



THE SENIOR ATHLETE

Montgomery County
Senior Sports Association

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January 4 2020

John Rice, a principal figure in MCSSA, dies



By Don Juran

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Dates to Remember

- **Jan 2** Indoor Softball drills begin.
- **Jan 4** Registration for spring leagues begins.
- **April 17** Action begins in spring softball leagues.
- **July 18** League All Star games.
- **July 19** 24th annual "Bill Tait" Invitational Tournament.



I first came to know John in the late 1990s in the Wednesday morning co-rec league. He played for Jim Ehrenfried's team, and was a solid outfielder and a skilled placement hitter.

We became much better acquainted starting in 2003 when I became co-rec league commissioner. Now an MCSSA Board member, I saw John at work as Treasurer. His financial statements were of course impeccable, but even more impressive was the wisdom he brought to the board meetings.

This wisdom carried over to being a team manager. I played for him on Tuesdays and Thursdays for a few seasons in the early 2000s. He was unfailingly supportive and fair to all players regardless of their skill. He loved winning as much as anyone, but never let it supersede giving everyone their maximum enjoyment of the game.

Running a softball league was a new experience for me, and I faced many a dilemma when dealing with managers, other commissioners, the county recreation department or Park and Planning. I learned that the best course of action was to call John and ask for help. He would always drop what he was doing and counsel me. I took his advice every time and never once regretted it.

John was unfailingly courteous to everyone. The only time I ever heard him
(Continued on Page 4 **Rice**)



From the editor's desk:

Maryland Senior Olympics:

Earl Hearst and his partner Jan Skaggs won the bronze medal in table tennis mixed doubles.



Ed Guillette hands out awards for winners in the John X. Supinski Jr. league



Bill Birmingham accepts the Newbury award for Stan Way.

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14320 Fairdale Road
Silver Spring, Maryland 20905

INDOOR SOFTBALL STARTS THURSDAY JANUARY 2

Indoor softball drills begin on Thursday, January 2, 2020 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 Ganz will run the drills on the field on the left and Spike Bauroth will handle the field on the right. The fee is \$10 per person, per session.

SPRING SOFTBALL STARTS WEEK OF APRIL 20

This spring softball season will begin the week of April 20, 2020. MCSSA will be managing eight leagues: three daytime and five nighttime. On Monday mornings there is the John X. Supinski, Jr. Memorial league men 70+, women 40+. The Ross Emerson league on Tuesday and Thursday mornings is the men's 60+ league. The Co-Rec league men 60+, and women 40+, plays its games on Wednesdays, **beginning April 8.**

On Monday nights, the Women's Masters 40+ league. Tuesday night the men's 50+ league. On Wednesday night men's 60+ league. Thursday nights 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.

In Memoriam

Mary Lou Franke
(wife of Sonny)

Marv Mermelstein
Oct 1933—Oct 2019

Rod Shockley
Aug 1939— Oct 2019

John Rice
Nov 1933—Nov 2019

Andrew DeWese
(Bob's son)

Gilbert Mitcvhell
July 1935—December 2019



MCSSA Personality Profile Paul Jarosinski



I was born and raised in Baltimore, Maryland in the mid-20th century. Growing up I remember playing sports in the back alley almost every day. In the spring and summer we played baseball, in the fall we played football, and in between we shot baskets at the basketball hoop just behind my house. When I wasn't playing with a group in the alley, I was playing "wall ball" on our corner brick townhouse with a smaller group or by myself throwing the ball against the brick wall and catching it. There is no doubt in my mind that this is how I developed a strong throwing arm.

At the age of nine, I started playing organized baseball with the Northwood Baseball League since there were no T-ball leagues in that era. The hours of back yard/back alley play and my strong arm allowed me to start at the second level of talent instead of the entry level. I continued to play baseball in the Northwood Baseball league through high school and my arm continued to get stronger. Just prior to my high school graduation, I was scouted by the Baltimore Orioles as a pitching prospect. I had a great fastball that broke naturally in different ways (without twisting my arm) depending on how I gripped the baseball. The scouts clocked my fastball in the low 90 MPH range at the beginning of my workout and I remember the scout saying that I was still throwing in the low 90s at the end of the workout. After the scouts huddled, they came over to my Dad and my coach and offered me a single A professional contract. I was ecstatic at getting the offer to play professional baseball and remember asking when I would start. They said as soon as I graduated from high school. I

thought that was great and commented that I looked forward to playing baseball over the Summer until it was time to go to college in the Fall. The scout then doused my enthusiasm by telling me that if I accepted the offer, I would be playing baseball for them in September INSTEAD of going to college. I thought about it for a few days, but even as a high school senior I knew that a flame-throwing pitcher was only an arm injury away from being out of a job. I decided instead to go to college.

