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The Jewels of Europe tour sent SSUSA players to the heart of Budapest and Prague.



**PATH TO VEGAS PAGES 16-17**

SSUSA and teams alike plot a course to Las Vegas this September for the 2022 World Championships.







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## Senior Softball News

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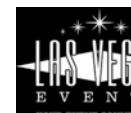
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# The Positives of Playing Senior Softball

There's no question that we are the Boys – and Girls – of Summer every time we step on the field to play!

While there are many differences of opinion on practically every subject these days throughout the world of Senior Softball, we can all agree that our sport is so good for us in so many ways.

There's simple exercise that we as seniors all need to embrace. There's the comradery on and off the field. There's travel, no matter if you're just going to an out-of-area tournament or on one of our international trips to places like New Zealand or the Bahamas or Hawaii.

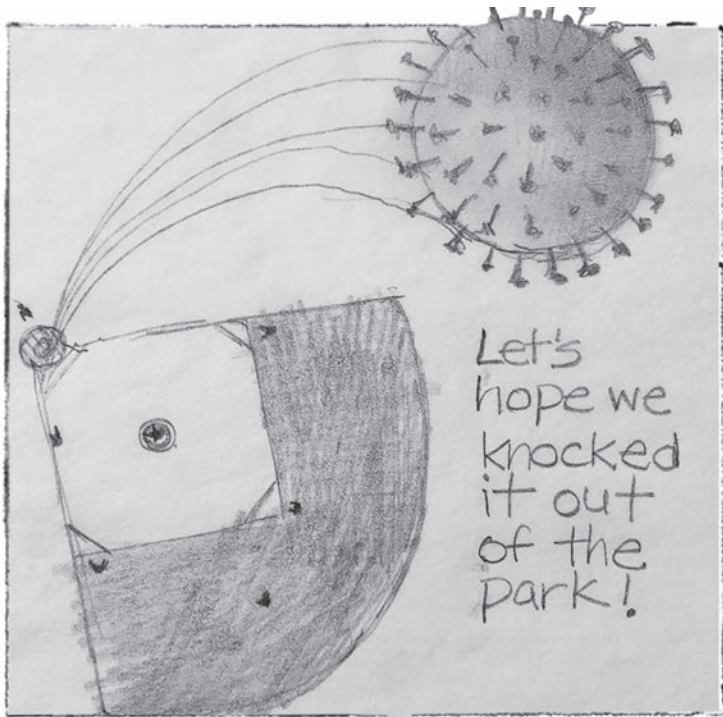
Most of you know that Senior Softball USA has traveled the world and I've certainly enjoyed meeting players and their families in a variety of countries.

But sometimes it is even more enjoyable to head out to practice or a local tournament to meet up with teammates for the banter and after-practice refreshments.

I'd urge all of you to not only continue to support this game we love so much, but to introduce it to your circle of friends so our sport can continue to grow – and enrich their lives.

See you out on the diamond.

Terry Hennessy, Editor



By Sue Bellenger

## Age-Related Weight Gain

Let's say you and your 20-something son meet up for breakfast. You both order a couple of eggs, a slice of whole-wheat taste and coffee. You both enjoy the same breakfast. But in the coming hours, your bodies are going to respond to this meal very differently. These differences explain why we gain weight as we age and, more important, how we can reverse that process, prevent age-related weight gain and give ourselves a "whole body reset."

### The Metabolism Myth

We used to assume that the reason we gained weight in midlife was because of a decline in metabolism - or more precisely, what scientists call resting metabolic rate (RMR), which is how much energy your body needs to carry on basic functions. But

a shocking study published in the journal Science in August 2021 found that our individual cells rev at pretty much the same rate in our 40s and 50s as they did in our 20s - indeed, our metabolic rate doesn't start to slow until about age 60 or so, when it begins to drop at a rate of .07% a year.

So the growing girth you notice - the difference between your body now and your body when you were in your 20s isn't due to the metabolism. Something else is at play. Something you can actually control.

### Different Ages, Different Muscles

A 20-something body utilizes the protein form breakfast - 12 or so grams from eggs and 4.5 grams from the whole-wheat toast - with maximum efficiency, turning

the protein into healthy new muscles cells. This whole process is known as protein synthesis.

But while this life-sustaining process is going on inside your son's body, it actually hasn't kicked into gear inside yours. Studies show that older adults need at least 25 to 30 grams of protein at a time to stimulate the same muscle-building process that a younger person can get from just a couple of eggs.

Here's why that's important: The human body is constantly breaking down and building up muscle. But when the destruction of muscle outstrips its rate of repair over the long term, that eventually leads to a loss of muscle tissues. Studies show that older folks who fail to get 25 to 30 grams of protein in the morning are likely to stay in



the muscle-loss mode all day. At some point between ages 30 and 40, adults begin to lose 3% to 8% of their muscles mass each decade.

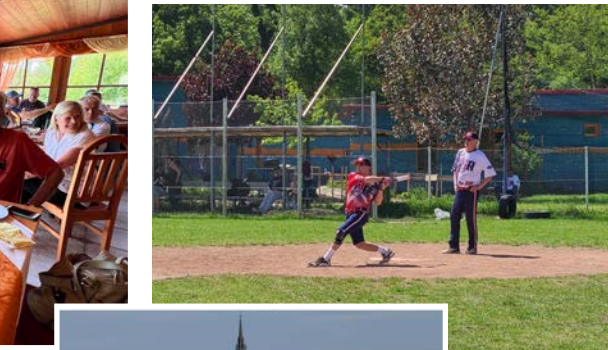
And the less muscle we have, the more fat we gain: Muscles not only burns more calories, but it helps to control blood sugar. The less muscle you have, the higher your blood sugar - and the more of that blood sugar your body is forced to turn into fat. Muscle loss has also been linked to increased risk of diabetes, cancer, heart disease, Alzheimer's and a compromised immune system.

Reprinted from the AARP Bulletin, March 2022, Vol. 63, No. 2, Pg. 20.



# Eastern European Adventure in Photos

Chris Miller and Ryan Smith captured in photos the Senior Softball USA's Jewels of Eastern Europe Tour. The Tour of Prague and Budapest/Szentendre offered a Danube Sightseeing cruise, a horse carriage ride to a castle, walks through an historic village and over a centuries-old bridge, tours through cathedrals and memorable monuments. For more photos, [click here](#).



# Seniors Play the Jewels of Europe

Now that the world seems to be slowly recovering from Covid, the SSUSA International tours resumed with tournaments in the Dominican Republic in February and to Prague and Budapest in May. Being lucky enough to attend both trips, I'd like to report in on the experiences we had.

When I talk about the overseas trips with softball teammates who haven't gone, I'm often asked about how good a player should be. I think my best answer is that ideally you are good enough to be a tournament player at your age group. We have players from all levels from Major Plus down to AA, and in Prague/Budapest we had at least a half dozen players over 80 and one woman and all played very well.

I've been going on the international trips for more than 10 years now, and I still feel a little lump in my throat putting on a USA uniform in a foreign country. Before our final game in Punta Cana, our teams lined up on the foul lines while the two national anthems were played. OK, it's not the Olympics- but we represent the USA and you can't take that too lightly. AND- even though we almost always play much younger players than ourselves, we almost always win because we hit consistently and play smart.

One of the fun traditions we have is to exchange hats and sometimes jerseys with our opponents after a tournament. I have a nice "E.

## Senior Moments: By Dave Weinman

Guerrero" jersey from Punta Cana and poor schlub Edgar G is wearing a "Weinman" jersey around.

The DR tournament was run primarily by Jim Goff from Iowa, who did an amazing job managing all the issues off the field (setting the whole thing up is a chore and little problems are inevitable) while playing a stellar right center for our blue team. Our USA Blue team went undefeated in the DR, winning all our games against the USA White as well as both Punta Cana teams. The P.C. teams were primarily all under 30, although I saw one guy with some gray and I was told he was old- over 40! Fast, tons of power. Our secret for beating them is that they are not familiar with slow pitch. Their pitchers struggled to throw strikes at times and their hitters fouled out or hit home runs for outs after the five-homer limit was reached on a few occasions. But if they practice for next year, we're in big trouble!

When we go to Europe we generally play young men as well, but we were surprised to find that in Prague there is a long tradition of playing baseball and softball because of interactions with Cuba from when

Czechoslovakia (now the Czech Republic) was behind the Iron Curtain. They have a complex of three softball and two hardball diamonds where we were part of a large pre-existing tournament. Our two USA teams were placed in two different brackets for ages 50+. We still were older than our opponents but it was closer than usual. We were also surprised to discover that they play either fast pitch or modified pitch- and we had to play their game this time. Again our secret weapon- they struggled to hit our slow pitches. We didn't have a pitcher who throws fast so we stuck with what we had and it was successful. In Prague our USA teams were both undefeated.

In Budapest, we played our rules but against primarily young folks; there were a fair number of Americans on their teams, and a few women on some. We played at a hardball diamond they've carved into a field in a beautiful small town just north of Budapest called Szentendre, also on the Danube. After our games on Saturday, some of the young players from their baseball club led us on a walking tour of the village, including their favorite gelato stand.

Our USA Red team lost by one run in 8 innings in the final of the Budapest tournament- we had beaten that same team the day before but what the heck.



Commemorative mini-shirt for the Prague Tournament.

The final result was a lot of fun we all shared and I know we all had a great time. By the way Goulash really is Hungary's national dish, and it's really good. And we discovered that prices at restaurants in Prague and Budapest are really low and the food is great and so is the beer. The cities are clean and beautiful and English is spoken widely. Our trips always include tours and plenty of free time too.

My final word: If you like softball and you like to travel, the SSUSA trips are awesome. You will make lifelong friendships; I certainly have.

Dave Weinman is a long time Senior Softball player and Senior Softball News Contributor who travels and helps coordinate most of SSUSA's international tours and trips.



View of Danube River and Pest from Buda.



On the road to Prague Castle.



# Summer TOCs: From California Coast to Upstate New York

## 5 Undefeated Runs to Victory in NorCal State

By Donna McGuire  
Senior Softball Report

Though it always pays to win bracket games, repeated bracket success proved especially beneficial during the CAN-Sirs/SSUSA NorCal State Championships played in Elk Grove and Sacramento.

Five teams won championships with undefeated runs through their brackets during the 39-team tournament played June 10-12. By contrast, only two teams survived elimination games and then double-dipped their opponents to win titles.

