

**BATTER UP**  
**SENIOR SOFTBALL NEWSLETTER**  
**Sun Cities Senior Softball League**  
*News Beyond the Hits and Runs*  
**Happy Labor Day**

1979 - 2009  
 30 Years

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

September 2009

"The BATTER UP" Newsletter is published for the Sun Cities Senior Softball League, and is made possible through our sponsors.

Dennis Farrar – Editor  
 Email: [editor@getnet.net](mailto:editor@getnet.net)

## ☞ WHO'S ON DECK? ☞

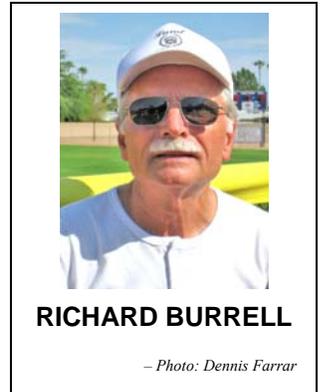
— SUN CITIES SENIOR SOFTBALL LEAGUE WELCOMES RICHARD BURRELL —

— Dennis Farrar —

**R**ichard was born 8th of 10 children born in Iowa farm community of Urbana of about 450. His parents moved around to several rental farms in east central Iowa and he attended six schools during grades kindergarten through seventh. His parents operated the café until the start of his senior year and they moved back to Urbana and lived above the local café on Main Street.

Living in Urbana gave Richard and his older brother opportunities to participate in sports activities. Both of them played on the basketball teams and baseball teams. During their freshman year of high school both of them were invited to be on the Town Team baseball roster. They started as batboys and played a few innings. The following year they were starters that continued until they finished college. Both of them were on the college baseball team for four years. Richard played some Town Team ball the year after he graduated from Northern Iowa University.

Richard received his BA degree and became a teacher. He spent nineteen years teaching sciences to students in grades seven, eight and nine and coaching one or more sport during the school year. In addition to these he sometimes assisted high school coaches with their sport team. ⇨ *Read more ... page 3*



**SUN CITY WEST**  
**SENIOR SOFTBALL CLUB**  
**GENERAL MEMBERSHIP MEETING**  
**WEDNESDAY, NOVEMBER 18, 2009**

**RH JOHNSON**  
**RECREATION CENTER**  
*Lecture Hall*  
**6:30pm**

*Please come out and be a part of this important meeting and see what your club has in the works for you.*

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**NEXT "BATTER UP" NEWSLETTER WILL BE NOVEMBER  
 DEADLINE - OCTOBER 23rd**

# SOFTBALL CLUB ELECTIONS

—Dennis Farrar —



Remember our Sun City & Sun City West Softball Club Boards will be having their elections in the next couple of months. If you are interested in running for your respective board and serving the next two years please let someone on the current board know.

You can also check the website or the next newsletter (November) for details as they become available. Don't miss this opportunity to serve your board. We need you! ★

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# MEN'S NL SENIOR 70's SOFTBALL

—Jack Harrison —

Our two Sun City West National League softball teams are essentially filled from last years regular players. A sub list will be formed to fill any vacancies that occur due to injuries or those from last year that decide not to play.

Requirements: Have a valid Sun City West Recreation Card and be born in 1940 or earlier.

To get on the sub list call Jack Harrison at (623) 556-4845 or email Jack at: [gladyharaz@msn.com](mailto:gladyharaz@msn.com).

Games will start approximately October 31 at 11:15am at either Sun Bowl Field or Liberty Field against teams formed from Sun City players against each other. The managers from the two teams will choose sub and replacements. ★



# FIELDS CLOSED SCHEDULED

—Dennis Farrar —

**Liberty Field** in Sun City West will be closed starting Friday, September 25 and will reopen Sunday, October 17.



21.

**Sun Bowl Field** in Sun City will be closed starting Tuesday, September 22 and will reopen Thursday, October

These closures are necessary for maintenance crews to over-seed the outfields with winter grass, laser leveling of the infield and any other field maintenance that's needed. This means that the field will be off limits for playing and practices during this time.

Again, these dates may be subject to change. Thank you for your cooperation during this time period. Because of these field closures, there may be practice at other local fields. For your convenience, please check the web site at [www.ourbiznet.net/azssoftball](http://www.ourbiznet.net/azssoftball) and click on the "Ball Fields" link for maps of all fields we currently play on. You will need to sign a waiver in order to participate in these practices.