My proudest sports moment as a young man came at the age of 14 when I was asked to be the head coach of a group of 8-10 year olds for boys basketball. It seemed that the local basketball league had more boys that wanted to play basketball than fathers available to coach them. The adults running the league had faith in my maturity to entrust these boys to me to teach them the fundamentals of basketball and compete in the local league. None of the boys on my team had dads who were available so I served as the Head Coach and enlisted one of my classmates to help me teach the boys fundamentals (layups, sharing the ball, pick and roll, etc.). To everyone's surprise, my team ended in first place and I received a trophy from the City of Baltimore to mark that accomplishment. In hindsight, this was my first role as a manager and organizer.

In the early 1970s I attended the University of Maryland at College Park. My academic advisor was designated and advised me to take a heavy scholastic load. Because I completed four years of college in three years, there was little time for athletics and other things. I became heavily involved in intramural sports as a break from the academic work and encouraged dorm residents to compete as a unit in various intramural sports activities. The Intramural section of the Athletics Department appointed me as the Resident Housing Authority Athletic Chairman for dormitory intramural sports. I was successful in rallying the members of my dormitory unit to participate in intramural sports to accumulate points for medaling in various intramural sports. In my last year at the University, my dormitory unit finished second out of 63 units in the Final Dormitory Cup standings. The only unit to beat us was the dormitory unit where all the football players lived. This period of my life, however, was another experience in bringing people together for a common purpose and stimulating participation in athletic competition.

Upon graduation from the University of Maryland with a biochemistry degree, I decided to attend pharmacy school to focus my biochemistry on the effect of pharmaceuticals to alter physiologic functions in humans particularly to correct or amend aberrant health. While at the University, I continued to apply and further develop my coaching and organizational skills. I was elected class president for my first two years of pharmacy school and student government president in my third and final year. These positions provided me with additional training and experience in building consensus as a leader among large groups of professionals.

(Continued on Page 8 Jarosinski)

**FINAL FALL SOFTBALL STANDINGS****WOMEN'S MASTERS LEAGUE**

<u>Team</u>	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
TST	8	1	1	17
Sparks, Stein & Sperling	7	2	1	15
Tornados	3	7		6
Like a Fine Wine	1	9		2

Commissioner: Carmen Campbell

ROSS EMERSON 60+ LEAGUE

<u>Team</u>	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Warriors	21	5		42
Senators	18	7	1	37
Good Sports	14	9	3	31
Patriots	11	14	1	23
Fire Balls	9	17		18
Rebels	2	23	1	5

Commissioner: Jacky Loube

TUESDAY NIGHT 50+ LEAGUE

<u>Team</u>	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Marauders	11	1		22
Sneaky Pete's Batmen	7	5		14
Raiders	5	7		10
Stylers	1	11		2

Commissioner: Paul Jarosinski

RON SCHELL 50+ DRAFT LEAGUE

<u>Team</u>	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Midnight Special	8	4	1	17
Green Machine	7	5	1	15
Homestead Grey	6	6		12
The Sneaksters	3	5	2	8

Commissioner: Dave Hyder

JOHN X. SUPINSKI JR. LEAGUE

<u>Team</u>	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Cougars	15	5		30
Jaguars	14	5	1	29
Lions	12	7	1	25
Panthers	11	7	2	24
Lynx	4	16		8
Tigers	2	18		4

Commissioner: Ed Guillette

THURSDAY NIGHT 55+ LEAGUE

<u>Team</u>	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Gaithersburg Rentals	9	3		18
Hamel	7	5		14
Unwanted Guns	6	6		12
Pirtek	5	7		10
Marauders	3	9		6

Commissioner: Bill Madert

(Continued from Page 1 Rice)

raise his voice occurred once when he was umpiring. A player characterized one of John's calls as "bulls...t." John let him know in no uncertain terms that such behavior would not be tolerated. The player wisely kept his mouth shut thereafter.

