

SAHA ROLLOUT

SACRAMENTO AREA HANDBALL ASSOCIATION

October 2007

- MESSAGE FROM THE PRESIDENT -

Wow..... October already. And I still haven't gotten my annual killshot or drank my annual beer. So much to do before the end of the year.

My presidential tenure will be over shortly and I'll start living off of the SAHA Pension. Thankfully we have 2 members who have unselfishly stepped up to continue the administrative efforts of our organization. **Ron Marquez** and **Pete Garris** will share the presidential position. What I want to ask of you, the membership, is to support these guys in their effort. How? First off by paying your dues. \$20 per year. SAHA puts on a minimum of 3 fundays a year, in addition to league activities, a semi annual newsletter, and discounted handballs, gloves, and eye guards.

SAHA also puts on the Sacramento Open.....the one big annual tournament for our area. We bankroll it, provide the facilities and organize the entire event. So my request to you, is to be an active participant. Support **YOUR** organization.

Speaking of tournaments.....it is disheartening to see so many popular tournaments being cancelled.

- There will be no Otis Grimble at Capital this year
- There will be no Jack Tone in Stockton this year
- The Watsonville 3 -Wall has been cancelled
- This is the last year for the Kauai Open
- The California State Championships in Fresno had to be cancelled

Lack of entries is the main cause of the demise of these traditional events. I know we are all getting older.

Tournaments are somewhat of a hassle. But there is a lot more to a tournament than just playing ball. There are huge social and camaraderie aspects that are just as important as playing. There are very few tourney winners. So what's wrong with entering just to participate?

Thankfully we have enough players who are not afraid to step up and lead SAHA. The rest of us can at least do our part by paying dues and supporting activities that will assure handball will not only survive, but thrive in Sacramento.

Hard & low, Tom Bridges



- MESSAGE FROM THE NEW PRESIDENT(S)-

October 24, 2007

Greetings to handball visitors, SAHA members, and all those who love us (copied from our previous President's State of SAHA message).

Pete Garris and I are most happy to continue the fine accomplishment of our past SAHA officers. Our primary goal is to get more participation in playing handball. Our efforts will be to strengthen SAHA and its current activities but also add new activities such as Junior handball. That means that we have to go to you for support and involvement.

Projects:

1. SAHA website to add HISTORY and COURT MASTERS section
2. Junior Program
3. League Play
4. Fundays
5. Supplies for handballs, gloves, and eye-glasses.

Thank You,
Ronald Marquez/Pete Garris
Co-Presidents



- LEAGUE FOR FALL 2007 -

Tom Bridges

The popular SAHA Handball League will be starting up on Saturday October 27th. We will go back to a modified version of the original format.

Highlights are as follows:

There will be a total of (5) 'B' teams. Alhambra, Carmichael Blue, Carmichael White, Turn Verein, & Capital.

There will be no 'A' teams. However there will be an 'A' league event (discussed later).

Each 'B' team will play all of the other 'B' teams one time. Matches will occur every other week on Saturdays. A schedule will be forthcoming.

The same point system will be in force; that is, 2 points for the #1 singles and #1 doubles and 1 point each for the #2 singles and #2 doubles. In addition 2 points will be awarded for a full team.

At the end of the dual matches a playoff will be held. All of the teams will be in the playoffs. The playoff will consist of a round robin with each team playing 4 matches of 1 game to 21. Season points will count 2/3 of the total score and the playoff will count 1/3. The overall winner will be the team with the highest combined total.

The only club prepared to field an 'A' team this time was Carmichael. An event will be held where the top players from all of the clubs will be invited to join in a playday at Carmichael. Guest fees will be waived and drinks will be on SAHA for this event.

As in the past, you must be a current SAHA member to play in the league. Dues are \$20 per year and run from October to October. Pay your club captain or SAHA Treasurer Ron Domingos.

Carmichael is the defending champion of both the 'A' and 'B' leagues. I know the other clubs will be anxious to strip the trophy away from them. But it will take more than wishing.....you have to earn it. Let's have a great league again. It's a wonderful opportunity to commiserate with other players in town and visit other clubs for some good handball action.

- Carmichael ends up on top of bizarre 'B' League finals -

Tom Bridges

The Carmichael White team took this years 'B' League after some unlikely events at the playoff finals. They beat 2-time defending champ Alhambra in a tiebreaker on July 1st.