**Check the bulletin boards at the fields to verify closed dates and other fields we can play on during these closures. ★**

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## HAPPY LABOR DAY



SEPTEMBER 7, 2009

# WELCOME BACK!

— Carol Bowden, League President —



HI EVERYONE! Hopefully you have all had a great summer; traveling, visiting or honing your softball skills at training camp. Remember, we are not 35 any longer and getting/staying in shape requires dedication and sweat.

We have had a HOT summer here, but the games go on. We missed you and will be glad to have all the teams ready to go in October. There may be some new sponsors, so look for some new names.

As with last year, we will be working with Westside Food Bank from November to March. Julie McGlynn and I will be putting the list together of food items that will be collected each month. We are hoping to maintain or exceed the 1000 pounds we collected last year! Your generosity is amazing!

Looking forward to another season. Hard to believe we are in the last quarter of 2009! Time flies when you are having fun. ★

yearlong program that greatly enhanced his understanding of some of the sciences that he was teaching. It also resulted in him being awarded an MS degree. Richard continued teaching for thirteen years after earning his MS degree.

Richard left teaching when an opportunity arose to join an electrical company. He was recruited because they were starting to build their own training facility and hire staff to operate it. That job lasted a little over thirteen years. A big merger eliminated his position and staffing was minimized.

In 1997 Richard began doing nuclear power contract work – travelling to the location and working for a few months. During that time Richard accepted offers and worked nuclear power jobs in Michigan, Pennsylvania, New York, Kansas, Wisconsin, Missouri, Illinois and Arizona. His last job was here in Arizona that ended on March 31, 2009.

After living a life on the move, Richard & Judy made their eighteenth move to Sun City West hoping it will be their last. ★

*Editor's Note: Thank you Richard for sharing a portion of your life with all of us and I hope that all of you will join me and welcome Richard and his wife, Judy to this great game that still makes us feel like we're still that little kid.*

## – Who's On Deck? cont'd (Page 1)

During the first year of teaching Richard learned a great deal about students, their parents. It was during this time that he found a wonderful woman. Richard and Judy were married in the late summer before his second year of teaching. They have been married for forty-four years now, and have two children. A daughter, Gretchen who has a chemistry background, but now works as a scheduler in nuclear power. Their son, Derek completed his college and has worked many different jobs and continues to be part of a band that plays about twice a week. They are also proud grandparents with one grandchild, named Jade (Gretchen's daughter).

During several summers of the nineteen years, he completed additional courses to improve his knowledge of the things he was teaching. One year an opportunity arose and he could not avoid it. He went to Oklahoma University to participate in a

## TAKE TIME

– Author Unknown –

TAKE TIME to think  
It's the source of power  
TAKE TIME to play  
It's the secret of perpetual youth  
TAKE TIME to read  
It's the fountain of wisdom  
TAKE TIME to pray  
It's the greatest power on earth  
TAKE TIME to love and be loved.  
It's a God given privilege  
TAKE TIME to be friendly  
It's the road to happiness  
TAKE TIME to laugh  
It's music to the soul  
TAKE TIME to work  
It's the price of success  
TAKE TIME and UNDERSTANDING  
It's the answer all our souls search for. ★



## 🌀 CALENDAR OF EVENTS 🌀

(PLEASE NOTE – SOME OF THE DATES MAY BE SUBJECT TO CHANGE)

February 6, 2010 (Saturday)

### – Bill Bromley Memorial Cardiac Kids Tournament Liberty Field • Sun City West

Contact Ken Skinner at (623) 546-8983 or email Ken at [ken@azsrssoftball.com](mailto:ken@azsrssoftball.com) for more information.

Only players who have had a cardiac event are eligible to play. This event is open to both the National and American National League Players. So sign up early.

February 20-21, 2010 (Saturday & Sunday)

### – Bosom Buddies Tournament Liberty Field • Sun City West

Contact Ken Skinner at (623) 546-8983 or email Ken at [ken@azsrssoftball.com](mailto:ken@azsrssoftball.com) for more information.

March 4 - 7, 2010 (Thu. – Sun.)

### – SCW Annual Spring Fling Tournament Liberty Field • Sun City West

★ **National League Games** – (March 4 & 5)

Contact Bob Williams at (623) 566-2894 or email Bob at [kwill30680@cox.net](mailto:kwill30680@cox.net) for more information.

★ **American League Games** – (March 6 & 7)

Contact Ken Skinner at (623) 546-8983 or email Ken at [ken@azsrssoftball.com](mailto:ken@azsrssoftball.com) for more information.

