



The Vermont Senior Games Assoc. (formerly the Green Mountain Senior Games) **NEWSLETTER**

Affiliated with the Vermont Governor's Council on Physical Fitness and Sports

**Watch this
space
for the
new VSGA
logo!**

Volume I No. 1

Winter 2011

REVITALIZED, REJUVENATED, AND REORGANIZED

From the Board of Directors

Welcome to Volume 1, Issue 1 of our newly-formatted newsletter. We hope you find it interesting and informative. The newsletter, coupled with our soon-to-be-available and upgraded web site, will provide you with essentially everything you wish to know about the Vermont Senior Games Organization, including how to register for our 2011 State Championship games.

On December 14, 2010, The Green Mountain Senior Games board of directors elected a new board and officers in a move to bring new vitality and excitement to the organization. At its first board meeting on January 7, 2011 the new leadership group agreed on a set of core values, approved revised mission and vision statements, reorganized its committee and sports coordinator structure, and voted to change the organization's name from the GMSG to the Vermont Senior Games Association (VSGA).

After 27 years under the dedicated and able leadership of Ardis Smith, Vermont State coordinator, and more recently John Pelton, GMSG president, the new group stepped up to answer the call for change. Over the years many individuals contributed their time and effort resulting in the GMSG's long and successful history of serving the aged 50 and older community in Vermont. With a seamless turnover of leadership the new team will not only carry on the successes of the past but is committed to significantly growing the games by adding new programs and activities based on having fun, fulfilling the desire for fellowship, and with a focus on maintaining and/or improving one's physical fitness.

With seventeen directors and under the leadership of Don Kjelleren, President (Shelburne); Kim Mihan, Vice President (South Burlington); Betsy Orselet, Secretary (Colchester), Stan Wilbur, Treasurer (Tinmouth); and Barbara Jordan (South Burlington) and Bill Nedde (Shelburne) as co-chairs of the Games Committee, considerable planning has gone into making the 2011 State games and program the best ever.

The first change you have probably noticed is this newsletter. The BOD felt it is important to share the background, plans, new policies, programs and activities with everyone interested in the VSGA as an Olympian, volunteer, sponsor, or contributor. This article will highlight much of this information. Other articles in the newsletter will expand on some of these.

Another change the Board felt was important was to change the organization's name from the **Green**
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PRESIDENT'S MESSAGE

By Don Kjelleren— Board President

Let me start by saying it is a pleasure and an honor to serve as the new president of the VSGA. After serving for many years as director and vice chair of the National Senior Games Association and for more than ten years as an officer of the Delaware Senior Olympics, my wife and I moved to Vermont where we settled into retirement. At a chance meeting at the Charlotte Senior Center I met Betsy Orselet and Bob Willey who were there to talk about the Green Mountain Senior Games. To make a long story short,



we formed the “Charlotte Group” and invited a number of sports and physical fitness enthusiasts to discuss revitalizing the GMSG. With the encouragement of Betsy, Bob and others, they convinced me to come out of retirement. On December 14, 2010 a new Board of Directors and officers were elected, and we accepted the responsibility for continuing the successful 28-year history of the GMSG organization. So here we are full of excitement, enthusiasm, and commitment to grow the organization by adding games, programs and activities. It is our hope and aspiration that our
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VERMONT'S AMAZING LADIES

By Kim Mihan

If you thought getting older meant slowing down, you will be the first to agree that these ladies are amazing! The 2011 USA Track and Field Indoor Championships were held March 4-7 in Albuquerque, New Mexico, where Flo Meiler (Shelburne) and Barbara Jordan (South Burlington) broke three World Records, took five first place finishes, five second place finishes, and four third place finishes amongst them. These women are on top of the World!

Barbara Jordan set world records, and beat Flo, in the 60 meter dash (10:31 seconds), and 200 meter dash (36.80 seconds). In addition she had three second place finishes in the high jump, long jump and 60 meter

hurdles. Flo Meiler set a world record, and beat Barbara, in the 60 meter hurdles. She also had first place finishes in the pole vault, pentathlon, and high jump, second place finishes in the triple jump and the weight throw, and third place in the shot put, long jump, 60 meter dash, and 200 meter dash.