The event was necessary because of some unusual outcomes prior to the 4 team final playoff. Going into the playoff on June 17th the Carmichael White team was on top of the league with 33 points. Elks # 3 was just behind with 31. Capital followed with 28 and Carmichael Red was just behind them at 27. Alhambra was well down with 25. The Elks # 2 team, Turn Verein, and Capital were not involved in the finals since they were eliminated in play earlier on May 12th.

At the June 17th playoff to determine overall champion Carmichael White played Alhambra while Carmichael Red took on Elks # 3. Then the winners would play each other and whoever had the most cumulative points would be the champ.

A very strong Alhambra team defeated Carmichael White 4 - 2. Meanwhile although Carmichael Red and Elks # 3 tied 3 - 3, the Elks moved on since the format was that in event of a tie score, whoever won the # 1 doubles match moved on.

So going into the last match of the day the cumulative points had Carmichael White with 35, Elks # 3 with 34, Alhambra with 29, and Carmichael Red having 30. With Carmichael White and Carmichael Red not playing again, all the Elks had to do was gain 2 points and they would be back in the championship mode after a three year absence. On the other hand for Alhambra to have a chance to 3-peat, they would have to sweep the Elks in that final match. This was an unlikely event.

But.....

Handball matches can be pretty unpredictable. And sure enough the unlikely happened. Alhambra swept a strong Elks team to gain 6 more points, while the Elks added nothing to their total. Hence it ended up Carmichael White 35, Alhambra 35, and Elks 34.

This meant an additional match had to be played to determine the Top 'O The Heap this year. Such a match was held on July 1st at Carmichael. Some really great handball ensued this day. In the top singles match Alhambra's Mike Cochrane was pitted against a "stitched up" Bruce Anderson (Bruce had some minor surgery the day before). The second singles spot was Carmichael's Noah Levinson in a grudge match against Art Grix. In a fantastic match at first doubles Carmichael's Hal Faresh and Dale Sable dueled against Dave Nava and Henry Hondus. Another great match was at second doubles where Alhambra's Richard Hansard and Hal Edmunds fought against John Neves and the ageless Dave Thoreson. Three of the four matches went to hard fought tiebreakers. But when the dust cleared, Carmichael had won all four matches to sweep the 2 time defending champs. Hence the Carmichael White team defeated Alhambra 6 - 0 to clinch the trophy.

This was the first year we tried a Bay Counties type format. This was because enthusiasm and participation was waning from our previous bi-weekly matches. While participation was good near the end, it struggled early on. Our League continues to be a work in progress. But for any format to succeed the participating clubs will have to make some sacrifices regarding travel, and times. It is most unlikely we will be able to please everyone. So for the benefit of healthy and fun competition be prepared to suffer some inconveniences. Thanks to all the 'B' League managers and participants.

- FUN DAYS ARE A **BIG** HIT -

Tom Bridges

Two great SAHA fun days were held this summer. On August 4th twenty players swarmed onto the legendary hardwood courts at the Turn Verein. How many handballers have honed their craft at these courts erected in 1925? While not on the courts the players feasted on the excellent Bratwurst and Chavez Chamous Chile. Henry Hombus was spotted eking out the last juices from Joe's chile pot. It was reported Henry looked like Oliver Twist with the empty bowl in his hand and the look of "can I have MORE" on his face. The weather was only outdone by the Turners great hospitality, led by Joe Chavez. Thanks Joe. We look forward to another such event next year.

The second SAHA play day was held at Rick Leonard's Capital Athletic Club on September 23rd. Rick along with Cherylann Mendonca and Richard Ramirez never fail to disappoint with their gracious hospitality and court organization. We had 41 players who enjoyed the entire morning and early afternoon with great matches and Rick's great BBQ grub. I want to point out that while SAHA paid for all of the food, Rick Leonard comped us all of the beverages.

We got to see some great matches with superstar Rick Rivas loading his cannon often and effectively. One particularly well played match was Rivas teamed with fellow lefty Rostyk Storozuk. But the left siders lost 21 - 20 to the talented duo of George Repine and Ron Guevara.

Other impressive teams included strong David Sanchez teamed with a real up and comer Nico Patron (Nick Patron's grandson) from Stockton. It was nice also to see Pat Bailey there and Richard Ramirez back on the court.

It was also interesting to note the participation at the funday. The breakdown was:

Carmichael	14
Capital	13
Alhambra	6
Turn Verein	4
Elks	2
Stockton	2
TOTAL	41

These fundays are a wonderful opportunity for intra club exposure and good ole' handball camaraderie. These are free to SAHA members and we pay for all of the expenses. The money comes from your annual dues. Generally 3 - 4 fundays are held each year at different locations.