After John quit playing, he stayed on as MCSSA Treasurer and as an umpire and umpire trainer. For years he organized the annual MCSSA banquet.

When the William Newbury Award for contributions to MCSSA was created in 2005, John was the obvious choice as the very first honoree.

John possessed a finely-tuned dry wit, of which I offer three examples. The first occurred when I wrote for these pages a tongue-in-cheek proposal to implant electrodes in outfielders so they couldn't encroach within the 140-ft. arc. Before submitting it, I tried it out on John. His reply: "My wife won't even let me do that to our dog."

The second happened when John sent me a check for co-rec league expense reimbursement. I carelessly left it in the pocket of my game shorts, and it came out of the wash an unreadable wad. I contritely emailed him for a replacement. He sent one, but not without scolding me: "That is money laundering at its apex."

Finally, a couple of years ago I asked John, who had retired from umpiring, to sell me his ball bag. I knew what his answer would be. He insisted on giving it to me, and we arranged that he'd leave it for me on his doorstep in a yellow Washington Post wrapper. I picked it up just as the mail truck passed by. Later that day I thanked him again and complimented him on his azaleas. He replied: "Right after you left, the mail person knocked on my door and said, 'Mr. Rice, I think someone just stole your newspaper.'"

May JoAnn and her family be comforted, and may John Rice's name be for a blessing.



Stan Way Wins Newbury Award



Since Stan couldn't be present at the banquet, Don Juran has the honor to tell you a bit about him and what he's done for MCSSA as a two-sport athlete and especially as a volunteer.

Many, probably most of you are unfamiliar with Stan. He is the first Newbury honoree whose primary contributions to MCSSA relate to volleyball. For many years he ran, almost singlehandedly, the drop-in volleyball games at Bauer Drive rec center. He came early and stayed late, setting up and taking down nets. He purchased supplies, often out of his own pocket. He set up an email list to keep everyone informed of rec center closures, upcoming tournaments and other events.

Stan was a good player himself, fast and quick, and always working on technique. He learned to hit a sidearm serve that was tough to return.

He also played softball in what was to become the Ross Emerson League in the 2000s. He was a light hitter, but a fast runner. I often played shortstop back then (I know it's hard to believe), and I learned I had to play way in against him, or he'd beat my throw to first every time. It didn't surprise me to learn that he was a competitive runner in local road races.

Stan became afflicted with a tremor in his right hand, which evolved into Parkinson's disease. He continued to play volleyball as long as he could, and ran the Bauer drop-in games even after he couldn't play anymore.

For several years Stan organized volleyball teams for the annual Maryland Senior Olympics competition in Ellcott City, providing team shirts and taking on the captain's role, even when his physical problems made it impossible to play at a tournament level.

Most of all, Stan is a great, caring guy. At Bauer Drive he ensured that all players were made to feel welcome, regardless of their volleyball skill level. Stan made sure everyone knew when players were sick or entered nursing care, and when a former player passed on, he always posted the obituary notice.

The Bauer Drive drop-in games on Monday and Wednesday mornings are still going strong. When you show up there for volleyball, basketball or pickleball, pause for a moment at the display case at the entrance. Read the names inscribed on the Newbury award plaque. Stan Way's name is the latest but not the least, of the men and women who over the years have made MCSSA the great organization it is.



Sally Newbury and her daughter Jacki Nicholson while Sally reads the award citation.



Clark Ritchey wins the Spike Comeback Award

By Chuck Spalding

Many, or maybe most, senior athletes play with some pain, but with a little help from pills, lotions, creams, bandages, and braces of all sorts, once the game begins, they are good to go for the next several hours. We've all seen players run the bases without a limp, play well in the field, but as soon as the game is over, you'd think they needed crutches or a wheelchair. This year's Spike Come-Back Kid recipient fits that description, but during the spring of 2017, he began to have more serious problems.

He had been playing with knee pain for many years, but this time something else was wrong. He was losing weight, developed a dry cough, had pains around his chest, and shortness of breath. He totally lost his appetite and taste for food. However, he did crave popsicles and ice cream! He slept more hours than he was awake. He'd go to bed at 5 or 5:30 pm and sleep until 9 or 10 am, only to get up and have a popsicle and get back in bed or on the sofa. One evening while he and his wife were taking a short walk around the block he actually fell! That did it! When they got home, they went to the ER, he was checked out and was ordered to see his family doctor the next day.

