worked out perfectly for playing softball. With the support of friends and family, and with a strong positive attitude, Gail came through her treatment without any serious complications except for a short bout of pneumonia at the end of her radiation treatment. Today she is one year and seven months post treatment & is cancer free.

Gail is a great example that cancer need not define a person and softball trumps cancer anytime.

“Live as if you were to die tomorrow. Learn as if you were going to live forever”

Mahatma Gandhi

(Cont. from Page 1 Guillette)

the safety of players; and, by granting waivers to accommodate players with specific health challenges. He has also managed the league's budget in a way that has resulted in comparatively low registration fees for participants in both spring and fall seasons.

In addition to his involvement with softball, Ed is active in the Lawn Bowling Program. In 2011 and 2012 he was named the Outstanding Lawn Bowler of the Year by the Leisure World Lawn Bowling Club.

Another example of Ed's desire to give back to his community, he taught a course in English as a Second Language at St. Jude's Church in Rockville and he taught photography at Montgomery College. He has often given tickets to Washington Nationals games to players in his league and has also donated used softballs to the youth program at St. Jude Catholic Church in Rockville.

WAYNE COY

April 30, 2004 was a day Wayne Coy will likely never forget. He was playing shortstop for his 65+ team when he suddenly collapsed and fell to the ground. A blood vessel in his brain had ruptured, flooding it with blood, resulting in a number of critical injuries.

While surgery repaired the blood vessel, he would learn that his road to recovery was going to be long and arduous. Wayne suffered speech aphasia, his hearing was diminished and his field of vision significantly impaired. He was moved to the National Rehabilitation Hospital where he spent almost a month as an inpatient and another five months as a physical therapy outpatient.

He had to re-learn the simple things he once performed without a second thought or a moment's hesitation. He set the following goals for himself:

1. To learn the 17 words which he would use to give a toast at his son's wedding.
2. Get a job that would force him to speak, and,
3. Get back to playing softball.

Fast Forward— Wayne had a knee replacement in 2011. In 2013, he was hit by a ball on the inside of his left leg. He thought he simply sprained it but when the pain persisted, guess what—he had broken his leg and had to take six weeks off to recover.

In 2014, while diving for a ball, Wayne broke his collar bone—more time off. Are you kidding, a 76-year-old diving for a ball!!!

So where is Wayne today? He plays both the infield and occasionally outfield in the Super Senior 70 softball league for the “Panthers.” His favorite play is making the throw from second base or the middle infielder position to complete a double play.



Jay Bedell in the “GO” position at first base



Marv Shenkler making the throw



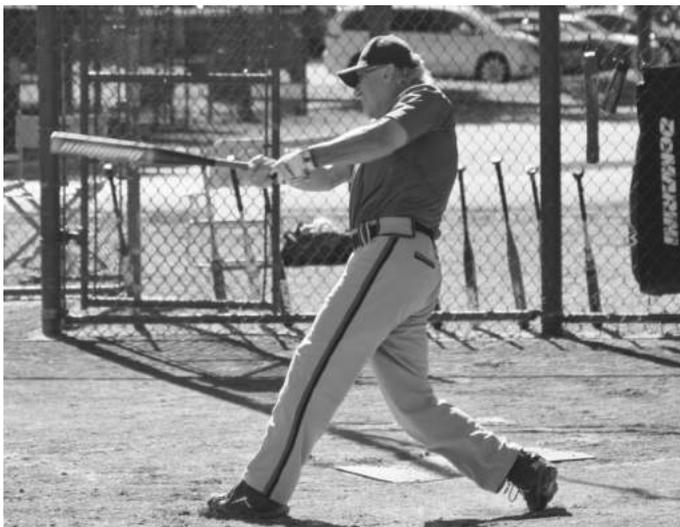
Jim Bone awaiting the throw at first base



Billy Parker back in top form



Brad Litchfield making the catch



J.R. Knott driving the ball



Joe Johnson making the catch in shallow left field

(Editor's note: This is a memo that Randy Moses wrote to the Hamel 65 Tournament team that he manages. I think there is a lesson to learn here that all teams should consider)

Greetings Hamel 65s,

I've been with the Hamel Family for more than ten (10) years and have been managing 60s and 65s all but my first year. It has been a good ride thus far and I really enjoy what I do. With the help and support of so many in the past and of those who are playing right now, it's been a pleasure work with you all. We've been a success in league play as well as tournament play then and now. I want you to know how much I appreciate you helping us protect the brand, the good reputation we have built over the years, your play on the field and your support for me.

It is time for me to say this . . .

COACHING

My approach to coaching has always been approximately 90% of the same thing. I know and understand there are three things in life that you have to earn. We can't demand it, we can't order folks to do it and we can't automatically expect it. The three are TRUST, RESPECT and LOYALTY. I've earned your trust by being trustworthy (hopefully to many, if not all). I work hard to show you respect because you deserve it and I always will conduct myself in that manner. We can not and will not be loyal to anything in life if it's not earned. These important LIFE FACTS have allowed me to coach my team(s) to many victories over the years, of course talent matters too. I appreciate you guys more than you will ever know. At this point in our softball career(s) you have a pretty good idea about my thought process during a game. You know when I'm going to make a move for the good of the team pretty much. More often than not we're on the same page when I have a one-on-one with you relating to game situations. You don't always agree with me and I don't always agree with you but there is the open dialog we have built on TRUST and RESPECT.