Flo Meiler and Barbara Jordan are women who inspire. They go for the gusto in life and have no intentions of slowing down. Flo wants to set world records

before going on to the next age group. She has her sights set on the world pentathlon record. Flo is well

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ABOUT THIS NEWSLETTER:

The Vermont Senior Games Association newsletter will be published 3-4 times a year. Copies will appear on our website: www.vermontseniorgames.org. Comments and articles are welcome! Also, if you, or someone you know, would like to receive a copy, please contact us at vsqa.communications@gmail.com (or the phone number/postal address on the back cover).

THE NATIONAL SENIOR GAMES ASSOCIATION: THE SENIOR OLYMPICS

By Don Kjelleren

The National Senior Games Association (NSGA) is a non-profit member of the United States Olympic Committee. It is dedicated to motivating seniors (persons aged 50 and older) to lead a healthy lifestyle through the senior games movement. Members of the NSGA include the 50 states of the United States and several other entities. The NSGA headquarters and staff is located in Baton Rouge, LA, where it administers the National Senior Games national organization. The NSGA summer National Championship Games is the largest multi-sport event in the world.

Founded in 1985 in St. Louis, Missouri, the organization held its first games in St. Louis in 1987 with 1,500 athletes participating. The NSGA has enjoyed very rapid growth to where 15,000 athletes are expected to participate in the Summer National Championships to be held in Houston, Texas this June. The summer games are held every other year (odd years) with the next games to be held in Cleveland in 2013. In 2015 they will be held in Minneapolis, Minnesota.

The NSGA also holds annual winter games, to be held this year in Rochester, New York from Sept. 28 to Oct. 2. These games are centered on a national ice hockey championship.

Because the summer games are held in odd-numbered year, athletes qualify for them in even-

numbered years. There is no qualifying requirement for the winter games.

The NSGA conducts 18 medal sports; states must hold events for at least 14 of the medal sports. These medal sports are Archery*, Badminton*, 3-on-3 Basketball*, Bowling*, Bicycling*, Golf*, Horseshoes*, Race walk, 5 and 10K Road races*, Racquetball*, Shuffleboard, Softball, Swimming*, Table tennis*, Tennis*, Track and Field*, Triathlon*, and Volleyball*. The games are very professionally run, with state of the art venues. Competitors can win gold, silver, and bronze medals, and ribbons for the next five places.

The VSGA is sending a winning team to the Houston games in 2011, with plans to send a significantly larger contingent to the 2013



Cleveland games. Everyone who attends the exciting summer games is a winner and an Olympian. Aside from completion, many wonderful memories and new friends result from these games.

For more information on the National Senior Games Association (NSGA) organization go to their website at www.nsga.com

*These are the 15 sports the VSGA anticipates offering in 2011.

NAME OUR NEWSLETTER CONTEST

By Betsy Orselet

Help us name our newsletter! We need a catchy name for our newsletter and we are looking to you for help. Our newsletter is a tool we use to communicate with the community on upcoming events, competition results, health and fitness information, thanks and much, much more. This newsletter belongs to you--and we want your help in naming it!

The top three suggested names will be voted on at the May Vermont Senior Games Association Board meeting. If two or more entrants submit the same winning entry, the first submission received will be the winner. The person who submitted the

winning name will win a \$25 gift certificate good towards any Vermont Senior Games event registration, along with bragging rights! Also, the names of everyone who submitted an entry will be entered into a raffle for a \$10 gift certificate good towards any Vermont Senior Games event registration.

Anyone may enter the Name Our Newsletter Contest. Each person may submit up to three (3) newsletter names. Please provide your name and contact information, including your email address and phone number.

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2010 GMSG STATE GAMES REPORT

By The Games Committee

The **Athlete Profile:**

- ◆ 187 athletes registered for the 2010 GMSG (now VSGA) games.
- ◆ 25 athletes were women.
- ◆ 162 athletes were men.
- ◆ 112 were Vermonters.
- ◆ 37.5% of the Vermont athletes were from the Burlington area.
- ◆ 75 were from out of state (40.1%).
- ◆ 11 states were represented.
- ◆ Track and Field and Basketball were the most popular sports. (See table below.)

