

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 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.