I think coaching is a hard job even when you're winning. On the foundation of TRUST and RESPECT that we've built together, you allow me to lead, motivate and direct this wonderful group of young men who have a love for this game. I thank you for that.

MANAGING

Managing on the field of play is more to do with rule interpretation and relating with tournament officials. Game-wise, there is one important aspect that will always be central to the game and that is making game decisions at the right time. If it's wrong you have to live with it and if it is too late it won't help. Experience is our

best teacher in these cases. The TRUST and RESPECT have allowed us to manage the decisions I have made in the past and will make as we lean forward towards success. I will continue to earn your TRUST and your RESPECT in the months to come so we can build the LOYALTY it takes to keep us together.

Together we've managed so many things well, and it has built much admiration, respect and friendships in cities and towns all over for the HAMEL brand. Without your solid play on the field and your class on and off the field these things would not be possible. Thank you for that.

I want to make one management change effective immediately and that is the following in-house change moving forward;

*Choosing our AWARD WINNERS will be YOUR responsibility from now on. Every player will have one vote and we will do it at the end of every tournament we play. Your job will be to write YOUR NOMINEE on a piece of paper, fold it and put it in the bucket. The results 1 thru *** will be read immediately and we will make awards accordingly.*

I sincerely hope you read and understand this important memo which we all are and have been a part of.

**Peace,
Randy**



2015 Women's Fall League Champions
Sparks/Stein/Sterling



REGISTRATION FORM FOR THE SPRING DRAFT LEAGUES

Please indicate which league(s) you wish to play in and enclose the proper amount as indicated below. Make check payable to MCSSA. **Please note: Your Annual MCSSA Dues are included in the registration fee for whichever league you in which you want to play. You only need to pay Dues once a year. So if you sign up for multiple leagues you only pay the dues once.**

I want to play in the Super Senior Draft League on Monday Mornings (\$55.00) \$ _____

I want to play in the 60 and over Ross Emerson Morning League (\$125.00) \$ _____

Signup deadline for this league is April 10, 2016

I want to play in the 50 and over Draft League on Friday Nights (\$95.00) \$ _____

Signup deadline for this league, April 10, 2016

I would like to enter a team in the Wednesday Morning CoRec League (\$700) \$ _____

Annual MCSSA membership (\$5.00) \$ _____

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

TOTAL AMOUNT DUE \$ _____

Name: _____ Phone: _____

Address: _____

City: _____ State _____ Zip _____ Date of Birth: _____

E-mail address _____

Emergency contact (required): _____ Phone: _____

It is vitally important that you provide an emergency contact and phone number

Would you like to be considered to manage a team in one of the leagues? YES NO

What positions do you play? _____ What playing dates will you miss? _____

**Mail this form with a check for the TOTAL AMOUNT DUE made out to MCSSA to:
MCSSA - 14320 Fairdale Road - Silver Spring MD 20905**

The participant assumes all risks associated with participation in the above activities. MCSSA assumes no liability for injury or damages arising from participation in these activities. Due to the strenuous nature of some activities, MCSSA encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment.

Signature _____



SOFTBALL REGISTRATION BEGINS IN JANUARY

Registration for the 2016 Night Leagues senior softball season will begin in January, and continue until April or until leagues are filled. Daytime and Friday Night leagues can register immediately.

NIGHT LEAGUE FORMATS

The following night leagues play a 10 week 20 game doubleheader schedule on regional fields. Early games are at 6:00 and 7:00 p.m. with late games at 8:00 and 9:00 p.m.

Monday Nights—Women’s 40 and over league
Commissioner: Carmen Campbell—443-864-4179

Tuesday Nights—Men’s 50 and over league
Commissioner: Paul Jarosinski 301-774-5841

Wednesday Nights – Men’s 60 and over league
Commissioner: Joe Fry 301-460-6096

Thursday Nights—Men’s 55 and over league
Commissioner: Don Juran (Interim)
301-231-8622

Friday Nights—Men’s 50 and over DRAFT league
Teams play 2 seven inning games at Wheaton
Commissioner: Dave Hyder—240-393-3516
This is a draft league and the cost is \$95 per person.
Those interested in playing in this league, please fill out the form on page 11 of this newsletter.

DAYTIME LEAGUE FORMATS

Monday and some Friday Mornings **Super Senior Draft League**
70 and over for *men*, 40 and over for women.

Teams play 2 seven inning games at Olney Manor Park.
Every player in attendance is entitled to be in the batting order.
Cost is \$55.00 per person.

Please fill out the form on page 11
Commissioner: Ed Guillette 301-438-2060

Tuesday and Thursday Mornings **Ross Emerson League**
Men 60+ play doubleheaders at Olney Manor and Wheaton.

Every player in attendance is entitled to be in the batting order.
Cost is \$125.00 per person. Please fill out the form on page 11.
Commissioner: Jacky Loubé 240-731-9477

Wednesday Mornings **Co-Rec League**
60 and over for men 40 and over for women.

All players are entitled to 7 innings of playing time
Registration fee is \$700 per team with checks payable to MCSSA at the address shown below.
Commissioner: Don Juran 301-231-8622

Note: Estimated Franchise fee of \$1,150 per team is expected for the night leagues (Except Fridays).

MCSSA

14320 Fairdale Road
Silver Spring MD 20905
Phone: 301-236-9130
Email: jimganz@verizon.net
Webpage: montgomerycountyseniorsports.org