One Nevada team and one from Oregon joined six California teams as champions and winners of berths to the 2023 Tournament of Champions in Polk County, Florida.

The **40+ Major** division boasted the most teams with seven. The top two teams faced each other four times – and split the four games. KJE



**CAN-Sirs (Exhib.) team. CAN-Sirs is an organization "dedicated to cancer awareness/prevention among senior softball players."**

of California won the two that mattered most by double-dipping Supreme Athletics of California 16-14 and 19-10 to win the championship. BPS of California won three elimination games to finish third.

Six teams vied in the **50+/55+ Platinum** division, which was won by second-seeded Gold Nation 50s of California. It defeated Battleborn of Nevada 19-4 in the title tilt. A&B Plumbing of California finished third.

In the six-team **50+ AAA** division, second-seeded 805's PE Class edged top-seeded CaliGold 50 by a run, 19-18, for the title. The NorCal Hitmen took third.



**805's PE Class (CA) 50 AAA Champs**

of California faced the same team four times in the **55+ Major** division and came out ahead three times – including the final two games. Runner-up Supreme Athletics had nipped Worth Miken 23-22 in their first bracket game. Then Worth Miken double-dipped Supreme 20-10 and 15-14 to win the division. JU Entertainment of California finished third of four teams.

Northwest Oregon Elite

went 5-1 overall and earned a 15-14 victory over California Energy 60 in the title game of the **55+/60+ Gold** Division. CaliGold 55 won three

elimination games to finish third in the six-team division.

Three California teams competed in the **60+/65+ AAA** division. It's 5 O'Clock Somewhere, the top seed, defeated the Misfits 14-7 in the championship game. Island Tropic finished third.

In the five-team **70+ AAA** division, Last Call of Nevada capped an unbeaten tournament with a 21-7 championship victory over Please Don't Bug Me of California. NorCal 70s finished third.

In the **75+ AAA** division the Sacramento Buds lost the first game of a best-of-three series 16-6 but rebounded to capture the title with 10-6 and 10-9 victories.



**Sacramento Buds 75 AAA Champs**

## Teams Defend Their 2021 Titles in SoCal State

Five teams successfully defended their 2021 titles during the 2022

Southern California State Championships played from June 21-26 at parks in Cathedral City and Hemet.

On the women's side, HTS-Here to Smash and Pro Moves repeated as the best of their respective divisions. On the men's side, Weakened Warriors 65, Lights Out 65 and D & K Softball all won their second consecutive SoCal championships.

Eighty-three teams entered the six-day event held at Big League Dreams and Diamond Valley Lake Sports Complex. Twenty-one teams earned bids to the 2023 Tournament of Champions in Polk County, Florida.

In the **women's 40+ Masters Major** division, HTS swept its two games against Hafta Play as the teams played a best-of-three format. Both are California-based teams.

Three California teams competed in the **women's 40+ Masters AAA** division won by Pro Moves, which defeated runner-up Cali Freak Show 24-15 in the championship game. Blue Crush placed third after losing two one-run games.

LOL-Legit Ol' Ladies won the four-team **women's 50+ Seniors** division with an unbeaten record. Legit defeated Takin' Chances 15-3 in the title game. Stix With Impact finished third. All are California teams.

California teams also  
**Continued on next page**

## TOC Wrap-up: NorCal & SoCal Tourneys Give 29 Teams TOC Berths

**Continued from previous page** swept the top three spots in each of the **men's 40+ Masters** divisions. And in each division, the winners needed two championship games to secure their crowns.

JK Inc. nabbed the **40+ Major Plus** title with a 30-15 victory over Fattboyz/Elite, which had dealt JK its only tourney loss in the first championship game, 35-34.



**LOL - Legit Ol' Ladies (CA), Women's 50+ Seniors Champs pose with finalists Takin' Chances (CA) at SoCal State.**

Asylum Ballers finished third.

Top-seeded Genesis/One 5/BG won the eight-team **40+ Major** division but needed two title games to do it. The SoCal Misfits beat Genesis 20-11 in the first championship game but fell 16-7 in the second. West Coast United placed third.

Two one-run championship games decided the men's **40+ AAA** title. Shoots won the first game 25-24 but Team Amaya prevailed 26-25 in the second to earn the crown. Skrewballs finished third in the four-team bracket.

The **men's 50+ Platinum** division qualified two teams for the 2023 TOC. Fattboyz/Prestige/Elite, a Major Plus team from California, won the four-team division by defeating Top Gun Diamonds 22-13. As the top finishing Major team, the Diamonds also notched a TOC bid. Third place in the division went to Bad Attitude of California.

In the **men's 50+ AAA** division, top-seeded L.A.F. 55/50 of California put together an impressive undefeated run through pool and bracket play. It won every one of its five games by at least 10 runs, including a 14-4 title-game victory over Damage of Nevada. The Vandals 60 team finished third.

NW/Oregon Elite of California also compiled an undefeated record as it won the men's **55+ AAA** title. It capped a 6-0 tournament with a 20-0 championship victory over Enforcers of California. The Top Gun Phantoms placed third in the nine-team bracket.

Five teams vied for the **60+ Major** title won by Express 60s of California, which defeated Weekend Warriors of California 12-11 in the championship game. Vegas Elite finished third.

Lights Out of California raced through **60+ AAA** bracket play unbeaten until the title game, where Git-R-Done revenged an earlier loss with a 30-19 victory. Next came a high-scoring championship finale in which Git-R-Done prevailed 27-25 for the title. Third place in the seven-team bracket went to Scrap Iron Heavy Metal.

The **60+ AA** division also needed two title games to decide a winner among three California entrants. So Cal Riptide lost its first bracket game before winning three in a row, including 28-21 and 20-17 victories over the Advil Knights to earn the championship. So-Cal Titans finished third.

California teams played best-of-three brackets to decide the **men's 65+ Platinum** division, the men's 65+ AAA division and the men's 70+ Major division.

Samurai 65 swept Top Gun Elite 21-12 and 14-5 to earn the **65+ Platinum** title.



**Samurai 65 (CA), 65+ Platinum Champs at Southern California State.**

Weakened Warriors swept Git-R-Done 18-8 and 19-9 to win the **65+ AAA** title.

Over the Edge swept R&R 11-10 and 9-5 to win the **70+ Major** title.

Four California teams played in the **65/70+ AA** division. Lights Out 65 won a 16-9 victory over Get-R-Done 70s for the championship. Franklin Loan Center took third.

Five California teams battled for the men's **70/75+** crown. D & K Softball double dipped No Guts, No Glory by the thinnest of margins, 16-15 and 10-9, in the championship games. So Cal Warriors placed third.

All teams in the men's 75/80+ and 80/85+ Gold divisions hailed from California as well.

Al's Sport Shop won the four-team **75/80+** bracket by defeating J Squared 8-5 in the finale. Top Gun 80 Gold placed third.

The Top Gun Blue Angels won the **80/85+ Gold** division 7-0 when Top Gun Diamond forfeited the title game. Git-R-Done Silver placed third.

## New Location and Fields Draws More Teams to Midwest Champs

When the Midwest Championships moved to suburban St. Louis this year, interest spiked higher than anything experienced in more than a decade.

Sixty-four teams from 12 states entered the 2022 event, which was played at two fields at Founders Park in Lake Saint Louis, Missouri, and four fields at Wapelhorst Park in Saint Charles, Missouri, from July 8 to 13.

The overall team tally marked a 73 percent increase in entries from 2021, when the event took place in Rogers, Ark. And it was higher than any Midwest Championship since at least 2008.

"It was great to see the growth in the tournament," Tournament Director Don Brooks said. "And the sportsmanship throughout the tournament was pretty darn good."

So was the competition. One run decided a whopping

**Continued on next page**







# TOC Wrap-Up: Qualifiers Lead Teams to the Vegas Worlds!

Continued from previous page

seventh. Second-seeded Deep Purple from Massachusetts doubled dipped Spring Ford of Pennsylvania 24-11 and 17-8 to win the seven-team **65/70+ Gold** division. Though the top-seeded Rochester Royals of New York lost their first bracket game, they worked through the elimination bracket to a third-place finish.



Finance of America - 55 Major Champs

In the three-team **65+ Major** division, The Ockers Company of New York won the if championship game 21-16 after losing the first title game 8-7 to Talaga Construction of Connecticut. Empire Monroe of New York finished third. The Hudson Valley Cyclones 65s nabbed the championship of the five-team **65/70/75+ Silver** division with a 14-3 title game victory over the Syracuse Cyclones 70s. JAG-ONE/Jersey Masters Red placed third.

# Longtime Manager, Player Die

Robert M. Ramirez



Roberto Madrid Ramirez, 75, of Las Cruces, N.M., died on July 11. Robert, a diehard baseball and softball fan, played with Senior Softball USA since 2009 and has remained loyal to the El Paso Nine-Elevens since 2012.

Service was important to Robert, having served in the Marine Corps and working 23 years as a fireman for the Las Cruces Fire Department. Upon retirement, he worked as a handyman at his church.

“One of Robert’s pride and joy was baseball...he played, he coached, but simply just loved the game,” says his online obituary, which

## Obituaries

has a softball diamond as the background.

Michael Kapchuk

Mike Kapchuk, 84, died on May 24. Mike was the



manager of two teams: the Gold Rush 80 team and the Jaguars 85 team. Both teams are restructuring to continue tournament play after the loss of their manager/sponsor.

Mike was a multi-sport athlete in high school including track where he still holds the school’s 100-yard hurdles record. He also played tight end in college and was on football, baseball and basketball teams when he was in the U.S. Marines. After his military service, Mike joined

IBM as an engineer and moved to San Jose. There he was a coach for PAL football for seven years and high school football for two years. He began playing softball in rec leagues, and when he turned 50, he began tournament play.

His teams played in national tournaments over the years, becoming the national champions in 1992. Over the years he played with Big Valley, Vintage Homeboys, and Royals, but for many years he sponsored teams as Kap’s Vending, a business he started after retiring from IBM. He was known as a hard-working manager, arriving early to tournaments to scout opposition teams. He is deeply missed by his family, friends, and many players.

*Written by: Dennis Logie, President and Chaplain of the Redwood City Seors Softball Club, member of Gold Rush 80 (found and managed by Mr. Kapchuck).*

# FCC Rules Target Robocalls

The Federal Communications Commission has accelerated rules aimed at reducing the torrent of robocalls – many of them scams – that afflict older Americans every month.

