



THE SENIOR ATHLETE

Montgomery County
Senior Sports Association

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It's time to say goodbye



It has been a real pleasure to serve as your president, to lead such a wonderful group of men and women, in an outstanding sports entity. There's a time to move on and let the younger people run this volunteer organization. That time has arrived for me now at 84 years of age.

I know we feel blessed that we are able, and have the facilities, to do the things we never thought possible many years ago. I appreciate the people that stepped up and took on the roles of officers, commissioners, directors of special activities (Tait Tournament, Maryland Senior Olympics, annual awards banquet, Newbury Award, Spike Comeback Award, editors of the newsletter, indoor softball program, memorial services, picnics) and many other things I haven't listed.

I have met so many great people since I joined MCSSA in 1995 and have played on teams managed by Bob Gessert, Jim Sczepanski, Ollie Peters, Dave Chapman, Spike Bauroth, Jerry McCowin, Jay Bedell and , Ed Hamel. I started out
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Dates to Remember

2021 MCSSA Holiday Party. Newbury Award and Spike Comeback award presented

TBD Registration deadline for 4-on-4 basketball leagues signup

2021 Indoor softball begins "maybe"(Tuesdays and Thursdays) at the Rockville Sportsplex)



From the Editor's Desk:

It comes as no surprise that Covid-19 has modified our sports life.

We had to terminate our indoor softball program prematurely in February. along with the basketball program as well.

Softball did not begin until September 1st in a modified manner due to safety precautions.

The MCSSA annual awards banquet will not be held on the first Friday in November, instead it will be celebrated in early 2021. The Newbury Award and the Spike Comeback award will be presented at the next banquet. The teams have been great about following the guidelines that have been laid out by the county..

As of this date, we do not know what will happen to basketball. The county has a moratorium on indoor activities through the end of January 2021. They plan to meet and discuss potential changes some time in mid-November.. This also affects volleyball and pickleball.

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playing in the 55+ league and then the 50+ league. I started the Wednesday night 60+ league in 2001. In those days I was playing around 150 games per year. I played on Monday and Wednesday mornings in the Baltimore Beltway League with the Bowie Silver team, MCSSA games on Tuesday, Wednesday and Thursday nights, and tournaments on the weekends with Mitchell's Construction and then the Hamel Builders.

While I was still working, I had a friend who had asked me for a long time to come and play in the Beltway league. When I retired from work, I called the commissioner of the Tuesday and Thursday league and asked about playing. I was told that I was number nine on the waiting list. At that, I called my friend and asked if they still wanted me and he said yes. Thus began a 12 year career in the Beltway league. When I became President of MCSSA I vowed to never reject anybody who wants to play in any our leagues.

Well, enough about me. I just want to say it was an honor and privilege to have served you.

In Memoriam

Dee Conger
(Wife of Bert)

Bill Frazer
May 1942—Dec 2019

Dick Rothenberg
Oct 1928—April 2020

Wallace Thies
Aug 1948—July 2020

Pat Meager
Dec 1931—Sept 2020

John Chucoski
Aug 1946—Sep 2020

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MCSSA
14320 Fairdale Road
Silver Spring, Maryland 20905



MCSSA Personality Profile Jim Ganz



I was born on February 4, 1936 in Scranton, PA, the son of Adolph and Eileen Ganz. My Dad was a skilled carpenter and my Mom worked as homemaker, seamstress and a domestic. My Dad served in the Navy during World War II, on a destroyer, that was sunk off Okinawa from a direct Kamikaze hit. He was injured and received the Purple Heart Award.

Growing up in Scranton we played the sports that we knew about Baseball, Basketball and Football. For baseball we had one ball and one bat and would share gloves when on defense. For basketball, we would shovel the snow off the ground and then proceed to play. Football took place on the pavement of school yards. It was great fun.