In 2011, three or four additional medal sports and four competitive non-medal sports will be added to the games. With new venues and the reorganization, it is anticipated that participation in the 2011 games will be several-fold higher than the 2010 games. Our goal for participation in the 2012 games is for no less than 500 athletes registering for those games. A special effort will be made to encourage more women to participate in the Vermont games in order to bring our participation more in line with national averages where the ratio is closer to 50/50.

2010 Participation by Game (Medal Sports*)

214 entries to games (182 men 32 women) --- some persons participated in more than one game.

<u>MEDAL GAME</u>	<u>Total</u>	<u>Men</u>	<u>Women</u>
Badminton	2	2	
Basketball	80	80	
Bowling	11	7	4
Cycling	10	8	2
Golf	8	6	2
Racquetball	9	8	1
Road race	13	12	1
Swimming	7	1	6
Table tennis	11	11	
Tennis	13	7	6
Track and Field	50	40	10
<u>Totals</u>	<u>214</u>	<u>182</u>	<u>32</u>

*Medal sports – sports that are conducted at the NSGA summer games.

Revitalized, etc. (Continued from page 1)

Mountain Senior Games to the Vermont Senior Games Association. The main reason for this change is that it better reflects who we are, and our renewed focus on presenting our games as the Vermont State Championships for the aged 50 and older community.

The VSGA is a member of the National Senior Games Association (NSGA.) Being a member in good standing allows us to qualify athletes to participate in the biennial summer national championships. The VSGA will be sending a team of qualified athletes to

the June 2011 national championships in Houston, Texas. The VSGA is also an affiliate of the Vermont Governor's Council on Physical Fitness and Sports.

The **Core Values** of the VSGA are:

- ◆ The VSGA will focus on sports oriented activities with an emphasis on the social value of its programs and events.
- ◆ It will serve the age 50+ community.
- ◆ It will work towards becoming a year-round

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2011 VERMONT SENIOR GAMES — SOME OLD AND SOME NEW

By Kim Mihan

The Vermont Senior Games Association is one of the oldest members of the National Senior Games Association, the governing body for the National Senior Olympics. In the beginning, our main focus was to qualify athletes for the odd-year National Summer Games, where more than 12,000 athletes compete in 18 different sports. Vermont will be strongly represented at the 2011 National Championships in Houston, Texas by a veteran group of record holding athletes.

Our focus has broadened. While we have developed a dedicated following for our competitive sports programs, our mission now includes non-competitive fitness-oriented programs, education, and activities that provide for fun, fellowship and fitness. We believe that how we engage in life will lead to a quality lifestyle, healthy aging and well-being. We aim to provide opportunities for all the 50+ community to engage in life in a way that enhances your well-being and happiness.

Our competitive sports program will be offering 14 sports in 2011. Our plan for this year is to schedule the majority of these events during the months of July and August, with possibly a culminating event in September. A few of the dates and locations have been confirmed; the rest will be confirmed in time for the next newsletter and will be posted on the Vermont Senior Games Association

website at www.vermontseniorgames.org as soon as they are confirmed.

You may be experienced in a sport, or you may want to try something new, or you may want to pick up that sport you did when you were a kid! Maybe you like racquet sports such as tennis, racquetball, badminton or table tennis? Maybe you've always loved to swim? We offer swimming and triathlon events. If you'd like to see your favorite sport added to our program, contact us to learn how we can make it happen!

In 2011, we are embarking on our first walking program. We are in the planning stages of several other opportunities for you to gather with friends old and new in lifetime activities. We expect our new website to be online in April. Keep checking for updates and upcoming special events.

Fun, Fitness, and Fellowship can be found at the competitive level as well as the non-competitive games. Need some help getting started? Plan on attending a series of workshops sponsored by the Osher Lifelong Learning Institute at UVM. [Staying in the Game: the 50 + Athlete](#) featuring Barbara Jordan, Senior Olympics Medalist. The workshops will be held Wednesdays April, 13, 20, 27 & May 4; 5-7pm at UVM Hill Agricultural Science Building. Call 802.656-2085 to register. Living and learning keep us young at heart while we dare to age.

Revitalized, etc. (Continued from page 4)

- operation.
- ◆ It will not be limited to summer events.
 - ◆ It will offer competitive and non-competitive events and activities.
 - ◆ The VSGA programming will focus on healthy aging, lifestyle quality, and well-being.

