



# NORTH CAROLINA SENIOR GAMES

## *The Senior Torch*

*Carrying the Flame of Good Health*

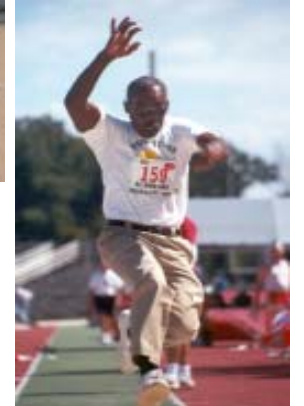
The Official Newsletter of NCSG, Inc.

Summer 2010

### **IT WILL BE HERE BEFORE YOU KNOW IT!**

Most of the 54 Local Games have happened across the state! Results are being completed, registration forms are coming in, cheerleaders are practicing their moves, artists are submitting their creations and athletes are training in high gear. So, pack your bags and head to State Finals this fall!

The Spirit of Senior Games comes alive as friends, family and volunteers reunite to cheer on the best of the best in North Carolina. It's an experience like no other, to have athletes and artists from our 54 Local Games join in friendship, camaraderie and competition to share their common goal of living healthier, happier and longer lives. If you are planning to be a participant, remember August 1 is THE deadline.



Volunteer positions are filling up daily!  
Complete your volunteer registration today  
on the Senior Games website to ensure  
your preferred position.

**Don't miss the celebration!**

### **SPIRIT CLUB HIGHLIGHT**

If you are looking for two people who truly represent the famous “F-words” – friends, family, fitness and fellowship – for which Senior Games is known, then look no further than Spirit Club members Betty and Leroy Rising of Lumberton.

Betty, who retired after over twenty-eight (28) years as the Director of the Lumber River Area Agency on Aging, was involved in the very first days of our program. She fondly remembers that “Margot came to our region in an effort to promote exercise for older people and used our nutrition site managers” in some early photographs designed to show the benefits of an active lifestyle. From local outreach through the Lumber River Regional Senior Games to advocacy in the halls of the General Assembly, Betty has, for the life of the Senior Games program in our state, been a strong voice of support. Leroy, who is a lifelong runner and has completed several marathons, also “captured the Spirit of Senior Games” many years ago. “Anything we can do to provide opportunities for health and fitness are important to me,” he noted. Though they are both now



retired, they remain active in a number of volunteer roles (Betty serves on the NCSG Board of Directors) and are dedicated contributors to the Spirit Club.

Thank you so very much, Leroy and Betty!

**VISIT  
SENIOR GAMES  
ON FACEBOOK**



North Carolina Senior Games Inc.  
is a nonprofit organization  
dedicated to providing  
year-round health promotion and  
education for adults  
55 years of age and better.

#### BOARD OF DIRECTORS

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and winter.

Please send any comments or  
suggestions to:

NCSG  
4603 Western Blvd  
Raleigh, NC 27606  
ncsg@ncseniorgames.org

## A WORD FROM OUR PRESIDENT, BRAD ALLEN

Have you ever encountered someone you haven't seen for some time and they ask you, "What's new?" I'm sure you have and I had one of those types of moments this past week. I was at the Opening Ceremony of one of our outstanding Local Games when a longtime friend posed the question "What's new?"

As far as North Carolina Senior Games is concerned, there is good energy surrounding things that are "new" and exciting:

- The Gaston County Senior Games are the newest Local Games and have experienced tremendous success in their very first year! With excellent coordination between the parks and recreation departments and aging service providers in Gaston County, they are destined to succeed and provide exemplary wellness programs for persons 55 and better!

- NCSG is providing new and exciting outreach, thanks to our updated website and "Facebook" page. Through the NCSG website, [www.ncseniorgames.org](http://www.ncseniorgames.org), you are now able to view a fun "News" page, examine sponsorship opportunities on the "Sponsors" page, and find answers to important questions about Senior Games program on the "FAQs" page. Please visit today and see all the changes we have made! And if you're a "Facebook" person, you can become a fan of the North Carolina Senior Games, Inc. page, which provides updates about Local Games, volunteer opportunities and newsworthy events related to YOUR Senior Games program;

- During the summer and fall, NCSG will be again partnering with NC State University in a new research study of Senior Games participants. This new venture will be part of an ongoing effort to measure the impacts that Senior Games makes upon the lives of participants, volunteers and their families. Stay tuned for more details!

- Also "new" to us is the NCSG endowment fund. Established by three Senior Games Board members, this endowment will serve to ensure that the positive legacy of wellness for older persons can continue far into the future. To learn more, visit the "Gifts/Contributions" button on our website. This important new program needs your support!

