

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

www.scssoftball.com
 1979 - 2010
 31 Years

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

September 2010

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

Dennis Farrar – Editor
 Email: editor@getnet.net

WHAT ARE WE LOOKING AT?

— THANK YOU TO SPONSOR, RICHARD KALOUSTIAN OF LUND CADILLAC FOR YOUR SUMMER SPONSORSHIP —

— Dennis Farrar —



Is T.R Mickelson (left) eating an apple or harassing the home plate umpire? Gary Krause (right) is trying to assess the situation.

Photo by - Carol Bowden



Is Nick Gregos (center) checking out the next summer team roster, or is he looking at pictures of pretty girls? Don Swanson (right) is enjoying it, and the plate umpire (left) is peeking too.

Photo by - Carol Bowden

SUN CITY WEST
 SENIOR SOFTBALL CLUB
 GENERAL MEMBERSHIP MEETING
WEDNESDAY, NOVEMBER 10, 2010
 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 - OCT 21st**

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! ★

Angels In The Outfield

— Linda Graham —

In Memoriam

- Paul Baumhardt 6/7/1927 to 7/9/2010
- Bill Cooke 1935 to 8/1/2010
- Don Eden 1933 to 5/25/2010
- Gordy Rholl 1929 to 6/9/2010
- John Spinelli 1944 to 6/12/2010



Our condolences go out to family and friends of those ballplayers who passed since the end of the spring session.

For those players who are not familiar with the Angels in the Outfield, our group of members try to keep on top of reporting injuries or health issues of players and spouses, send cards and send memorial donations in a player's name when they pass. If you know of a player injury or health issue, please notify Kay Williams, Joyce Fano or Linda Graham so we can follow up and send cards, etc. Check out our Web site at angelsintheoutfield.com

Welcome back and have a healthy, enjoyable season! ★

FIELDS CLOSED SCHEDULED

— Dennis Farrar —



As of the printing of this newsletter I haven't gotten any information on when Liberty Field in Sun City West and Sun Bowl Field in Sun City will be closed.

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

Please check the bulletin boards at the fields and the website to verify closed dates and other fields we will be using to play on during these closures.

The 2010 Fall Session will be between, October 26th thru January 13th, 2011 and the Winter Session 2011 will be between, January 18th thru March 31st 2011. Be sure to mark your calendars so you can make your plans early if you will be making travel plans. ★

HAPPY LABOR DAY



SEPTEMBER 6, 2010

NATIONAL LEAGUE COMMITTEE NEWS

— Ben Zeppa —

NEW NATIONAL LEAGUE COMMITTEE MEMBERS-There have been some personnel changes to your National League Committee since the last Senior Softball Newsletter in April of 2010.

Two of our committee members have resigned. Glen Carroll, who served on the committee for a number of years as our Rules and Umpiring Coordinator, has been replaced by Ron Eppley. Rich Bogosian, who served on the committee for a year as our Angles in the Outfield, Newspaper Contact, and Scorekeeping Coordinator, has been replaced by Ben Zeppa. We would like to thank Glen and Rich for their dedication to their duties while they were members of the National League Committee and applaud them for their efforts toward making our softball program one of the best programs, anywhere.

The National League Committee is presently made up of four members. Two from Sun City, and two from Sun City West. The four committee members and their primary areas of responsibility within our committee are:

Rich McAndrews-Chairperson-National League, Reports to the Association Board. Other duties include Tournament, Publication, and Web Information Coordinator.

Len Wicketts-New Player, and Green Team Practice Coordinator.

Ron Eppley-Rules and Umpire Coordinator.

Ben Zeppa-Angels In The Outfield, Newspaper, and Scorekeeping Coordinator.

RATING NATIONAL LEAGUE PLAYERS-After the Winter/Spring session the National League Committee rated 202 players. Each player was rated as a One (1), Two (2), Three (3), or Four (4).

When we had finished with our ratings we found that we had 38 One rated players, 75 Two rated players, 59 Three rated players, and 30 Four rated players that made up the 202 player total. The players were rated in four categories. On Base Percentage, Fielding, Throwing, and Running. The committee intends to rate all players in the National League three times a year and all ratings will be listed on the team roster sheets.

NATIONAL LEAGUE TEAM SELECTION PROCESS-It was decided and agreed upon by the Association Board, National League Committee, and all National League Managers, that the team formulation and assignment would be done by the National League Committee. The Fall and Winter/Spring teams would be formulated and assigned using a Manager's Draft.

