



The Senior Athlete

The Senior Athlete

Volume 24, Issue 3

July 3, 2015

AN APPEAL TO THE NEXT GENERATION

Inside this issue:

<i>Editor's Comments</i>	2
<i>Personality Profile</i>	3
<i>Spring Softball Standings</i>	5
<i>Fall Ball Registration Form</i>	9
<i>Basketball Results</i>	11
<i>Annual MCSSA Picnic</i>	12

Dates to Remember

- * **July 11** MCSSA picnic at Olney Manor Park plus league All-Star games.
- * **July 12** Twentieth Annual Bill Tait invitational softball tournament.
- * **Aug 17** Fall softball begins.
- * **Sep 10-13** Maryland Senior Olympic softball tournament at Olney Manor Park
- * **Nov 6** MCSSA annual party at Golden Bull Restaurant in Gaithersburg.

In October, 1991, the Montgomery County Senior Sports Association (MCSSA) was formed to encourage senior athletes to participate in sports programs. It has been a very successful organization led by dedicated leaders. It started with just one softball league and has grown to eight softball and five basketball leagues for seniors. There is also walk-in play for basketball and volleyball throughout the entire year. There is a quarterly newsletter (*The Senior Athlete*) with updates and features about people participating in sports activities along with an annual awards banquet and an annual picnic.

During this time there have been two Presidents, Bill Tait (1991 to 2003) and Jim Ganz (2003 to the present time), and one Treasurer, John Rice.

It is past the time to look forward to the future of this organization. We need qualified people to step up and take an interest in leading now. The first step is for volunteers to begin shadowing both Jim and John in the performance of their duties, and we need to do this immediately. When Jim retired from the Federal government in 1997, people asked what he was going to do. He replied, "Play softball." In addition to playing softball he does five different volunteer jobs that keep him busier than he was when working full time, one of these jobs is, of course, President of MCSSA. John performs many, many tasks for MCSSA. In addition to managing all the financial matters of MCSSA, he is the coordinator for softball fields, softball umpires and social events. His plate is more than full also.

This is an all-volunteer organization, all of the officers and commissioners are uncompensated volunteers. Jim and John both consider this effort as "GIVING BACK" for all the blessings they have received over the years. It is time now for someone else to "GIVE BACK." Just contact either Jim or John.

Tait Tournament and All Star Weekend

This year the 20th annual MCSSA Bill Tait Invitational Tournament will be held on Sunday, July 12, beginning at 9:00 a.m. The format will differ from other years because teams are still being recruited for play. If all goes as planned, opening ceremony will take place on Field 4 at Olney Manor Park at 9:00 a.m.

The annual MCSSA picnic will take place Saturday, July 11, beginning at 11:00 a.m. See flyer on last page of this newsletter.

All-Star games will be played around the picnic setting. At 9:30 a.m. the Ross Emerson League All Stars will play against Joe Fry's Wednesday night league. At 1:30 p.m. the Ron Schell League All Stars will play against the "B" and "C" Divisions All Stars from Paul Jarosinski's Tuesday Night League.





From the Editor's Desk:

The softball tournament for the Maryland Senior Olympics will be held from 10-13 September 2015. Men's teams in the 65, 70 and 75 category will play on the 10th and possibly on the 11th. Teams in the 50, 55 and 60 categories and women will play on the 12th and possibly on the 13th.

* * * * *

Parks and Planning Commission has posted notice that softball fields will be closed for maintenance from 15 August to September 1. As a result, the Recreation Department may be forced to compress the season for nighttime leagues once again to just five weeks (ten games) instead of the usual seven weeks (fourteen games).

* * * * *

MCSSA's annual dinner will be held at the Golden Bull Restaurant in Gaithersburg on Friday, November 6, 2015. Nomination Forms for the Newbury Award and the "Spike" Comeback Kid Award are available on Page 8.

* * * * *

I would like to invite all commissioners to offer news items on their league for publication in the newsletter. Something like a summary of events, or unusual events that occur during the season. This is important from a historical perspective as well.

* * * * *

When you register to play in any of our leagues, remember that your annual dues are included in the price shown for each league. You need to pay dues only once per year. Therefore, if you have already played in the spring your dues are paid. You should just deduct five dollars from the fee you submit to play in the fall.