The requirements are aimed at “gateway providers”, or smaller companies that move calls between larger networks.

Scammers and other robocallers often use a technique called spoofing that lets them pick a fake phone number to appear on your caller ID. This makes it appear to be a local

call, although many of them originate overseas.

Most large telecom companies have been required by the FCC since last year to adopt a technical protocol called STIR/SHAKEN to verify that calls originate from the number that shows up on your phone.

Smaller companies were given more time to comply. But robocallers simply moved their operations to those smaller gateway companies.

To combat this, the FCC said that as of the end of June, those small companies must

also implement the STIR/SHAKEN technology.

*Reprinted from the AARP Bulletin, July/August 2022, Vol. 63, No. 6, Pg. 4.*



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# Money Matters: Inflation and Fixed Incomes

By Jack Sirard

The sharp sting of rapidly rising prices is being felt across the nation— if not the entire world.

We see it every time we pull our Ford pickup into the service station or shop at the local Safeway market. It seems like everything from a tank of gasoline to a couple of two by fours at the local hardware store are going up.

Most seniors, particularly those living on fixed incomes, certainly are being affected by two things that they just can't (or shouldn't) cut down spending on: food and drugs.

But many are.

In fact, there's growing evidence that financially challenged seniors are trying to save money by only taking their prescription medicines every other day or so in an effort to make their drugs and money go a bit further.

While there's a lot of finger pointing going on regarding the cause of the rapid rise in inflation, it's pretty clear to me that there's not just one culprit. I mean you can certainly blame the oil companies, the politicians or point to the ongoing war in the Ukraine or even climate change.

And of course, some merchants are just using all of it just to raise prices even further to bolster their profits.

In short, for many, many seniors, it's just tough making ends meet.

Very few of us on Social Security can even remember receiving the 5.9 percent cost-of-living adjustment (COLA)

## Heard From The Dugout

*"Saving: Bank accounts are like toothpaste... easy to take out but hard to put back."*

Robert Ackersstrom



that was supposed to help offset rising costs in 2021.

And now because the cost of living has climbed higher and faster this calendar year, many are talking about an even greater COLA with our Social Security payments beginning in January 2023.

While no one knows for certain how large the 2023 COLA will be because it depends on the course of inflation over the remaining months of 2022.

Earlier estimates pointed to an increase of as much as 8.6 percent for the coming year, but now we're seeing numbers as large as a whopping 10.8 percent which would be the biggest increase since inflation was roaring in the early 1980s.

Here's how that speculative number translates: Currently the average monthly Social Security payment in \$1,658 and with a 10.8 percent hike, recipients would be getting \$1,837 come January 2023. As the financial analysts like to say, your numbers will vary, but you get the idea: an increase of \$100 or more per person seems highly likely at this point in time.

But all those higher numbers may not

be as promising as they sound.

While the COLAs were created to help out retirees dealing with inflation, over the years those bump ups haven't done a great deal just to keep a level playing field.

Just look at the last year, for example. That 5.9 percent increase we got in January has already been largely erased by this year's inflation rate of 8.6 percent.

And since 2000, it's been estimated that those receiving Social Security benefits have lost about 40 percent of their buying power.

Because of that, financial experts say it more important than ever to continue to build up your investment egg by setting aside a few more dollars if you're still working or looking for ways to cut expenses if you've already retired.

In either case, it looks to be a tough year on the expense side of the ledger at least for the foreseeable future.

*Jack Sirard is a retired nationally syndicated financial columnist and senior editor for Senior Softball News*



# 2022 WORLD CHAMPIONSHIPS: ROADS LEAD TO LAS VEGAS

## Countdown to Worlds Speeds Up

By Nic Francois  
Managing Editor

As we wrap up the Eastern and Western Nationals, those championships mark the countdown for the World Championships and the last quarter of the 2022 season. Hundreds of teams have qualified for the World Championships by playing in our qualifiers, however many teams still need to qualify.

If you are one of those teams, don't worry. The remainder of our season has plenty of qualifiers and a few TOC qualifiers for your team to play to qualify for the World Championships this September.

SSUSA Senior Officials confirmed that the 2022 World Championships will be returning to Las Vegas for the 9th year. SSUSA, which has run major tournaments in Las Vegas for the past two decades, has already lined up numerous fields, host hotels, and sponsorships for September 15 – October 2, 2022.

Last year's 2021 World Championships was record breaking with 650 teams representing 40 states, Guam, and two Canadian provinces. The championship took 15 days for 2,103 games across 35 divisions on 9 fields.

Our Officials are expecting an even bigger turnout for this year's World Championships as the country eases up Covid-19 restrictions and more people are ready to return from quarantine.

While there are several qualifying tournaments to choose from, consider playing in these upcoming TOC qualifiers for the best experience and a chance to receive an invite to the Tournament of Champions held in Florida, February 2023.

### 2022 Southern Championships

Location: Dalton, GA  
Dates of Play: August 12-14, 2022  
Deadline: Friday, July 29, 2022  
Entry Fee: \$555



Dalton, Georgia is perfect for any history or Civil War buff, learn about the South's first railroad tunnel and its relation to Dalton's Civil War battles.

The Southern Championships will take place at Dalton's Riverbend Park, opened back in April 2022. Enjoy the new fields and a great location.



### 2022 Northern Championships

Location: Lansing, MI  
Dates of Play: August 18-21, 2022  
Deadline: Friday, August 4, 2022  
Entry Fee: \$555



Lansing is the Capitol of Michigan and is home to numerous attractions and museums, including the R. E. Olds Transportation Museum highlighting Michigan's long automotive history.

### 2022 Rocky Mountain Championships

Location: Aurora, CO  
Dates of Play: August 18-21, 2022  
Deadline: Friday, August 4, 2022  
Entry Fee: \$560



Aurora is home to numerous beautiful hiking trails, parks, and streams. It borders Denver, the state Capitol.

By Jack Sirard

Co-Ed teams from North America will take on teams from around the world during the upcoming Senior Softball World Championships in this Oct. 1-2.

This is the third year for the Co-Ed Division.

The last time SSUSA put on an International Division, in 2019, teams from Panama, Germany and the United States competed. This year the division is expected to attract teams from Europe, Asia, Canada, Mexico and, of course, the United States.

Describing the 2019 International Co-Ed Championships, the manager of the German team, Ron Marier, said: "For the Bavarian Royals words can't do it justice. An amazing tournament/ experience both on and off the field. Or as we would say in Bavarian 'A Riesengaudi war's!'"

The overall purpose of the International Co-Ed division is to build international friendship through a common love of the sport.

SSUSA is supplying the bats for the male batters all co-ed games. Each player from the winning team wins a free Championship Ring made by Josten's. SSUSA is waiving the player registration fee for Co-Ed players.

To register your team to play in the World Championships, call SSUSA at 916-326-5303 or email [info@seniorsoftball.com](mailto:info@seniorsoftball.com) to enter your team.

Jack Sirard is a retired nationally syndicated columnist and senior editor for Senior Softball USA.

## Worlds Co-Ed Teams Compete in Las Vegas!



If you are 40+ come play with us:

The International Co-Ed Division for the SSUSA World Championships returns in 2022

In 2019, teams from Germany, Panama, and the United States came to play in the inaugural International Co-Ed Division. Make sure your team joins in 2022!

What you need to know:

International Co-Ed Division  
2022 SSUSA World Championships  
Las Vegas, Nevada  
October 1-2, 2022  
Entry Fee: \$395  
Entry Deadline:  
Thursday, September 1, 2022

For more information:  
Contact Senior Softball USA,  
[info@seniorsoftball.com](mailto:info@seniorsoftball.com) to get your team set up!

FYI - North American team rosters will be restricted to their respective metropolitan area.



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916-326-5303 9823 Old Winery Place, Suite 12 Sacramento, CA 95827

## Heard From The Dugout

"There's a lot of things in life you can't control, but how you respond to those things is the one thing you *can* control... If I wasn't hitting, I figured that I just wasn't hitting, not that I *couldn't* hit... The best way to deal with any bad situation is to believe in yourself."

Yogi Berra



# Players Recognized Across 12 Tournaments

Congratulations to the All-Tournament selections from the following tournaments! First places teams earn five all-tournament selections, second place gets four, while third place earns three. Managers, if your All-Tournament selections are missing; please email in your honorees to [info@seniorsoftball.com](mailto:info@seniorsoftball.com).

## Gold Glove Classic I **Men's 55+ AAA**

Ranalls Reality 55 (AZ): Anthony Lancia (MVP), Rich Moores, Don Ranieri.

**Men's 60+ Major**  
Sidewinders 60s (AZ): Ron Scrivner, Rodney Roth, Dave Zukea.

Arizona Old School: Ken McCarthy, Joe Joice, Brandon O'Connor

**Men's 60+ AAA**  
Los Vatos Viejos 60s II (AZ): Steve Strawhun (MVP), Wayne McComcormak, Tom Harris, Rudy Franco.

Thunderstruck 60s (AZ): Darren Cox (MVP), Jeff Marine, Allen Nelson.

**Men's 60+ AA**  
Arizona Blaze 60s: Garcia Futinco, Phil White, Jeff Lemaw.



Road Warriors (AZ) 60 AA at the Gold Glove Classic I.

**Men's 65+ Major +**  
Demolition (CA): Wayne Wilcox (MVP), Ron Krammer, Anthony Hinojosa, Matty Fähring.

**Men's 65+ AAA**  
Bucky's Casino 65s (AZ): Bob Ziegler, John Corcoran, Mike Gault.

**Men's 70+ AAA**  
Tri-State Diamondbacks 75s (NM): Robert William, John Battaglia, Spence Preston, Dave Luebber.

Full Throttle (AZ): Don Fredricks, Dennis Christ, Don Dudley.

Sidewinders 70s (AZ): Orie McDonald (MVP), Mike Cahill, Bob Nesbitt.

Arizona Scorpions 70s: Paul Carpenter, Granville Smith, Kenny Sheffield.

## Gold Glove Classic II **Women's 40+ Masters**

Saints (AZ): Jenn Adams (MVP), Ramona Llerenas, Amy Huenneke, Patti Albrecht.

My Auto Jack (AZ): Abby Villa, Monika Crank, Teresa Hansen.

Notoriously We Gucci (AZ): Missy Maestras, Lawanda Mosley, Dina Franco, Nancy Vasquez.

