

BATTER UP!
SENIOR SOFTBALL NEWSLETTER
Sun Cities Senior Softball League
News Beyond the Hits and Runs
 Visit us on the Web at: www.azsrssoftball.com
Happy Holidays

SUN CITIES
 AZ
 SENIOR
 SOFTBALL
 1979 - 2004
 25 Years

"You don't stop playing because you grow old; you grow old because you stop playing!"

December 2005

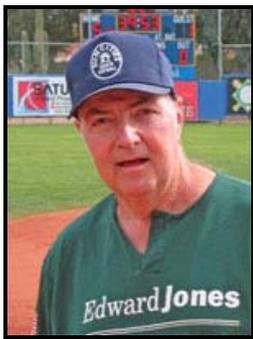
This newsletter is published for the Sun Cities Senior Softball League, and is made possible through our sponsors.

Dennis Farrar – Editor
 Email: editor@azsrssoftball.com

~ WHO'S ON DECK? ~

– SUN CITIES NATIONAL LEAGUE WELCOMES KARL GRUMBACH –

– Dennis Farrar –



KARL GRUMBACH

Photo: Dennis Farrar

Karl was born in Republic, WA (Approx. 100 miles NW of Spokane). It was there that his older sister Dorothy tried to teach Karl how to throw. Karl tried to throw the rock over the top of the house and promptly broke a window. At the age of four, the family moved from Republic to Chewelah, WA. In Chewelah, Karl was learning how to “hit”. Again they used rocks and a stick for a bat. His sister, Helen, remembers seeing Karl in the middle of the street batting rocks and pretending to play baseball. He was six.

Karl’s love of baseball continued to grow and played “schoolyard” ball with his friends until he was old enough to join a team. In seventh grade Karl joined the St. Mary’s school team. At the age of 16, Karl was playing baseball and/or softball six nights a week. His friends still remember him as the kid who always had a glove in his hands ready to play.

Karl joined the US Air Force in 1959 where he was a weather forecaster. Karl spent 22 years in the military and traveled the world but never left his first love of baseball. He played on a team at every base he was stationed until he retired from the military in 1981. The first slow-pitch softball team he joined was in Japan in 1964. Karl was also on a slow-pitch team while stationed in Korea and received two plaques of recognition from Osan.

In 2004, Karl had bypass surgery and expressed to Teri that he wished he could play ball again. So in February 2005, his wife convinced him to visit friends in AZ. The agenda was to find a place for the winter so that he could play softball. They succeeded by purchasing a home in Sun City in March. Karl returned to Sun City in early October and the first item on his agenda was to find out about senior softball and play.

He loves the game and the friendships he has with the players. Karl says, “The main thing I’ve gotten out of Senior Softball is we’re competitors on the field, but friends the rest of the time.”

Karl sports the number 13 and plays the outfield for Edward Jones. Besides his love for his wife Teri, Karl also loves ice cream. Welcome to your game. □

Please join me when you see Karl in the dug-out give him a pat on the back and welcome him to your league. Thank you Karl and Teri for being so responsive to my request to featuring Karl in this month’s newsletter, and for sharing a part of your life with all of us.

– Editor ~

<u>Inside This Issue</u>	
Accident Report	p 3
Annual Softball Dues	p 3
As I See It	p 2
Brenda’s Kitchen (Ad)	p 6
Did You Know?	p 5
For The Health Of It	p 3
From The Photo Albums	p 4
League Sponsors	p 5
SC Club Meeting & Election Results	p 3
SCW Softball Tournament	p 5
Umpires Corner	p 2
Who’s On Deck?	p 1
Word Search	p 4
Word Search Solution	p 5

UMPIRES CORNER

– Ken Skinner –



Calling time out when the ball is back into the infield.

When in the judgment of an umpire, all immediate play is apparently completed, the umpire should call time.

Note. When the ball is back into the infield an umpire should take a quick look if there are runners on base to see if the runners in attempting to advance or is just standing on the base. If there is no immediate play then the umpire should call time.

Run scoring on the third out of an inning.

A run will not score if the third out of the inning is a putout at first base (batter-runner) or at another base if a preceding runner is forced because of the batter becoming a batter-runner.

Missed base could result in a force out. (i.e., If the runner from first base missed second base on a base hit and that was the third out of the inning when properly appealed, any run(s) scored would not count.)

An appeal play on a runner leaving a base to soon on a caught fly ball is considered a time play, and not a force. If the appeal results in the third out, any run(s) preceding the appealed runner would score if they crossed home plate prior to the out.

Appeals

Types.

1. Leaving a base on a caught fly ball before the ball is first touched.
2. Batting out of order.
3. Attempting to advance to second base after making the turn at first base.
4. Missing a base or touching the white portion only of the double base when a play is being made on the batter-runner at first base.

Live. In all games an appeal may be made during a live ball by any fielder in possession of the ball touching the base missed or left to soon on a caught fly ball, or by tagging the runner committing the violation if he is still on the playing field.