- There are also several new venues for State Finals events this year. With new (and better) homes for archery, croquet, badminton and swimming, we believe that State Finals 2010 will be the best "Celebration of the Human Spirit" ever!

Together, we have accomplished so very much in our first twenty-five (25) years together. Through these "new" endeavors, we hope that our NEXT quarter-century is off to a great start!

In health,



## WHAT AN HONOR!

Alice Keene, the first President and a founding member of the NCSG Board of Directors, was honored in Greenville on Saturday, May 15 with the naming of the Alice F. Keene Park. The park, which is Pitt County's first, features two softball fields, four multi-purpose fields, a large playground, four horseshoe pits, four bocce areas, more than a mile of paved walking trails -- and includes plans for future expansion.

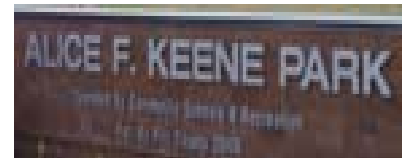
Alice founded the Community Schools and Recreation Department in 1978 and continues to serve as a Special Projects Coordinator in the department. Rita Roy, the current Director and also an NCSG Board member, said about Alice, "she really cares about the citizens of Pitt County and that they have access to recreation." Keene is known for being an expert at bringing people together and

finding a way to make projects work. She has helped develop walking trails at every elementary school in the county, and led the effort to obtain grants for the new park.

Alice said she was honored by the recognition of having the park named for her, but was quick to add that it would not have happened without the involvement of many people in the county, including county officials and volunteers. "It is very humbling," Keene said. "There have been so many people that have had a hand in this. I feel like it has been a team effort, and I was just a member of the team. This park is truly a community park. We have people out here from babies in strollers to Senior Games athletes."

Alice says "to build good relationships, you have to always show up and do your part." And she certainly shows up and does MORE than her part for Senior

Games and for her community. Congratulations Alice! We are so proud of you!



# WELCOME TO OUR SPIRIT CLUB, FRIENDS & TORCH CLUB MEMBERS

A contribution to NC Senior Games helps spread the good news of healthy aging throughout North Carolina. YOUR dollars make a difference in YOUR community:

- Training for 40 Ambassadors to tell their stories in YOUR area;
- Support for 54 Local Games serving YOUR county;
- Public relations and media tools to use in YOUR community.

There are many ways to give your tax-deductible contribution to good health today:

- Mail a **check** to NCSG at 4603 Western Blvd, Raleigh, NC 27606;
- On the NCSG website [www.ncseniorgames.org](http://www.ncseniorgames.org);
- **In honor of someone** who has touched your life – make a gift in tribute or as a memorial gift;
- SilverLegacies – **Deferred gifts** for future assets or gifts to the **NCSG Endowment**;
- Through the **State Employees' Combined Campaign**;
- As a part of your **local United Way campaign**.



## Spirit Club

These wonderful people are true examples of the *Spirit of Senior Games*. Thank you for caring so much!

### Gold (\$1,000)

Brad & Twilla Allen, Lumberton  
Lisa Lauffer, Garner  
Palma Linnerud, Raleigh  
Harold & Hazel Moses, Raleigh  
Trish Speers, Whispering Pines  
John & Ann Todd, Wendell  
Beth Wilson, Wilmington

Betty Allgood, Winston Salem  
Fran Allison, Kinston  
Tom Ashby, Zirconia  
Annette Crumpton, Wilmington  
Joan Debruin, West End  
William Duke, Vanceboro  
Carolyn Fulghum, Greenville  
Geraldine Garrison, Eden  
Jean Grayson, Charlotte

### Bronze (\$250)

Fred & Eva Haller, Franklin  
Mary Henderson, Cary  
Page Hudson, Marshall  
Alice Keene, Greenville  
Marvin Maddox, Cary  
Jessie McDonald, Greenville  
Gayle Mitchener, Morehead City  
Lee Perry, Manteo  
Margot Raynor, Wilmington

Era Mae Rickman, Southern Pines  
Betty & Leroy Rising, Lumberton  
Gene & Ginny Ross, Harvest, AL  
Reginald Sauls, Marshall  
Harry Schiffman, Manteo  
Helen Walter, Greenville  
Joan Wayne, Charlotte  
Beth Whitman, Southern Pines  
Smedes York, Raleigh

Many thanks to the following people who have contributed to our good health since the last newsletter.