Our **Vision Statement** is:

The VSGA organization is recognized as a highly successful leader in providing programs and activities incorporating fun, fellowship and fitness resulting in healthy aging, quality lifestyles, and well-being for the 50+ old Vermont community.

The **VSGA Mission** is:

The Vermont Senior Games Association is a not-for profit 501(c)(3) organization and a member in good standing of the National Senior Games Association, that hosts year-round sports and fitness oriented programs, activities, and education for the aged 50+ community incorporating the concepts of fun, fellowship and fitness.

We plan to offer 15 “medal” (NSGA championship sports) and several “non-medal” competitive sports this year. All competitive sports will be Vermont State Championships. We are in the process of designing a new logo and exciting new award medals for the State Championships. Some of

(Continued on page 7)

2011 SUMMER SCHEDULE OF EVENTS

By Barbara Jordan

Our goal is to offer as many of these events as possible in 2011. If you'd like to help, please contact one of our Games Committee Chairs. The schedule will be updated on the Vermont Senior Games website at www.vermontseniorgames.org as more dates are confirmed.

VERMONT SENIOR GAMES – SUMMER 2011 SCHEDULE OF EVENTS			
SPORT	COORDINATOR	CONFIRMED DATE	LOCATION
National Sports			
Archery	Ron Pelkey		
Badminton	Janice Lange		
Basketball	Bob Willey		
Bowling			
Cycling	Don Kjelleren	July 23, 2011	Ferrisburg
Golf	Stan Wilbur		
Horseshoes			
Racquetball	Paul Reinhardt		
Road Race (5K & 10K)	Rayne Herzog	June 23, 2011	Shelburne Health & Fitness
Shuffleboard			
Softball			
Swimming	Gerry Cournoyer		
Table Tennis	Bruce Kline	April 23, 2011	Shelburne
	Ron Lewis		
Tennis	Allyson Bolduc		
Track & Field	Barbara Jordan		
Triathlon	Rayne Herzog	July 16, 2011	Shelburne Beach
Volleyball	Glen Cuttitta	TBD	Colchester
Vermont Sports			
Bocce	Zander Ponzio		
Candlepin Bowling	Rick Battista		
Concept 2 Rowing	Meredith Haff		
Line Dancing	Marilyn Sheldon		
Pickleball	Janice Lange		
Sculling			
Skiing	Ann Taylor		
Weight Lifting			
CONTACT:	Co-Chairs of the Games Committee		
	Barbara Jordan	802-658-4486	barbarajordan@moomail.net
	Bill Nedde	802-578-2680	

REGISTERING FOR THE 2011 STATE GAMES

By The Games Committee

One of the goals of the Games Committee is to make registering for the VSGA State Championships as easy as possible. With the incorporation of modern technology, coupled with the individual sports coordinators efforts, we have added additional ways to register. We will offer up to four ways for you to learn when and where the sport of your choice will be held, and then give you a choice of ways to register for your game(s).

1. The VSGA newsletter –

The spring edition of the newsletter will include games schedules, a message from each game sports coordinator about their game's particulars and a registration form. You will be able to fill out the form and mail it with a check made out to the VSGA covering the registration fee to the address specified on the form. Or...

2. Go to the VSGA website –

www.vermontseniorgames.org Locate the current newsletter and look up the sport of your interest, print out the registration form, and proceed as in #1 above. Or....

3. Go to the VSGA website –

www.vermontseniorgames.org Locate the link to

register on line, click on it, and follow the instructions. This method of registering will use a credit card for the payment of the registration fee. A confirmation of the registration may be downloaded or printed. There will be no additional charge for this easy way to register. If you register in 2012 or later your info will already be in the system, making registering even easier. On-line registration is being provided by **Vermont Systems** located in Essex Junction, VT. Or...

4. Promotional flyers –

Some, but not all, sports coordinators will prepare and distribute promotional flyers for their sport. These flyers will contain a registration form. Use these in the same manner as a newsletter or downloaded registration form (#1 and #2 above.) These flyers may be available in health clubs, sporting goods stores, places where the sport is conducted, and other such locations.

Revitalized, etc. (Continued from page 5)

the non-medal sports we are considering are pickleball (the fastest growing sport in America), weight lifting, line dancing, candlestick bowling, bocce, and others. Next year we are thinking about the possibility of holding a VSGA winter games. Each of our sports offerings is managed by a sports coordinator (SC). This person is an advocate for their sport and is fully responsible for managing their sport's competition. All SCs are members of the Games Committee.