Dead. The dead ball appeal may be made: 1) Once all runners have completed their advancement and time has been called, Any infielder (including the

pitcher or catcher), with or without the ball, may make a **verbal appeal** on a runner missing a base or leaving a base to soon on a caught fly ball. **The administering umpire should then make a decision on the play.**

When. Appeals must be made (1) before the next legal or illegal pitch, (2) at the end of an inning, before the pitcher and all infielders have left fair territory on their way to the bench or dugout area, or (3) on the last play of the game, an appeal can be made until the umpires leave the field of play.

Over-Running First Base

After over-running first base, the batter-runner may legally turn to his **left or right** when returning to the base. If any attempt is made to advance to second, regardless of whether he is in fair or foul territory, he is liable for an appeal out if tagged by a defensive player with the ball while off the base. □

AS I SEE IT!

– Dennis Farrar –

As the holidays swiftly approach my wife, Terese and I would like to wish our softball families a very Merry Christmas and Happy New Year. We hope that you have a happy and safe holiday season. I'm sure with the holiday festivities there will be lots of parties and gatherings. So please remember – don't drink and drive.



Also a reminder that Ken Skinner will be having some umpiring classes coming up soon and I hope that all of you will take an interest and attend, especially the new players to our league. Ken's classes are very informative and will help you get more out of the game that you love to play. Please watch the newsletters or the web site for more information.

Finally, I would like to thank all of you for your vote of confidence to the Sun City West Softball Club Board. I will do my best to serve you as your new board member.

That's how I see it! Have a good game and get home safe. – Editor ✍

FOR THE HEALTH OF IT

– Terese Farrar, DC –



Dr. Terese Farrar

I sure have been getting a lot more fresh air since I've started to watch the teams I sponsor play on Friday mornings and Sunday afternoons. I am just waiting for both me and my house to be ready so I can join the team. Be gentle with me as I still have to report to the office.

I would like to give a couple of quick easy and effective remedies that you can use for those aches and pains that come from using muscles that have not been used for awhile. Head for the kitchen cupboard and find the dry mustard. Add two tablespoons to a tub of hot water and soak for about twenty minutes. You will start to sweat profusely after about fifteen minutes. If you have high blood pressure, please have a glass of water handy so as not to disrupt your fluid balance. Head for bed with a towel as you may continue to sweat. Sleep will be much more relaxing and the soreness will be much better the next day. This can also be used prophylactically after a hard workout. Why wait for the soreness to set in before you use it? I carry ten ounce containers at the office, but you can pick them up at Smart & Final like I do.

The other suggestion is for those bruises that you get from either taking a direct hit from a ball, the ground or another player. Vitamin C with bio-flavinoids taken in greater amounts for a few days will help the blood to return back into the blood vessels. If it is a large bruise you can even smack the tablet up, dissolve it in water and use a cotton ball to rub it over the area. I am carrying this at the office as well. No need for an appointment to pick it up; just call the office at (623) 975-4057 to make sure the office is open for business. I may be at practice! ☐

Now let's play ball!

ACCIDENT REPORT

– Bob Stouthamer –

ATTENTION MANAGERS:

From time to time some of the players get injured while playing the game. If you have to call 911 for assistance I need a report from you. I need a short paragraph as to who the player is; how the injury happened along with the date, and approximate time



of the injury. Also, was the player taken from the field by the Emergency Medical Team? This is a requirement by the Sun City West Recreation Center. You can email me this info at: skylaneii@cox.net. Thank you for your assistance. If you have any question please contact me at 623.214.1515. ☐

SUN CITY CLUB ALL HANDS MEETING Introducing The New Board Members

– Mike Graham –



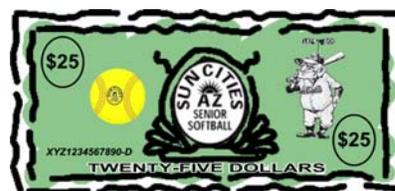
The Sun City Softball club will have an "All Hands Meeting" on Monday, December 12th from 9:00 until 11:00. The meeting will be held in the meeting room at the Bell Bowling Alley.

All Sun City Softball Club members are encouraged to attend. The board is anxious to hear your concerns and suggestions for the Club. In addition, the newly elected board members will vote for the clubs 2006 club officers.

Election Results: The new representatives are Ken Doyle and Larry Kuberka from the National League and Don Gault and Ernie Owen from the American League. They will join the existing board members of Ira Mallory and Del Stolp from the National League and Bill Buxton and Arvid Peterson from the American League. ☐

ANNUAL CLUB DUES ARE DUE IN JANUARY

– Dennis Farrar –



Annual Softball dues of \$25.00 must be paid during the month of January. Any dues received after January 31st

may be subject to a \$10.00 assessment fee. **Please don't pay any dues until after January 1.** There will be a detailed write-up as to who will receive your money in the January Newsletter. ☐

WHAT'S AROUND THE HOLIDAYS? HAVE FUN!