The doctor ordered lots of tests and sent him to many specialists. The test results showed that he was anemic with a severe iron deficiency, was vitamin B-12 deficient, had low calcium, and sleep apnea.

Following all the doctor's orders and with the help of his wife, he was able to return for the last half of fall ball in 2017. He was back on the field but his knee was very painful and he wasn't as strong as he wanted to be. He also played the entire 2018 season this way, but at least he was on the field.

After the 2018 season, he knew he had to address the knee problem. He couldn't play volleyball and basketball, which are things he does in the cold months to stay active. His orthopedic surgeon confirmed through X-rays, and an MRI, that there was a problem. Bone on bone and severe arthritis. A knee replacement was in order. After several delays, his knee was replaced on March 4, 2019.

About eight weeks later, he was playing softball again. Although unable to run at first, he could still hit and field well. He continued to improve and by the end of the season he was again a tough out who usually got a hit. That in itself was quite a comeback. But in the middle of this three-season odyssey, on June 8, 2018, he and his wife suffered the most devastating, horrible, no-words-can-describe pain that any parents can endure. They lost their oldest son.

After the final arrangements and the final goodbye to his son, he considered quitting softball, volleyball, and basketball, all the things that brought him joy. One evening while sitting on his back deck, still in mourning, he thought he heard his son tell him "Dad, don't stop doing something that you love. Get back out there." That was the best advice from the best source he received during this unspeakably painful time.

The support he received from MCSSA during this troubled time was overwhelming and awesome. His teammates, players who he had been friends with for many years, players he knew only by first name, and players he had never met before came over to him with handshakes, pats on the back, hugs and shoulders to cry on.



Chuck Spalding reads the citation for Clark's award.



Tournament Results

By Janet Mitchell

The Maryland Roadrunners women's 60's team competed in five tournaments this season.

In April, the team played in a warm-up tournament in Mesquite, NV, against five teams from California. The tournament is set up as a round-robin, so every team plays every other team. There are no awards -- just great practice against the best teams in the country. The Roadrunners' record was 1-4, but we were in every game and got some excellent practice.

Next up was the National Senior Games in Albuquerque, NM in late June. The team had an excellent tournament, finishing with the silver medal in the major division. We played eight games, and many of our victories were come-from-behind victories.

In July, the Roadrunners traveled to St. Louis to play in a tournament hosted each year by the Sho-Me Women's Softball Organization. It's a smaller tournament, but a good opportunity to play some good softball while supporting another team's fundraiser. The team played eight games and finished in 2nd place. After getting knocked into the losers' bracket, we played our way back to the championship game, won the first to take it to an IF game, then lost 17-12 in the final.

In late September, the Roadrunners competed in the SPA Women's National Championship in Dalton, GA. The team played six games, seeded into the major division, and finished in 3rd place in that division.

The final tournament was the Huntsman World Senior Games in St. George, UT. This was our 14th year competing in the games. There were 22 teams in the 60's division alone, and after going 2-1 in pool play, were seeded into the 2nd division (out of 4 divisions). In the double-elimination, the Roadrunners were again knocked into the losers' bracket in our second game, losing to CA Express 13-10. We played our way back to the championship, and we were able to beat CA Express twice to take the gold medal -- a wonderful way to wrap up the season.

By Randy Moses

Whenever success comes to our organization it is a good time to celebrate. Winning is not easy, in fact, winning is serious business and is always a challenge. Things have to fall into place and some good fortune has to come your way. Those of us who have been a part of winning understand and appreciate the joy it brings. Those of us who'd witnessed what losing feels like can really relate to what success does for our mental state.

The year 2019 was another good softball season for Hamel Senior Softball. There were winners throughout the Hamel organization. There are two teams that the General Manager wants to recognize for their success in 2019. The two teams that deserve special recognition are our Hamel 55s and Hamel 70s.

So, please join me and the other managers along with the Hamel softball family in congratulating Richie Myers and Bill Hickey as "Managers of the Year". Well deserved and we hope you enjoy your new jackets.

[Randy is the manager of the HamelLady60s team and is too modest to recommend himself as a Manager of the Year. He needs to be considered for one of these awards.]