* * * * *

You will notice on Page 7 a flyer from the Gaithersburg Recreation Department of a new 58+ Fall Senior Softball League. To register for that league, fill out the registration form and send it to the City Of Gaithersburg Department of Parks and Recreation.

FALL BALL

The fall softball season begins August 17, 2015 for Super Senior (Monday and Friday mornings) and Ross Emerson 60+ (Tuesday and Thursday Mornings) draft leagues. Games will be in Gaithersburg during August, moving to Olney Manor on September 1.

Evening leagues will begin on or about September 1, 2015. These are Women's Masters (Monday Night); 50+ men (Tuesday night, two divisions); 55+ men (Thursday night); and the Ron Schell men's 50+ draft league (Friday Night).

Registration forms for the Draft Leagues can be found on Page 9 of this publication. Other leagues register through the county recreation offices.

"Always remember.... Goliath was a 40 point favorite over David"

Shug Jordan, Auburn Football Coach

The entire MCSSA family would like to express our condolences to the families of our recently departed:

Dave Cooper
May 1937—May 2015

"Motivation is simple. You eliminate those who are not motivated"

Lou Holtz, Arkansas Football Coach

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: Dick Shepherd



I was born at Sibley Hospital in Washington, DC, 69 long years ago. My dad had a long and productive career as an auditor with the federal government. Although both parents graduated from Syracuse University my mom initially stayed at home to raise us kids.

In 1952 we joined the exodus to the suburbs, moving to Takoma Park, MD not far from Langley Park. While I was attending Rolling Terrace Elementary school my mom started teaching Special Education ... the beginning of what was to be an illustrious career for her in Special Ed for Montgomery County Schools, culminating with training future principals for schools with Special Ed.

I played for a very good little league team, but rode the pine because I was low man on the totem pole. The next two years I was in the starting lineup. That was my introduction to organized baseball that taught me that I would rather be a starter for an average team than ride the pine for a championship team ... a lesson that has guided me throughout my ball-playing career.

I took my studies seriously during junior high and high school, and did well ... plus won a few science fair project awards. I enjoyed music and got hooked on rock 'n' roll at an early age (Little Richard, Jerry Lee Lewis, Everly Brothers, Chuck Berry, etc.). In school, I joined the Chorus in 8th grade at Takoma

Park Junior High and stayed with it through my senior year at Montgomery Blair High School in Silver Spring, MD. At Blair, we worked hard on difficult choral pieces and we performed well enough to win the Maryland State High School Choral Competition my senior year.

In my senior year, I applied to colleges and decided to attend Bucknell University in Lewisburg, PA.

Because I had an interest in science, I decided to pursue a combined Biology/Chemistry (BioChem) major starting in my freshman year at Bucknell. Unfortunately, I had not taken Introduction to Calculus or Advanced Physics in my senior year at Blair, which would've prepared me better for the killer curriculum that Bucknell had in mind for my first semester. After hitting the wall in Calculus and Organic Chemistry, I decided to switch my major to the one subject in which I did well ... English.