*If you are interested in playing in the Spring Fling, please contact your respective contact above. Be sure to check the bulletin boards and future newsletters for times*

March 6, 2010 (Saturday)

### – 2nd Annual Cancer Survivor Day Sun Bowl Field • Sun City

The Sun City Softball Club once again is hosting with the American Cancer Society a Cancer Survivor Day at Sun Bowl Field in Sun City. There will be lots of food and fun along with some games played by our cancer surviving players. Come out and join the fun and food. More information will be posted when it's available. For more information contact Linda Graham.

March 24, 2010 (Wednesday)

### – Annual League Banquet

The date for the Annual Hall of Fame League Banquet has been set but no further information is available at this time. More information will be posted when it's available. For more information please contact Rich McAndrews (623) 544-2837.

Editor's Note:

Be sure to check the web site for any and all updates to the web Calendar of Events which is located at: [www.ourbiznet.net/azsrssoftball/calendar.htm](http://www.ourbiznet.net/azsrssoftball/calendar.htm). There you will also find a month-by-month link "SCSSL Monthly Calendar". This contains an 18 month of upcoming activities of the League. Remember to check it often as it is subject to change as new information is available. The calendar also will give you deadline dates for the "Batter Up" Newsletter. Enjoy!!

– Dennis

## EDDIE'S FINEST

– Rebecca Beedle, SCW Bashas' Bakery Manager –



REBECCA  
BEEDLE

– Photo by Dennis Farrar

To my SCW Softball players,

I am here to thank you for nearly 7 years of a beautiful partnership.

When we opened our door all those years ago, it opened my eyes to what a wonderful community I had the privilege of serving.

You guys are always polite, patient and most of all loveable. My crew loves to take care of you, memorize your names and give you the best service we can.

We will continue to be your donut and coffee destination for years to come, and we appreciate your business. Thanks so much. ★



2nd Annual  
Bill Bromley Cardiac Kids  
Tournament

**Liberty Field • Sun City West, AZ**  
Saturday, February 6, 2010

**ALL LEAGUE MEMBERS WHO HAVE HAD A "CARDIAC EVENT" ARE ELIGIBLE TO PLAY**

Come join the fun and support your favorite team and player(s)

**AMERICAN LEAGUE PLAYERS**  
**CONTACT: KEN SKINNER**  
[ken@azsrssoftball.com](mailto:ken@azsrssoftball.com) ★ (623) 546-8983

**NATIONAL LEAGUE PLAYERS**  
**CONTACT: RICH MCANDREWS**  
[mcandrews@cox.net](mailto:mcandrews@cox.net) ★ 623-544-2837

# SUN CITY SOFTBALL CLUB NEWS

— Linda Graham, President —



I'd like to take this opportunity to thank Larry Kuberka for his tireless efforts, handling the aluminum can drive. Without his leadership, we may still be trying to make out the score on the old scoreboard. Due to some unfortunate misunderstandings this summer during Larry's much deserved vacation, Larry has decided to turn any further aluminum can recycling back to the club. **To set the record straight**, Ron Johnson is not connected with the aluminum can recycling in any way, except that he gave me the name of an individual who was interested in assisting us with our recycling. During Larry's absence, we accumulated quite a few cans which were not able to all be stored out of sight. I received a complaint from the Rec. Center the same day I got the name from Ron Johnson, so I called and arranged to have the recycling done by someone other than Larry for **one-time**. (The club received \$100 for those cans) It is unfortunate that feelings may have been hurt and untrue stories continue to circulate. Again, thank you Larry and also, the Sun City West Club, for donating your aluminum cans to our club. As the price for aluminum has dropped substantially, the club will determine if this is still a worthwhile project. ★

# SCW CLUB NEWS

— Rich McAndrews, Club President —



While the summer has been a hot one it has been very rewarding to see players as well as fans enjoying our new mister system. In past years during the summer months we would hardly have anyone watching our games. Now it is refreshing and enjoyable to see everyone sitting in those stands to the end of the last game.

At the April General Meeting the club members pre-approved up to \$15,000 for the club to spend on raising the height of the outfield fence. After many bids and a lot of discussion the decision was made to raise the current fence an additional 10 feet. This job was completed in July at a cost of \$8,891.61. Of course the whole purpose of this project is to be good neighbors. With that in mind I would like to share with you a letter I received from Gary and Mary Walene one of the neighbors who live behind the fence.

Dear Mr. McAndrews,

What a pleasant surprise to return from three months in Logan, Utah and find the "new and improved" fencing at the ballpark behind our home. We are so appreciative (as well as our neighbors) for your efforts to resolve the "ball over the fence" issue. Please find enclosed a most sincere "thank you" for what we would consider a requested job very well done.