"Here is another Hamel story that happened in 2019. HamelLady60s played in the 2019 ISSA Pix-O-Dixie Senior Classic as defending champions. As a matter of fact, HamelLady60s won this tournament in 2017 and 2018, we were going for the Three-Peat this time. The tournament director had informed me that we would be playing in the 50 AAA bracket because we were the only sixties in the tournament. I did not mention this to my team until the morning of Pool-Play at the event. I told them competition is always good so let's go for it.

The team responded and the rest is history. There were four fifty (50) AAA teams in the bracket with us. We went undefeated and won the tournament without a loss from the winner's bracket. HamelLady60s won the sixties (60s) bracket by default, won the fifties (50s) outright and the Three-Peat (2017, 2018 and 2019). We walked away with championship rings and a weekend unlike any I could have predicted."



(Continued from Page 3 **Jarosinski**)

Upon graduation from the University of Maryland, I accepted a position as a commissioned officer in the United States Public Health Service. I entered the Public Health Service as a Lieutenant JG and went to Boston for a one-year residency. Following Boston, I did stints in Norfolk and Baltimore before I was recruited to work at the National Institutes of Health (NIH) in Bethesda in 1981. It was during this time that I started getting involved in Montgomery County softball.

At the NIH, I was fortunate to work with a number of great clinicians and scientists in the development of new treatments in the areas of pediatric oncology, infectious disease, and AIDS. My pharmaceutical expertise was used to aid in the development and execution of investigational protocols for the development of new therapies. During my 37 years at the NIH, I was an Associate Investigator on over 110 investigational studies. Many of these studies led to co-authored publications in prominent medical journals including two landmark publications in the nation's premier medical journal, The New England Journal of Medicine. I am blessed to have worked with some of the finest minds in medical science and contributed to over 60 publications documenting our work. In addition, several of the investigational studies we conducted directly contributed to the approval by the Food and Drug Administration (FDA) of new therapeutic agents for the treatment of diseases. In 2018, I retired, closing this very memorable chapter of my professional career.

Concurrent with my time at the NIH, I became involved with several different softball teams. I especially enjoyed the teams where I could just show up and play and not have to take a head count, worry about collecting money, paying the bills, making the batting order, etc. On the other hand, I realize the critical nature of having someone to complete these tasks and keep everyone engaged. Perhaps most important in these managerial responsibilities is the need to find replacement players for the guys that move on or can no longer play. For my Sunday team, I have been a co-manager for more than two decades. For my Tuesday over 50 Raiders team, I took the manager's baton from another great player more recently, David Rosenblum, when he needed to make some changes. I am fortunate that David has been able to continue to play intermittently and assist with managing.

I became involved with the administration of the over 50 league back in 2011 and 2012. In that time period, scores were not posted where others could see them nor were standings (records) being posted regularly. In regard to questions from my own team, I began writing the information down and sharing it with other teams in our division. When the previous Commissioner of the over 50 league passed away, I was nominated to fill the position of the Tuesday over 50 commissioner. Since that time, I've made it a point to collect the scores, figure the standings, and scan and share that information promptly with the other managers for review and verification. For some of us, this creates some of the interest and excitement that goes along

with a race for a division title as a season heads toward the end.

As the Commissioner of the Over 50 Tuesday league since 2013, my goal is to build consensus among the league's managers to maintain our own competitive league while fostering activities for older athletes. I hope we can continue to draw new blood into our league as other seniors in the area cross the 50-year-old mark. This will allow our league to remain strong and transition players from the open divisions to the over 50 division and then on to the even older leagues. Our three division set-up is important to this goal as it allows us to have an elite division of high quality players (A), a division of better than average players (B), and a recreational division (C) for those seniors with average or declining skills who just want to get out for some exercise and camaraderie.

As a Board member of the Montgomery County Senior Sports Association (MCSSA) our goal is to provide opportunities to senior citizens to exercise and improve their quality of life through participation in organized sports. At this point in my career, I realize that my body and playing skills are on the downward slope, but I hope to play as long as Father Time will allow. I am grateful that the MCSSA is alive and well to promote activities for senior citizens and I am happy to be part of that effort.

Saving the best for last, I want to end by mentioning my most important priority, my family. I married Pamela Smith on August 3, 1974 and we recently celebrated our 45th wedding anniversary. I have been blessed with two wonderful children, Brian Jarosinski and Jennifer Roland, a son-in-law Doug Roland, as well as three grandchildren (Kayla, Hailey, and Luke Roland) who make everyday a new adventure. In March, Jennifer Hendrickson will join our family as my daughter.

