



The Senior Athlete

Hewlett-Packard
Company

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It's time to sign up for basketball!



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Dates to Remember

Oct 11 MCSSA Annual Meeting at Seibels Restaurant

Nov 7 MCSSA Holiday Party. Newbury Award presented

Nov 8 Registration deadline for both 65+ and 70+ Basketball

Dec 7 Basketball season begins

Jan 6 Indoor softball begins (Tuesdays and Thursdays) at the Rockville Sportsplex

MCSSA, together with the Montgomery County Recreation Department, will offer both a 65+ and a 70+ basketball league starting in December. The 65+ league will play on Sunday afternoons and the 70+ league will play on Friday afternoons. All games will be at the Bauer Drive Community Center, 14625 Bauer Drive, Rockville, MD. Game times on Sundays for 65+ and on Fridays for 70+ will be 12:30 and 1:45.

You are eligible to play in the 65+ league if you were born in 1950 or earlier. You are eligible to play in the 70+ league if you were born in 1945 or earlier. Cost is \$120 per player. If you want to play, please fill out the registration form located on Page 9 of the current edition of *The Senior Athlete*, then send it and a check to MCSSA, 14320 Fairdale Road, Silver Spring MD 20905. Registration begins October 1 and ends November 8. You may play in both leagues if you meet the age criteria.

All senior basketball league games are 5-on-5, full court, played with professional officials, a timekeeper, and a scorekeeper. Both the 65+ and the 70+ leagues will be "draft" leagues with players drafted or assigned to four (or five) teams. The season will consist of nine scheduled games plus one or two playoff games. Players will be assigned to teams in late November and the season will start December 7 (65+) and December 12 (70+).

Spread the word. We need enough players for a minimum of four teams in each league. The leagues will play only if there are enough interested players. Some of you may be asked to coach and help draft or assign players to teams. For more information contact John Medford, jmedfo@comcast.net, 410-923-6772.



From the Editor's Desk:

* * * * *

As the fall season begins we once again get back to some of our favorite winter sports. Bauer Drive Recreation Center is the venue for two of the popular programs. On Tuesday and Thursday mornings from 9:30 to 11:30 (most people arrive around 9:00 and play gets underway as soon as the first eight players arrive) it is walk-in basketball. On Monday and Wednesday mornings from 10:30 until noon, you will find walk-in volleyball for both men and women. On Fridays from Noon until 2:00 pm, volleyball is played at the Mid-County Recreation Center, located just off Layhill Road. And, don't forget indoor softball begins on January 6, 2015 at the Rockville Sportsplex.

* * * * *

We are still looking for someone to shadow John Rice in his job as Treasurer for MCSSA.

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Standings for the Fall Softball Leagues will be posted in the next edition of *The Senior Athlete*.

* * * * *

The MCSSA Annual Meeting will take place on Saturday, October 11, 2014 at 8:30 a.m. at Seibels Restaurant in Burtonsville. Breakfast will be provided.

* * * * *

I am currently trying to find a replacement for entertainment at our next banquet. The group we had last year, that was so good, they got booked on the same night that we wanted them. So I am looking for another source.

The Newbury Award

It is time to submit your recommendations for the William E. (Bill) Newbury Memorial Award. The award will be presented at the MCSSA Holiday Dinner, on Friday, November 7, 2014 at the Golden Bull Restaurant in Gaithersburg, beginning at 5:30 p.m. The evening begins with a "no-host" cocktail hour (with a cash bar), with dinner at 6:30, awards program at 7:30, followed by entertainment. The cost will be \$33.00 per person.

The criteria for nominating people for the award are listed below. The award is presented to individuals whose contributions are recognized in one or more of the following Areas:

- 1) By outstanding athletic ability and performance which would tend to reflect on MCSSA (such as a league Most Valuable Player, or recognition by a National program or organization, or sustained high level of performance;
- 2) By voluntary service to the organization through sustained involvement in a superior and noteworthy endeavor;
- 3) By virtue of a significant financial contribution or through services in-kind.

