

BATTER UP
SENIOR SOFTBALL NEWSLETTER
Sun Cities Senior Softball League
NEWS Beyond the HITS and RUNS
Happy President's Day
 PLEASE SUPPORT OUR TROOPS

www.scssoftball.com
 SUN CITIES SENIOR SOFTBALL LEAGUE
 1979 - 2010
 31 Years

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

February 2010

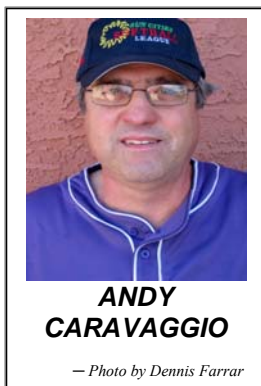
"The BATTER UP" Newsletter is published for the Sun Cities Senior Softball League, and is made possible through the generosity of our sponsors.

Dennis Farrar – Editor
 Email: editor@getnet.net

☞ WHO'S ON DECK? ☞

— SUN CITIES NATIONAL LEAGUE WELCOMES ANDY CARAVAGGIO —

— Dennis Farrar —



Andy was born in Detroit Michigan and attended schools in St Clair Shores, not until High School did he start to play organized team sport which was Football, Wrestling and Track. Andy lettered in all of the sports. After graduating from High School he enrolled into college and shortly after his first year he received his draft notice. Before being drafted Andy enlisted into the Army Reserves where he served for 6 years and received an honorable discharge. In 1972 Andy married his first wife Corinne; He had to put College on hold to look for a full time employment. He hired in as a mechanic at a Chevrolet dealership where he worked for 5 years in the service department. Later, Andy was able to acquire a position at General Motors Technical Center in Warren Michigan where he worked as an engineering technician. His job was to fabricate and test automotive components. GM offered a degree program where he was able to complete his college degree while working through Michigan Tech University. He worked in the components lab and transferred to the Powertain development group in 1986 and worked there until he retired in 2007 with 31 ½ years of service.

Andy's hobbies include hunting, fishing, pistol, rifle, trap and sporting clay shooting. He likes to get outdoors to ride his ATV on the trails in Michigan. He likes to watch all pro sports.

Andy has a son Michael who is 25 and living in Michigan. Andy's first wife Corinne of 31 years passed away in 2003 of cancer. Andy then met Lorna on line in 2004 and fell in love with her and we were married in 2007. Now he has a big family with 4 step sons and one daughter. They enjoy their 6 grandchildren and spend the summers with them at the cottage in Canada. His parents live in Sun City and when they vacationed here they loved it so much that they bought a home in Sun City in May of 2009. ★

Editor's Note:

When you see Andy Caravaggio please join me and welcome him to the game that we all love to play. I would like to thank Andy and his wife Lorna for sharing a part of his life with all of us. — Editor ☞

SUN CITY WEST
SENIOR SOFTBALL CLUB
GENERAL MEMBERSHIP MEETING
THURSDAY, FEBRUARY 18, 2010

RH JOHNSON
RECREATION CENTER
 (Lecture Hall)
6:30pm

PLEASE MAKE PLANS TO ATTEND
AND WELCOME YOUR NEW OFFICERS!

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CALENDAR OF EVENTS

February 6, 2010

**– 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 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

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

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

March 4-7, 2010

**– SCW 9th 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 for more information.

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

Contact Ken Skinner at (623) 546-8983 or email Ken at 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 24, 2010

**– League Banquet
Palm Ridge Recreation Center • Sun City West**

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

Editor's Note:

Be sure to check the web site for any and all updates to the web calendar. The web calendar also includes SC Club, SCW Club, and SC League meetings, as well as other information not found in the "Batter Up" newsletters.

– Dennis

Catch IT Early!

**WOMEN'S INVITATIONAL
SOFTBALL TOURNAMENT**

February 20 – 21, 2010
Liberty Field • Sun City West, AZ

– Benefit for –

**BOSOM BUDDIES
Breast Cancer Support Group**

Come join the fun and help fight breast Cancer. All the profits from the tournament will be donated to Bosom Buddies.

Thank You for your support !

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



**ANNUAL SOFTBALL HALL
OF FAME BANQUET**

**WEDNESDAY, MARCH 24, 2010
5:30 P.M.
(DOORS OPEN AT 5:00 P.M.)**

**PALM RIDGE RECREATION CENTER
SUN CITY WEST, AZ.**

**CATERED DINNER - \$10 PER PERSON
ENTERTAINMENT AND PRIZES**

**BYOB/WINE/BEER/MIXES
GLASSES & ICE PROVIDED**

**TICKETS WILL BE AVAILABLE
THROUGH YOUR TEAM MANAGER**

**HOSTED BY THE SUN CITY WEST SOFTBALL CLUB
BOB WILLIAMS, COORDINATOR
(623) 566-2894**





Bill Bromley Memorial 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@azssoftball.com ★ (623) 546-8983

NATIONAL LEAGUE PLAYERS

CONTACT: RICH MCANDREWS

mcandrews@cox.net ★ 623-544-2837

AS I SEE IT!