I attended Catholic schools for both elementary and High School. In High School I played all three of the sports that I mentioned. I was smaller than many of the older kids and did not get into any games for the first two years I played. I graduated in 1953. After graduation I worked for three years at the International Correspondence School (ICS). Without knowing it at the time, this is when my leadership qualities were probably being developed. It seemed that I wound up being the captain or coach of many of the teams that I played on during those years.

I enlisted in the Army in May 1956 for what turned out to be a 20 year career. I became a communications electronics technician and spent most of my time in communications outfits around the world. During my military career I spent 10 of my 20 years in foreign countries like Taiwan (2 years), Turkey (1 year), Germany (1 year), Thailand (1 year), Germany (3 years), Viet Nam (1 year) and finally Germany (1 year). I retired from Active Duty in October 1976 with the rank of Command Sergeant Major (CSM) with a reserve commission of Captain, Signal Corps. I also had completed my Bachelor's degree at Hampton University in 1975. In 1979 I received my MBA from Golden Gate University, San Francisco, CA.

I had 2 sons, Ron and Donnie, from a previous marriage.

Almost a year after retirement from active duty I went to work as a civilian for the Army in Adelphi, Maryland where I spent most of my next 20 years serving in a variety of positions such as Communications Specialist, Program Manager, Special Assistant to the Technical Director and Deputy Director of Information Management.

I retired as a GS-15 from my work life in May 1997. Thus began my volunteer career:

Served on the Board of Directors for COMSTAR Federal Credit Union for over 20 year and served as Chairman of the Board for 14 years.

Read for the Blind in two different organizations: Volunteer for the Visually Handicapped (VVH) for 10 years and the Metropolitan Washington Ear (MWE) for 15 years. At MWE I read the Washington Post in a live two hour broadcast every Monday morning with a reading partner.

In 1995 I joined the Montgomery County Senior Sports Association (MCSSA) and was active as a player/member of MCSSA for 23 years. I served as President for 18 years.

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COVID-19 Softball Standings

Tuesday Night Men's 50+ League

	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Fighting Rays	7	0		14
Grim Reapers	4	3		8
Meyers & Meighan	3	3		6
Stylers	2	4		4
Marauders	2	5		4
Raiders	2	5		4

Commissioner: Paul Jarosinski

John X. Supinski, Jr League Monday Mornings

<u>Team</u>	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Jaguars	2	0		4
Lions	2	0		4
Panthers	0	2		0
Cougars	0	2		0

Commissioner: Ed Guillette

Thursday Night Men's 55+ League

	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Hamel	3	1		6
Meyers Meighan	3	1		6
Unwanted Guns	2	1		4
Gaithersburg Rentals	1	1		2
Pirtek	0	1		0
Marauders	0	4		0

Commissioner: Bill Madert

CoRec Wednesday Morning League

Division A

Athletic House	1	1		2
PJ's Sports	1	1		2

Division B

Falcons	3	1		6
CoStars	3	1		6
Senior Moments	2	2		4
Eagles	0	4		0

Commissioner: Don Juran

Ross Emerson Men's 60+ League

	<u>Won</u>	<u>Lost</u>	<u>Tied</u>	<u>Points</u>
Warriors	11	4		22
Spike's Senators	10	2	1	21
Good Sports	5	3	1	11
Fireballs	2	10		4
Bombers	1	10		2

Commissioner: Jacky Loube

(Continued from Page 3 **Ganz**)

Served as Commissioner of the Baltimore Beltway Senior Softball League (BBSSL), with 21 teams from all over the State of Maryland for 15 years.

Am currently active as a member of Church of the Resurrection, Burtonsville, MD and have been active over 20 years, serving as a member of the Liturgy Committee and as Head of the Lectors

In 1985 I married my current wife Polly and together we share seven children, 10 grandchildren and two great-great grandchildren. We have been living in our house in Montgomery County for the past 34 years.



Thoughts About Senior Men's Health

By Bob Balentine

What does it take to be a relatively healthy and physically fit senior man in today's world? It's a question I've been thinking about probably from the time I turned 42, one year older than the age at which my father died unexpectedly (testicular cancer). I knew that prostate cancer was the most common among men, so I started there. How do I make relatively certain that my prostate doesn't take me out? That became the starting point on my journey toward better personal health.

