

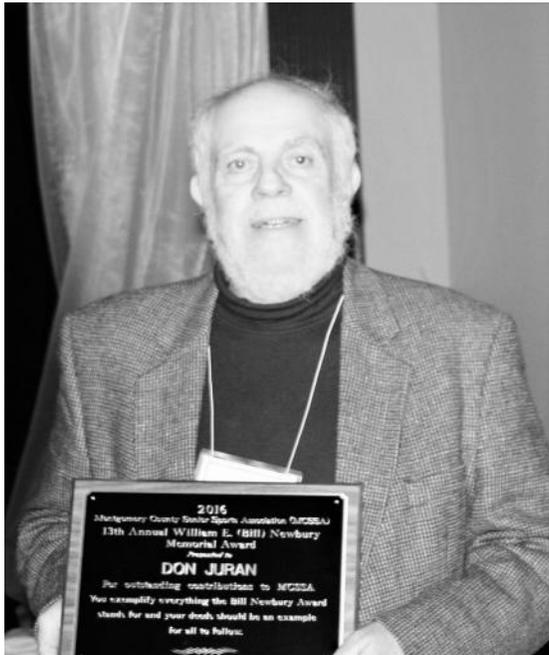


# THE SENIOR ATHLETE

Montgomery County Senior Sports Association

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## Don Juran Wins Newbury Award



‘Well we can put that ugly rumor to rest now’, said Don. He was humbled by being selected and reflected back on his childhood and his trying times in athletic endeavors. He said he was always the little fat kid that nobody wanted and was always the last one selected to play on teams.” He also put all that to rest by becoming a “tough out” and one of the prime hitters in the leagues he plays in. “Don expressed his gratitude to MCSSA for giving him a second chance to compete and be valued as a senior athlete.”

He has been associated with MCSSA since 1994 in the 50+ league. Two years later he played in the 55+ and the Co-Rec leagues. By 2001 he was playing in five different morning and evening leagues and participated in over 150 games. He also

Don Juran was selected at this year’s winner of the William E. (Bill) Newbury award. In his acceptance speech Don said, “that over the years he thought the award was a popularity contest.

(Con’t on Page 5 Juran)

## John Horstkamp Wins “Spike” Comeback Award



John has been playing in both the Baltimore Beltway and the Ross Emerson softball leagues for a number of years and he agrees that he has suffered injuries based on normal wear and tear.

His shoulder began to ache during the spring of the 2015 season. The MRI showed a tear in the supraspinatus and spurs in the right rotator cuff. Arthroscopic surgery was performed in August of that year followed by two and a half months of physical therapy before the shoulder began

(Con’t on Page 8 Horstkamp)

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### Dates to Remember

- **Jan 3** Indoor Softball drills begin.
- **Jan 3** Registration for Spring Leagues begins.
- **April 17** Action begins in spring softball leagues.
- **July 15** League All Star games.
- **July 16** 21st Annual “Bill Tait” Invitational Tournament.



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

### From the Editor's Desk:

#### It is time to get serious

If MCSSA wishes to continue to exist, then we must get busy 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 as well. Therefore it is recommended that current commissioners try to recruit deputies to ensure their continuity.

\* \* \* \* \*

### **Basketball Compromise**

In the past MCSSA ran two senior basketball leagues, one for 65+ and one for 75+. This year responses were very slow and too few members signed up to compose at least four teams in each league. In addition, we wanted to avoid the debacle of last year when we had only three teams in the 65+ division. Our members were not happy with that arrangement. Therefore a new strategy needed to be employed.

This year we run the league with both 65 and 70 year old athletes integrated into one division. The acting commissioner, Jacky Loube, has conducted several evaluation practices in order to make the teams as balanced as possible. A vote was taken and majority ruled that games will be played on Friday afternoons instead of Sunday mornings. The league will begin play on Friday, January 6, 2017.

Hope you all have a good season.

### *In Memoriam*

Jack Paddock  
Nov 1943—Oct 2016

Andy Rotondaro  
Apr 1947—Oct 2016



Who is this guy trying to call someone out from the Dance Floor at the Awards Banquet? Why, of course, it is Dick Shinnick, long time umpire of MCSSA leagues.

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MCSSA  
14320 Fairdale Road  
Silver Spring, Maryland 20905



## MCSSA Personality Profile Mike Newton



I was born in 1953 in Sandusky, Ohio. It was a great place to be raised - on Lake Erie with lots of swimming, boating and fishing. There was also the added benefit of the Cedar Point Amusement Park in town, which today is one of the best roller coaster parks in the country. My passion for baseball started young and has continued all my life. Sandusky had a large number of ball parks, so it wasn't unusual for us in the summer to go down to one of the two diamonds near our house and play ball all day. Youth leagues were strong, so I progressed from Atom League to Little League to Babe Ruth League. Unfortunately, after that, there weren't many choices. There was no high school team, and the American Legion team was a travel team, and I was not able to do that. Consequently, my career in baseball was put on hold, but I have always been active in sports.