The National League Committee would like to thank all the managers who "stepped up" and managed a team during one of our Summer Sessions. And a special thank you goes out to Joe Emmons, Vic Gotelaere, T.R. Mickelson, Howard Murry, Tom Sgro, Margaret Morgan, Dennis Hagerty, and George Nash. All the above individuals managed their teams for the very first time and they all did an outstanding job.

END OF SESSION PLAYOFFS-It was also decided and agreed by the Association Board, National League Committee, and National League managers that next year, there will only be one End Of Session Playoff. This playoff will be implemented at the end of the Fall session only.

Look for more "News you can use" from your National League Committee in forthcoming Senior Softball newsletters.

Now, "Take two, and go to right"! ★

VFW POST 10695

— Ron Eppley —



I'm the manager of the VFW sponsored softball team and also a lifetime member of VFW Post 10695. I'm on a recruiting mission for the local Post. The Post needs HELP. The current members are getting up in age and help is needed to continue a very worthwhile organization to help our veterans. OK, what does the Post do to help our veterans?

1. Once a month, conducts BINGO at the VA hospital for the many veterans who reside there fulltime. They really look forward to this event.
2. Collects clothing for the homeless vets. They really appreciate it.
3. Collects and distributes gifts at Christmas for hospitalized vets here in Phoenix and Prescott. You would not believe how emotional this can get. To some, the VFW is the only people that care about their feelings and well being, and are sometimes the only "relative" they have.
4. Make phone calls to homebound vets. Just to let them know that someone cares.
5. Assists widows/widowers of veterans.
6. Place American flags at the National and local cemeteries gravesites on certain holidays. Then of course, they need to be collected afterwards.
7. Perform Honor Guard duties at veteran funerals as requested.
8. Buddy Poppy sales at various stores.
9. Other duties to make various events happen, such as parades, dinners, socials, etc.

The VFW post 10695 meets once a month, every third Tuesday at 1:00pm at the Foundation building, across the street from Liberty field.

If you are eligible to join the VFW and are interested in transferring or joining this Post please contact me, Ron Eppley, 623-505-7826 or email roneppley@cox.net. ★

THANK YOU SPONSORS

— WE SUPPORT YOU! —

- A.E. Lewis & Sons Builders
- Bell Lexus
- Arvid & Kay Peterson, Realtors®
- Bashas'
- Brenda's Kitchen
- Camino Del Sol Funeral Chapel
- Canyon State Air Conditioning & Heating
- Cool Touch
- Cranstoun Court Jewelers
- Daily News Sun
- Denny's TV
- Desert Rose Concrete Coating
- Desert Golf Cars
- Edward Jones
- Farmers Ins. — Paul Tone
- Farrar Chiropractic & Acupuncture
- Fast Signs
- Golden Eagle Distributors (Budweiser)
- Gonstead Family Chiropractic
- Grandview Terrace
- Ken Meade Realty
- Larry Ott Realty
- Liberty Buick
- Lund Cadillac
- Mary Inman Realty
- Newton's Automotive
- Northern Trust Bank
- Reategui Law Firm
- Rosie's Italian Café
- Sue Pahlke Realty
- Town Cryers
- Van's Pro Shop / Ping
- VFW — Post 10695
- VW of Peoria



🌀 BACK TO SCHOOL 🌀

Find and circle all of the School related words that are hidden in the grid.
The remaining letters spell a Mark Twain quotation.