Another of the Board's seven standing committees is the Non-competitive Programs and Activities Committee, chaired by Kim Mihan. This important committee will be designing programs that fulfill our mission of offering year-round activities. For example, we are looking forward to sponsoring a year-round walking program. We are also considering for the future some social events,

such as an annual summer picnic, and a fall banquet.

We are working on and should announce soon that you will be able to register for our games online. Our renewed web site will have a link to online registration. We will still offer registration forms in our newsletters as well as online, but we believe you will find online registration convenient and easy.

With our enthusiastic, proactive, committed board of directors, committees, and sports coordinators we are revitalizing, rejuvenating, and reorganizing the VSGA into an exciting organization that we believe will draw all health and sports-minded persons. Vermont, as an "open state," invites everyone aged 50 or over by December 31, 2011 to participate in the VSGA competitive and non-competitive games and programs. In fact, everyone who does can call themselves an Olympian.

TABLE TENNIS TOURNAMENT ON MARCH 26

By Ron Lewis — Sports Coordinator, Table Tennis

The Green Mountain Table Tennis Club would like to announce its 29th Annual Spring Spectacular Table Tennis Tournament, Saturday, March 26th, to be held at The Knights of Columbus/Boys and Girls Club gymnasium on 21 Merchants Row in Rutland, Vermont. This event consists of ten separate events and divisions including novice, juniors, singles, and doubles. There will be awards for all the winners and runner-ups.

To sign up or for further information about this fine event or about the table tennis club that meets Wednesday evenings at The Knights of Columbus/Boys and Girls Club gymnasium, go to the Club's web site at www.gmttc.com. No applications

will be mailed out; the application should be printed from the web site, completed and mailed so that it is received a week prior to the event. If you have a Vermont State Rating, it might be found on the Club's web site (under "Ratings"), or you can go to Ratings Central at www.ratingscentral.com. (The club's web site has instructions on how to find your rating on Ratings Central.)

For further information, call Club representative Ronald Lewis at (802) 247-5913.



President's Message (Continued from page 2)

program will attract a large segment of the 50 year and older Vermont community.

Perhaps you might be asking yourself what is motivating this commitment on the part of each board member to devote considerable time and effort to work towards the revitalization of VSGA. If you asked the board members you might get a number of answers, but there is one reason— we are all on the same page. Before I reveal the reason, try this: with the belief you could have any wish come true, jot down a list of all the things you would like to be, like to do, like to have. For quite some time I have been asking seniors to do this, and have received replies from "I want to be rich, have a wonderful family, shoot a 70 golf score" to "travel all over the world, and have good friends." What is interesting is that every reply I have ever seen will fit into one or more of three categories: happiness, longevity, and independence. Aren't these the three things most desired by the mature community? Now let me ask you, is there any one thing that can prevent you from being happy, living a long life, and

remaining independent? The answer is always, "poor health."

It is well documented and known that a key element in obtaining and maintaining good health is establishing a daily routine of exercise. It is also well known that the attraction of an exercise regimen is not widely accepted. So the real issue is how can we make exercise attractive and desirable. The VSGA board believes that if we make exercise fun, a sports-oriented activity, and something we do with others, there will be much greater participation in doing something that fosters good health. So now you know what is motivating each board member— it is the commitment to provide programs and activities that lead to healthy aging, a quality life style, and well-being that incorporates **fun, fellowship, and fitness**. This is our motto and philosophy. We invite every Vermonter aged fifty and over to join us in making new friends, having a fun experience and keeping healthy. This is surely the best way to happiness, longevity and independence.

PARTNERS: SHELBURNE HEALTH AND FITNESS

By Don Kjelleren

SHELBURNE
Health & Fitness

We are very pleased and excited to have Shelburne Health and Fitness (SH&F) partner with us to host the VSGA 2011 state of Vermont senior triathlon and 5K and 10K road race state championships. SH&F is Vermont's premier organization for hosting triathlons. Through our partnering arrangement the VSGA is extremely fortunate to be able to offer this sport for the first time in many years.

Ute Talley is the owner and operations manager; Rayne Herzog is the general manager. He is also a member of the VSGA board and the sports coordinator for triathlon and road races.