**Men's 40+ Masters**

Good Old Boys (NV): Matt Franci (MVP), Alan Hom, Frank Talmedge, Joey Quiroga.

Borrachos 2.0/4BE (AZ): Jesus Cosme, Johnny Pagan, Sean Klasen.

## Spring Training Classic **Men's 50+AAA**

Lokahi AZ: Don Larve (MVP), Bob Hart, Manny Maltos.

Tucson Hammertime Softball (AZ): Ron Rodriguez, Terry Bisser, Fred Serna.

**Men's 55+ AAA**  
Xtreme (AZ): Donnie Sorenson (MVP), Joe Baranski, Rick Pinter.

Scrap Iron Mile High (CO): Jay Besley, Mike "Dirty" Donohoue.

**Men's 60+ AAA**  
Arizona Scorpions: Mark Koskovich (MVP), Kenny Sheffield, Dan Melosi.

Los Vatos Viejos 60s II (AZ): Rob Scott (MVP), Rick Antione.

**Men's 60+ AA**  
Rolling Thunder (NM): Jim Davis (MVP), Johnny Arviso, Joe Mesich.

**Men's 65+ AA**  
Duke City Dynamite (NM): Bryan Olson (MVP), Glen Kraft, Dan Orchowski.

Los Vatos Viejos (AZ): Billy Ong (MVP), Wowie Rosales, Roy Duarte.

Full Throttle (AZ): Taylor Branch (MVP), Dennis Seper, Tom Glasgow.

## Spring Nationals **Women's 50+ Gold**

Kryptonite (FL): Sara Payne, Veronica Shaw, Colleen Smith, Rhonda "Dooy" Cline, Valorie Mullins.

**Men's 50+ Major**

50 Kal/Reliant Underground (FL): David Ireland, Graig Mock, Ronzo Brown, Chris Cain.

Avalon Insurance (FL): Luis Colon, Bob Olsen, Vincent Pella.

**Men's 55/60+ Gold**  
Top Dawgs (FL): Steve King, Alan Chapman, Donny Meyer, Tommy Vorie.

RBC (FL): Kevin Gordon, Craig Knowles, Kurt Musial.

**Men's 65+ AAA**  
FL. Mustangs (FL): Lonnie Netzel, Ralph LaRue, Randy Sanney, Steve Roberts, Frank DeLuca.

Redhawk Nation (FL): Beaver Micklos, Bob Putnam, Bob Barry, John Collins.

**Men's 70/75+ Platinum**  
Venom 75s (FL): Jim Davidson, Gary Nicolay, Don Cabral, Phil Farmer, Dana Kimmel.

## Spring Worlds **Women's 40+ Masters Major**

Utah Relics (UT): Patty Weaver, Malia Krogstad, Virginia Benard, Jayme McWidener, Allison Dennison.

Custom Truck (NV): Christina Jenkins, Wendy Webb, Shalli Williams, Erica Judge.

**Women's 40+ Masters AAA**  
Vintage 208 (ID): Heidi Hobbs, Renee Bade, Kim Presnell.

**Men's 50+ Major**  
Onyx 50s (AZ): Kenneth Shipley, Mike Wilmer, Rick Lundy.

**Men's 50+ AAA**  
Damage NV: John Medina, Jeremy Cavaretta, Brooks Archuletta, Thomas Wood, Al Garcia.

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# All-Tourney: Players Shine in Tidewater

Continued From Page 18

Team SMS (NV): Randy Flowers, Tim Morenz, Billy Zacharias.

## Men's 55+ Platinum

PX 40/40 (NV): Ben Gonzalez, Wayne Brandon, Mike Printy, Joe McCallum, David Bogatz.

L.A.F. 55 (CA): Bob Baer, Matt Dobyns, Shawn Devlin.

## Men's 55+ Silver

Bootleggers (CO): Dave Lussier, Dave Smith, Bill Roberts, Bill Henricks, Paul Nappo.

Six Five O's (CA): Matt Atwater, James Delany, Rich Wachter, John Batinich.

## Men's 60+ Major

Express 60s (CA): Fernando Hill, Brad Davis, Dennis Cabana, Eddy Wong, Darren Howe.

Sidewinders 60s (AZ): Don Stogdell, Chris Smith, Scott Koprivec, Bruce Theate.

Peak Softball/Scrap Iron (CO): Brad Feik, Ken Lindow, Scott Graham.

## Men's 60+ AAA

Northwest Yeahoos (WA): Roger Williamson, Darren Taylor, Lee Libera, Kerry Pease, Mike Reeder.

## Men's 60+ AA

So Cal Riptide (CA): Ron Brisson, Joe Kramer, Glenn Mitchell, Mike Boyer, Bob Loenhorst.

## Men's 65+ Major

Scrap Iron High Octane (CO): Jamie Gowdy, Tim Ryan, Michael Dow Whitcom, Nick Longo, Randy Kunker.

North Idaho Softball Club (ID): Marlin Harris, Wayne Becker, Dennis Wolff, Kevin Jacke.

## Men's 65+ AAA

Sin City Mob (NV): Bruce King, Anthony Gulley, Felix Mendiola.

Men's 65/70+ Major + Top Gun Elite (CA): Mark Purdy, Scott Wolters, Clyde Phillips.

## Men's 65/70+ AA

Los Vatos Viejos II (AZ): Roy Duarte, Ron McDonnell, Rey Granillo, Dennis Rosales, Charlie Valencia.

Top Gun Olde Dawgs (CA): Gary Block, John Cesena, Nicho Hinojosa.

## Men's 70+ Major

Las Vegas Heat 70s (NV): Rick Mansker, Charles Carter, Bob Eyre, Alvin Tate, Alan Geary.

R&R 70s (CA): Jim Stevens, Hank Ornelaz, Steve Adams.

## Men's 70+ AAA

No Guts, No Glory (CA): Jack Brunschmid, Bruce Marchall, Jon Forbes, Randy Van Essen, Norm Coe.

Last Call 70 (NV): Steve Mason, Bob (William) Hare, Larry Berger, Steve Owens.

Ryan's Way (UT): Steve Francom, Rex Fiori, Scott Coleman.

## Men's 75+ Platinum

Sidewinders 75s (AZ): Jerry Sepich, Stan Suichta, Scott MacLeod, Rick Purdy, Carl O'Leary.

SoCal Gusto (CA): Larry Lay, Joe Hansell, Don Donderson.

## Men's 75+ AAA

Last Call 75s (NV): Doug Doolittle, Ernie Cozzalio, John Hoffman.

## Men's 80+ Platinum

General Equipment (OR): Tom Brusca, Bob Fontaine, Frank Laky, Clauis Nickleberry, Jerry Ronk.

Top Gun 80 Gold (CA): Bob McCormick, Ed Hawthorne, Joel Guthrie, Don Burden.

## Men's 85+ Gold



No Guts, No Glory (CA) 70+ AAA Champs at the Spring Worlds.

Top Gun Blue Angels 85 (CA):

Bob McElrea, Dave Duarte, Bill Emery, Ronnie Guest, Gary Evans.

## Tidewater Classic

### Men's 40+ Masters

#### Platinum

Extreme (MD): Dave Pritchett, James Ford, Wayne Boward, Lauris Belle, John Hutchinson.

Black Sox (MD): Elton Banks, Rodney Petitt, Jason Carter.

### Men's 40+ Masters AAA

Smokin Aces/American Legion Post #327 (VA): Marvin Knowles, Terry Johnson, Ricky Moyd, Ben Nelson, Michael Encalade.

### Men's 50+ Major

Gashouse (NY): Mark "Tuna" Bolano, Anthony Passaniti, Bill Reilly, Jeff Rodo.

### Men's 50/55+ AA

Backside (VA): Brian Lee, Emilio Harris, Rodney Kegler, Keith Doxey, James White.

Longshoremen 55 (VA): Dwayne Williams, Dan Mitchell, Mark Flores, Edward McGlone.

Harford Financial Group (MD): Adam Freeland, Mike

Dikeman, Robbie DaCosta.

### Men's 55+ Major

Carolina Legends 55s (NC): Adrian Dixon, Scott Carter, Steve Jones, Jay Shotwell.

### Men's 55+ AAA

N.E. Merchants 55 (MD): Bill Jerich, Randy Houck, Richy Puchlaski, Wiley Fahey Jr., Jim Contessa

### Men's 60+ Major

The Bank (DE): Tony Cherry, Doug Whitfield, Rich Ihling, John Marchisello.

Hamel Builders 60 (MD): Barry Thompson, Darryl Elzie, Major Dement.

### Men's 65+ Major

Talaga Construction (CT): Dave Kuchinsky, Ken Bavier, Jim Adamowicz, Rick Bettley, Allen King.

Promotion/Phoenix Tube (NJ): Bob Baker, Nick Kirey, Mike Santo, Chris Wurm.

High Street Bucs 65 (MD): Steve Pope, Mark Richmond, John Moore.

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# All-Tourney: Southwest Previews Vegas Worlds

Continued From Page 20

## Southwest Champs Women's 40+ Masters AAA

Not Today (NV): Nancy Grove, Alicia Vanhoy, Cynthia Dominguez.

## Women's 40+ Masters Major

Tabu (CA): Cheryl Roeper, Alice Liu, Danielle Minkel, Lorresa Kiss, Melanie Iwanasa. Tharaldson Softball (NV): Kelly Glass, Amber Carlsen, Lynn Larson, Rhonda Maier.

## Women's 50/55+ Gold Old Nasty Curves (CA):

Christina Jones, Mary Knudsen, Stephanie Landess, Maria Peralta, Michelle (Shelby) Serna. Arizona Dream Team 55s: Terri Davis, Val Smith, Terry Graham.

## Women's 50+ Major

Karphone 50s (CA): Gina Oliver, Christy Romo, Jojo Fukuma, Carolyn Norman.

## Men's 40+ Masters Major KJE (CA):

James Bassett, Jon Gallagher, Anthony Mares, Skylar Jordan.

## Top Gun Storm (CA): Paul Hausbeck, Cary Cube, John Failla. Men's 40+ Masters AAA Underdawgz (AZ):

Greg Gonzales, Hector Cruz, Lucio Gaspar, Aaron Fritz, Lorenzo Ortiz.

Skrewballs (CA): Eddie Vasquez, Anthony Garcia, Hector Alikhan, Anthony Smith.