I understand that most of us don't have a father who died at 41 so, yes, I had a head start in thinking about all this. Now that I've doubled my father's longevity, I may have some ideas that are worth putting down on paper for my senior peers as well as males of younger generations.

So what enables many senior males to live reasonably healthy lives while many others find their health compromised by disorders, illnesses and injuries that impair their ability to live and function well in their later years? There is no single answer to the question, of course, and while there are a number of specific actions one can take to enhance their health, there are a few guiding concepts and ideas that may be even more instructive in creating good health.

One of the major factors in good health is thinking clearly, logically and positively about life and about aging. Most men tend to believe that physical decline in their senior years is not only inevitable, it is also "normal". That is, our bodies simply wear down and wear out as we move on in years. And in addition, it's commonly believed that our genes have a lot to do with how our body ages. It all sounds reasonable, right? But reasonable isn't always valid and correct. No research that I know of proves either one of those two assumptions is correct. But if you hold those assumptions and just let time and heredity do their thing, I wager you'll be old before your years. So, examine what you believe to be gospel because it has a way of becoming self-fulfilling.

Instead of becoming old before your time, check out a book called "Younger Next Year". It's a book some friends told me about 12 years ago, in fact, I liked it so much that I wrote a review of it for our "Senior Athlete" several years ago. The authors blow lots of holes in traditional ideas about aging and health. Even if you only read their table of contents, you'll be surprised by how differently they think. For example, one of their most incisive concepts is that "normal aging isn't normal" at all, it's really premature aging. Their idea is that

we age prematurely because we fail to realize that, even as we age, there are many ways to improve and enhance our health.

Playing softball, tennis or golf are great forms of exercise and surely provide health benefits. Coupled with good eating habits, good nutrition and getting quality sleep, there's no doubt such activities are health-enhancing. Dr. Henry Lodge, the physician co-author of the book, urges us not to stop there, however, and to add strength training and aerobic conditioning in order to maximize health and fitness. He contends that regular strength training prevents and alleviates the "normal" problems of aging---fatigue, sore joints, poor balance, bodily weakness---and that it also significantly reduces chances of injury or serious illness such as diabetes, arthritis, heart disease, and even cancer. I know that sounds too good to be true but current health science pretty much bears it out.

If you're up for a short science lesson, a brilliant physician and medical researcher, Dr. Zach Bush, theorizes that health originates at the cellular level and that maximum cellular energy and full communication among cells produces total health. But, if cellular health begins to falter (due to poor nutrition, lack of exercise, the build-up of toxins from the air, soil, water, etc) and our immune system can no longer handle the overload, we become susceptible to illness, disease or dysfunction. Should that happen and we still fail to improve our health and life style habits, then so-called "normal aging" takes over. Another way to put it is that we begin to age prematurely and begin to struggle, becoming old before our time.

But enough science and back to the everyday world. Before I read "Younger Next Year", several softball friends kidded me because I had Velcro covering half my body. They called me "Velcro Man" because I wore Velcro braces on my knee, back and forearm. Since I began strength and aerobic training, I've no longer needed Velcro, my blood pressure normalized and I even lost 10 pounds or so in my gut. Oh, and by the way, there's almost no mention in the book of genes having much to do with the aging process. That's because most health scientists find that life style decisions and behaviors are 80-90% of the battle for good health.

Once I hit age 42, I'm happy to say I've never looked back. Anybody and everybody can be "younger next year" if they want to be and are willing to make the commitment. Yes, us old dogs CAN learn new tricks!



Thanks to Ed Hamel

Several people have sent in their thanks to Ed Hamel for his willingness to sponsor softball teams in national and local tournaments as well as the Montgomery County leagues. Here is what they have to say:

I wanted to personally thank you for all that you have done for senior softball in Montgomery County for many, many years.