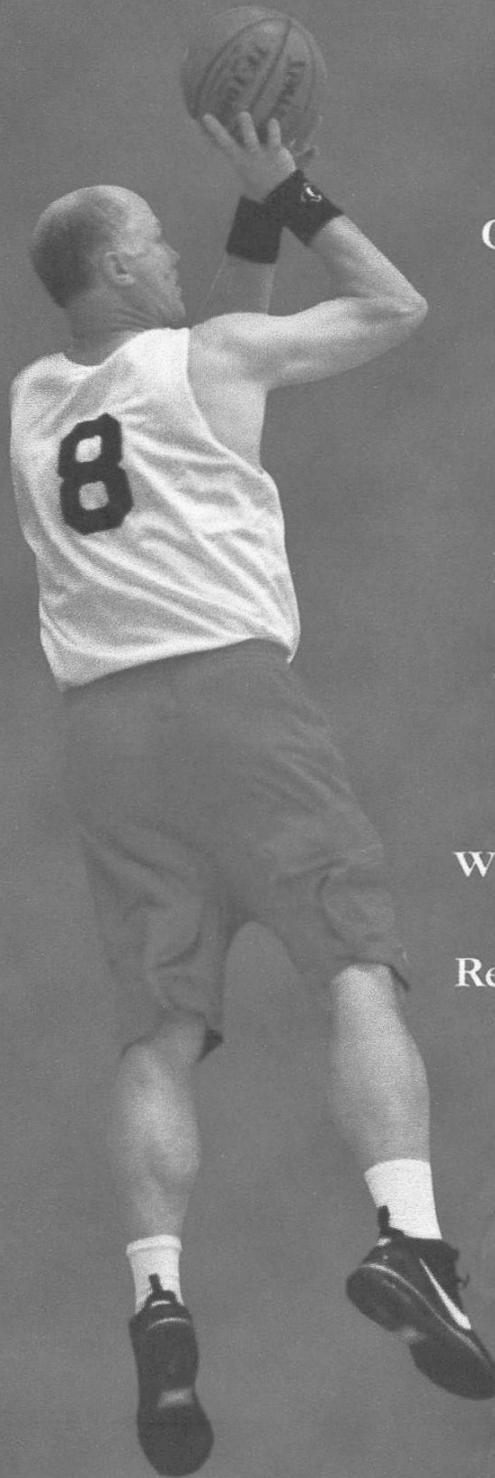
After graduation I started looking for a job. So I began my job search with some assurance I'd get hired ... but to do what? One day my employment agent said he had two positions he had for interviews. One was a job demonstrating brick-banding machines on construction job sites; the other was "a job that had something to do with computers." I chose the latter and the die was cast for a 35-year career in computer system design and management. It was a high-stress but rewarding career. On that first job I started doing Forms Design for old punch-card systems, but quickly was promoted to systems design analyst for computer applications written for the "big iron" ... IBM mainframe computers. My first employer also had company activities, two of which were bowling and fast pitch industrial league softball. Bowling allowed me to meet a lot of my fellow employees, but softball allowed me to continue to play ball as I had in college intramurals.

Our company team was a bunch of young guys managed by our 58-year catcher whose nickname was Mookie and who had played semi-pro baseball. I really liked the guy, who was a lot like Spike Bauroth ... crusty, but knowledgeable with a good heart.

At 22 years old, in 1969 I married my girlfriend from Bucknell. Four years later bought a house in Columbia, MD, and two years after that our daughter, Erin, was born. After leaving my initial job, I became immersed in my career and laid down the ball glove but not a 2-pack-a-day smoking habit. My wife and I divorced after 8 years of marriage but I continued to live in Columbia for another 30 years.

(Shepherd Continued on Page 10)

HUNTSMAN WORLD SENIOR GAMES
TAKE YOUR SHOT
OCTOBER 5 - 17, 2015 - ST. GEORGE, UTAH - USA



Choose From One of Our
28 Different Sports

St. George, Utah - USA

For Men & Women 50 +
From All Over the World

Request Information

800-562-1268

hwsg@seniorgames.net

www.seniorgames.net

Register March 1 - September 1



Scan for info



HUNTSMAN
WORLD
SENIOR GAMES



Softball Standings (As of June 21, 2015)

Women's Monday Night League

<u>Team</u>	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Sparks, Stein & Sperling	9	2		18
Like a Fine Wine	6	0		12
TST	7	2		14
Old Bats	0	7		0
Tornados	0	11		0

Commissioner: Carmen Campbell

Wednesday Night Men's 60+ League

<u>Team</u>	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Ron's A/C	11	1		22
Ledo Pizza Wheaton	6	3	1	13
MemberCar Stars	5	4	1	11
Mustangs PJ's Sports	2	6		4
Blue & Gold	1	11		2

Commissioner: Joe Fry

Tuesday Night Men's 50+ League

<u>Division "A"</u>	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Maryland Cougars	12	2		24
Spicer	10	2		20
Gaithersburg Rentals	5	9		10
Michael & Sons	3	9		6
Grim Reapers	2	10		4
<u>Division "B"</u>				
Armands	9	4	1	19
Hamel	8	6		16
Nats	5	7	1	11
Marauders	4	10		8
<u>Division "C"</u>				
Meyers & Meighan	10	3	1	21
Raiders	9	4	1	19
Silverado	6	8		12
Stylers	2	12		4

Commissioner: Paul Jarocinski

Ron Schell Draft League 50+

<u>Team</u>	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Blue Knights	7	4		14
Midnight Special	7	2	1	15
Legends	3	7	1	7
Green Hornets	3	7		6