The committee that will evaluate nominations and make recommendations for selection consists of Jerry Cohen, Chair; Bill Birmingham, Carmen Campbell and last year's recipient Susan Lake. Nominations can be sent directly to any member of the committee, or to MCSSA. A nomination form, for your convenience and for the ease of evaluating the contenders, is available on Page 7 of this edition of *The Senior Athlete*.

In Memoriam

John Paul Quinn
January 1948-June 2014

Danny Ivkovich
February 1921-July 2014

Ross Emerson
March 1932 – July 2014

Larry Thompson
January 1938—August 2014

Arrel Godfrey
October 1942—September 2014

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 Jack Melnick



While chatting with Jim Ganz at the MCSSA picnic, conversation quickly wheeled around to sports and softball. “How come you’re not playing anymore,” asked Jim? Sez I, “Well, I still do play – in Florida each winter. I am one of the Commissioners of a league down there called Forever Young that meets every Tuesday and Thursday at 9 am at the Miller Fields in Delray Beach, FL, from the first week of December until mid-April. We have batting practice, then choose up teams and play a game. We can play with as few as 11 people – 5 on a side (no right – or left – fielder, and no first base. Outs at 2nd, grounders to the wrong field are strikes, fly balls outs, etc.) plus a pitcher. Last season, I was recovering from my 2nd hip replacement, couldn’t run, so I’d pitch for both teams. Interestingly, my record was 26 -20. A few games we had 2 pitchers. My doctor didn’t want me to bat for a year, so all I could do was pitch.” The players are locals as well as Snow Birds from the area. No commitment to play.

Jim allowed that that was interesting and asked when did I start pitching. As I celebrate my 85th milestone, I realized the coincidence of starting in Montgomery County, MD, Co-Rec in 1985. In those days, we played on the Layhill fields, had Pepco employees as umpires, didn’t call balls and strikes, and really had to scratch to find ball players. For instance, the team I played with, the Olney-Sandy Spring Seniors, was managed by Marge Maher, whose greatest asset was having a connection to Sandy Spring Bank who we

regularly hit up for shirts and hats. Recruiting players was a problem. We used to go the Ross Boddy Senior Center and seek players. I remember one rather large lady who we recruited for 2nd base – not to play it, but be it! After I joined the team I was able to convince 4 or 5 guys from my neighborhood to join and we became a fairly respectable team after a couple of years, even managing to win a championship or two. Our pitcher was a guy named Dave Rubenstein, a name which just popped up in the news as a contributor of \$7.5 million to repair the Washington Monument and \$12.5 million to restore the Lee Mansion. I seriously doubt it is the same Dave – he’d be about 100+ years of age at this point of time. Marge resigned after a few years and I took over managing the team until a few years ago when Al Reffkin inherited it from me. I still practice every Monday with those guys during the season.

But I’m jumping ahead of myself. I started playing softball when I was 8 years old. I played mainly in summer camp, for in those days, the polio scourge convinced most families who could afford it, to farm the kids out into the Poconos or Catskills, or anywhere out of the big cities, in my case, Philadelphia. The first team I managed, at age 12, had a pitcher who started our first game walking the first 8 batters in a row. I figured I could do better than that, so I put the kid on first and started pitching myself in the second inning. Since then, I’ve pretty much been pitching for 73 years! Later, as a counselor, I played against neighboring camps in inter-camp games. Since the players didn’t know the other team at all, they generally asked what job they had in camp. I was Dramatics Counselor. When they heard that, they all moved in. I generally got a home run on my first at bat in each game.