## Men's 50+ AAA Kons Trenching (WI):

Scott

Shambow, Bart Kons, Kurt Ortlieb, Tim Raymond, Joey Carlsen.

## Men's 50+ Platinum

Shakas (CA): Derek Muller, Rodney Dotson, Mike Smith.

## Men's 55+ AA:

St. George Raptors (UT): Steve Belnap, Robert Carrington, Roger Larson, Randy Nelson.

## Men's 55+ AAA

Top Gun Phantoms (CA): Dan Wray, Karl Burk, Nick Miller, Gene Leves, Gary English.

Ranalls Realty 55 (AZ): Tom Ranalls, Mark Spangler, Greg Fortin, Rick Moores.

## Men's 55+ Major

L.A.F. 55 (CA): John Patterson, Wayne Zucker, Bobby Gunn, Dean Childer, Matt Dobyns.

## Men's 60+ AA

Tri-City Legends/Time Share Compliance.com (WA): Rick McFall, Jeff Bobyack, Jeff Jensen.

## Men's 60+ AAA

Silver Stars (CA): Ray Robles, Andy Mendoza, Mike Rask, Steve Johnson, Mike Leighty.

Arizona Scorpions: Marty Hobby, Rod McGee, Jon Hendrikse, Brad Wendt

## Men's 60+ Major

Peak Softabll/Scrap Iron 65s



Tabu (CA) Women's 40+ Major Champs posing with Finalists Tharaldson Softball (NV).

(CO): Mike Jiles, Kevin Graham, Chris Crumrine, Joe Ribeiro, Kevin Flynn.

## Scrap Iron/Rocky Mountain

Thunder 60 (CO): Kim

Oliverson, Steve Antonczyk, Phil Bryant, Randy Strandberg.

## Men's 60+ Major +

LPC 60s (CA): Dan Revalos, Vern Ramie, Dave Barretto, Jimmy Ferguson.

## Men's 65+ AA

The Family (NV): Dave Pasos (MVP), Dom Vittori, Tod Niemuth, Jeff Rosenblatt, James DeGroot.

Duke City Dynamite (NM): Peter Cebra, David Padilla, Dan Orchowski, Kempton Lindquist.

Los Vatos Viejos 65 II (AZ): Marcy Villanueva, Rey Granillo, Charlie Valencia.

## Men's 65+ AAA

Sin City Mob (NV): Andy Moscow, Rudy Escamilla, Dale Palmer, Marc Schafler, Michael Flanery.

Full Throttle 65s (AZ): Vic Johnson, Tom Glasgow, Lance Heverley, Pete Dellios.

## Men's 65+ Major

Scrap Iron Xplosion (CO): Michael Richardson, Arlis Bader, Ed Dilley

## Men's 65/70+ Major +

Cal Energy (CA): Dave Matusich, Wayne Doty, Mike Lorden, Paul Ortiz, Perry Carrubba.

## Men's 70+ AA

Git-R-Done 70 (CA): Alan McLin, Robert Heggie, Gary Nieman, Ron Meyer.

## Men's 70+ AAA

Ryan's Way (UT): Mike Marshal, Steve Francom, Steve Schroeper, Gary Rigby, John Yates.

Last Call 70 (NV): Larry (Chili) Berger, William Hare, John Ohm, Ken Lamb.

## Men's 70+ Major

AZ Ancient: Cliff DeKnikker, Dick Reader, Bill Campbell, Mike Gloyd, Larry Kaufmann.

Arizona Scorpions: Mike Cosgrove, Jim Lewis, Jim Wright, Granville Smith.

## Men's 75+ AAA

Vegas Strong: Dale Alcorn, Mike Berry, Raymond Pingree, Ed Wade.

## Men's 75+ Platinum

Sidewinders 75s (AZ): Jerry Bianchi, Jerry Sepich, Greg Broeckelman, Jerry Hester, Mike Lavis.

Tri-State Diamondbacks 75s (NM): David Luebber, Ranison Kennedy, John Florence.

## Men's 80+ AAA

Hui Ohana (HI): Danny Ayala, Manny Ramos, Al Apo, Albert Matsumura.

Git-R-Done Silver (CA): Jack Fisher, Ben Plascencia, Jerry Callahan.

## Men's 80/85+ Major

Sidewinders 80s (AZ): Billy Kee, Paul Felice, Jay Larson, Curt Arthur, Melvin Bentley.

Top Gun Gold 80 (CA): Ed Hawthorne, Jerry Herling, Bob McCormick, Frank Mazzeo.

## Continued on next page

# All-Tourney: Playing Reno to Raleigh

Continued From Previous Page

## Texas State Champs Men's 60 Major+: Texas

Crush Sixties: Murray Williams, Donnie King, Mark Henson, Donnie Colbath, Bobby Gilbert.

## Men's 65+ Major

Mayhem (OK): David Baker, Danny Wick, Gary Tackett, Bobby Sandlin.

## Men's 75+ Gold

Midwest Express 75s (IA): Larry Orth, Larry Stolte, Ed Rastovski, Eddiw Rohrer, Ed Tworek.

## Atlantic Coast Classic

## Men's 40+ AAA:

Warpath (MD): Deric McGowan, Narva Thompson, Jim Watson, Corey Shaw, George Jones.

## Men's 50+ AAA:

Born Free Softball (NC): Jamie Sanders, Chip Moore, Donnie Goodman, Erik Jernigan.

## Men's 50/55+ AA:

Backside (VA): Scott Williams, Rodney Kegler, Mike Kein, Orlando Coronado, Dean Harmon.

## Men's 55+ AAA:

N.E. Merchants 55 (MD): Bill Jerich, Tommy Yannacone, Jeff Rowe, George Wright, Joey Valentino.

Infoquest.com (PA): Matt Murray, Fred Belinskas, Luke Melhorn, Ken Utsick.

Holy City Hitmen (SC): Ed Shifflett, Lynn Loy, Steve Wright.

## Men's 55/60+ Platinum:

Carolina Legends 55s (NC): Adrian Dixon, Brooks Holmes, Dan Williams, Jay Shotwell.

## Men's 60+ AAA:

Classics/Rheem (VA): Mike Watson, Steve Yates, Jeff Robinson, Tony Heider.

Curtis Engine (MD): Jim Watts, Joe Nosler, Dan Driver.

## Men's 60+ Major:

Olympian Athletics 60s (PA): Joe Liguouri, Carmen Loiacono, Rich McDonald.

## Men's 65/70+ Gold:

Spring Ford 65+ (PA): David Dyer, Bob Miller, Don Muir, John Cokley.

High Street Bucs 70 (MD): Bobby Lehman, Mike Wingard, Ken Ruffo.

## Men's 65/70+ Platinum:

Dan Smith/FAI/Dudley (NC): Ray Hubbe, Larry Bunn, Todd



Dan Smith/FAI/Dudley (NC) 65/70+ Platinum Champs at Atlantic Coast Classic.

Burris, Tony Cathey, Danny Reams.

Superior Senior Softball (VA): John Davide, Don Clatterbough, James McLamb.

## Men's 70/75+ Silver:

Code Electric/Oaks Grading Cobras (NC): Vasser Glen (Shotgun) Liles, Larry Whitley, Rick Royals, Warren Harrell Jr.

## Men's 70/75+ Gold:

Scrap Iron 5280' (CO): Jerry Bost, Kelly Hallman, Dave Maestas, Pat McGuigan.

## Men's 80+ AAA:

Carolina Blue Sky's (NC): Terry Peters, Mike Dolan, J. Thomas Sims, Thomas Ramberg, Sal Colloca.

Blazers (NC): Paul Math,

Bruce Remick, Ed Morenberg.

## Rock 'N Reno Cup Women's 40+ Silver:

Agree 2 Disagree (CA): Eileen Tuiasosopo, Kim Lychak, Trinae Pauley.

## Women's 40+ Major:

TABU (CA): Cheryl Roeper, Alice Liu, Danielle Minkel, Lorresa Kiss, Kelly Bedolla.

## Women's 50+ Gold:

Old School (CA): Lisa Donlea, Sabrina Bobkowski, Lisa Maxey, Tina Ochoa, Brett Corey.

## Old Nasty Curves (CA):

Stephanie Landess, Melinda Rovetti, Christina Jones.

## Women's 55+ Seniors:

Arizona Dream Team 55s:

Old Giants (CA): Tony Mouton, Shawn Rogers, Jarvis Quenga.

## Men's 60+ Major+: LPC

60s (CA): Kenny Block, Dan Arevalos, Vern Ramie, Darren Idler.

## Men's 65+ Major:

Nor Cal Reds: Ettore Minor, Gary Myas, Mike Kalas, Bobby Ellison.

Oregon Crabs 65: Chris Bailey, Curt Tejcka, Jeff Edwards, Steve Wood.



NorCal Reds 65+ Major Champs at Reno.

## Men's 65/70+ Major+: Demolition

(CA): Freddie Cantrell Jr. (MVP), Jon Kramer, Brian Graham, Jose Moreno, Glen Reid.

Texas Crush Sixty Fives:

Mike Garibay, Juan Navarro, Joe Witherspoon, Jimmy Ross.

Continued on next page



# All-Tourney: Players Going Back to Cali

Continued From Previous Page

**Men’s 70+ AA:**  
East/West Aircraft Sales (ID): Pete Sagisi, Jerry Derheim, Rex Beaumont, Craig Kvamme, Jim Marconi.

**Men’s 70+ AAA:**  
Ryan’s Way (UT): John Decker, Fred Sanchez, Gary Rigby, Jack Yates, Giese Larry.  
Lincoln Hills Coyotes  
70 (CA): Pat Sabia, Mitch Miladinovich, Mike Hilton.

**Men’s 70+ Major:**  
Codgers 70s (ID): Mike Ford, Gaylan Moore, Loren Boelman, Scott Shumway.

**Men’s 75+ AAA:**  
Maverick Constructions 75s (TX): Allan Steinberg, Larry Lopez, Rockey Crews, Ron McElyea, Jimmy Bobicheaux.

**Men’s 75/80+ Platinum:**  
Sidewinders 75’s (AZ): Jerry Bianchi, Greg Brechelman, Jerry Hester, Jerry Sepich, Mike Lavis.  
Valley Fog (CA): Bucky Harless, Kent Grant, John Hoffman.