So please continue to enjoy these events, but please pay your dues so we can have them!



- THE DARN GOOD (baker's) DOZEN - Doubles Edition -

Tom Bridges

This is a particularly difficult task. And one that will undoubtedly be argued by many. It could also possibly expose my handball ignorancenah.....that's a stretch. Rating doubles teams is hard enough. Players switch partners. Are Allie and Rivas better than Cooke and Miller? Who knows? These teams peaked at different times. Could Marciano have beaten Ali?

To further complicate matters some teams peaked in different age brackets. Different balls. In some cases different type courts.

Well let me create a little controversy for the sake of discussion. This rating effort is agreeably suspect because of all these variables. But one thing is certain. These are all excellent teams and should be on anyone's list of top local duos.

1. Allie Abdullah, Jr - Rick Rivas Locally unbeatable. These 2 lefties are right for each other. Quickly established themselves in the Bay Counties League several years ago.
2. Jerry Cooke - Bud Miller Cooke's skills, Bud's scrappiness made a great combination. Two different personalities but one intensity for winning.
3. Kevin Soulies - Gunner Lester Gunner's right side skills complemented Kevin's athleticism and intensity. Winners for years.
3. Dave Vincent - ???????? This spot reserved for whoever Dave selects as a right side partner to challenge Allie - Rivas as soon as he reads it. Could be higher if he picks the right guy i.e. WW.
5. Guy Hoover - Rich Polson A team very much like Cooke/Miller. Rich is the ideal right side player and Guy always came through as the aggressor.
6. Carlos Buzo - Jaime Fabian Another example of what it takes to be a top doubles team. A strong/steady/dependable right side (Jaime) and an all out shooter on the left.
7. Ron Guevara - Allie Abdullah, Sr This duo has just come into its own in the past few years. Great wins in the Bay Counties League and last years Sac Open.
8. Mike McCrystle - Ralph D'Agostini Legendary team. Still played in the Open well into their 50s. Another example of the necessity of a strong and smart right side player. teamed with an aggressive left side player.
9. Bob Lozito - Jack Brier Speaking of legendary teams.....These 2 knew each others game so well it was uncanny. And all that talking.....strategy! Don't let them get in your head!
10. Lance Klug - Steve Kalpakoff Unfortunately this team left some of their skills on the table because they were both left side players. But Steve's intensity and Lance's gettability still got them a lot of big wins.
11. Rich Ramirez - Gene Mock Rich is possibly the best athlete on this list. But winning is secondary to entertaining for him. He's had several top partners such as Guy Hoover, Rich Polson and Allie, Sr in prior years. But Gene is his rock.
12. Stan Hampton - Tim Devaul Total confidence in each other. These 2 racquetball converts epitomize teamwork and intensity.
13. John Warren - Dave Nava A well oiled machine that churns up low A, high B and now super golden competitors.

- DO THE DUES.....Please -

We have had a substantial decrease in SAHA members keeping current with their dues. Why? Our transition from hard copy newsletter to a web site was probably one reason. But SAHA still sponsors fundays, and incurs other expenses such as the league playoffs, printing costs (for those without email), and fronts the cost of the popular Sacramento Open. The bottom line is we need to have folks who are not current to become so.

As a reminder, anyone who plays in the league must be a current SAHA member. Anyone who participates in our fundays is also expected to be a member in good standing. We don't have a police force (well, we have Lozito, Hampton, Pelfanio, Hutchinson and Kuzmich but.....well they're Lozito, Hampton, Pelfanio, Hutch, and Kuzmich). So **PLEASE** be a responsible member and contribute your fair share towards continuing our organization.

Dues run from October to October (to coincide with the league).

League and/or Funday participants	\$20 per year
Funday folks	\$20 per year
Inactive members	\$5 per year

Inactive members are those who want to receive a copy of the Rollout Newsletter (either hard copy or e-mail), but don't participate in the league or fundays.

Please make dues payments to our treasurer:

Ron Domingos
9449 Laguna Creek Drive
Elk Grove, CA 95624

- WORD FROM THE HERD -



Ron Domingos reports from the Elk's pasture that there seems to be a lot of injuries and illnesses right now (do you think we're getting older?). Kevin's sciatica, Steve Williams, John Sordi, and Gunner Lester have continuous knee concerns. Troy Martin has an infection and Rick Rivas is working through some elbow pain. But the biggest concern is that brothers Mark and Rick Bradley both have colon cancer. Please keep them in your prayers and thoughts as they undergo treatment.