Sincerely:

Gary and Mary Walene

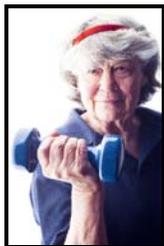
*cc: Mr. Mike Whiting and staff - Another thank you for the entire team who make our request possible. All of your collective efforts did not go unnoticed.*

The next project is a patio cover that will be installed behind the 3rd base dugout over the picnic tables. This job should be completed on Wednesday, August 26th.

Remember, due to the Labor Day holiday the September board meeting will be held on Monday, September 14th, 7:30 A.M., Beardsley Recreation Center (Saguaro Room). ★

## LIFE'S LESSON

— Regina Brett, age 90, Cleveland, OH —



REGINA BRETT

*"To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most-requested column I've ever written."*

*My odometer rolled over to 90 in August, so here is the column once more:*

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye. But don't worry; God never blinks.
16. Take a deep breath. It calms the mind.
17. Get rid of anything that isn't useful, beautiful or joyful.
18. Whatever doesn't kill you really does make you stronger.
19. It's never too late to have a happy childhood. But the second one is up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
22. Over prepare, then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness but you.
26. Frame every so-called disaster with these words 'In five years, will this matter?'
27. Always choose life.
28. Forgive everyone everything.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time time.
31. However good or bad a situation is, it will change.
32. Don't take yourself so seriously. No one else does.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn't do.
35. Don't audit life. Show up and make the most of it now.
36. Growing old beats the alternative — dying young.
37. Your children get only one childhood.
38. All that truly matters in the end is that you loved.
39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
41. Envy is a waste of time. You already have all you need.
42. The best is yet to come.
43. No matter how you feel, get up, dress up and show up.
44. Yield.
45. Life isn't tied with a bow, but it's still a gift."

★★★

## IN THE GARDEN

BIENNIAL  
 BLOOM  
 COMPOST  
 FERTILIZER  
 FLORIST  
 GROW  
 HERBS  
 HOE  
 MULCH  
 NEUTRAL (Soil)  
 PEAT MOSS  
 PERENNIAL  
 PEST  
 PLANT  
 PLOT  
 ROCKS  
 ROOTS  
 SOIL  
 SPADE  
 SPRINKLER  
 STEM  
 TROWEL  
 VEGETABLES  
 WEEDS

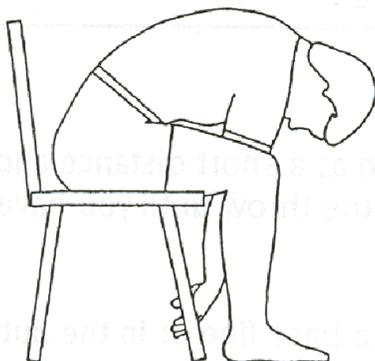
E	U	D	L	I	W	O	O	V	S	C	N	I	Z	J
Z	R	C	S	P	L	O	T	T	U	P	C	S	R	B
A	R	W	P	F	N	F	W	R	N	Z	Y	I	R	G
V	I	H	A	W	E	B	U	E	O	R	R	A	Z	M
K	X	X	D	A	G	R	U	L	E	W	A	S	Y	F
Q	H	W	E	E	O	T	T	L	X	D	E	E	H	L
Y	S	K	C	O	R	L	K	I	B	P	S	L	Q	P
E	U	E	T	A	T	N	E	S	L	S	D	B	D	T
Y	N	S	L	D	I	C	K	V	O	I	I	A	I	S
Q	Q	Y	A	R	N	O	V	M	O	I	Z	T	U	I
X	X	V	P	N	B	S	T	E	M	H	L	E	I	R
Z	B	S	V	L	N	A	S	Y	C	W	S	G	R	O
S	Q	M	H	O	E	U	E	X	H	F	D	E	O	L
O	X	C	U	P	P	L	A	N	T	K	I	V	W	F
I	I	J	U	W	G	M	U	L	C	H	Q	K	N	S

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### Don't forget to do your stretches before and after each game

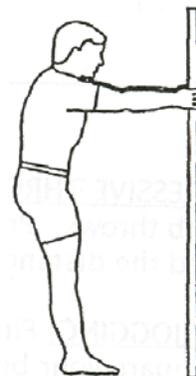
#### LOW BACK STRETCH

- Sitting on the bench with legs apart.
- Slowly bend forward & reach between you legs. Hold stretch.
- To return to starting position, place hands on knees and push up.



#### UPPER BACK STRETCH

- Hold onto fence or rail with both hands.
- Keep you elbows straight and lean back as shown until a gentle stretch is felt between you shoulder blades.
- Hold stretch.