**Men’s 85+ Major:**  
Top Gun Blue Angels 85 (CA): Jack Loy, Gary Adams, Gene Adams, Ronnie Guest, TBA.

**CAN-Sirs/SSUSA Northern California State**

**Men’s 40+ Major:**  
BPS (CA): Tyson Becker, Tommy Evon, Homer Holbrook.

**Men’s 55+ Major:**  
Supreme Athletics/Cal Energy/Outlaws 55 (CA): Ted Ursino, Rolando Beltran, Troy McKim, Troy Canalin.

**Men’s 50+ AAA:**

Nor-Cal Hitmen (CA): Lupe Villarreal, Steve Mullen, Steve Coleman.

**Men’s 50/55+ Platinum:**  
A&B PLBG 50 (CA): James Kaul, Dave Glushenko, Tim Landrum.

**Men’s 55/60+ Gold:**  
NW/Oregon Elite (CA): Pauly Hendricks, Robert Hays, Dennis



NW/Oregon Elite (CA) 55/60+ Gold Champs at NorCal State.

Fair, Dan Thompson, Mark Romero.

**Men’s 60/65+ AAA:**  
It’s 5 O’Clock Somewhere (CA): Emilo Lobato, Bobby Shanley, Keith Arnold, Mike Durst, Jack Wabinga.  
Misfits 65 (CA): Joe Ketner, Gary Brown, Don Jackson, Bill Eppinga.  
Island Tropic (CA): Julian Gonzalez, Alfonso Ochoa, Randy Morreira.

**Men’s 75+ AAA**  
Solano Senior Enforcers (CA): Brian Bates, Willie Elder, Hershell Hamilton, Lester Kincanon.

**Southern California State**

**Women’s 40+ AAA:**  
Blue Crush (CA): Raquel Fierro, Sharon Barrio, Ronelle Robinson.

**Women’s 50+ Seniors:**  
Takin’ Chances (CA): Lisa Faska, Sue Kalama, Michelle Adkins, Tressia Hammonds.  
Stix With Impact (CA): Shannon Elrich, Patti Albrecht, Rita Martin.

**Men’s 40+ Majors:**  
Genesis/One 5 Sports/BG (CA):

Jermaine Lewis, Keith Williams, Rico Sanchez, Jeff Pappa, Javier Fierro.

**Men’s 40+ AAA:**  
Skrewballs (CA): Hector Padilla, Anthony C, Thomas

**Men’s 50+ Platinum:**  
Top Gun Diamonds (CA): Chris Catalano, Mike Amonette, Rob Katashima, Rick Hambrick, Brad Schreck.

**Men’s 50+ AAA:**  
L.A.F. 55 (CA): Dean Childers, John Patterson, Wayne Zucker, Matt Dobyns, Bob Baek.

Damage NV: Tommy Winnett, Chaz Ward, Jon Medina, Tom Johnson.

**Men’s 60+ Major:**  
Vegas Elite: Tim Ryan, Mike Stater, Dave Cherry.

**Men’s 60+ AAA:**  
Scrap Iron Heavy Metal (CO): Steve Dissler, John Kirar, George Johnson.

**Men’s 60+ AA:**  
Advil Knights 60 (CA): Eric Brasch, Dave Skog, Robb Brown, Ron Rebel.

**Men’s 65+ Platinum:**  
Samuria 65 (CA): Al Shelly, Erik Overstreet, Mark Toma, Rick Adams, Ron Chenier.

Top Gun Elite (CA): Bob Raasch, Mark Purdy, Steve Vin Curek, Paul Lederman.

**Men’s 65+ AAA:**  
Git-R-Done 65s (CA): Dan Crawford, Dan Tsuruta, Mike Smolen, Don Coulsell.

**Men’s 70+ Major:**



Genesis/One 5 Sports/BG (CA) 40+ Majors Champs at Southern California State.

R&R 70s (CA): Tom Plucinak, Ernie Lueras, Art Langlois, Bill Probasco.

**Men’s 70/75+ Gold:**  
D&K Softball (CA): Randy Gomez, Danny Crenshaw, Ricky Harris, Bob Herrera, David Lacey.

Git-R-Done 75 (CA): Robert Fishburn, Eddie Cordero, Mike Cross, Bob Heggie.

So Cal Warriors 70s: Bob Marago, Ken Kowalsky, Davo Olivas.

**Men’s 80/85+ Gold:**  
Top Gun Blue Angels 85 (CA): Bill Emery, Ronnie Guest, Gary Burtzell, David Buck, Gary Adams.

Top Gun Diamonds (CA): Bill Gaynor, Jerry Hanfield, Tom Harwood.

Git-R-Done Silver (CA): Gene Dick, Ed Strong, Gary Carfagno.

**Past All-Tourneys 2022 (2021 Roster) Tournament of Champions:**

**Women’s 50+ Senior Major**  
Kryptonite (FL): Karen Hunger (MVP), Tera Guzman, Sara Payne, Veronica Shaw, Diana Williams, Valorie Mullins.

Managers, if your All-Tournament selections are missing; please email in your honorees to [info@seniorsoftball.com](mailto:info@seniorsoftball.com).

# Doug Robbins Inducted into National Hall of Fame

## Softball News Report

Doug Robbins was inducted into the National Senior Softball USA Hall of Fame in a special category for his achievements overall in the sport.

“Doug Robbins is eligible to be inducted as a manager, director, sponsor and umpire – and he plays at the highest level,” said Terry Hennessy, SSUSA chief executive officer at Robbin’s induction at the Foscett Regional Park Softball Complex in Lincoln, Calif., during the Western National Championships.

One of the tests of true achievement in sports is the ability of a team to play at a high level for several seasons.

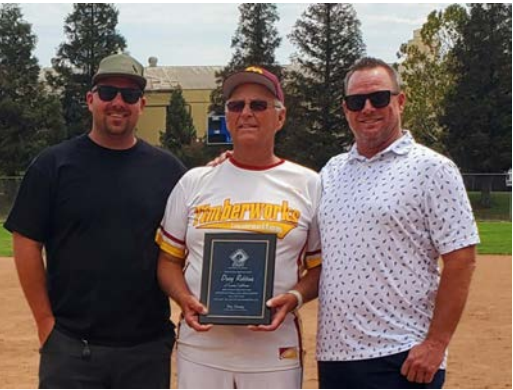
“Consider that the team that Doug sponsors, manages and plays on – Timberworks – has won 54 championships including an amazing sox World Championships and five Triple Grand Slams,” said Hennessy.

Robbins was one of SSUSA’s top umpires before he was tapped to become a director. Excelling in that capacity, Robbins was named a National Director in 2010.

Robbins said the reason for his success was treating everyone the same – and that his team culture was built on the good chemistry of his players.

“Even when we lost eight players, who aged up or retired, at the end of one

season the transition was seamless because they fit in perfectly,” he said.



Doug Robbins, and his two sons, accepting the Hall of Fame Plaque at Foscett Park in Lincoln, CA.



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# Guide to Adding Players to Rosters

Managing rosters in Senior Softball can be challenging for teams because of the restrictions on building rosters.

Our goal at SSUSA is to ensure an even playing field in all divisions. To do that, we need to be sure that rosters do not have more than three higher skill-level players and we require that teams play in a qualifier to ensure they are competing in the correct skill division.

In addition, there are four tournaments that require teams to play in a Qualifier just to enter: The Eastern and Western Nationals, the World Championships and the Tournament of Champions.

We do make exceptions for rainouts or cancelled

## Covering the Bases

By Terry Hennessy

tourneys, but teams must have been entered and have made a roster for the rained-out or cancelled tournament.

Teams can use the qualifying roster of their choice for the Easterns or Westerns or World Championships. Teams entering the TOC must enter the roster they used to win the TOC Qualifier.

Often, teams lose players for various reasons from these qualifying rosters. Here are the rules for adding players to those rosters:

**The 40-60 Men's age group teams** can add players in the same age/same skill

level if they fall below 12 players (to get back to 12 players). Teams can add players in the next older group, same skill level, or same age group lower skill level to get to 15 players.

**The 65-75 Men's age group teams** can add players in the same age/same skill level if they fall below 13 players (to get back to 13 players). Teams can add players in the next older group, same skill level, or same age group lower skill level to get to 16 players.

**Women's 40 age group teams** can add players in the same age/same skill level if roster is under 15 to get to 15.

**Women's 50 age group teams** can add players in the same age/same skill level if roster is under 16 to get to 16.

**40-60 Major Plus Teams** can add eligible players to get to 15.

**65-75 Major Plus Teams** can add eligible players to get to 16.

**80 and 85 teams** can add eligible players to get to 24 players.

**Exempted Players:** Any team wanting to add a player for a one-time exemption (without being released) due to roster depletion, must be below 12 players for teams 40-60 and below 13 players for teams 65-75. **Players must be same age/same or lower skill level.**

*Terry Hennessy is CEO of SSUSA and can be reached at: [terryh@seniorsoftball.com](mailto:terryh@seniorsoftball.com).*

# HOF Player Larry Nelson Earns Lifetime Achievement Award

Minnesotan Larry Nelson was inducted into the National Senior Softball Hall of Fame during the Tournament of Championships past February in Florida.

Continuing his success, Nelson received a Lifetime Achievement Award and a chance to throw the ceremonial first pitch at the Minnesota Twins MLB Game July 13th.