Commissioner: Dave Hyder

Super Senior League Monday Mornings

<u>Team</u>	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Tigers	13	5	2	28
Jaguars	13	6	1	27
Bobcats	11	5	2	24
Lynx	10	7	1	21
Cougars	8	10		16
Lions	6	14		12
Panthers	2	16		4

Commissioner: Ed Guillette

CoRec Wednesday Morning League

<u>Division "A"</u>	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Athletic House	17	1		34
PJ's Sports	13	4	1	27
Senior Moments	4	13		8
<u>Division "B"</u>				
CoStars	8	9		16
Pleasants Const	6	10	2	14
Eagles	3	14	1	7

Commissioner: Don Juran

Ross Emerson Men's 60+ League (2nd Half)

<u>Team</u>	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Good Sports	10	6		20
Dust Busters	13	3		26
Senators	11	5		22
Centurions	7	9		14
Fire Balls	5	11		4
Patriots	2	14		2

Commissioner: Jacky Loube

Thursday Night Men's 55+ League

<u>Division "A"</u>	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Senior Ballers	6	2		12
Hamel	6	4		12
Chartwell Builders	5	3		10
<u>Division "B"</u>				
Marauders	4	4		8
Meyers Meighan	2	8		4
Borrachos	1	5		2
<u>Div "C"</u>				
Blue and Gold	5	3	2	12

Commissioner: Don Juran (Interim)

Talk about dedication



Ellenora Craig

As any manager of a softball team would tell you, the biggest relief he or she can get is to have a scorekeeper during the games.

Well, this scorekeeper supreme is Ellenora Craig, the wife of Mel Craig. Mel has played with the Panthers in the Super Senior League for a number of years, including last year. However, Mel was drafted by another team this year, but that did not stop Ellenora from carrying out her scoring of Panthers games. Now that is what is called dedication. Way to go, Ellenora.



John Medford up for two in a crowd

"Lads, you're not to miss practice unless your parents died or you died"

Frank Leahy, Notre Dame Football Coach

MCSSA Board of Directors

Office

President
Vice-President
Secretary
Treasurer

Incumbents

Jim Ganz
Don Juran
Dan Mann
John Rice

Other Board Members

League Commissioners

Women's Masters
Super Senior League
60+ Ross Emerson League
Co-Rec Wednesday Morning
50+ Tuesday Night
55+ Thursday Night
60+ Wednesday Night
50+ Ron Schell Draft League
Basketball 50-55-60
Basketball 65-70

Carmen Campbell
Ed Guillette
Jacky Loube
Don Juran
Paul Jarocinski
Don Juran (Interim)
Joe Fry
Dave Hyder
David Schardt
John Medford

Program Coordinators

Volleyball
Senior Olympics
Internet Advisor

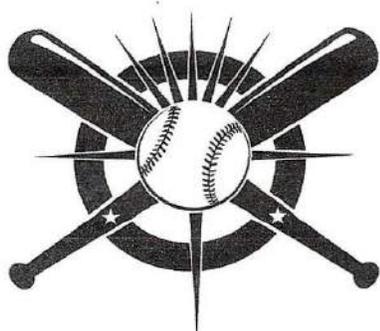
Stan Way
George Huson
David Schardt



Richie Sherman fields a ground ball in the Super Senior League



301-258-6350 • www.gaithersburgmd.gov



58+ MEN'S FALL SOFTBALL

WEDNESDAY MORNINGS DRAFT LEAGUE

Must be 58 years old in the 2015 calendar year.

**League will start play on Wednesday, August 19
Games will be played at Morris Park at 9 a.m.**

14 Game season plus playoffs

The draft will be held on Wednesday, August 5 (Captains only)

Registration Fee: \$50 (per person)

Registration Deadline: Wednesday, July 29

Name: _____

Address: _____

Home Ph.# _____

E-Mail: _____

Birth Date: _____

Position(s): _____

Experience: _____

Are you currently playing? Yes No

If YES, where: _____

To register please complete the application and return
with the registration fees to:

City of Gaithersburg, Department of Parks, Recreation and Culture
506 S. Frederick Ave., Gaithersburg, MD 20877
ATTN: 58+ Men's Fall Softball

OFFICE USE ONLY: ACTIVITY #42020

Rec'd _____ Initials _____
W P M F Resident Y__ N__
Pr: _____ Date _____



**Nomination Form
4th Annual
“Spike” Comeback Kid Award**

I would like to nominate _____

List in detail the factors that should be considered for presentation of this award (on a separate sheet of paper).

