



December 17, 2002

Merry Christmas and Happy New Year!

Remember the Reason for the Season

Here's a list of the 2002 League contributors. There are so many members to thank for their significant roles. I'm sure to be kicking myself later for leaving out some heavy contributors. "Seamlessly" is how our league has run because of the many people named below. Make note to give them a pat on the back when you see them. A special note of gratitude, appreciation and recognition is due to the out-going Presidents of the SCW-SC Clubs, namely **Matt Szydlowski** and **Steve Griswold**. What sterling effort they have expended for all of us. We thank you both. And, you? Have you contributed lately? Think about it. What fun for all us kidz! Still only \$25.

Sun Cities Senior Softball League

Current Overall League 2002 Board:

President: Matt Szydlowski

Secretary: Bob Luebben

Directors: Dick LeMoine, Gene O'Boyle, Jack Borst, Jim Rabbot, Greg Johnston, Wayne Mitchell

Committees:

Administrative Director: Loran Swanson

Team Sponsor Director: Bob Stouthamer, succeeded by Jim Pier and Arvid Peterson

American League Coordinator: Bob Luebben assisted by Dick LeMoine

National League Coordinator: Greg Johnston ast'd by Jack Borst, Gene O'Boyle

League Rules: Wayne Mitchell assisted by Greg Johnston, Steve Griswold, Jack Borst, Bob Luebben, Dick LeMoine, Ken Skinner

Game Schedules/Rosters: American League, Loran Swanson: National, Greg Johnston

New Jerseys: Bob Stouthamer assisted by Don Gault, Loran Swanson

Hall of Fame Selection: Bob Luebben assisted by Steve Griswold, Ray Keller, Ken Skinner, Charlie McKasson

Summer League: Dave Oliver assisted by Glenn Carroll and Lavonia Carroll

Planning: Wayne Mitchell assisted by Matt Szydlowski, Jack Borst, Dick LeMoine, Jim Rabbot, Loran Swanson

League Banquet: Jim McGuire assisted by Karen Hill, Peg Swanson, Bob Stouthamer

Chief Umpire/Web Site Master: Ken Skinner

Baseball Card Photos and Announcer at Special games: Bob Stouthamer

Softball Players Album: Joe Rottmann

Graphics: Paul Turley

Spring Fling Tournament: Ken Skinner

Tri-City League: Wayne and Ann Mitchell

Angels in the Outfield: Gail Stouthamer, Joyce Fano

Newspaper Reporters: American League, Jan Strock; National League Earl Zopf succeeded by Jan Carino (was Bob Murray for years)

Softball Jacket Sales: Ray Keller

Newsletter and Historian: John Doherty

Leaving the League Board on 1-1-2003:

Matt Szydlowski, Dick LeMoine, Jim Rabbot, Bob Luebben

Four new 2003 League Board members will be elected in January from the SC/SCW Boards.

Sun City Softball Club

Current SC 2002 Board:

President: Steve Griswold

Vice President: Jim Rabbot

Secretary: Bob Luebben

Treasurer: Don Gault

Directors: Jack Borst, Red Klingensmith, Gene O'Boyle

Committees:

Field Maintenance and Safety: Steve Letko assisted by Bob Millslagel, Jack Sykes

Equipment and Uniforms: Steve Griswold

Finance and Capital Improvements: Bob Luebben, assisted by Jim Rabbot, Don Gault, Bob Morgan, Tait Douglas

Purchasing: Ray Keller

Leaving the SC Board on 1-1-03:

Steve Griswold, Jim Rabbot, Bob Luebben, Don Gault,

Newly elected to SC 2003 Board:

Ray Keller, Tait Douglas, Carl Johnson, Doug Wright

President: Doug Wright

Vice President: Red Klingensmith

Secretary: Carl Johnson

Treasurer: Tait Douglas

Sun City West Softball Club

Current SCW 2002 Board:

President: Matt Szydlowski

Vice President: Wayne Mitchell

Secretary: Jim McGuire

Treasurer: Dick LeMoine

Directors: Ray Murphy, Hugh Kelley, Greg Johnston

Committees:

Field Maintenance and Safety: Ray Murphy assisted by Loran Swanson, Sal Aprea, Ed Carino, Dick LeMoine, Duane Newkirt, Bill McKenna

Uniforms/Equipment: Hugh Kelley

Managers/Team Rep: Greg Johnston

Player Rep: Jim McGuire

Membership: Loran Swanson

New Clubhouse Project: Dick LeMoine assisted by Matt Szydowski and others

Clubhouse Sponsor Marketing: Greg Johnston assisted by Jim Pier, Dick LeMoine, Lefty Ward, Matt Szydowski

Clubhouse Player Fund Raising: Hugh Kelley, Ken Skinner

Leaving the SCW Board on 1-1-03:

Matt Szydowski, Jim McGuire, Hugh Kelley, Dick LeMoine

Newly elected to SCW 2003 Board:

Lyle Bakken, Dutch Walton, Mel Schiebel, Ken Skinner

President: Wayne Mitchell

Vice President: Greg Johnston

Secretary: Mel Schiebel

Treasurer: Lyle Bakken

Special thanks to all the **Team Managers** of both the National and American leagues. And our gratitude goes to the **Recreation Centers of SC and SCW** for the manicured fields.

League has a record 393 happy members

63 attended Ken Skinner's Umpire Clinic. Too bad if you missed this one. Good show!

New SCW scoreboard is in town. The only hold up is Maricopa County on the permit. The professional installer is ready. We can all say goodbye to eyestrain when this beauty is ready.