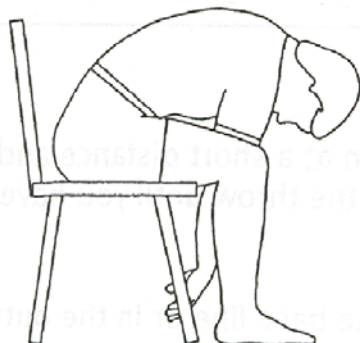
ASSIGNMENTS BACKPACK BATHROOM BELL BINDER CAFETERIA CHALKBOARD CLASSROOM CLOCK COURSES DESK DOORS ENROLL ERASER EXAMS FIRST DAY GYMNASIUM HALLWAY HOMEWORK INTERCOM JANITOR LANGUAGE ARTS LEARNING LIBRARY LOCKER LUNCHROOM	MATH NEW FRIENDS NOTEBOOK NURSE OLD FRIENDS PADLOCK PAPER PENCILS PENS PRINCIPAL QUIZZES ROLL CALL RULES SCHOOL BUS SCHOOL OFFICE SCHOOLYARD SCIENCE SECRETARY SEPTEMBER SOCIAL STUDIES STUDENT STUDY TEACHER	I Y D U T S E P T E M B E R N U R S E H S L I C N E P A V C H A L K B O A R D E D B N E G N I N R A E L V E R L M E T S O E M Y O S E I D U T S L A I C O S S T O L C C L H C O U R S E S O O L O C E R R L F I D H I S S L R L S N N P R L C A S J I K F G O M C E A T L E I E H A N E E A R C R F A M K H N P W A N N C S E G L N S A I X O C E E O F I T C S N S I A U I T P E E O L M W R O S C R L U R C U R T D K N L C N O I O U L M N I L O S G F O A C D E G A E O B R O Y N I S O R N S R Y A S I K N F L H O K T A E R M R A Y E P B S L D C O E R C E E C R W P I L A S Z S E S I O O H T R S R T H D M Y E W A A Z D N H B T L C E E T N E D U T S L R D E I C R A R O C T R R E H C A E T L E S U S U B O M A A M U I S A N M Y G A K H T A M Q C L R R A T I A R E P A P H B I N D E R O Y L N Y N O T E B O O K
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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 —



This year will mark my sixth season as you Newsletter Editor. I have to say that it has been an honor to serve all of you as well as being a team mate. As your editor I would like to thank all of you for your continued encouragement and your support. Your input is also welcomed and I'm always looking for new ideas to make your newsletter better.

As you have seen I have chosen to highlight our summer session sponsor on the front page. They have been a big part of our association for many years and continue to pour out their support. Thank you again Lund Cadillac for your continued sponsorship.

Going into the new season will be a new experience for a lot of you. Remember, to always play safe. This being said I can still see the game in which I was injured last year during the Spring Fling and still have after-effects. I know that there will be injuries but please play it safe by calling for the balls. Know where each player is to help avoid a serious injury. And, always try to block the sun with your glove first before trying to catch the ball. If you lose 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 your head and neck. This will avoid you getting any facial or head injuries.

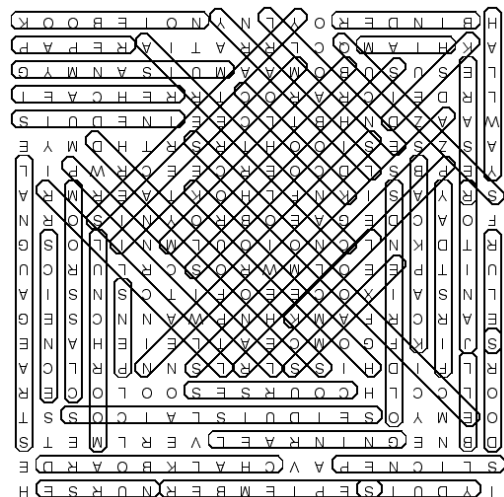
Also, if you are new to our league be sure to check out the league web site. The IT Committee is doing their best to make sure that you are well informed on what's going on. Check it out!!

The next newsletter will be the November issue. The deadline for the November issue is Tuesday, October 21. Newsletters will be in the dugouts at both fields.

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

— Editor ✍

"BACK TO SCHOOL"



WORD SEARCH PUZZLE SOLUTION

Remember — NO CHEATING?

The hidden message is: I HAVE NEVER LET MY SCHOOLING INTERFERE WITH MY EDUCATION.

DONATE THAT OLD GLOVE

— Julie McGlynn —

Glove need repair? Got an old glove that can be fixed and donated to a local school program? Contact Julie at McSoftball@prodigy.net or cell 410-279-3741. ★



GAMES & PICNIC

Sun City Club

— Julie McGlynn —



Mark your calendar for Saturday, November 6, beginning at 8 a.m. for a day of games and picnic to benefit the Sun City Foundation. Events will include a Pi Walk (3.14 laps or any part of it), American, National, 70s and Women's games. Raffles, prizes, food and fun! ★

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.

HALL OF FAME

Nomination Form

I would like to nominate:

Comments:

Submitted by:

_____ Date _____