At Sandusky High, I was a 4 year letterman in swimming. My specialty was diving, with some 50 yard freestyle when needed. In 1970, I was selected as a summer-abroad student to Germany through AFS. What a fantastic experience that was, although at that time I had taken a great deal of French, and had to learn German pretty quickly.

Following high school, I went to college at Butler Uni-

versity in Indianapolis. Like many of us, I worked my way through college. Summers were spent working at Cedar Point in the "Hobo Band" (I played saxophone), on roller coasters and then as an area supervisor. At Butler, I worked various odd jobs life guarding and working as a houseboy at one of the sorority houses. I also lettered in swimming. We didn't win too many meets, since we had just started the team and there were only 5 of us, but we all enjoyed establishing the team and the competition.

After graduating from Butler, I had an interesting and varied career. My first real job was at Marriott's Great America, a new theme park at the time north of Chicago. I worked in operations, then human resources, then as the Director of Operations for the park. It was during this time that my softball career started, both playing and coaching a team in the local league. After Marriott sold the park to Six Flags, I eventually moved to Washington and went back to work at Marriott as the VP of Human Resources in the turnpike restaurant division. A short stint in the hotel business in HR for Choice hotels followed, and then I went to work for Nexion Health as the VP of HR in a start-up long term care company. Nothing was as hard or as much fun as working in the theme park industry, but my long service in the long term care business was personally very rewarding and socially fulfilling. I like to joke that the perks of my career progressed from trading theme park tickets for local rock concerts, to free meals in restaurants, to free hotel rooms, and finally, to free lotions and adult diapers!! In 2014, I decided I needed to devote more time to sports and I retired from Nexion.

I am active in my church, where I organized and managed a softball team called the Faith Chargers that won Rockville league championships. There I met Mary French, whom many of you know. Mary introduced me to MCSSA a few years back, and I have been playing ever since. And oh, yeah, I also met my wife Linda at church, and we have been happily hitched for 21 years!

I am the proud parent of two sons who live in the D.C. area, both of whom I coached in the local youth baseball leagues. I am also the proud grandparent of two grandsons, who will also probably be coached by me at some point. In addition, I enjoy golfing and spending time at our second home in Elkhart Lake, Wisconsin. I haven't found a good senior league in Wisconsin yet, but the golf is fantastic! Like many retirees, I am busier than ever. Linda and I enjoy traveling, and seeing the wonderful sites our world has to offer. I have been able to spend more time on

(Con't on Page 5 **Newton**)

## FINAL FALL SOFTBALL STANDINGS 2016

### WOMEN'S MASTERS LEAGUE

Team	Won	Lost	Tied	Points
Sparks, Stein & Sterling	9	1		18
TST	9	1		18
Like a Fine Wine	4	8		8
Tornados	0	12		0

Commissioner: Carmen Campbell

### ROSS EMERSON 60+ LEAGUE

Team	Won	Lost	Tied	Points
Senators	19	8	1	39
Rebels	18	10		36
Good Sports	17	9	1	35
Dust Busters	11	17		22
Patriots	11	17		22
Fire Balls	9	17	2	20

Commissioner: Jacky Loube

### TUESDAY NIGHT 50+ LEAGUE

Team	Won	Lost	Tied	Points
Gaithersburg Rentals	10	0		20
Marauders	6	4		12
Grim Reapers	6	4		12
NATS	4	6		8
Pirtek	3	7		6
Stylers	1	9		2

Commissioner: Paul Jarosinski

### RON SCHELL 50+ DRAFT LEAGUE

Team	Won	Lost	Tied	Points
Midnight Special	8	6		16
Blue Man Group	7	6	1	15
Maroon Marauders	6	7	1	13
Green Machine	6	8		12

Commissioner: Dave Hyder

### SUPER SENIOR LEAGUE

Team	Won	Lost	Tied	Points
Lions	15	5		30
Bobcats	14	6		28
Lynx	13	9		26
Jaguars	12	9	1	25
Cougars	11	11		22
Tigers	6	15	1	13
Panthers	6	17		12

Commissioner: Ed Guillette

### THURSDAY NIGHT 55+ LEAGUE

Team	Won	Lost	Tied	Points
Hamel	10	2		20
Senior Ballers	7	4	1	15
Gaithersburg Rentals	5	6	1	11
Marauders	4	8		8
Chartwell Builders	3	9		6

Commissioner: Don Juran (Interim)



Pooch Lewis makes the throw from short in the Fall SSL League



Walt Hooper makes the play at 2B in the SSL Fall League.



(Con't from Page 3 **Newton**)

sports, trying to improve my batting average in senior softball and lowering my handicap in golf! I am thankful every day that I am still able to enjoy these activities, and it's a good week when I have more sports clothes in the laundry than anything else!!

I look forward to continuing my softball career with MCSSA. When I tell people that our league alone has 90 men over 60 playing ball in the morning, they are amazed. It's a tribute to the organization and the volunteers who run it. Thank you all for your time and dedication.

Life is good!! Play ball!



Kathy Reitz is looking for extra bases on this hit.



Pop-up, don't worry Clark Ritchey has got it.