The event is remembered by his family on social media:

"A lifetime achievement for Dad alongside an on-screen recognition for Mom at the Twins Game yesterday. These two share a passion for the game - Dad in his on-field role and Mom as a self-proclaimed cheerleader on the organ bench. My favorite part is Mom's genuine smile

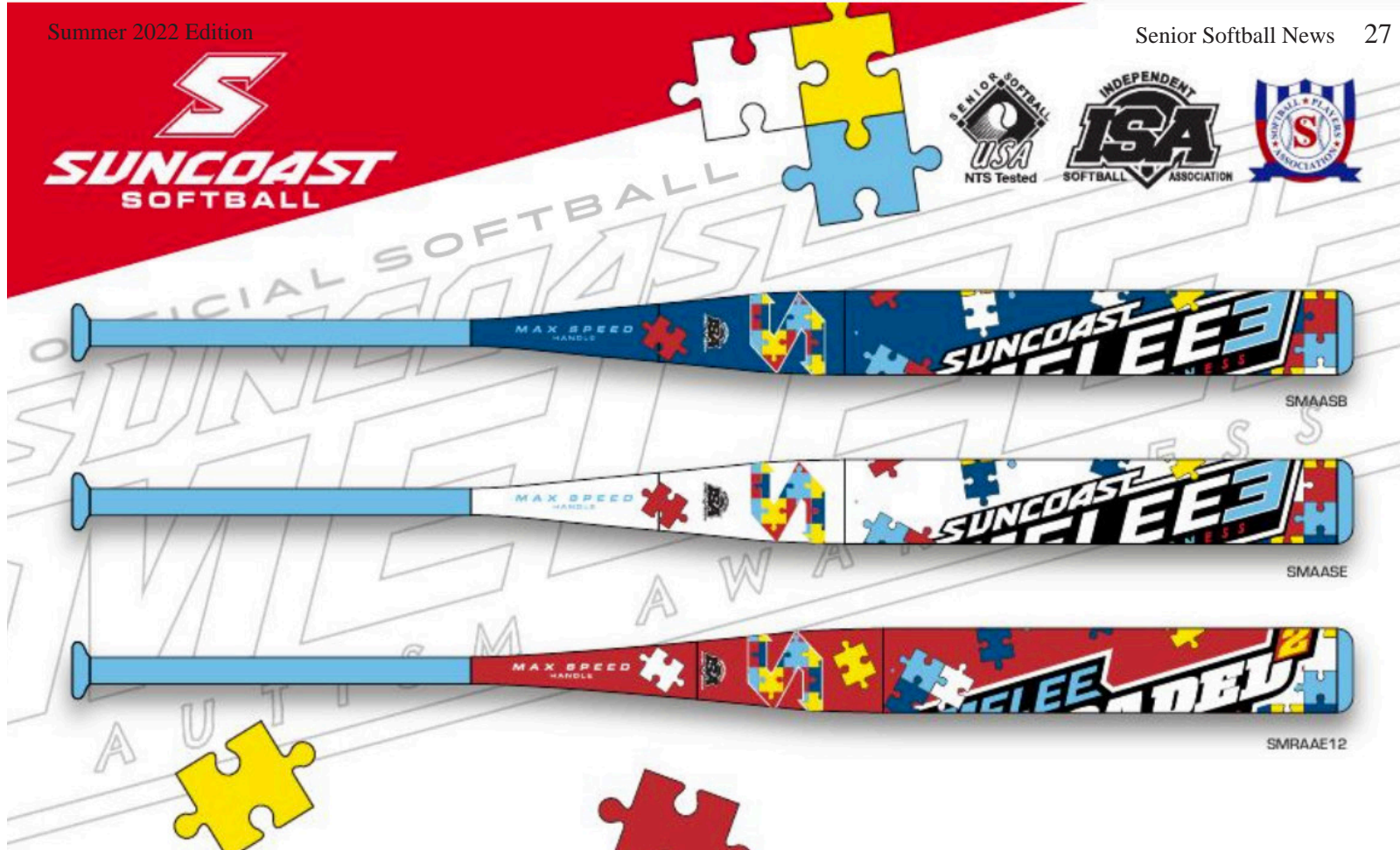
hearing his accomplishments listed by the announcer AND having her play the little ditty leading into his celebratory first pitch. This day will definitely be a lasting memory for the Nelson clan for years to come!"

Nelson was also inducted into the Minnesota Senior Sports Hall of Fame in 2014 and last year, helped his team win the 70 Major World Championships in Las Vegas - the largest tournament in America.

[Click here](#) or on the photo to see the original post and video.



Larry Nelson at Minnesota Twins' Target Field Preparing to throw the ceremonial first pitch.



## 2022 SUNCOAST MELEE SERIES AUTISM AWARENESS HIGH-PERFORMANCE SENIOR SLOW PITCH SOFTBALL BATS

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**Signatures:** Mike Brock and Richard Clark  
**Weights:** 34" / 25oz, 26oz, 27oz, 28oz, 30oz  
**Warranty:** None

### SMAASE / MELEE3 AUTISM AWARENESS END-LOADED

**Barrel Type:** 13" Barrel, 1-Piece Design  
**Weighting:** End-Loaded  
**Signatures:** George Evangelista and Kenny Kibilko  
**Weights:** 34" / 25oz, 26oz, 27oz, 28oz, 30oz  
**Warranty:** None

### SMRAAE12 / MELEE RELOADED2 AUTISM AWARENESS 12" END-LOADED

**Barrel Type:** 12" Barrel, 1-Piece Design  
**Weighting:** End-Loaded  
**Signatures:** Johnny Dykes  
**Weights:** 34" / 25.5oz, 26.5oz, 27.5oz, 28.5oz, 29.5oz  
**Warranty:** None

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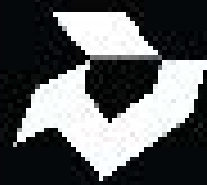
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# LEGENDARY SWINGS



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## What Is The Fourth Out Appeal?

### Umpire's Corner

By Donna McGuire  
Senior Softball Report

A few days ago, I asked one of my favorite Senior Softball USA umpires if he knew what a fourth out appeal was and when it could be used.

"Let me think," he said. "Hmmm."

After a few seconds, he shook his head.

"Why would you need a fourth out?" he asked. "You can't carry over an out to the next inning."

Based on a quick and very informal survey at a recent SSUSA tournament, few people know the rule and how it can help a defense.

Some Major League Baseball players and managers need schooling on this seldom invoked rule as well.

On June 29, the Pittsburgh Pirates had runners on second and third bases with one out in the top of the fifth inning when Ke'Bryan Hayes hit a sinking line drive to Washington Nationals first baseman Josh Bell.

Bell snagged the liner a few inches off the dirt. Both



Nick Grove (BC, Can.)

base runners misread the ball's trajectory and, thinking it would hit the ground, took off running before the ball was caught.

Bell threw to third baseman Ehire Adrianna, who tagged Pirates runner Hoy Park after Park had reached third base. This was a live ball appeal of Park leaving second base early. The third base umpire pointed to Park and said, "He's out."

Third out. Inning over.

Here's the rub. Because the runner going home crossed the plate before the tag occurred at third base, he scored. The run counted even though the runner left third base early and never went back to tag after the line drive was caught.

At this point, the Nationals could have made a fourth out appeal to erase the run. Baseball and softball rules allow such an appeal.

However, the Nationals goofed.

A fourth out appeal must be made before the infielders and pitchers have left fair territory. The Nationals did not appeal in time.



Patrick Jimenez (KS)

Replays showed that third baseman Adrianna stepped on third base after he tagged Park. Perhaps some would consider this an appeal on the runner who had scored. However, a team must tell the umpires if it is making a fourth out appeal. The Nationals did not say anything at that point. They didn't raise the appeal until after the pitcher and infielders had left fair territory.

Fourth out appeals also can be made on runner who miss a base, again if the appeal is made to prevent a



Randy Hagan (MN)

run from scoring.

For example, picture the bases loaded with two outs. The batter hits a double that he tries to stretch into a triple. He is tagged out at third base for the third out. All three runners ahead of him scored before the tag play occurred. But the runner who started on second base missed third base as he rounded the bases. If the defense makes a proper fourth out appeal, it can erase not only his run but the run of the succeeding runner. (OK,



Reggie Weatherby (TX)

I am adding in another rule here. No runner can score if an appeal play on a runner ahead of him is the final out of an inning. So, if the runner from second missed third, the runner from first cannot score, either.)

Such situations are rare. But they do happen.

In the MLB case, the Pirates benefited tremendously from the Nationals' lapse.

The Pirates won the game by one run.

Donna McGuire is SSUSA's Central Region Umpire in Chief and Chair of the SSUSA National Rules Committee.

### Heard From The Dugout

"You've got to be careful if you don't know where you're going... because you might not get there."

Yogi Berra





Kaden's Kloset of Ankeny and Humboldt, OK at Racoon City Complex for the 2022 Iowa Spring Warm-Up.

# Iowa Tournaments Donate \$5,000 to Local Charities

## Softball News Report

Senior Softball is more than just a game and this rings true for our charity tournaments run by Jim Bagbey: the Iowa Senior Open and Iowa Spring Warm-Up.

This year, more than \$5,000 was raised and presented to Kaden's Kloset.

Kaden's Kloset is a 100 percent volunteer run organization that helps provide necessities

and comfort items to children who find their lives have placed them in the foster care system, which also helps their Foster Care parents.

The donation was presented to Kristle Davis, the volunteer director and president of this nonprofit.

In the Iowa Spring Warm Up in West Des Moines at Racoon River Sports Complex, \$2,388.55

was raised for Ankeny's Kaden's Kloset.

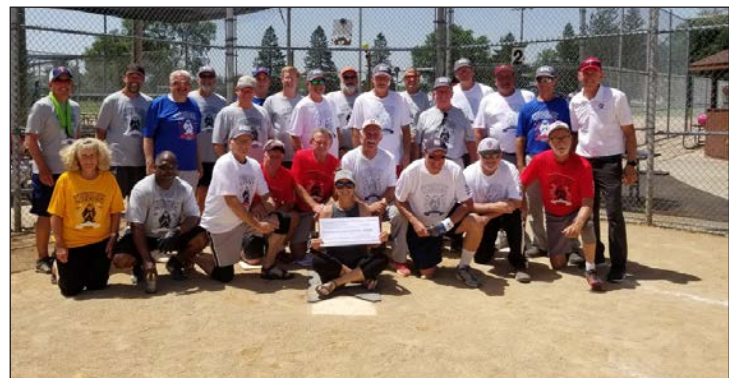
In addition, one of business sponsors gave \$1,000 to Humboldt's Kadens Kloset.

In the Iowa Senior Open in Waterloo at Hoing-Rice Complex, \$3,035.86 was raised to help both Waterloo's and Cedar Falls' Kaden's Kloset.

Kristle's 16 locations across

the Midwest and her template, which is used nationally and internationally, are helping children in the foster care system and their needs.

Thank you to all the players, coaches, teams, tournament and complex staff and Tournament Director Jim Bagbey for putting on this very successful charity endeavor.



Kaden's Kloset of Waterloo, OK - Presentation Group.



# Does Core Strength Affect Performance?

By Stan Reents, PharmD,  
Health Coach  
Senior Softball Report

Recently, core strength has been a popular focus of sports training. Many believe there is a direct link between better core strength and improved performance. However, it isn't as automatic as you might think. Here's a perspective:

First, there is definitely a relationship between core training and core strength. Muscles that make up your core (abdominals, obliques, low-back) respond to resistance exercise just like other muscles do, up to a point. But the question here is if better core strength makes you a better athlete.