The award committee will evaluate the nominations, for either man or woman, based on the data submitted justifying your candidate's accomplishments.

Richard Sherman will chair the committee and submissions can be made either by U.S Mail addressed to Richard Sherman, 15403 Wentbridge Court, Silver Spring, MD 20906 or by email to rgsappraising@verizon.net.

**Abbreviated Nomination Form
12th Annual
William E. (Bill) Newbury Memorial Award**

I would like to Nominate _____

List in detail why your nominee's contributions should be considered for this award (*The more information you can provide, the better*):

All nominations must be received by Tuesday, October 13, 2015

To submit a nomination, simply send by e-mail to _____ Or, send through the U.S. Postal Service to:
one (or all) of the following committee members:

Carmen Campbell—carmen9000@comcast.net
Susan Lake —cell026@aol.com
Jim Ehrenfried—jimpam678@aol.com

Jerry Cohen
2901 S Leisure World Blvd #531B
Silver Spring, MD 20906
leftjyc@aol.com



A scene from last year's picnic



Spike Bauroth turns the front end of a double play in last Fall's Ross Emerson League

REGISTRATION FORM FOR THE FALL DRAFT LEAGUES

Please indicate which 2013 Fall League (s) you wish to play in and enclose the proper amount as indicated below. Make check payable to MCSSA. **Deadline: August 2, 2015. (If you registered and played in the Spring League, deduct \$5 from the amount shown when you register for the Fall.)**

- I want to play in the Super Senior Draft League on Monday and Wednesday Mornings (\$45.00) \$ _____
- I want to play in the 60+ Ross Emerson Morning League (\$100.00) \$ _____
- I want to play in the 50+ Ron Schell Draft League on Friday Nights (\$75.00) \$ _____
- Include \$5.00 for Annual MCSSA membership if not already paid (\$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 _____ Emer contact: _____ Phone: _____

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 _____

Mail this form with a check for the TOTAL AMOUNT DUE made out to MCSSA to:

(Shepherd Continued from Page 3)

Fast-forward to 1989 when I met and married my second wife, Betty. Two years later, on my 45th birthday, I quit smoking cold turkey ... for me a life-changing endeavor, but not fun. The downside was that I proceeded to gain 50 lbs ... skying up to 250. After a couple of "fat years" I decided that getting my body in shape was in order. Initially, my lack of cardiovascular fitness only allowed me to walk on the treadmill for 10 minutes. I resolutely stuck with it, adding Stairmaster and Nautilus resistance machines and lost 60lb and getting back in shape in 6 months.

A woman I worked with at the time was an avid runner and biker who competed in biathlon events. She asked me why I was exercising and I told her "to lose weight and get in shape". She prophetically said "that'll work for a year or two, but you'll get bored and quit if you don't find a sport that's your reason to stay in shape." At age 48, after a 20-year hiatus, I was back on the softball field again.

Although I was only playing one game a week, I threw myself back into softball and the first year I won an award based on my enthusiasm. It was good that I had anchored myself to softball, because the next year Betty was diagnosed with breast cancer.

The next four years were dedicated to Betty's treatment, family, my job, and playing softball. Unfortunately, her cancer returned and took her life in 1999. I was 52 and was adrift without emotional direction. Softball gave me an outlet and an anchor. Before I knew it I was playing in four leagues (8 games) a week plus Saturday pickup ball.

Six years after losing my wife, my employer announced a merger which meant that, at the age of 58, I could retire or be laid off. I had almost decided not to retire when the woman I was dating asked me "At what age do you plan to retire?" When I said 65, she asked, "How much softball can you play when you're 65?" From my 58-year-old perspective, I figured probably not much ... so I took the retirement and decided to play as much ball as my body would allow. Later, she got miffed that I was playing so much ball. When I pointed out that she had encouraged me to retire, she said her goal had been to have me spend all my free time with her. Oops. That one didn't end well either.