New SCW Clubhouse is still scheduled for ground breaking around 2-15-03 to 3-1-03. There now are 12 fence billboard sponsors.

SCW members...Have you done your part? As of 12-14-02, 64% of our members have made donations to the New Clubhouse Project. There still is a need. How about the rest of you?

Gail Stouthamer reports on your generosity. "Angels in the Outfield would like to thank all those who volunteered, baked and donated for our recent Toys for Kids Collection and the Angels Fund Raiser. Without you, we could not have collected 19 sacks of toys and raised \$619.75 for the Angels (before expenses). Thank you for giving to needy children and for chowing down on our delicious home-baked goodies." Here are some of Santa's helpers:

Phyllis Freeman, JoAnn Sabo, Lorraine Frey, Carol DePhillips, Ida Aprea, Ada Weimer, Ann Mitchell, Norma Platt, Jo Owens, Sharon Cooke, JoAnn Nagelson, Sharon Schultz, Joyce Fano, Carol Atherton, Gail Stouthamer, Nancy Durrer, Betty Cox, Gladys Harrison, Lavonia Carroll, Glenn Carroll, Joe Rottmann, Marie McGaffin, Karen Hill, Barbara Smith, Joan McKenna, Sandy Wild, Barb Klingensmith, Dee Masteller, Linda Mann. We love all you Angels.

Play summer softball in Logan, Utah. Call Bob Murray 584-5397 or Bob Damato 584-5640 for details or video. Presentations: 1-22-03, 9 to 11AM at Desert Palms Church, 13459 W Stardust Blvd., SCW; 1-24-03, 10AM to 12 Noon at Lutheran Church, SC, 17200 N. Del Webb.

Dates...Dates...Mark Your Calendars

12-20-02 to 1-6-03... No Tuesday.-Thursday league softball games. Holiday break.

1-6-03... first meeting of new SCW board, Men's club, and 8:00-10:00AM

1-13-03...League mtg., 8:00AM; American League Draft 10:00AM; National League Selection 12:30PM. All at the Men's club, Stampede Room, SCW

3-6-03 to 3-09-03....SCW 25th Anniversary Spring Fling Tournament, 4 days

4-15-03...annual Banquet at Mountain View Rec Center in Sun City, 11:00 to 2:00

SCW Board Meeting, 1st Monday of the month at 8:00AM, Men's Club at RHJ Rec Center

SC Board Meeting, 1st Monday of the month at 8:00AM at Fairway Rec Center.

League Board Meeting, 2nd Monday, 10:00AM

Members may attend any of the board meetings.

Our League lost some fine people in 2002:

Joe Calcagno, Chuck Dauer, Bud Peek, John Walsh, Richard Palmer, James Nilo, Herb Zdroik, Harold Rhoads, Bernie Ripplemyer, Joe Simmons, Elmer Johnson. We will miss them.

Safety tips for senior ball players. Retired fire chief Mel Schiebel has this good advice:

1. Keep your eyes on the ball all the times.
2. While taking infield practice, don't stand behind first or third base and not watch the ball. We like your face the way it is.
3. While the pitcher is warming up, don't step into the batters box. Some pitchers use to play fast pitch, so once in a while they like to zing one in there. It wouldn't look too good wearing the ball on your teeth as a brace.

4. Pitchers with heart or asthma problems should wear a half-inch of padding on their chests.
5. While in the on-deck circle, pay attention so the catcher, first baseman or third basemen chasing a ball doesn't run you into.
6. Before you bat, be sure there are no loose bats in the playing area.
7. During batting practice, don't turn your back to the batter or bend over to pick up a ball. A line drive might hit you.
8. While coaching first or third base, be alert so you don't get hit by the ball.
9. If you have a serious health problem, notify someone on your team so the first aid person can save time on his analysis.
10. If you experience chest pain while playing, your next swing should be the doctor's door, not your bat. The bat will be there tomorrow.
11. Wear sunscreen. Skin cancer is high in AZ.

Please patronize our team sponsors. When you buy or browse, let them know you are from the Sun Cities Softball League. See attached.

Do you know what your PSA is? Here's a note from Bob Healey, one of our players, who knows the importance of the PSA numbers. Bear in mind that he is not a Doctor and this is presented from his viewpoint as a layman.

"Many know that PSA is a number, resulting from a blood test that is a marker for prostate cancer (PCa). However, not many know how to use this number. The medical profession tends to use the value 4.0 as a trigger to recommend a biopsy in search of PCa. What you should know is that it is the upward trend of the number that should be used as the trigger so that the cancer can be detected as early as possible to afford the best chance of successful treatment. Using the value 4.0 has been good enough for some, but for many others, passing 4.0 to 5.0, up to 9.0 has resulted in discovery of PCa at a fairly advanced stage.

"The PSA should be taken annually for men over 50. If the value is trending upward over several years (e.g., 1.5, 2.2, 3.0) then a biopsy should be taken despite the fact that most doctors will tell you that there is nothing to worry about yet. A typical needle biopsy will consist of 6 or 7 samples. This is OK for the discovery of fairly advanced PCa, but is likely to miss the tumor(s) of early stage PCa. A biopsy triggered by a trend rather than the value 4.0 should use 12 to 15 samples in search of the smaller tumors. Biopsies are no fun, but neither is prostate cancer. All of this implies that you have to take charge of your own health with assistance from your doctors. This will help your chances of still playing softball at age 90!"

<p>Comments? Inputs? Contact editor John Doherty at 544-8469 with your ideas to improve this newsletter.</p>