This issue has been researched for decades. Dozens of studies have been published. And when there are multiple studies on a specific topic, sometimes these are evaluated as a group. This is called a systematic review or a meta-analysis.

Starting in 2006, no fewer than five reviews on this topic have been published in Sports Medicine. The latest one,

appearing in the July 2022 issue, evaluated 31 studies. It was found that training the muscles of the core provided a moderate improvement in sports performance.

That conclusion is probably not the solid confirmation you were expecting. One explanation is how core strength and sports performance are measured. For example, let's say jumping ability was used to determine performance. That may not identify the best athlete even on a basketball or volleyball team.

What about softball? Unfortunately, not one of the 31 studies reviewed in this most recent meta-analysis evaluated softball performance.

I found some interesting papers that evaluated core strength in golfers and how far they could hit a drive. Hitting a golf ball involves the same motion and same muscles used to hit a softball. Also, in golf, the ball is completely motionless at the moment of impact. Thus, that removes variables such as the speed and trajectory of a ball coming at you.

In one study, 60 elite golfers were divided into three groups: one group performed core training, another group did the same core training but also performed strength-training on their non-dominant arm, and the third group did no strength-training.

After eight weeks, the core training group hit the ball 13 meters farther than the control group. But the golfers who also performed arm-training hit it even farther. This shows that core training and arm-training can provide additive benefits.

In another study, elite golfers were evaluated to discover any relationships between core strength and performance. Abdominal muscle endurance correlated with how far a golfer could drive the ball. However, the core endurance test used was planking, which, I feel, is not the best test to use.

Can we extrapolate any of these findings to softball? Maybe. While it does seem that better core strength is helpful, it's not the only physical parameter that matters. Overall muscle strength (arms, legs) helps,

too. And, in one of the golf studies, it was determined that athletes with longer arms and legs could hit the ball farther.

For more information on this topic, I'll post a detailed review on my web site. In my next column, we'll take a look at what specific types of exercises are best for improving core strength.

\Stan Reents, PharmD, is a health/fitness coach. He created the web site [www.AthleteInMe.com](http://www.AthleteInMe.com), a resource on the health benefits of exercise. He is also the author of the sports medicine text "Sport and Exercise Pharmacology."

## Heard From The Dugout

"Violent exercise is like a cold bath. You think it does you good because you feel better when you stop it."

Robert Quillen



# The Ferris Wheel Swing In Action

By Art Eversole  
Senior Softball News  
Contributor

## Ferris Wheel Swing



A “Ferris Wheel” swing is currently the favorite of most major league ball players in the game today. This swing motion has supplanted the long time “Merry-Go-Round” shoulder motion (i.e., level swing) that we were taught as kids that produces too many ground balls.

The Ferris Wheel swing or FWS is not the dreaded uppercut swing, where the barrel is dragged to the ball in an upward motion which can lead to weak fly outs. Just as the name indicates, the FWS is like the motion of a theme park Ferris wheel. The swing starts downward gaining bat speed and then travels up as it makes contact with the softball right after the low point in the arc.

The body mechanics for executing the FWS requires your trailing side oblique muscles to experience a pinching sensation at completion. As the batter releases the bat barrel to the ball in an upward direction, the front shoulder will be pointing up and the back shoulder pointing down. This swing approach to hitting, when performed correctly, will carry the ball to the outfield clearing the infielders with line drives instead of ground ball outs.

The horizontal swing or a downward swing arc can produce a cutting action on the ball. However, this cutting action can have the

effect of cleaving the ball if not executed precisely, producing weak pop outs and just an occasional long ball. The FWS is not only a home run swing, it also produces harder hit balls to the gaps for those bases clearing shots. The FWS bat plane is not totally vertical but is about 25-30 degrees below the level swing, providing a better path to the incoming pitch (see insert).

A Ferris-Wheel swing allows the ball to be struck at its center of mass using a slight uppercut at the belly of the ball producing a greater exit speed. The FWS can also produce back-spin for that additional carry on your big flies. The shoulder movement should be more of a rocking

motion back to the catcher and then forward to the pitcher rather than horizontal.

In addition, allowing the pitched ball to travel lower before contact permits the FWS to be executed effectively. You may want to adjust your position in the batter’s box by standing a bit deeper to catch the ball at your waist to fit the FWS. Doing this also permits a longer look at the pitch for improved pitch selection which can help prevent leaking out early on pitches.

When executing the FWS, make sure to use the “turning-the-barrel” technique discussed in a previous article. Turning the barrel begins with a bat tilt toward the pitcher, then looping the

barrel backwards toward the catcher, and then sending it forward directly into the path of the incoming pitch in one continuous motion, which creates a Ferris Wheel swing.

You don’t have to be a home run hitter to take advantage of the FWS motion. It will produce more solid contact with the ball that clears the infielders (i.e., fewer ground balls) on to the outfield once you calibrate your ideal launch angle through practice.

Advantages of the Ferris-Wheel verses the Merry-Go-Round swing:

- Utilizes gravity for early bat acceleration,
- Launches the ball into the air,
- Hits fewer ground balls,
- Allows a greater margin for error when making contact,
- Drives the ball through the gaps for extra base hits,
- Matches the pitch slope better than a level swing,
- Higher exit speed.

Below are two internet links; the first providing drills to implement the FWS and a second link, featuring Mike Trout of the Angels demonstrating his FWS:

[https://www.youtube.com/watch?v=AbwjjWvOoBE&list=P\\_LQIEjLA5txkK2oLNrobmecVkdwY6pGf5z](https://www.youtube.com/watch?v=AbwjjWvOoBE&list=P_LQIEjLA5txkK2oLNrobmecVkdwY6pGf5z)

<https://www.youtube.com/watch?v=irjxSNvI6kA>

Happy hitting,  
Art Eversole

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# 2020 EMPIRE

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# Senior Softball Moves Forward with New Zealand and Annual Caribbean Tours in 2023

**Softball News Report**  
International travel – hampered for two years by a pandemic and this year by a war – has started back up with a few bumps and more than a few rays of hope in 2022.

Senior Softball USA held a very successful second annual Caribbean Classic International Goodwill Tournament in the Dominican Republic in February and followed that up with long-awaited Jewels of Eastern Europe Tour to Prague and Budapest in March.

SSUSA is wrapping up travel in 2022 with the Play Ball in Paradise games and cruise.

The 40 people on the tour will play in Oahu against local Hawaiian Island teams before boarding the Norwegian Cruise line’s luxury ship Pride of America for seven days.

The SSUSA travelers will be on Island time -- playing softball, shopping and sightseeing on three of the Hawaiian Islands: Maui, The Big Island and Kauai.



Norwegian Cruise Line's Pride of America, taken on the Hawaiian Tour.

There were, however, a few speed bumps.  
“We moved the Magic of New Zealand Tour from 2022 to March 2023 after that country closed off tourism

again early this year, and we also are moving the Pacific Rim Championships from September 2022 to the fall of 2023 after we ran into pandemic issues in Canada,” said Terry Hennessy, who is the president of the Pacific Rim Slow-pitch Softball Federation and CEO of Senior Softball USA.

The Pacific Rim Board is discussing alternatives for 2023 and hopes to be able to announce a site and date by the end of August, said Hennessy.

There has been heavy interest in both the Caribbean Classic and the New Zealand Tour.

“This third annual Caribbean Classic International Goodwill Tournament will feature two or three SSUSA teams assembled from the USA and Canada playing against local softball teams from the Dominican Republic, and possibly a team from Venezuela,” said Jim Goff, SSUSA tour director.

SSUSA players and their guests will be staying at the Bavaró Bárcelo Palace all-inclusive beachfront resort



Punta Cana's Bavaró Bárcelo Palace Beach Front Resort.



Photo of "Hobbit Hole" home from The Lord of the Rings and The Hobbit movie trilogies, famously filmed and located in New Zealand.

in Punta Cana, Dominican Republic. The resort's beautiful ballfield is located just 50 yards from the beachfront accommodations.

For more information on the Caribbean Classic [CLICK HERE](#).

The Journey Down Under to Discover the Magic of New Zealand is now March 16-28, 2023.

Travelers experience the scenic magic captured the imagination of millions in the “Lord of the Rings,” which was filmed on New Zealand’s South Island. And there is

much, much more to see and experience on both the North and South Islands – including playing softball against some talented New Zealand teams!

The response and interest have been very strong, according to SSUSA.

For more information on the Magic of New Zealand Tour, [CLICK HERE](#).

SSUSA Tours offer players and their friends and families a chance to enjoy seeing the world, playing with new and old friends from throughout America and meeting players from other countries!

For the past three decades, Senior Softball USA has been setting up tournaments around the world to give American players the opportunity to experience other countries in a way no other tour can match.

For more information, call SSUSA at 916-326-5303, or email [nic@seniorsoftball.com](mailto:nic@seniorsoftball.com).

# Don't miss the opportunities of a lifetime

Join us on the Senior Softball USA Tours:



## 2023

Third Annual Caribbean Classic  
in the Dominican Republic  
February 15-20

Discover the Magic of New Zealand  
March 16-28

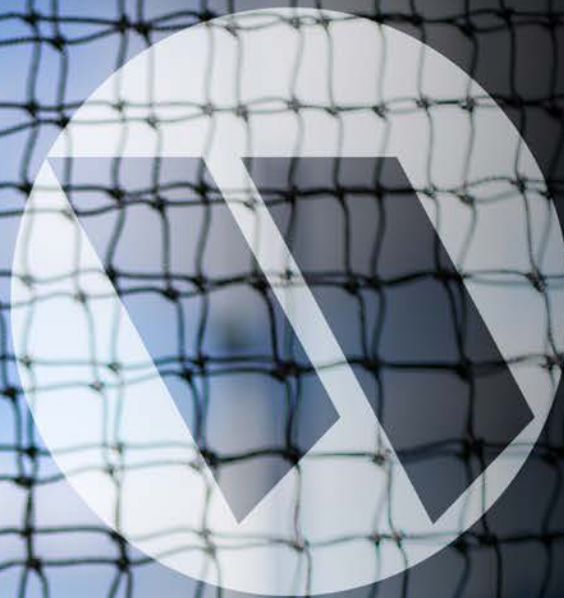
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