In junior high and high school, I played football as a lineman in the single wing, until a crack back block ended my career. When I went down, the ref threw the flag for Unnecessary Roughness. After they carted me off the field, I told the coach he didn’t hit me that hard, the leg just gave out – his reply – “OK, Melnick, but we’ll still take the 15!” During that period, I also put the shot. It’s well known how much I hate running, so the way that happened was on the way back to the locker room after football practice, I picked up the shot which was lying on the ground and tossed it. The track coach came running up and gave me a few pointers about form and style and asked me to do it again. I did and he invited me to put the shot. I agreed with one condition – No Running – I got plenty in football. He agreed.

The next day, the assistant track coach was running

(Con’t on Page 6 **Melnick**)

ALL STAR TEAMS



All Star spectators Bill Ehatt and Walt Hooper

TAIT Tournament Champions



75+ Champions Hamel Builders



Tuesday Night 50+ All Stars



70+ Champions Montgomery 70s



Ron Schell League All Stars



65+ Champions Emerson Select



Spring Softball Final Standings

Women's Monday Night League

<u>Team</u>	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Sparks, Stein & Sperling	15	4	1	31
TST	11	4	1	23
Like a Fine Wine	9	9		18
Tornados	5	8	1	11
Old Bats	0	15	1	1

Commissioner: Carmen Campbell

Ross Emerson Men's 60+ League

<u>Team</u>	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Good Sports	29	7		58
Senators	24	12		48
Dust Busters	22	14		44
Fire Balls	20	16		40
Centurions	7	29		14
Patriots	6	30		12

Commissioner: Jacky Loube

Tuesday Night Men's 50+ League

<u>Division "A"</u>	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Gaithersburg Rentals	14	5		28
Spicer	12	7		24
Maryland Cougars	7	11		14

Division "B"

Michael & Sons	11	5		22
Marauders	11	7		22
Armands	7	9		14
Stylers	1	16		2

Division "C"

Hamel	11	6		22
Nats	11	6		22
Silverado	9	8		18
Meyers & Meighan	8	9		16
Raiders	2	15		4

Commissioner: Paul Jarocinski

Ron Schell Draft League 50+

<u>Team</u>	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Midnight Special	14	3	1	29
Blue Nights	8	8	2	18
Green Machine	6	11	1	13
Legends	6	12		12

Commissioner: Dave Hyder

Super Senior League Monday Mornings

<u>Team</u>	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Lions	20	3	1	41
Bobcats	14	6	2	30
Jaguars	14	10		28
Tigers	13	9	2	28
Lynx	9	14	1	19
Cougars	6	18		12
Panthers	5	19		10

Commissioner: Ed Guillette

CoRec Wednesday Morning League

	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
PJ's Sports	17	3		34
The Tavern	16	4		32
Senior Moments	12	8		24
Eagles	7	13		14
CoStars	5	15		10
Clippers	3	17		6

Commissioner: Don Juran

Wednesday Night Men's 60+ League

	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Member Car Stars	14	3	1	31
Spicers	12	2	1	26
Ledo Pizza Wheaton	9	7	2	22
Mustangs PJ's Sports	8	9	2	19
Blue & Gold	0	20		0

Commissioner: Joe Fry

Thursday Night Men's 55+ League

<u>Division "A"</u>	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Hamel	13	2	1	27
Chartwell Builders	12	5	1	25
Senior Ballers	10	6		20
Marauders	6	10		12

Division "B"

Meyers Meighan	8	6	1	17
Borrachos	6	11	1	13
Blue and Gold	1	16		2

Commissioner: Don Juran (Interim)

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

practice and said, "OK, let's wrap it up. Take 2 laps and get a shower." I picked up the shot and headed to the locker room. "Hey, kid, where are you going? I said take 2 laps first." I said, "No thanks," dropped the shot and continued on my way. The next day, the coach came into class, apologized for his assistant and said, "He didn't understand our arrangement!"