Apparently Ralph D'Agostini is moving to Sun City. So he may have a change of playing venue? But the alpha males of the Herd still get together for handball on Wednesday, Friday evenings, and Sunday AM for some serious ball. Guests are welcome for a nominal fee.

Ron says they will probably not be fielding any league teams this go around due to their limited number of players and dislike of travel.

Note: Since Ron reported this his own lovely wife Cindy had to have a 4 - way heart bypass operation. As of October 1st she is home and recovering steadily.

- Don Hutchinson Bounces Back.....And Back Again -

Tom Bridges

Like his handball game Hutch never quits. After discovering bladder cancer and having surgery to remove it, it looked like the cancer had returned. If a second surgery couldn't remove the cancer.....the outcome would not be optimistic. But Don got through the second surgery and was told he was cancer free! This was certainly the result Don wanted to hear. But his joy would be short lived. Very recently on some follow up testing he was told there may be some reoccurrence. So he is scheduled for another surgery on October 19th. Please keep him in your prayers and thoughts.

With help and support from his extensive family along with his wife, older son, daughter and recently adopted son this is a battle that they refuse to lose. Recently Don traveled to China to finalize the adoption of an 18 month Chinese born boy.

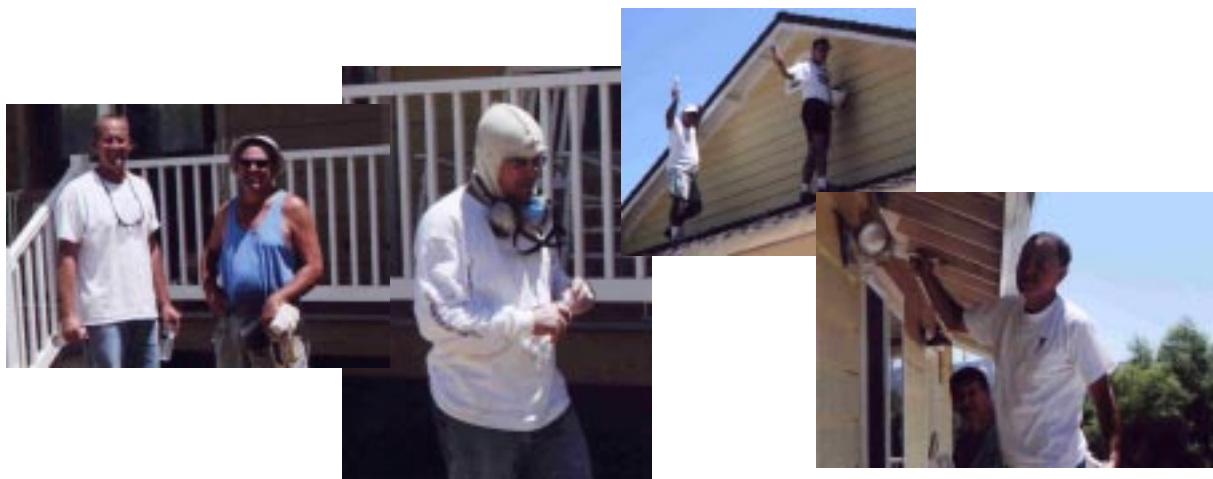
When the cancer problem occurred wife Karen contacted Doug Chandler to hopefully get some help from the handball community. Mostly they needed to complete home improvements to pass a looming construction deadline for their Newcastle house. Don had been doing most of the work himself but was unable to continue due to the medical concerns. Doug contacted me and I called on the SAHA members to come forward for one of our own.

We were not disappointed. Several players volunteered their time and skills. Land clearing and field mowing of the 5 acre home site was organized. But the thing Don & Karen needed most was the house exterior to be painted. Handballers Dave Nava, Jack Brier, Pete Garris, Tom Bridges, Jeff Schroader, Doug Chandler, and Gene Mock worked like a well oiled machine (well.....at least 'till Brier got there) to accomplish the task. But it would never have gotten done without the skill and equipment of Erik Naisbitt. Erik has had numerous home rentals throughout the years and was well experienced in spray painting. The rest of us wanted to carry Erik off on our shoulders in appreciation.....but top management was afraid of a worker's comp claim. So we just bought him several beers instead.

Anyway Don & Karen thank those SAHA members who were able to participate from the bottom of their hearts. We hope Don gets through this most recent scare and back onto the courts.