## AS I SEE IT!

— Dennis Farrar —



As I begin my fifth season as your Newsletter Editor I would like to say thank you for the privilege of serving all of you. Being your editor has been most gratifying for me and I hope all of you have enjoyed reading what your other teammates have had to offer in each issue. I'm looking forward to this year and many years to come. If you have anything you would like to contribute, please forward them on via email. I'm looking forward to making your newsletter better and welcome any of your ideas, comments and suggestions. I would especially like to thank Rebecca Beedle who is the bakery manager at Bashas' in Sun City West for her contribution to this month's issue. Thank you Rebecca and we'll keep eating your donuts.

Having been injured in February at the Spring Fling I would like to offer some safety comments for you to remember. 1) When playing defense, always call for the ball if you think you can make the play. Even if you miss it, you will likely avoid a collision with another player. 2) Use your glove to block out the sun so you can see the ball if you have time. Once you look into the sun before tracking the ball it is likely that you will never see the ball coming at you. Keep your eyes open allowing you to track the ball location. 3) Once you call for the ball, if you loose the ball in the sun, quickly turn you back on the direction which the ball is coming and place your glove over the back of you head and neck. This will avoid you getting any facial or head injuries. We all are competitive in our own way, but never sacrifice your safety for a possible good play. **IT'S NOT WORTH IT!!!** This is not only for the new players that join our league but you old-timers too. Don't ever once think it can't happen to you. IT CAN and WILL if you don't play it safe.

Also, if you are new to our league be sure to check out the league web site. Ken Skinner and I are doing our best to make sure that you are well informed on what's going on. This includes a league calendar at [www.ourbiznet.net/azsrsoftball/calendar.htm](http://www.ourbiznet.net/azsrsoftball/calendar.htm). There you will find details of upcoming events as well as a month-to-month schedule of games, meetings; other league related activities as well as ball field links that we use for play. Check it out!!

The next newsletter will be the November issue. The deadline for the November issue is Tuesday, October 23. Newsletters will be in the dugouts at both fields.

That's how I see it. Have a great game and get home safe. ☺

— Editor ✍

## NATIONAL LEAGUE SUMMER REPORT

— ONLY THE STRONG SURVIVES! —

— Bob Williams —

Risking heat stroke, dehydration and scorpions and getting up at 6 a.m. for 7:30 games was all part of the fun for those brave and hearty folks who played National League Summer Softball. I was



privileged to be the National League Summer Coordinator again this year. While lesser folks were up in the cool country, we were setting up the fields, securing the fields including checking for scorpions and rattlesnakes and running off the javalinas before and after each game as a matter of course.

I would like to give special thanks to those who managed teams this summer. Special kudos to Nick Gregos who managed all three sessions. Ron Eppley, Jack Harrison, Laurel Andrew, Myrl Wagenknecht and Ben Zeppa all managed two sessions. Others who managed include: Len Wicketts, Glen Carroll, Rich McAndrews, Phil Martin, Dave McCart, Carol Bowden and Carl Johnson.

This was not just a lazy summer as more improvements occurred at Liberty Field. We were hitting so many home runs that our outfield fence had to be extended to 10 feet in height. Also, our new mister system saved the day for both spectators and players, especially since July was the hottest on record. More surprise improvements are in the pipeline.

Since I am going to be the league reporter again this year, I would like to request that everyone planning on playing this fall review scorekeeping techniques so you will be ready for the fall session. To give due credit where credit is due, I will need to be able to read those score sheets. I always have scorekeeping sheets with me that have directions on the bottom. Don't hesitate to ask me for some of those to practice on.

At this writing, we have about five weeks left of summer ball, but I am going to say at this time "thanks again for another great summer." ★



**Hall of Fame Selection**

Do you know of a softball player who is or has worked to make our softball program in Sun City and Sun City West better?

If you do, please submit a nomination form available from your team manager or in the club house of Sun City or Sun City West.

The process has been simplified for your convenience.

1. Get a nominating form from your team manager or at the club house. You can also use the form in the Newsletter.
2. Name the person you would like to nominate.
3. Sign and date the form. (No co-sign required)
4. Put the form in an envelope, drop in the box at Liberty Field (by the west bleachers).
5. A review panel will do the rest

When we receive your nomination, you will be notified that your selection has been recorded.

Please get involved, this could be your way of saying Thank You to a deserving person.

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**HALL OF FAME**

**Nomination Form**

I would like to nominate:

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Comments:

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Submitted by:

Date \_\_\_\_\_