

MISGA GRAM

www.MISGA.Org

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President's Message

Don Ewalt

I hope that everyone is well into the MISGA golf season by the time you receive this copy of MISGAGRAM. The Spring Fling has been held and we had another great turn out. Ocean City seems to bring out the golfers. That's great!

It is not too early to start considering the Fall Frolic Trips that will be in Fripp Island and Jekyll Island this Fall. If you have never made one of these trips, believe me they are great. Plenty of golf, fellowship and refreshments. Simply put, plenty of fun. Look for the applications and react quickly as the trips fill up quickly.

So far this year we have had two MISGA Board meetings and shortly we will have our third. The MISGAGRAM distribution is the biggest concern of your board. As you know, for the past few years, we have attempted to get everyone who has access to the Internet to view and print their copy of the MISGAGRAM from their computer printer. We have not been successful, mainly because, we have not received sufficient e-mail addresses to justify this bold move. Mailing costs for the MISGAGRAM have caused us to now have only three issues per year, in February, June and October. We are looking for alternatives and we will find a solution.

Now, if I could only find a solution to my rising handicap. One of my friends told me that I should lay off for a few weeks and then give up the game.

I wish everyone a great and safe summer. Remember to putt them all out and to post all of your scores!

Don Ewalt.

Florida Fling 2004

156 MISGA Associates and ladies attended the Florida Winter Fling at Crystal River Plantation Inn. It was the largest fling in at least the last seven years, if not since its inception. Ocean Pines led the participants with 22 couples. The accommodations were first class, the food was outstanding and the weather was very comfortable.

The non-golfing ladies had a great time shopping, going to Homosassa Springs to see the Manatees and many other interesting birds, fish and mammals.

Everyone enjoyed the huge outdoor pool after golf.

Marilyn Simpler had a hole-in-one on # 8 during the Opening Day Scramble.

reported by,

Paul Desmond.

MISGA 2004 Florida Fling Golf Results

Monday - Scramble:

- 1st Ralph Menton- Ocean Pines, Phyllis Steinberg -Ocean Pines, Ivan Oshrine- Piney Branch, Shirley Hunt- Chester River.
- 2nd Bob Koubek- Ocean Pines, Marilyn Simpler- Seaford, Dick Strindmo- Lakewood, Marian Schreyer- Lakewood.
- 3rd Both Toth- U of M, Jim Obendorfer- Montgomery C C, Pat Podoley- Bowie, Janet Bickert- Harbourtowne.

Men

Tuesday Larry Gingerich- Prospect Bay, Hank Rusman-Ocean Pines, Jim Ukockis- Piney Branch, Vern Rippeon- Glade Valley..

Thursday Don Hilliard- Chartwell, Larry Popp- Ocean Pines Jim Ukockis- Piney Branch, Earl Hersh- Quail Valley.

Friday Guy Longo- Seaford, Jim Podoley- Bowie, John Smith- Ocean Pines, Vern Rippeon- Glade Valley.

Low Gross Jack Slayton- Elks **Low Net** Steve Neal- O.P.

Ladies - 18 Holes

Tuesday Ann Tenhoopen- Navy, Sandy Winkvist- Chester River, Eileen Koubek- O.P., Catherine Miller- Tantallon.

Thursday Ann Tenhoopen- Navy, Toni Crunkleton- Sparrows Pont, Nancy McIntyre- O.P. Jessie Peeling- Quail Valley.

Friday Barb Sallase- Sparrows Point, Judi Dixon- O.C. Debbie Ris- Lakewood, Eileen Smith- O.P.

Low Gross: Marilyn Simpler- Seaford, **Low Net:** Barbara Hilliard- Glade Valley.

Ladies - Nine Holes

Tuesday Pat Rusman- Ocean Pines

Thursday Shirley Hunt- Chester River

Friday Pat Rusman- Ocean Pines

Low Gross: Patty Dale- Seaford **Low Net:** Pat Rusman- O.P.

SHARING MY GOOD FORTUNE

By
Sam Hastings

I was diagnosed with prostate cancer in July 2003. Two MISGA Associate friends learned of my diagnosis and strongly encouraged me to consider Proton Beam Therapy at Loma Linda University Medical Center (LLUMC) in California. I had investigated hormone therapy, surgery, x-ray radiation, cryo therapy and radioactive seeds. Proton Beam Therapy was new to me and had not been suggested as an option by either my urologist or radiation oncologist. After further research I chose Proton Beam Therapy and I am eternally grateful to those Associates who cared, shared their experiences and "steered me right". Not being presumptuous but I feel strongly that every man in our age group should be aware of this little known but extremely effective treatment.