As a footnote I am also pleased to report that Lieutenant Don Hutchinson has recently been promoted to Captain Don Hutchinson in the Placer County Sheriff's Department. Don has been with the department since 1992 and has held leadership roles in patrol, corrections, investigations and community services. In announcing the promotion Sheriff Ed Bonner said "Don has set the bar for the way departments should be involved in their schools. He is just a marvelous family man and a great leader".

Hang in there Don. It's a tiebreaker and you're receiving serve. Just the kind of situation you thrive on. We're all pulling for you.



- EATING TO WIN -

An excerpt from the April - May 1979 Handball magazine

Frances Sheridan Goulart, a frequent contributor to Handball's health section, has recently published a book entitled, "Eating to Win, Food Psyching for the Athlete (Stein and Day; \$4.95)

After interviewing hundreds of athletes and trainers, she came up with the following conclusions.

- 1 The worst stuff athletes can put in their bodies; sugar, followed closely by salt. Get them out of your life and you've won most of the battle.
- 2 Best vitamins; C (especially after a big sweat loss) and B15 (for oxygen), Muhammad Ali's secret.
- 3 Best pre-game preparation; a liquid meal. You can digest it better, and anything can be turned into a liquid.
- 4 Pasturized or homogenized milk is out because it incites arthritis and sets the stage for arteriosclerosis, among other things. Yogurt, however, is free of these faults.
- 5 Eggs are in because they are a nearly perfect protein food, whose natural cholesterol does not collect in the arteries.
- 6 Best substitute for candy; fresh or dried fruits. Best fruit; dried apricots.
- 7 Best educated on food; cyclists. I don't know why.
- 8 Favorite snack in the last Olympics: sunflower seeds.
- 9 Butter is better for you than margarine, whose hydrogenated oils can clog small blood vessels.
- 10 For stamina; ginseng and bee pollen.
- 11 For added strength; liver for men and oysters for women
- 12 For extra energy; carbohydrates such as pasta, spaghetti, dried prunes, potatoes and bread before particularly strenuous events.
- 13 For soothing sleep; herbal teas.
- 14 What Gary Player carries in his golf bag; wheat germ.
- 15 Meat digest; low in calcium and carbohydrates, hard to digest and provides short-term advantages.
- 16 Fasting; good for long-distance running, cycling and swimming.
- 17 Don't rush into new diets. If you change one bad eating habit every two months, you'd be doing spectacularly well.
- 18 The main thing to remember about taking vitamins, becoming a vegetarian, or changing diets, is the real results take time, about six months. It's not like taking Valium or a stimulant and getting an instant knockout wallop. It creeps up on you suddenly.

Mrs. Goulart is now writing a sequel to her book entitled, "How to Fix a frisbee, and 99 Other Complaints of the Self Made Athlete. I expect a revolution in eating and competing in the next few years.



- NATIONAL HONORS -

Compiled by Tom Bridges

The 2007 USHA 4-Wall National Handball Championships were held in Minneapolis in early May. Here is how SAHA players as well as Bay Area friends fared in the competition. The 2008 nationals will be held in Overland Park, Kansas.

Open Singles:	Ricardo Diaz lost in the quarterfinal. Emmett Peixoto lost in the quarterfinal. Chris Tico lost in the round of 16.
Open Doubles:	Emmett Peixoto/David Fink lost in the semis.
Women's Open Singles:	Courtney Peixoto lost in the quarterfinal.
Women's Open Doubles:	Anna Christoff/Courtney Peixoto came in third.
A Singles:	Jeff Cardinal lost in the quarterfinal.
B Singles:	Larry Aguiar lost in the finals.
B Doubles:	Mike Semptice/Jim Peixoto lost in the semis.
35 Singles:	Jeff Cardinal lost in the quarterfinal. Chris Tico lost in the finals.
40 Singles:	Mike McDonald lost in the finals. Joe Tierney lost in the quarterfinal.
40 Doubles:	Mark Zamora/William Cervantes lost in the semis.
45 Singles:	Lou Barberini lost in the quarterfinal.
45 Doubles:	Tom Martinez/Mark Zamora lost in the semis.
50 (B)	Singles: Ed Campbell won.
55 Doubles:	Alan Sherrill/Jay Capell lost in the semis. Ed Campbell/Jim Peixoto lost in the first round. Gary Cruz/Tom Sove lost in the first round.
60 Doubles:	Lew Lambert/Jim Smith lost in the semis. Mike Meltzer/Dick David lost in the finals.
60 (B) Singles:	Peter Wong lost in the quarterfinal.
65 Singles:	Dennis Moser won.
65 Doubles:	Lou Signer/Jim Carlson lost in the first round. Felipe Rosendo/Dennis Moser lost in the quarterfinal.
70 (B) Singles:	Lou Signer won.
70 Doubles:	Kevan Del Grande/Fred Chapman won.
75 Singles:	Ken Forman lost in the quarterfinal. Dave Thoreson lost in the finals.
75 Doubles:	Ralph Weil/Dave Thoreson lost in the finals.