## Torch Club

(\$100 - 249)

Harry Albritton, Farmville  
Marie Alderman, Garner  
Beth Carrin, Boone  
Harriet Carter, Fayetteville  
Guy Long, Raleigh  
Carol Mitten, Franklin  
Angela Staab, Reidsville

Ella Brown, Winston Salem  
Bill Carothers, Sunset Beach  
Larry Castleberry, Clayton  
Peg Chapman, Fayetteville  
Mariella Cook, Mooresville  
Nancy Faye Craig, Wrightsville Beach  
Mary Crusius, Southern Pines  
Donald & Rose Downie, Franklin  
David & Rachel Duncan, Charlotte

## Friends

(\$25 - 99)

James Evans, Greenville  
Carolyn Gillam, Harrellsville  
Geneva Gillis, Lumberton  
Earnestine Haselrig, Greenville  
Dawson & Barbara Hunter, Black Mtn  
Carl King, Greenville  
Gail Lehman, Franklin  
Sue McCann, Shallotte  
John Mikkonen, Etowah

Mettie Mills, Cary  
Glenn Mitchell, N Wilkesboro  
Martha Norman, Asheboro  
David & Caryl Portney, Southport  
Jeff & Linda Smythe, Pinehurst  
Martha Stephens, Otto  
Calvin Warren, Williamston  
Mike Waters, Raleigh  
William Young, Shelby

### IN HONOR OF

**Harold Moses** by Robert Kinser  
**Holly Gates** by Beth Carrin

### In Memory of..

**Bill Hoke** by Anna Rice **Ronnie Robison** by Gail Lehman **John Maloff** by Gail Lehman

## PASSING THE TORCH TO FUTURE GENERATIONS...NCSG SILVER LEGACIES

Help provide a year round health promotion and education program for adults 55 years of age and better by including North Carolina Senior Games in your estate plan or contributing to the NCSG Endowment.

Palma Linnerud, Raleigh  
Harold and Hazel Moses, Raleigh  
Margot Raynor, Wilmington

Lisa Lauffer, Raleigh  
Margaret McGlohon, Raleigh  
Ernie Raynor, Wilmington

Beth Wilson, Wilmington  
Alice Keene, Greenville

Founding Gift 2002 in memory of Pearl Cooper by Harvey Cooper, Black Mountain

# 2010 CALENDAR OF EVENTS

54 Local Games Statewide

July 1

Early Bird Registration Deadline for State Finals

Aug. 1

Registration Deadline for State Finals

September 13 - 15

State Finals Softball Tournament, Raleigh

September 27 - October 3  
State Finals, Cary/Raleigh

Oct. 12 - 13

State Finals Bocce Tournament, Clayton  
State Finals Golf Tournament, Clemmons

\*\*\*\*October 29 - 31\*\*\*\*

State Finals Basketball Tournament, Greenville

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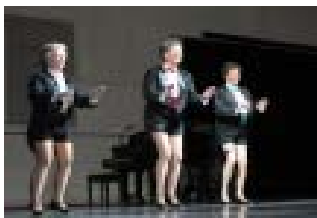
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## Do you have an email address?

If you received this via the US Postal Service ("snail mail"), please send us your email address for more efficient correspondence year-round!

## STATE FINALS SPECIAL EVENTS

- **Opening Ceremony** - Don't miss this annual event on Thursday, September 30, at Wake Med Soccer Stadium starting at 6:30 p.m. with the Parade of Participants, torch lighting, entertainment, and special guests. Enjoy the Cheerleader Showcase and Funwalk prior to the Opening Ceremony. Come early and join us for a spectacular evening! Great parking and seating.
- **Cheerleaders Showcase** - Join us for a fun and exciting show in the Wake Med Soccer Stadium prior to Opening Ceremony on Thursday, September 30, at 5:00 p.m. with performances by the Local Games' Cheerleaders from across the state.
- **The Performing Arts Follies** is on Friday evening, October 1, at 7:00 p.m. Get your advance tickets on the NCSG website July 1-September 1 (\$10). Any remaining tickets will be available at WakeMed Stadium on Thursday, at the McKimmon Center beginning at noon on Friday, October 1 and at the door before the Show.



- **Senior Expo** - Come and visit exhibits from our sponsors, coordinating agencies, and various health and fitness organizations...free gifts and great information and get your flu shot! This year's Expo will be held at the McKimmon Center on Saturday, October 2, from 9:00 a.m.-4:00 p.m.
- **SilverArts** - A celebration of the creative spirit! Celebrate the arts by visiting the **Heritage, Literary, and Visual Arts Showcase** at the NCSU McKimmon Center on Saturday, October 2 9:00 a.m. - 4:00 p.m.

### [www.ncseniorgames.org](http://www.ncseniorgames.org) has:

- State Finals Results & Records
- Rules Book
- SilverArts Booklet
- Pictures & Quotes
- Volunteer Information
- State Finals Venue Directions and Addresses

## THANKS TO OUR MAJOR SPONSORS!