Three years later, I met Linda, my ideal match. Not only is she a beautiful woman, but we are compatible in many ways. She encourages me to play ball ... because she has her own sport: breeding and raising Show Dogs. I thought I had a busy schedule with work before I retired and afterwards with softball. Linda has

me out-done: she has a full-time job as a Partner in a property management firm, plus she has 8 Standard Poodles and one mini-poodle. Her schedule is relentless between work, grooming dogs, breeding and raising litters and showing dogs. Her dog fixation easily matches my softball obsession, so she understands.

It took me nearly 5 years of dating to decide that I had the energy and dedication to marry such an energetic and overcommitted woman who had 9 dogs, 2 horses, 2 children, and 5 grandchildren. In 2012, she agreed to have me as her husband and we married and moved to a new home amidst farmland east of Frederick, MD near Union Bridge. The dogs love it and, between mowing, snow-blowing, planting, and "riding herd" on the poodles it keeps me busy between softball games.

I am currently playing softball in the Baltimore Beltway league, the Montgomery County 60+ league, the fall Ross Emerson league, and on a men's 65+ tournament team. I have learned many lessons on the ball field but the most profound and humbling one is that *each and every senior softball player has more in common with each one of his opponents than with most of the general public*. One cold, raw, blustery March morning during batting practice, a teammate said to me "I feel guilty." When I asked him why, he said that he "got to come out and play softball when many guys our age had to sit home on the sofa and watch TV." That kind of sums it up for me. We are blessed every day that we are able to play the sport we love.



Action in the 55+ League

Basketball 2014-15 Wrap up



George Pruden's Baby Boomers capped off a first place regular season with a victory over the Washington Lakers to win the 55+ championship. Williams led the Baby Boomers with 18 points.

George Pruden's Gray Panthers beat the Terps 48-35 with a balanced attack to win the 60+ championship. Eight Gray Panthers scored four to ten points each

Regular season standings

Baby Boomers	6-1
Drew Printing	3-4
Lakers	3-4
Terps	2-5

Top scorers

Mason (Drew Printing)	91
Allen (Baby Boomers)	70
Williams (Baby Boomers)	69
Grant (Terps)	54
Warren (Drew Printing)	54

Top 3-point shooters

Country (Drew Printing)	11
Drew (Drew Printing)	9
Herb (Drew Printing)	7
Jessie (Lakers)	6

Free-throw shooters

Allen (Baby Boomers)	20-24
Mason (Drew Printing)	15-22
Williams (Baby Boomers)	15-27
Cooper (Lakers)	11-15

Regular season standings

Black Shirts	5-1
Gray Panthers	5-1
Terps	2-4
Devils	0-6

Top scorers

Jansen (Devils)	85
Connor (Black Shirts)	79
Flood (Terps)	69
Squires (Devils)	60
Russell (Terps)	52

Top 3-point shooters

Nettles (Gray Panthers)	9
Connor (Black Shirts)	8
Gessel (Black Shirts)	8
Wilson (Black Shirts)	8
Herb (Gray Panthers)	8

Free-throw shooters

Kurtz (Black Shirts)	19-27
Russell (Terps)	16-33
Connor (Black Shirts)	15-19
Jansen (Devils)	12-23
Ciman (Black Shirts)	8-15



MCSSA Annual Picnic, Saturday, July 11, 2015

* **Open to all MCSSA members, spouses, and guests.** Join your friends for a great day of food, fun, and fellowship. Hot dogs, hamburgers, and veggie-burgers furnished. Play in a horseshoe tournament and watch All-Star games on Field #4.

* **Bring** your own beverage (no alcohol allowed), and those of you with an even year of birth, please bring a dessert or fruit to share. Those members with odd year of birth, please bring a salad, vegetable, or other side dish of your choosing to share, i.e., devilled eggs, baked beans, etc.

There are plenty of picnic tables at the park but you might want to bring your own folding chairs.

* **Sign up:** \$5 per person before July 11.

* Send check (payable to MCSSA), to: MCSSA, 14320 Fairdale Road, Silver Spring, MD 20905

* Or at softball fields: give check (payable to MCSSA) or cash to Susan Lake.

* **Help needed:** Set up at 10:00 a.m., run a grill at 11:00 a.m., clean up afterwards. Please call Susan at 301-774-4174.

MCSSA

14320 Fairdale Road
Silver Spring MD 20905
Phone 301-236-9130

Email: jimganz@verizon.net

Webpage: montgomerycountyseniorsports.org