In August 2007 the National 3 - Wall Championships were held in Toledo, Ohio. Locals and friends who participated and their results were:

55 Singles:	Alan Sherrill lost in the semis. Leo Havener lost in the first round. Ed Campbell lost in the quarterfinal.
Open Singles:	Emmett Peixoto lost in the finals.
Open Doubles:	Adam Waehner/Ken Greco lost in the round of 32. Emmett Peixoto/Luis Moreno lost in the quarterfinal.
60 Doubles:	Jim Smith/George Miller won over Mike Meltzer/Dick David
55 Doubles:	Alan Sherrill/Gary Pezzi lost in the quarterfinal. Ed Campbell/Jim Tamaghi lost in the quarterfinal.

- WANNA ROBOTE - MANO ON THE FRONTON?-

Tom Bridges. Note: Dave Nava provided all of the information for this article.

Sure you do. Alhambra's Dave Nava tells us this is what you would do for handball if you toured Central Mexico or South America.

Dave has traveled extensively all over the world. But he goes annually to central Mexico to the state of Zacatecas. There some relatives operate a very primitive cattle ranch. Nava usually goes down for about a month every winter to help out with operations.

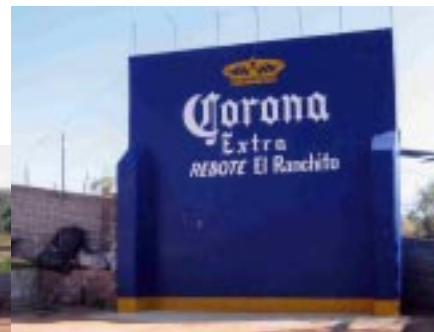
Dave reports that in the small villages of Mexico there is a popular version of handball called Fronton or Pelota. It's a one wall game. Villagers make a court on the sides of a church or will construct a concrete block wall. Coat the front with a smooth stucco surface and you're ready to play. Corona Beer will provide the building materials. After the locals build the wall it is painted and becomes a huge Corona Beer billboard.. The ball is much different from our USA version. It's the size of a small softball, has a leather exterior and is hard like a baseball. On a drop it rebounds only 10-12 inches. For this reason the court is also adapted by creating a "lata". This is a wire stretched about 12 " high across the bottom of the wall. Flattened bottle caps are hanging from the wire. If your shot hits the lata or below it is a lost point. This is quite similar to squash. Because the ball does not bounce well, such a low shot would be unretrievable.

Games are to 12 points and every rally awards a point. So the games move along fairly fast. Every small village has these courts. After the men finish work in the fields or on the farm they will come to the courts and play. Usually bulky work type leather gloves are worn along with whatever footwear the men have on as they arrive from work.

Just as interesting to Nava was the court preparation. First the hard dirt surface is sprinkled by the players walking around throwing water out of a pail by their fingers. Then the moistened dirt is passed over with what Dave describes as "a piece of carpet nailed to the bottom of a broom". Finally the court short line and long line are marked by pouring water out of a bottle (Corona I'm sure).

Although the game has a large social aspect to it, Dave explained that there is a lot of gambling that goes on. Hence the intensity level is high.

So if you are planning a trip to Old Mexico, practice counting in Spanish and bring your gloves along. And drop Dave Nava's name. He's probably well known in the Zatecas Pelota-Mano circles



- OBITUARIES -

Lt. Col. Bernie Leiter, USAF (Ret)

Bernard M Leiter, 75, of Sparks, NV passed away at his home on March 31, 2007. Born December 26, 1931 in the Bronx, N Y he graduated from DeWitt Clinton H.S (NY), the University of Omaha (1966), and University Of Nevada Reno (1980).

Bernie married Mary Michael McGaffey on January 28, 1956 (deceased 1997). He married Carolynn (Gilham) Howell in February 2000.

Survived by 3 sons, 1 daughter, and 3 stepsons.

Bernie was a Vietnam Veteran whose career included 22 years as a navigator on B47s and B52s, followed by 25 years of auditing and tax accounting. He enjoyed family, music, sports memorabilia, and traveling with Carolynn to many parts of the world.