MCSSA Board of Directors

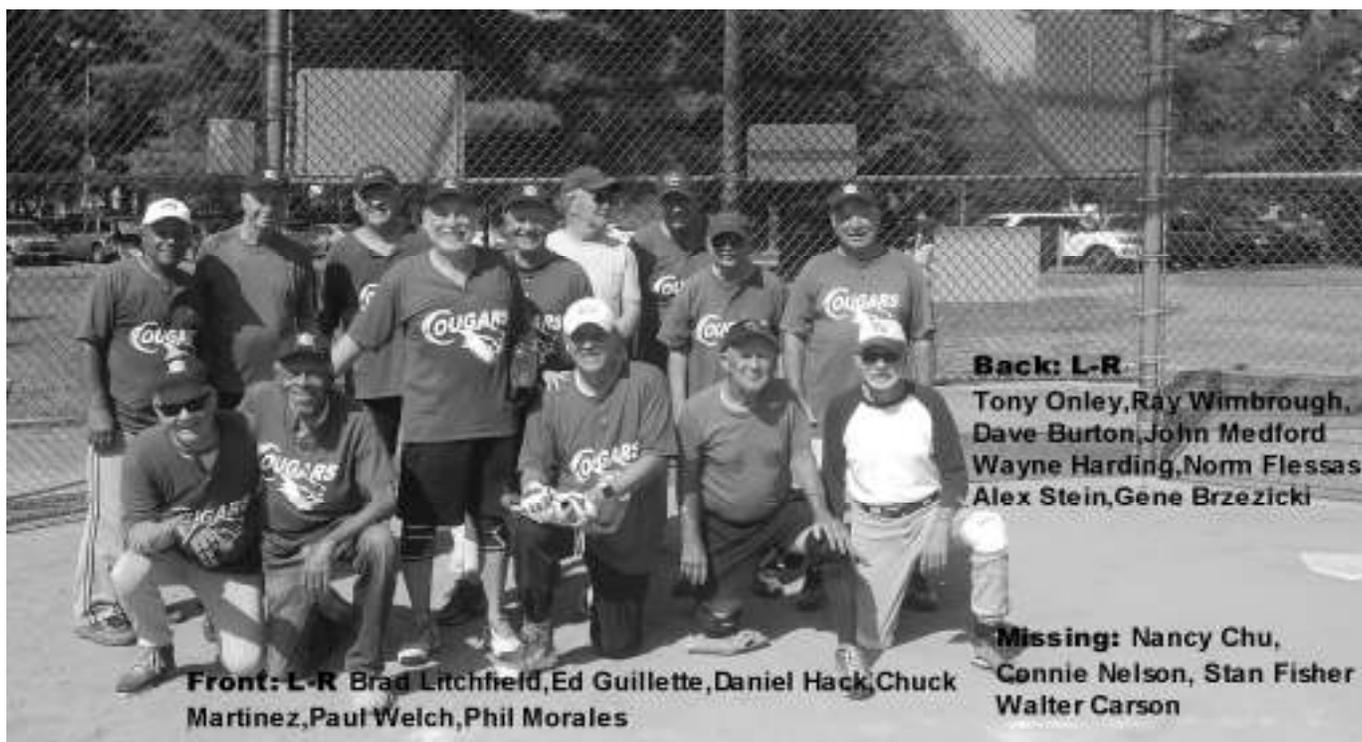
<u>Office</u>	<u>Incumbents</u>
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Vice-President	Don Juran
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Other Board Members

<u>League Commissioners</u>	
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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	Stu Levy
50+ Ron Schell Draft	Dave Hyder
Basketball 65/70	Jacky Loube
<u>Program Coordinators</u>	
Volleyball	Shane Wu
Senior Olympics	George Huson
Internet Advisor	David Schardt



John X. Supinski Jr. League Spring Champions



John X. Supinski Jr. League Fall Champions



Reflections on Life – How Senior Softball Has Contributed to My Life & Character

By Rick Silas

There is so much in life that contributes to one's physical and emotional makeup that it is difficult to draw the line as to where one begins and the other ends.

One might ask why I have chosen to share my thoughts with those past and present senior softball players as I approach my 82nd birthday?