(Con't from Page 1 **Juran**)

competed in several different sporting events in the Maryland Senior Olympics. By 2003 Don joined the MCSSA Rules Committee and continues to this day. The next year he became a league commissioner. He has also participated on many all-star teams and tournament teams.

Don has been serving as Vice President of MCSSA for the last twelve years and continues to serve in that capacity. Each summer at the Tait Tournament opening ceremony you can hear Don's voice as he booms the National Anthem during the presentation of the colors.

Don concluded his remarks by saying, "that serving MCSSA in many capacities was his way of paying back for that second chance, but that the service carried its own rewards. 'The deeper the commitment, the deeper the satisfaction.'"

Congratulations Don.



Isn't this the pose Hank Aaron showed after clocking one?



Runner is safe, first baseman's foot is off the bag.

**At the Awards Banquet**



Carol and Don Juran

**INDOOR SOFTBALL STARTS TUESDAY JANUARY 3**



Indoor softball drills begin on Tuesday, January 3, 2017 at the Rockville Sportsplex on Tuesday and Thursday mornings from 9:00 to 11:30 a.m. and run through the end of March. Jim 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.



John and Nancy Horstkamp

**SPRING SOFTBALL STARTS WEEK OF APRIL 17**

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.



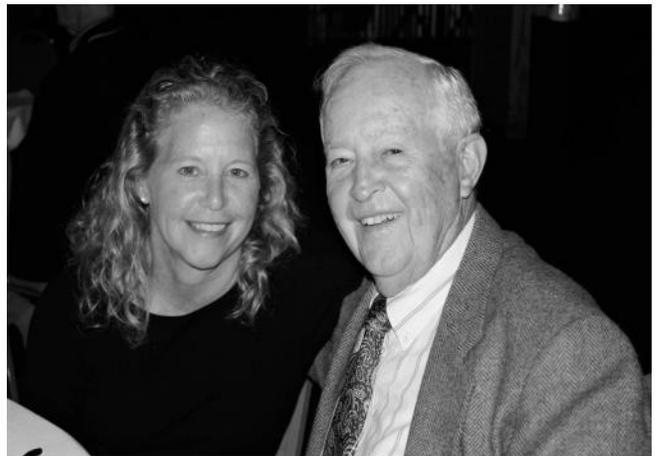
Jerry and Susan Cohen



# 2016 MCSSA Annual Awards Banquet



Jacky Loube and Ed Guillette



Pam and Jim Ehrenfried



Jack Hanson and Randy Moses



Chyp and Andrea Davis



Carmen Campbell and her crew



Jackie Nicholson and Sally Newbury (Jackie's mom)



### Rice and Ganz win inaugural Legends Award

A surprising new award, the Ross Emerson League Legends Award was created and introduced at the 2016 Awards Banquet. The criteria for nomination is as follows:

**THE ROSS EMERSON LEAGUE LEGENDS AWARD IS A SPECIAL AWARD OF MERIT THAT RECOGNIZES THOSE WHO HAVE ACTIVELY PARTICIPATED IN THE LEAGUE FOR 5 YEARS OR MORE AND MADE AN EXTRAORDINARY AND INTEGRAL CONTRIBUTION TO THE LEAGUE AND MCSSA BY DEMONSTRATING THE QUALITIES OF:**

**LEADERSHIP, COOPERATION, AND TEAMWORK**

**INSPIRED OTHERS AND RECEIVED PEER RECOGNITION**

**EXHIBITED POSITIVE QUALITIES BOTH ON AND OFF THE FIELD TO INCLUDE**

1. PRIDE
2. CHARACTER
3. ATTITUDE
4. ETHICS
5. SPORTSMANSHIP
6. INTEGRITY
7. ATHLETIC ACHIEVEMENT

**WRITTEN RECOMMENDATIONS SHOULD BE SUBMITTED TO THE ROSS EMERSON LEAGUE COMMISSIONER. THE LEGENDS COMMITTEE WILL EVALUATE ALL SUBMISSIONS RECEIVED BY SEPTEMBER 1 OF EACH CALENDAR YEAR.**

(Con't from Page 1 Horstkamp)

to feel better. Unfortunately, his hand and wrist began to bother him and he was diagnosed with carpal tunnel syndrome and “trigger finger” in his thumb. Surgery was performed in January of 2016.

In May of 2016 John hurt his right knee. To lessen the discomfort and to keep playing, he moved from the outfield to the infield. For almost all his career he has been an outfielder. But thanks to MCSSA’s indoor infield drills, the transition from the outfield was much smoother than he expected.

Unfortunately, he was in constant leg pain. This time the diagnosis was an irregular tear of the right medial meniscus and significant arthritis. Surgery followed in August but John was determined to apply himself to the requisite exercises and return to his team as quickly as possible. By September he was his old self again and played in the fall league.

John said, “I thoroughly enjoy the great people I have played with and against, the physical activity and competition playing senior softball.”

### 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

#### League Commissioners

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	Bill Madert
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



## 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 (\$70.00) \$ \_\_\_\_\_

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 (\$90.00) \$ \_\_\_\_\_

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: Bill Madert 301-775-8364

**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 \$90 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 \$70.00 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