It is the physics of the proton beam that makes it so attractive and effective for medical use. Protons are heavy charged particles and when accelerated to nearly the speed of light they penetrate the skin without depositing much energy upon entry. Uniquely, the proton beam has a characteristic Bragg Peak. This characteristic allows the beam to be tailored so that the remainder of its energy is deposited very accurately within the target volume, e.g., the prostate. The accuracy of striking the target is better than one millimeter. The beam stops and deposits no energy beyond the target volume.

By contrast, an x-ray beam (similar to light rays) deposits much more energy on entering the body (about 150% of what it deposits on the target). The remaining energy is deposited in the target volume (prostate) and other "normal" tissue as it exits the body.

Proton beams are conformal. This means that they may be shaped in three dimensions so as to deposit the bulk of their energy on the prostate. The proton beam does little damage to surrounding tissue. This is not true of x-rays. To summarize: "Proton Therapy is the most precise form of advanced radiation treatment available for prostate cancer. Because it is so precise it minimizes harm to the surrounding tissue. Treatments are on an outpatient basis, usually allowing the patients to continue their normal activities while experiencing few or no side effects." Other treatment regimens may be accompanied by severe side effects such as impotence, incontinence, bleeding, etc.

In my group at LLUMC there were two patients who had had radical surgery several years ago and due to recurrence were

now having Proton Beam Therapy. An important point to remember when treating prostate cancer, it is the cancer that must be gotten rid of and not necessarily the gland. There are important reasons for keeping the gland.

The Proton Treatment Center at LLUMC has more than ten years experience in treating prostate cancer. It is the world center of knowledge and experience in treating prostate cancer with proton beams. From my very recent (March 2004) personal experience, I can assure you that the doctors, physicists and medical staff are outstanding in every respect. Put simply, they really care for the patient, are very professional, well organized and expert in what they do. Anyone seeking treatment for prostate cancer should consider Proton Beam Therapy.

During my stay at LLUMC there were about 120 men receiving daily treatment. Seven or eight of us were from Maryland. The remainder came from all over the U.S. and some from overseas. It is noteworthy that most (95% or more) of us had not been told of Proton Beam Therapy by our urologist or radiation oncologist. Most likely you will never learn about Proton Beam Therapy from your physician. You must seek the knowledge for yourself. Here are three good sources available on the Internet.

LLUMC www.llumc.edu
OPTIVUS www.optivus.com
PROTONBOB www.protonbob.com

Deceased Members

The following members have passed away since our last MISGAGRAM issue.

C.M. Gardner, Jr.

Bob Knarr

Bob Lauer

Henry Arch

Charles Munsell

Henry Althide

Wayne Brooks

Chuck Crotty

Paul R. Duke

Tom Flynn

Ed Hierling

Jack Lamb

Web Maxson

James W. Pegram

Robert "Bunky" Dashiell

Seaford

Maple Dale

Eagle Creek

Prospect Bay

Harbourtowne

Leisure World

Manor

Montgomery V.

Manor

Lakewood

Leisure World

Bretton Woods

Lakewood

US Naval Acad.

Ocean City GC

SPRING FLING 2004 OCEAN CITY, MD

Monday May 3

Seaside Course

Men:

1st place Lloyd Wesioe, Don Lecrone, Dick Hughes
Joe Cestone.



2nd place Bob Shuba, Ed Boyer, Paul Keiser and
Vince Mcgugan

3rd place Mike Lavelle, Dave Bowen, Jim Matthews
and Ed Sebring.

4th place Bill Kleisch, Jack Gambatese, Frank
Hogate and Bob Naugle.

5th place Norbert Muench, Frank Donnelly,
and Red Green.

Ladies

18 Holes:

1st place Darlene Watkins, Alice Parker, Shelby
Swain and Betsy McNamara



2nd place Aretta Keadle, Georgia McGraw, Janet
Bowersox

3rd place Helen Muckelhaver, Sandy Winquist,
Margo Mead and Jan Hersh

Ladies

9 Holes:

1st place Shirley Hunt, Ruth Crone, Marge Boyer
and Joanna Simms.



Monday May 3

Newport Bay Course

Men:

1st place Emidio Cilolini, Bill Smith, Steve Earl
and Charles Peeling.



2nd place Dick Dale, Charles Fieldhouse, Harry
Snipes and Jim Douds.

3rd place Charles Wilt, Tom Maxwell, Ed Gazze,
and Harry Conover.

4th place Jerry shealer, Bob Mead and Edgar
Bowersox.

5th place Gerald Swain, Jim Burrows, Caroll
Robinson and Bill Morton.

6th place Paul Bowersox, Jim Denny, Bill Gouker

7th place Arnie Simms, John Leone and Ed Daino

Ladies

18 Holes:

1st place Claudia Young, Inaiay Foskey, Christa
Mcininch, and Jane Mann

2nd place Joan Shuba, Mable Munch, Barb
Maxwell and Barb Leone.