I also played baseball and softball, primarily as catcher, pitcher or 1st base. In hardball, I threw mostly junk – slow, slower and stop – knuckle balls, curves, and, miracle of miracles, a change up! I've kept the knuckle ball and that's what I pitch mostly in softball. Basically, the hitter has to supply all the power, the pitch doesn't help him. I also wrestled in high school and even as a freshman at Penn. That didn't last long. I wrestled as a heavyweight (200 lbs and up) at just 200 pounds. My first match was against a guy who weighed 307 pounds! I just couldn't move that lump of plump, so I realized that wasn't going to work. In high school, we had a couple of heavyweights (max. 200 lbs). The other guy could regularly beat me on points, but never pinned me. Accordingly, since wrestling is still a team sport, the last bout was the heavyweight bout and often determined which school won the event. You got 5 points for a pin and 3 points for a decision. My coach would cheer me on with, "Don't get pinned!"

In the Navy during the Korean War, I didn't get to play much ball; a destroyer doesn't have much deck space. However, one incident stands out. I was assigned on TAD (Temporary Additional Duty) as Commanding Officer, Communications Team #23, Military Department, on the SS Alma Victory. Our mission was to go the Thule, Greenland, US Air Force base, with supplies during Operation SUNAC (Supply United Nations Air Contingents). After arrival in June of 1952, the Admiral in charge of the Operation ordered all personnel not on watch to report to the athletic field for a softball game. I dispatched 2 of my guys and they dutifully went off. About 2 hours later, they straggled back, covered from head to toe in mud. "What happened," I asked? "Well, sir, we found out that the permafrost in Greenland goes down to about 18 inches. In the summer, it thaws and it's mud for 18 inches. You'd hit the ball, which sank into the mud, and tried to run to first, but the mud didn't let you run too good. We played 2 innings before we were so tired we couldn't move. The Admiral let us all go back to the ships."

Another time, in Norfolk, VA, we played in a game of beer ball, where you hit the ball, took a gulp of a beer, then ran to first. After about 3 innings, you're all so smashed you just drank the beer and didn't run at all!

While working for a company, whose initials are I've Been Moved, for 30 years – any longer I might have to make it a career – I played in the Industrial League for IBM. We won a championship or two and I was the pitcher. I received my most damaging sports injury in this league, too. I was pitching when this huge guy hit a smash that hit the pitching rubber, bounced up into my face breaking my glasses, the orbital bone and my nose. After 42 stitches around the eye and nose and a few weeks of being unable to breathe through my nose, I got back on the field for the last few games, wearing a catcher's face mask. Speaking of injuries, being only 50 feet away from the new composite, double walled, incredible bats that are out there is a constant danger to a pitcher. This past February I caught a line drive on my left shin that cut an artery and needed 4 stitches to close up. I wrapped an Ace bandage around it and continued the game before seeking help from the hospital. The season before, a line drive glanced off the bottom of my glove, hit my right arm, and tore up about 6 inches of skin which took about 6 months to grow back and also required hospital help. It's a War Zone out there!

I think I must have a Montgomery County fetish – I lived there in both Pennsylvania and Maryland – and I played volleyball for many years at Bauer Drive and in the Senior Olympics picking up several Gold, a lot of Silver and one Bronze medal. Since I spend half the year in Florida, I don't have much chance to play volleyball anymore since it is outdoors time when I get back to Maryland. I did play a few times in Florida. They had senior volleyball at a rec center and for \$5, you show up and play. This particular day, the seniors that showed were all collegiate volleyballers from Michigan, Ohio State, Tennessee, etc. I was the only SENIOR senior, but my underhand, lobbed deep serve drove them crazy and every team I played on (we rotated players each game) won. Those guys would hit the ball so hard, all you could do is defend yourself. One time, a ball hit me and caromed back over the net for a point. One opponent came under the net to congratulate me for a great shot! Shot? It was more a bounce.

Then there's tennis. I didn't really start to play tennis until we moved to Leisure World in 1992 and after my first hip replacement in 2001. Our players are classified as Advanced or Round Robin players. The Round Robin players are older, or infirm, or have replaced limbs, etc. I've won the title 5 years in this group probably making me "King of the Lames." I haven't reached that level since the second hip went, but I'm still working on it, 2 days a week. It hurts, but I keep on truckin'.