He loved 4 - wall handball, playing for 40 years up until February 2007.

Bernie partnered with Dave Thoreson for several local tournaments as well as the Nationals in the 70+ division.

Charles "Charlie" Morris Yates

Charlie passed away peacefully on July 31, 2007 at the age of 93. He was born in Belvedere on December 2, 1913 and lived in Marin County for most of his life.

Charlie worked in the paint business all his working life. In the mid 60's he opened a store in Stockton. But his love for Marin County brought him back.

During WW II he enlisted in the Navy. On his return he married the late Mary Gabriel Yates. Together they had 2 children.

Throughout his whole life Charlie had a love of sports, physical fitness and the outdoors. He was a sailor, golfer, swimmer, exercise nut, and most importantly a handball player. He is listed in the Handball Hall Of Fame and won a world championship in 1986. He was also an avid swimmer and swam across the Golden Gate 3 times.

Although many would not have thought of the fun loving Charlie as a religious man he was devoted to the Catholic Church and was a member of St. Hilary's in Tiburon and St. Sebastian's in Greenbrae.

Charlie is survived by his wife of over 20 years Dorothy (Dottie) King Yates. He and Dottie were a fixture at most of the local handball tournaments in the late 80's and 90's. There Dottie would enthusiastically cheer Charlie on in his matches. Charlie had a stroke a few years ago which ended his handball activities.



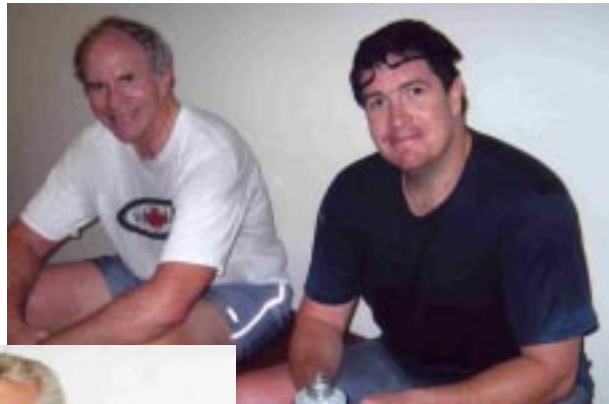
- SAHA LEAGUE TO START OCTOBER 27th -

Tom Bridges

The SAHA league will start on October 27th. Highlights are as follows:

- * There will be no 'A' League as such (see note later)
- * 'B' League will consist of 5 teams: Alhambra, Turn Verein, Capital, Carmichael White, Carmichael Blue.
- * Each 'B' team will play every other team in a series of 1 match every other week. These will be on Saturdays. However instead of a match home and away with every other opponent, teams will play each other only one time.
- * Points will be the same as always; that is, 2 points for each # 1 spot, and 1 point for each # 2 spot. And a 2 point bonus for full teams.
- * At the end of the regular season there will be a round robin playoff. Here each team will play every other team in 1 game to 21. The playoff will account for 1/3 of the overall total and the regular season will account for 2/3.
- * As always participants must be current SAHA members to play in the league.

Carmichael was the only team prepared to have an 'A' squad for this go-around. So in lieu of having nothing at all, I will coordinate an 'A' event similar to the one held previously at the end of last years league. I'll invite all of the 'A' type players from any of the teams for a handball funday at Carmichael. No guest fees and beverages on SAHA. Players will be paired up and we'll just turn 'em loose. It went very well last time and the competition was fierce. I'll probably do this twice during the league season and hope to get the top players like Allie, Rivas, and Vincent to show.



- SECOND SERVE STUFF -

Tom Bridges

Kudos to Alhambra members **Mike Cochrane** and **Joe Kovacs**. These biking enthusiasts completed the gruesome “Tour Of The California Alps Death Ride” on July 16th of this year. The 129 mile bike ride covers 5 mountain passes in the Sierras, 3 of which are over 8,300 feet in elevation. The journey has over 15,000 feet of elevation climb. On the backsides of the passes speeds of up to 60 mph are common. Both these players have done the Death Ride 3 or more times. Actual pedaling time is around 13 hours. Whew! I’m exhausted just typing this!!!!!!

Here’s one reason Carmichael’s **George Repine** is such a good player. His mother Diane Ridgeway was named Grand Master (55 - 59) Female Athlete Of The Year by the USA Triathlon Association. Diane won her age group in Hawaii, Vineman, Silverman, California, and the tough Boulder Peak Triathlon. Smart choice of parents George.