You have given so many seniors, to include myself, the opportunity to compete locally and nationally at a very high level of competitive softball. After playing for my high school varsity baseball team and graduating in June 1956 from Coolidge High School in Washington, DC, I would have never thought that I would be playing softball as an adult in my 50's and 60's, much less in my 70's. It has allowed me to be a kid for so much longer than I could have ever imagined. For that, I and many others, have been fortunate to play under the Hamel name for much of that time, thanks to your generosity and love of the sport yourself.

I don't know if you remember, but we were teammates in 2002. You always had a broad smile on your face because to me you always seemed happy and uplifting, as both a teammate and as an individual. I absolutely remember playing as one of your teammates and how you always had a positive attitude. I know you will agree that the Hamel name really stands out on our uniforms. We were proud to play under your sponsorship.

I wanted to let you know also what your sponsorship has meant on a personal level. Not counting the opportunity to do what so many of us love – playing softball, in most cases it contributed to us remaining healthy longer because of the exercise we so enjoy when we play. However, it also offered us the opportunity to be healthier emotionally because when we were playing softball in such a positive environment, it also contributed to our mental health as well - especially because when we are playing ball, we are not thinking as much about other things that may have had a stressful impact on our lives.

Finally, we have been able to develop so many terrific relationships not only with our teammates over the years, but with many of those with whom we have had friendly rivalries. Some of those friendships continue even today.

So please know Ed, that you have done much for many who have had the opportunity to wear the Hamel colors over the years. For that, and more,

thank you for your friendship and contribution to our lives.

May you and Fern enjoy many healthy years ahead of you.

Rick Silas

When I first started playing softball with Hamel teams, Ed was the second baseman on the team. He confided in me one day that he *had* to sponsor the team for the players to put him in the game. Since I was new, so I gave that a few minutes of crediulity until I realized what a great sense of humor he has and what an outstanding athlete he was. And then, soon after, I realized that one of the reasons I was having so much fun that year was because Ed was simply a wonderful teammate. He was both calm and passionate. His advice was both wise and non-threatening. And he was an example of the type of teammate I always hoped to be. He also surrounded himself with players who shared his temperament, values and disposition. A terrific group of men! It's not a male thing to say out loud, but I love Ed Hamel. And I'm not alone.

The fact that he had supported so many of the teams that I played for was simply lagniappe - icing on the cake. There wasn't a team that I played with him on that I wouldn't have paid for the privilege. You've nailed him with your email, Rick. Thank you for your tribute. This may be the end of an era, but it doesn't mean that any of us will stop owing him richly for years of fun and fine memories.

Keith Moore

Hey Guys. You have to stop those emails because Fern says that I am getting a big head which I denied vehemently until I scraped both ears walking thru a three foot door. There has been so much enjoyment thru the years playing the game. Looking back at the "60"s team brought back great memories. One of which was that thru the years we all have played at different times with plumbers, electricians, laborers, doctors, attorneys and certainly a lot of other trades and on the field there were no differences. How great was that? We were just a bunch of kids playing the game. Thank you again, stay healthy and I hope to run into you all on occasion.

Ed



Bill Parker in 2007

MCSSA Board of Directors

Office	Incumbents
President	Jim Ganz
Vice-President	Don Juran
Secretary	Dan Mann
Treasurer	Lance Hoboy

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	Stu Levy
55+ Thursday Night	Bill Madert
50+ Ron Schell League	Dave Hyder
Basketball (65+ and 70)	Jacky Loube

Program Coordinators	
Volleyball	Shane Wu
Senior Olympics	David Schardt
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 2012-21 season.

I want to play in the 4-on4 Basketball League on Friday Afternoons (\$125.00)....\$ _____

MCSSA Dues (\$10.00)...(If not otherwise paid).....\$ _____

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 - 14320 Fairdale Road - Silver Spring MD 20905



Top: Al Jackson from 2005 and Don Juran, (as a pitcher) in 2005 Bottom: Clark Ritchey and Merv Hamburg, and Randy Moses 2007

MCSSA

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