Anyway, I guess I answered Jim's questions, for then he suggested I write down our conversation and submit it for the MCSSA Bulletin. Well, I did, I have, and you just read it!

**Nomination Form
3rd 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 of Spike Bauroth, Sam Milwit, Jim Bone and Rick Silas 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.

Nominations should be submitted by Tuesday, October 14, 2014.

Your Name: _____

Signature: _____

**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 14 2014

To submit a nomination, simply send by e-mail to one (or all) of the following committee members:

Carmen Campbell—carmen9000@comcast.net
Susan Lake—cel1026@aol.com
Bill Birmingham—wfbham@aol.com

Or, send through the U.S. Postal Service to:

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

Your name: _____

Signature: _____

Maryland Senior Olympics

Individual Medal Winners:

Gloria Hong (75-79)	Javelin	Gold
	50 Meter Dash	Gold
	Frisbee Throw	Gold
	Softball Throw	Gold
	10 Pin Ladies Doubles (w/Carmen Campbell)	Gold
	Shuffleboard Singles	Gold
	Shuffleboard Doubles (w/George Izumi)	Gold
	100 Meter Dash	Silver
	Discus	Silver
	Football Throw	Silver
	10 Pin Mixed Doubles (w/George Izumi)	Silver
	10 Pin Ladies Singles	Bronze
Jim Condell (80-85)	High Jump	Gold
	Triple Jump	Gold
	Shot Put	Gold
	Pole Vault	Gold
	Standing Long Jump	Silver
	Discus	Silver
	Running Long Jump	Bronze
Richard Sherman (70-74)	50 Meter Dash	Gold
	100 Meter Dash	Silver
	Standing Long Jump	Silver
George Izumi	10 Pin Men's Doubles	Gold
	Shuffleboard Singles	Gold
	Shuffleboard Doubles (w/Gloria Hong)	Gold
	10 Pin Mixed Doubles (w/Gloria Hong)	Silver
Carmen Campbell (75-79)	10 Pin Ladies Doubles (w/Gloria Hong)	Gold
	10 Pin Mixed Doubles (w/Jack Maddox)	Gold



MCSSA members enjoying the Annual Picnic..

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 (Monday Night)	Carmen Campbell
Super Senior League (Mon a.m.)	Ed Guillette
60+ Ross Emerson League	Jacky Loube
Co-Rec Wednesday Morning	Don Juran
50+ Tuesday Night	Paul Jarosinski
60+ Wednesday Night	Joe Fry
55+ Thursday Night	Don Juran (Interim)
50+ Ron Schell League	Dave Hyder
Basketball (50+, 55+ and 60+)	David Schardt
Basketball (65+ and 70)	John Medford

Program Coordinators

Volleyball	Stan Way
Senior Olympics	George Huson
Internet Advisor	David Schardt

REGISTRATION FORM FOR MCSSA ACTIVITIES

Please indicate which activity you wish to participate in and enclose the proper amount as indicated below. The basketball leagues are for the 2014-15 season.

I want to play in the 65 and over Basketball League on Sunday Mornings (\$120.00).....\$ _____

I want to play in the 70 and over Basketball League on Friday Afternoons (\$120.00).....\$ _____

MCSSA Dues.(\$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:
MCSSA - 14320 Fairdale Road - Silver Spring MD 20905



Carmen Campbell congratulating Arrel Godfrey



Montgomery 70s Senior Olympic Champions 2014



Good Sports, Champions of the Ross Emerson League



MCSSA Super Senior Spring Softball Champions 2014

Lions, Super Senior League Champions

MCSSA

14320 Fairdale Road
Silver Spring, Maryland 20905

Phone: 301-236-9130
E-mail: jimganz@verizon.net
www.mcssa-info.org