3rd place Alice Daino, Kathryn Gazze, Doris Wilt
and Deloris Donnelly



2004 Spring Fling
Chairman and Mrs Dick Dale at Monday's Banquet.

Spring Fling Tuesday May 4

Seaside Course

Men:

1st place F.X. Carillo, Don Allewalt, Tom Maxwell and Ed McIninch.



- 2nd place Jim Dougherty, Dick Watkins, Ed Anderson and Bob Nicholson.
- 3rd place Steve Duca, Charles Peeling, Tony Palerino, James Nagle.
- 4th place Arnie Simms, Earl Hersh, Ed Gasse, and Paul Bowersox.
- 5th place Bob Moe, Willie Broughton, Bill Rapson and Ken Wallgren.
- 6th place Norbert Muckelbauer, Lou Perna, Harry Sipes, and Dick Young.
- 7thplace Niel Borelli, Joe Lynott, Bob Kennedy and Dick Crone.

**Ladies
18 Holes**

1st place Beverly Hogate, Audrey Palerino, Roberta Ridenour, and Joan Smith.



- 2nd place Elenor Anderson, Ethel Graham, Inary Foskey, and Joan Shuba.
- 3rd place Carol Boardman, Mabel Muench, Doris Wilt, and Rebecca Linton.



Ocean City CC Pro Buddy Sass reading off the winners at the Monday Evening Banquet. Buddy and his staff did a great job in making this year's "Spring Fling" a wonderful event in spite of the rain on Monday.

Newport Bay Course

Men:

1st place Frank Huckel, Ron Boucher, Ed Boyer and Arne Tikkala.



- 2nd place Jarrett Price, Mac Magrogan, Merle Shumaker and Robert Shuba
- 3rd place Jim Mitchell, Don Schaffer, Don Linton and Norbert Muench.
- 4th place Frank Donnelly, Vince Mchugan, Ratgel Pereira, and Robert Spicher.
- 5th place Don Lecrone, Luke Brins, George Donadoni, Ed Sebring.

Ladies

18 Hole

1st place Helen Muckelbauer, Barbara Ducs, Cynthia Walden, Irene Gouker.



- 2nd place Besty McNamara, Doris Bausom, Catherine Miller, Alice Parker.
- 3rd place Carolyn Lerrone, Ilse Lavin, Aretta Keadle and Mary Ann Huckel.

Ladies

9 Hole

1st place Marge Boyer, Ruth Crone, Joanna Simms and Edna Lynott



- 2nd place Bobbie Magrogan, Marge Francis, Jackie Mitchell, and Shirley Hunt.



THE JIMMY LEE STORY

At the Division IV Club Reps meeting in April at Montgomery Country Club, Jimmy Lee was presented the traditional silver tray for his outstanding service as MISGA Tournament Chairman from 2000 through 2003. The presentation was made by MISGA Past President C. J. Myers, who succeeds him. Pictured above are C. J., Jim, and his wife, Helen.

Jimmy Lee has been a very dedicated, hard-working Associate ever since he joined MISGA in 1987. At the time, Doug Moats was the Club Rep at Montgomery C. C. and he invited Jim to be an Assistant Rep under him. Within two years Jim took over as Club Rep, the job he held for several years. In 1995, the year that Doug Moats was President of MISGA, he appointed Jim to the position of Auditor. Jim remained in that job through 1999. The following year President Duke Rowdon appointed Jim to the position of Tournament Chairman.

In December 2000 at the Division IV Christmas Holiday luncheon held annually at Manor C. C., Jim was taken by surprise when the Director, Bob McMinn, announced that he was named as the Outstanding Rep of the Year and received the appropriate award.

Jim and Helen have enjoyed over 52 years of happy married life. Last year, 2003, they celebrated their 51st anniversary by renewing their vows at a ceremony in Las Vegas. This time it was Helen's turn to be completely surprised when their two daughters and their families showed up to help them celebrate.

Jim told the writer how much he appreciated the opportunity to serve at the various positions since becoming a member of MISGA. In return, he and Helen have enjoyed meeting other Associates and their spouses at the various MISGA activities, especially the out of town golfing trips.

Jim also wants to recognize and express his thanks for the wonderful service provided by the Montgomery County Hospice. It is they who provide all his required medication and oxygen, as well as take care of all the Medicare paperwork.

We tip our hats to you, Jimmy Lee. Thanks for being such a good friend of MISGA.

C. J. Myers

Jim Mitchell
MISGAGRAM EDITOR
324 Locust Thorn Court
Millersville, MD 21108

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