Shelburne Health and Fitness was established by Ute in 2005 with the fitness organization consolidating its operations at its current location on Athletic Drive in Shelburne in 2010. Seven hundred members use this facility for health and fitness reasons. The SH&F features seniors programs, yoga, Pilates, spinning classes, injury rehab, a highly professional staff of personal

trainers, and other services.

The SH&F is very focused on being community oriented, and a place where a very happy and contented attitude prevails. It is noted for its superior cleanliness and the wide variety of well maintained exercise machines, weights and accessories it offers.



Ute Talley and Rayne Herzog

Ute says, "My motivation for operating the SH&F is to provide a place that has a positive impact on people, and a place to make young seniors." Rayne says, "Everyone can improve their overall life in all ways if they keep themselves healthy by being physically fit."

The triathlon will be held on July 23, 2011 at 8 a.m. at Shelburne Beach. The 5K and 10K road races will be held on June 23, 2011 at 5:30 p.m. at the Shelburne Health and Fitness location. Registration can be done online and in other ways--see the VSGA website, www.vermontseniorgames.org, for details.

Vermont's Amazing Ladies (Continued from page 2)

known for doing many events because she "likes them all" and can't choose just 3 or 4 events. She has found a specialty in the pole vault. She holds her age group world record in the pole vault. Barbara specializes in the hurdles and looks to better the times Flo has set on the record books. Barbara is described as having a calm, determined focus. Seasoned Vermont athlete Bill Eichhorn says of Barbara Jordan, "she's a 75 year old teenager!"

While these two are fierce competitors and are now competing in the same age group and against each other, they are friends who train and encourage each other to perform at their best.

Former UVM track coach Bill Nedde keeps their training "on track" so they will be in peak condition and ready to meet their challenges and reach their next goals.

In addition to being great athletes, Barbara and Flo are all around great people. They have both chosen to make a difference in Vermont by working with the Vermont Senior Games Association to expand competitive and non-competitive opportunities for the 50+ crowd in Vermont. "The Senior Games are not just for jocks," Meiler said, "They're for everybody."

VSGA FINANCIAL OVERVIEW

By Stan Wilbur—Treasurer

Over the past several years, the Senior Games has operated on an annual budget of between \$6,000 and \$8,000. Expenses include the cost to hold eight to ten events each year, publish and distribute a newsletter and registration forms for the various events, maintain a website, provide medals and awards for successful athletes, provide insurance coverage for event participants, maintain our National Senior Games affiliation and travel to attend National meetings.

Primarily, revenue comes from registration fees for the events. We also receive donations from Friends of Senior Games and financial support from the Governor's Council on Physical Fitness and Sports to help cover the cost for insurance. This current fiscal year's (June 1 - May 31) budget projected Friends/Donations income at \$1,900. To date we have received a little over \$1,000 in gifts which means we will either have to cut costs or dip into reserve funds. The hope is that additional donations will be forthcoming.

In addition to budgeted income and expenses we have been fortunate to have received many non-cash contributions. These have included snacks from General Mills, water from Hannaford's, T-shirts from Cabot Creamery and assistance in publishing this edition of the newsletter from the Vermont Recreation and Parks Association. Also, during the past year we were fortunate to receive donations from Vermont Systems, Johnson Energy, Sugar and Spice, The Vermont Country Store, Allen Engineering, Casella Waste Management, and Stantec Engineering to allow us to purchase portable basketball time scoreboards.

If anyone has any questions, would like additional information regarding Vermont Senior Games financials or would like to make a donation, please feel free to contact me at 13 Bliss Road, Tinmouth, VT, 05773, by e-mail at wilburs@greenmtn.edu, or by telephone at 802-446-3953.

FUND RAISING

By Don Kjelleren

We are pleased to report we have our first sponsor for the 2011 VSGA season. **Cabot Creamery** has made a generous contribution to be used for volunteer T-Shirts. **Cabot Creamery** has been a sponsor now for several years, and we really appreciate their help.

As mentioned in Stan Wilbur's financial report, we have based our 2011 budget on income from games registrations. If all goes as planned in 2011 we will about break even. Unfortunately this leaves the organization with minimal funds to expand our programs and activities. We will need considerable additional funding in order to fulfill the VSGA mission of making a positive impact on the health and well-being of the age 50+ Vermont community. For example, our vision includes sponsoring and promoting a state-wide healthy walking program. Such a program brings outstanding health benefits to the participants, but it also known that a well-run walking program with

good results will require financial support.