The answer is threefold. First, I am so grateful that I have been able to enjoy playing ball for as long as I have and to do so on a competitive level. Second, I have made the difficult decision to close out my career as a player due to the fact that I do have some medical issues that preclude me from competing at a level where I would be satisfied.

Finally, I would like to acknowledge those leaders, past and present, who provided me with the opportunity to play senior softball; for example, Bill Tait, may he rest in peace, and Jim Ganz, past and present leaders of the MCSSA program. From my tournament playing days, of which I was fortunate to play in many, thanks also to Ed Hamel, sponsor of many tournament teams over the years on which I was privileged to play and enjoy success.

While the physical benefits are more obvious because they help to keep you more active, why does playing softball help emotionally? It offers the opportunity to relieve some of the everyday stresses in life. In my case, I worked in an environment where I dealt with managers and employees throughout my career as a Human Resources executive to address training, employee development, negotiate labor relations contracts and a wide variety of employment issues found in the workplace. When I played softball, I was able to focus on the games and my teammates and not on work-related issues.

I first started to play softball as a young kid – as most of us do. I am a Washington, DC native and spent most of my childhood here. I remember when, as kids, my two brothers and I heard air raid sirens and were told to hide under our beds and remain there until the all clear signal was given.

I recall as a teenager, I was lucky enough to be selected to play in an all-star baseball game at the old Griffith Stadium, near what is now Howard University. I still remember coming to bat and feeling like I was playing

in such a huge place that even the shortstop looked like he was a mile away. I subsequently played for my Coolidge High School baseball team as both a pitcher and outfielder. I played my first softball games at George Washington University where my fraternity played its games on the grounds of the Washington Monument.

During my working career, I played fast pitch for some of my employers and, at the same time, began playing slow pitch softball in Montgomery County. While I can't recall exactly when I began to play in Montgomery County, I do remember that one year I played with both my older brother and my oldest son in one of the Montgomery County leagues. That was at least 40 years ago!!!

Senior softball in Montgomery County offered me the opportunity to make friends with many teammates as well as opponents. For that, I am very thankful.

Lastly, I owe many thanks to my amazing wife, Audrey, who came out to watch me play sports dating back to my college days where there were so many Sundays she came with me to watch us play touch football in the fall and in the spring to watch our many softball games. She has made me a very lucky person for 60 years of marriage that we celebrated on Christmas Day. She has made me so much better as a person, and for that I am eternally grateful.

I wish for you all as many enjoyable years as I have been so fortunate to experience, both on and off the field.

Another Hamel Builders Story

Frank Carlman managed the Hamel 80s team in 2019. Many of the Hamel Builders 75s moved up to play at the 80 age level along with Frank. He recruited a solid number of good players from Pittsburgh to join the established Maryland players. Frank got this new combination of ballers to come together in the first few months of the 2019 season. Our Hamel Builders 80s won championships in Syracuse, New York; Glen Burnie, Maryland; Columbus, Ohio and Dalton, Georgia in 2019. These guys have already been promoted to the (Major Level) on the senior softball circuit.

This is one of Hamel's strongest teams and is the team to beat at the 80 age level. They are going into 2020 with much momentum. Frank has this team ready to take on all comers in the upcoming season.



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: if you sign up for multiple leagues you only pay the dues once.**

I want to play in the John X. Supinski Jr. League on Monday Mornings (\$65.00)	\$	
I want to play in the 60 and over Ross Emerson Morning League (\$125.00)	\$	
I want to play in the 50 and over Draft League on Friday Nights (\$80.00)	\$	
Annual MCSSA membership (\$10.00)	\$	
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**

I would prefer to receive my newsletter by email instead of by USPS YES NO

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

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: Stu Levy

Thursday Nights—Men’s 55 and over league
Commissioner: Bill Madert 301-775-8364

Friday Nights—Ron Schell League 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 \$80 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 John X. Supinski Memorial 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 \$65.00 per person this season.
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.
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.
Teams play two 7 inning games at Olney Manor Park
Estimated Registration fee is \$725 for 20 games
Contact the commissioner to enter teams.
Commissioner: Don Juran 301-231-8622

Note: Estimated Franchise fee to be determined for the night leagues (Except Fridays).

MCSSA

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

Your membership dues expire on March 31, of the year shown here:

[Empty box for membership expiration year]