Carmichael’s **Jack Kastorff** was appointed by Governor Arnold to the California Occupational Safety & Health Rules Approval Board. He is one of 7 appointees statewide and will serve a 4 year term. Jack’s regular job is a Certified Safety Professional with Bragg & Associates in Sacramento. He works mostly with municipalities in accident prevention.

Capital Athletic Club head honcho **Rick Leonard** has again stepped up to the plate to promote handball in town. Rick is offering “Handball Scholarships” to any youth players between 16 and 21 years old. The scholarship consists of a free membership to Capital. All the player has to do is play regularly with the Capital group (oh no, does this include CT and Earl Green?). We owe Rick big time. In addition to all of his usual perks for the local handball community he now becomes more proactive to support our sport.

If you haven’t already done so do yourself a favor and visit **Dave Vincent’s** handball website weplayhandball.com. You can buy handball videos, CDs, watch live handball events, as well as other cutting edge stuff. By the way Dave Vincent is hosting the SAHA website for us with no charge. Not only is it a first class site, with the money he is not charging us we are able to put on great fundays, league finals, this dandy newsletter, and set up a nice pension fund for past SAHA presidents.



- CARMICHAEL CLAIMS - ‘A’ League Championship

Tom Bridges

The top players from Carmichael Athletic Club were able to stay healthy (enough) and weren't afraid to read road maps. And that was enough to claim the 'A' League championship.

The League started out with 4 teams. Elks, Carmichael, Grass Valley and Alhambra. However after an initial round in early May, it was apparent Alhambra would have trouble fielding a team much less being competitive at the 'A' level. Hence they quickly dropped out, leaving 3 fairly even squads to battle it out.

After the initial round robin format at the Elks the first half ended with:

Grass Valley	15
Carmichael	11
Elks # 6	10

The second half round robin was scheduled at Carmichael for June 24th. However Grass Valley couldn't answer the bell due to stars Billy Wyrsh (hip replacement), Don Hutchinson (cancer surgery), and Wayne Salo (moved back to Chico) being unavailable. Meanwhile the Elks chose to opt out of sending up a team to the hinterland. This left the Carmichael team as the only squad standing and thus winners of the annual SAHA League championship.

In an effort to promote top play and reward the champs an all star team made up from different clubs was invited to play at Carmichael June 24th. Guest players including Jeff Cardinal (Vacaville) and recent 50B National Champ Ed Campbell(Auburn) played some outstanding handball to satisfy the handball appetite of the Champs. A round robin format was held and the outcome was:

1. Cub Eldridge - Jeff Schroader (4 - 0)
2. Jeff Cardinal - George Repine (3 - 1)
3. Ed Campbell - Dale Sable (2 - 2)
4. Jim Summers - Ron Marquez (1 - 3)
5. Ron Guevara - Kent Craney (0 - 4)

Thanks to all the league participants this season. And congratulations to the Carmichael club for their victory.



2007 - 2008 / SAHA CALENDAR -

Date	Event/Location	Contact
Oct 5-7	Watsonville YMCA Singles	Alan Sherrill 831.724.3572
Oct 18-21	Simple Green US Open, Fountain Valley, CA	Naty Alvarado 760.244.3357 elgatoxi@aol.com
Oct 19-21	Kauai Tournament Kauai, HI	Donn Carswell 808.245.7877
Nov 2-4	NCHA Hall of Fame Olympic Club San Francisco, CA	Bernei Samet 415-345-5101
Nov 16-18	Santa Rosa Turkey Shoot, Santa Rosa, CA	
Dec 1	Frank Zuniga Doubles Centerpoint, Fresno, CA	Mike Flores
Mar 30-Apr 2	April Fool's, Petaluma Athletic Club Petaluma, CA	Petaluma Valley AC 707.789.9898
Apr 4-6	SAHA Sac Open Elks #6 & Riverside AC Sacramento, CA SAHA Sac Open Elks #6 & Riverside AC Sacramento, CA	Dave Thoreson 916 853-9078 dpthoreson@aol.com
Apr 30-May 6	USHA 4 Wall National Handball Tournament	Vern Roberts 520.795.0434 handball@ushandball.org
May 11-13	Cinco de Mayo South End Rowing Club San Francisco, CA	Wayne Black 707 312-0570 rocketman512@comcast.net
May 25-27	Semper Fi Marine Corp	Ray Leidich 541.745.5937 leidichr@proaxis.com