To address this need the VSGA Board has established a fund-raising committee. They are currently formulating a plan to seek sponsors, contributors and other sources of funding. If there are any companies or organizations that would like to discuss sponsoring the VSGA please contact us (see back page of the newsletter for contact information.) We are prepared to have members of our leadership team meet with all interested parties. Please note on the games registration form there is a place where athletes can make a cash contribution. Contributions may also be made at any time by check to the VSGA, sent to the address noted. All contributions and gifts will be acknowledged, unless specified otherwise. Sponsors will receive recognition at our games, in our literature, and in other ways. We thank each and every person who supports our effort to maintain and/or improve the health and well-being of our mature community.

VSGA BOARD OF DIRECTORS AND COMMITTEES

By Don Kjelleren— Board President

The duty of your board members is to prepare for and attend regularly scheduled VSGA board meetings, serve on at least one standing committee, devote time and effort for committee work and other assignments, be an advocate for the mission and vision, and above all be committed to expend time and effort in making the VSGA a significant contributor to the health and well-being of the Vermont aged 50+ community.

We are extremely fortunate to have a seventeen-member board that is bound to these principles. With the enthusiasm, experience, and commitment of each board member, the VSGA will prosper and grow in significant proportions.

Adults of any age and from any residence in Vermont are welcome to serve as a member of the board of directors. If you feel you would like to contribute to the success of the VSGA by being a board member please contact Bob Willey – Chair of the Nominations Committee, or any board member to discuss your interest.

Board Members

Dudley Bell	Claire Bemis
Allyson Bolduc	Rayne Herzog
Libby Irwin	Barbara Jordan
Margaret Lipscomb	Donald Kjelleren – President
Melissa Mendelsohn	Kim Mihan – Vice President
Bill Nedde	Betsy Orselet – Secretary
Tom Raub	Ardis Smith
Ann Taylor	Stan Wilbur – Treasurer
Robert Willey	



Standing Committees

The standing committees do the work of the VSGA. Board members serve as the chair of each of the committees, but any Vermont adult may serve on a committee. If you are interested in doing so, please contact Don Kjelleren, or the committee chair of the committee you are interested in. Our standing committees are:

GAMES – Barbara Jordan and Bill Nedde, Co-chairs. Responsible for the competitive games.

FINANCIAL – Stan Wilbur, Treasurer. Responsible for VSGA finances and budgeting.

Fund-raising sub-committee – Melissa Mendelsohn, Chair. Responsible for obtaining sponsors and outside funding.

NOMINATIONS AND BY-LAWS – Bob Willey, Chair.

INTERNAL COMMUNICATIONS – Peggy Lipscomb, Chair. Responsible for the VSGA newsletter and other internal communications.

EXTERNAL COMMUNICATIONS – Clair Bemis, Chair. Responsible for website, media contacts, press releases, etc.

NON COMPETITIVE GAMES COMMITTEE – Kim Mihan, Chair. Responsible for year- round programs and activities.

AWARDS/RECOGNITION – Betsy Orselet, Chair. Responsible for ceremonies, awards.

ADMINISTRATIVE – Don Kjelleren, Chair. The members of this committee are the four VSGA officers and the Games Committee co chairs.

Name Our Newsletter, etc. (Continued from page 3)

Submit your contest entries by e-mail to betsy@vrpa.org or by mail to **Name Our Newsletter Contest**, 721 Main Street, Colchester, VT, 05446.

Entries must be received by midnight on April 25, 2011. The contest winner will be contacted by

May 15th. The winning name will be posted to the Vermont Senior Games website and will appear in the summer issue of this newsletter.



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THE VERMONT SENIOR GAMES ASSOCIATION

FUN, FELLOWSHIP, AND FITNESS



MISSION STATEMENT

The Green Mountain Senior Games organization is a not-for-profit 501(c)(3) organization and member in good standing of the National Senior Games Association that hosts year-round sports and fitness competitions and non-competitive physical fitness oriented programs, activities, and education for the aged 50+ community incorporating the concepts of fun, fellowship and fitness.

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