— Dennis Farrar —



As I begin this month's editorial I would like to start by asking the question; is our League Association truly "recreational"? I can be very competitive myself, so, are we leaning more towards more competitiveness by having tournament play on our Tuesday, Thursday games? I say YES! The National League has somehow come to a draft and ratings similar to the American League, but when it comes to getting subs the numbering system doesn't seem fair. I see this over and over in our games. The ratings don't mean anything for the draft or the subs. So what do they mean? I'm afraid if we keep going in this direction players who would like to play ball

(safely) as they age will be forced to throw in the towel before they really would like. How many more years do you see yourself playing?

Also I would like to see term limits on the National League Committee such as the American League practices and the club boards have set. This would give us greater opportunities to get others involved who would like to and the ability to generate new ideas while creating parity. Although the NL Committee has made some great changes, I think it's time for change. I have talked too many of you, but I would like to know more of your thoughts on these questions. Looking forward to hearing from you.

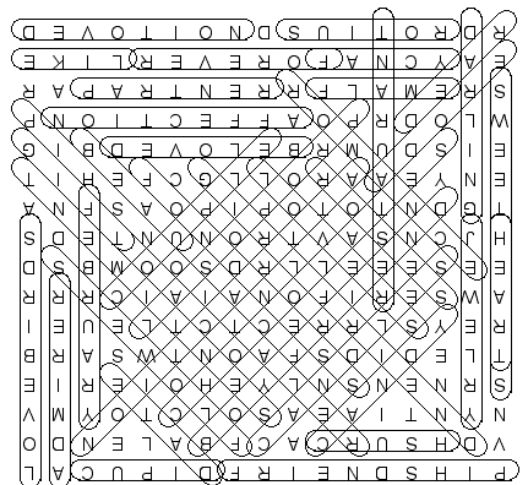
The next item on my agenda is to ask if anyone out there would be interested in helping me with the newsletter. Some of the items would be, but not limited to, sending in articles, pictures, as well as collecting other information. I believe we all should be training our replacement, whenever that may be. I would like to hear from you if you are interested. This is how I got to be the editor back in 2004.

Finally, my wife Terese and I would like to wish all of you a Happy Valentine's Day, and please remember those who serve us and protect our freedom.

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

— Editor ✍

WORD SEARCH PUZZLE SOLUTION



(Remember, no cheating?)

The hidden message is: VALENTINES DAY CARD

❧ VALENTINES DAY WORD SEARCH ❧

Find and circle all of the words that are hidden in the grid.
The remaining letters spell a popular Valentine's Day item.

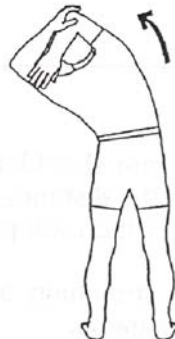
ADMIRER ADORE AFFECTION ATTRACTION BEAU BELOVED BOYFRIEND CANDLES CANDY CHOCOLATES COUPLE CRUSH CUPID DARLING DATE DEAR DEVOTION FANCY FEBRUARY FLAME	FLOWERS FONDNESS FOREVER FRIENDSHIP GIFT GIRLFRIEND HEARTS JEWELRY LIKE LOVEBIRDS LOVERS PARTNER PROPOSAL RELATIONSHIP RESTAURANT ROMANCE ROSES SENTIMENT SUITOR SWEETHEART	P I H S D N E I R F D I P U C A L V D H S U R C A C F B A L E N D O N Y N T I A E A S O L C T O Y M V S R N E N S N L Y E H O I E R I E T L E D I D S F A O N T W S A R B R E Y S L R R E C T C T L E U E I A W S E R I F O N A I A I C R R R E E S E E E L L R D S O O M B S D H J C N S A V T R O N U N T E D S T G D N T O T O P I P O A S F N A E N Y E A A R O L L G C F E H I T E I S D U M R B E L O V E D B I G W L O D R P O A F F E C T I O N P S R E M A L F R R E N T R A P A R E A Y C N A F O R E V E R L I K E R D R O T I U S D N O I T O V E D
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BE SURE TO DO YOUR STRETCHING BEFORE AND AFTER YOUR GAME

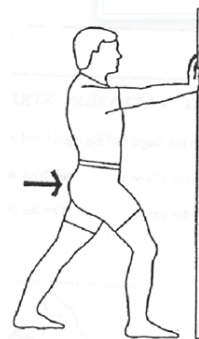
SIDE STRETCH

- Raise right arm over head, holding with left hand.
- Bend knees slightly for balance.
- Pull on the arm as you slowly bend sideways, hold stretch.
- Repeat on other side.



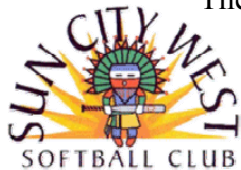
CALF STRETCH

- Stand facing fence.
- Step forward with the right foot keep rear leg straight and heel on the ground.
- Lean forward with hips until you feel the stretch. Repeat with other leg.



NATIONAL LEAGUE SPRING FLING TOURNAMENT MARCH 4 AND 5

— Bob Williams —



The National League Spring Fling will be played at Liberty Field on March 4 and 5. Registration is limited to the first 100 players that sign up. The tournament will be limited to eight teams and will be double elimination. There are three ways to register: (1) sign up sheets will be available at Liberty Field, (2) call Bob Williams at (623) 566-2894 or (3) e mail at kwill30680@cox.net. This is always a fun event. You won't want to miss it. ★

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