G A R L A N D W C Y R K M E X L N	ANGEL
J C Z R K K L I M O X Q G Q P I K	BELLS
R G L S E V L E N Z O G W J M G Q	CHIMNEY
S N R G C Q E E E N N K D G K H R	COOKIES
T N S I K P G J S O L S I L V T R	DECORATIONS
N R D S N K N L G N T Y A E F S N	EGGNOG
E K N G D C A J L T I E L V S J M	ELVES
M S E N E Q H W C V D T L I I W N	FAMILY
A A I I C H I M N E Y Y S T M O N	FRIENDS
N N R K O Z G Y Y W T L K S S A R	FROSTY
R T F C R L C F S S L K T R L I F	GARLAND
O A H O A N H L O E M N D C M L M	GRINCH
G C T T T D E R B Z E X K A M L C	LIGHTS
X L A S I D F M W S E C N W O N S	MANGER
G A E N O J F L E E R G K X R L K	MILK
L U R Z N R L R R R E I N D E E R	MISTLETOE
N S W M S V P T J R W O R S H I P	ORNAMENTS
	PRESENTS
	REINDEER
	SANTA CLAUS
	SAVIOR
	SLED
	SNOW
	STOCKINGS
	TINSEL
	TREE
	WORSHIP
	WREATH

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FROM THE PHOTO ALBUMS !!!

November 10, 2005

Final: Sunshine Sprinklers 17 • Wells Fargo Bank 7



Former Newsletter Editor, #5 John Doughty of Sunshine Sprinkler's takes a strike at a resent game against Wells Fargo Bank at Liberty Field.

- Photo by-Dennis Farrar



Still batting, John Doughty gets one in his "wheelhouse" and gets a hit. John would have four big hits to help his Sunshine Sprinkler's win against Wells Fargo Bank.

- Photo by-Dennis Farrar

Saturday, December 3, 2005

SCW Softball Club
vs.
SCW Firemen

Maricopa County Sheriffs
vs.
Del Web Hospital Staff

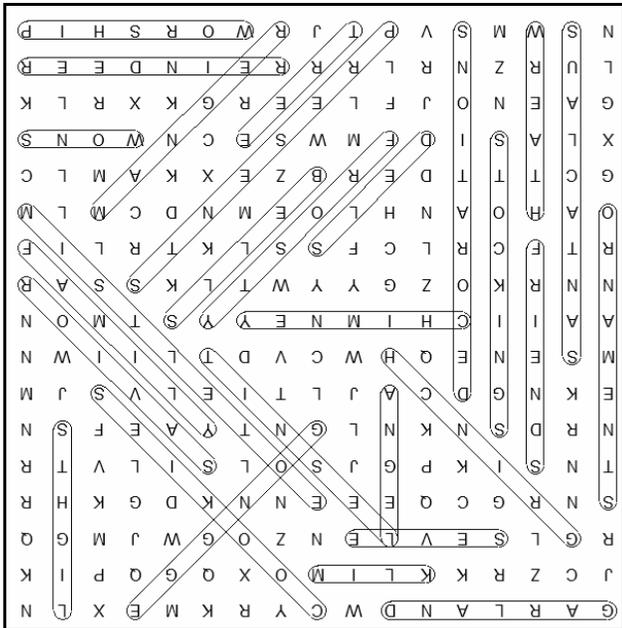
Liberty Field - Sun City West

Games start at 9:00AM
Come one; come all!

DID YOU KNOW?

Q: What is the difference between softball and golf?

A: In softball someone else chases your ball.



WORD SEARCH SOLUTION

A HUGE Thank You to all of our wonderful sponsors who have joined us again this season! Without your ongoing support our league would not exist. **WE SUPPORT YOU!**

- A.E. Lewis & Sons Builders
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- Bell Lexus
- Bosom Buddies
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- Capital Title Agency
- Daily News Sun
- Denny's TV
- Desert Rose Concrete Coating
- Edward Jones
- Farmers Ins. – Paul Tone
- Farrar Chiropractic & Acupuncture
- Florenca Pizza
- Gonstead Family Chiropractic
- Grandview Terrace
- Ken Meade Realty
- Lakeside Florist
- Liberty Buick
- Newton's Automotive
- Northern Trust Bank
- Rosie's Italian Café
- Sanderson Lincoln – Mercury
- Saturn of West Phoenix
- Southwest Golf Cars
- Sue Pahlke Realty
- Sun Country Credit Union
- Sunshine Sprinkler
- TruGreen Chem Lawn
- VFW – Post 10695
- Wells Fargo Bank
- Wester News
- Windermere Realty

Brenda's Kitchen

Breakfast Specials



Starting at \$1.99

Homemade
Soups

Home-Cooked



Try Our
Friday
Fish Fry

Meals

Hours: Monday-Thursday 6am.-2pm.

Friday 6am.-8pm./Saturday 6am.-2pm./Closed Sunday

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