



Staying Fit: The Ultimate Rightsizing

# SHAPE Info

*It's time to get into SHAPE!*

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## Army / Air Force Wins SHAPE Basketball Challenge over Navy / Marines 46 - 30

by Tony Tolbert

This article may not be about a NCAA basketball game or a division 1 school, but about a Central Florida basketball championship game that was played on 10 March 2011, 1530 hrs, at the UCF Complex, between Army / Air Force (AAF) and Navy / Marines (NM), in which AAF beat NM 46 to 30. This was the 5th consecutive year that AAF has beaten NM. This game displayed energy and talent that certainly had all the ingredients and excitement of any NCAA game. The game featured two premiere power forwards in AAF's LTC Gordon Graham and NM's Charlie Norman. NM came out very aggressive by taking the game right to AAF, a kind of in your face and stop me if you can attitude in which AAF had to adjust quickly or it would ultimately find itself out of sink and out of the game quickly. NM's Charlie Norman had back to back buckets with his powerful post-up play. Initially, it seemed as if he (Charlie) was going to be unstoppable. Charlie ended the game with 10 points. NM's Mike Martin added another 8 field goals with his precision perimeter shooting. Needless to say, NM was quickly becoming a force for

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**Army / Air Force Winning SHAPE Basketball Challenge Team:** Front Row (Left to Right): Chris Camp, Brian Serra, & Sal Urciuoli. Top row from left to right: Robert Johnson, Ben Barnes, Phil Davis, Scot Welcheck, Herbert McDuffie, LTC Gordon Graham, Don Schlomer, Tony Tolbert, Michael Glazer.



**Navy / Marines SHAPE Basketball Challenge Team:** Front Row (Left to Right): Rick Neff, Ed Johnson, Mike Martin; Back row: Noah Heltemes, Charlie Norman, Bill Robertson, Nelson Anestor, Edward Malone

Photos: Doug Schaub



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**Army / Air Force Winning Soccer Challenge Team:** Top Row (Left to Right): John Womack, Ricardo Guerrero, Randall Spain, Hugo Carneiro, Bob Wolfinger, Rick Copeland, Chris Camp, Phil Davis, Jason Malak, David McGovern, Adams Baldwin, Bill Jensen Kneeling row: CPT James Cooper, Marco Mayer, Megan Allums, Glynn Vincent, Erik Hurley, Brian Serra; Not Pictured: Michel Berry



**Navy / Marines Soccer Challenge Team:** Top Row: (Left to Right): Diego Mera, LCDR Joshua Crouse, John Hodak, Humberto Romero, John Karavokiros, Salah Hani, Ibrahim Akyol; Kneeling Row: Eric Pfefferkorn, Mike White, Eric Partney, Steve Wagner, Brian Ferguson  
Photos: Doug Schaub

**Army / Air Force Wins SHAPE Soccer Challenge over Navy / Marines 2 - 0**

**SHAPE's Army / Air Force -vs- Navy / Marine Corps Co-Ed Softball Challenge**

Our seventh annual Co-Ed Softball Challenge will be held on 9 Jun 11 at 1100 during the CMWRA Picnic at Red Bug Lake Park located at 3600 Red Bug Lake Road.

Encourage all center employees to attend and cheer for your favorite team!

Employees interested in joining a team, contact the respective team lead.

Army / Air Force team leader:

Jackie Bushway, email: [Jacqueline.Bushway@us.army.mil](mailto:Jacqueline.Bushway@us.army.mil)

Navy / Marine team leader:

Rick Neff, email: [Richard.Neff@navy.mil](mailto:Richard.Neff@navy.mil)

**Go Army / Air Force!  
Go Navy / Marines!!  
Safety Fair**



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## **Staying Fit: The Ultimate Rightsizing**

On 22 Jun 11, 0900-1200, SHAPE / Navy Wellness sponsors the annual Safety Fair in deFlorez Multipurpose Room (room 1203). The intent of this event is to encourage employee awareness of the importance of a safe work and home environment.

Various local organizations will have displays and handouts from health safety, marine safety, mosquito control, auto safety to pet safety.

## **Acupuncture for Pain Management Seminar**

Longwood Healing Center will be our guest speaker for "Instant Relief for Headaches and Stress" on 18 May 11, 1200-1300, in deFlorez Multipurpose Room (room 1203).

Attendees will learn how acupuncture works, the conditions that acupuncture is proven successful for treating and a live demonstration of acupuncture. Employees who attend receive educational handouts supporting the subject matter and earn a chance to win a free massage.

## **Schemes, Scams, and Frauds: Promising Dreams – Delivering Nightmares Seminar**

Melissa Allums, Orange County Fraud Prevention, will be our guest speaker for "Promising Dreams – Delivering Nightmares Seminar" on 25 May 11, 1200-

1300, in deFlorez Multipurpose Room (room 1203).

Scammers and conmen are scurrying out of every crevice to steal your money. Anyone can be vulnerable to their attacks, so stay alert and watch out. Learn how to protect yourself from their traps at this presentation.

## **Self Defense Class**


Three day Self Defense Class will be held in three 1 hour sessions on 18-20 July 2011 at 12 (noon). Our instructor is SGM Patrick Ogden, Senior Enlisted Advisor to the PEO. SGM Ogden is Infantry Soldier has instructed self defense classes to his Soldiers, both male and female, to provide knowledge to protect themselves in the areas where they live and travel. He provided several classes for Soldiers stationed overseas.


This Class is come as you are, no special clothing is required. Instructor will show methods to allow escape or to incapacitate a criminal who might choose to rob or assault you. Instructor will teach methods which will work for any size or gender to survive first contact in such a situation. Kicks / stomps / blows / slaps / pokes it is all fair in fight, just learn what works and what does not so you can control your own emotion to survive.


Register for this class by email to [Jason.Magno@Navy.mil](mailto:Jason.Magno@Navy.mil) Include your name, office symbol/code and phone number.

## **Rules of Fitness**

Exercise should be done on most, preferably all, days of the week. Three (3) days is considered the minimum to achieve many of the health benefits.

 May be done in a single session of 20 to 30 minutes or more or performed intermittently with time accumulated for 30 minutes or more (for example, in three sessions of 10 minutes each).

 Should use large muscles and raise heart and breathing rates. The working muscles rhythmically contract and relax, stimulating increased blood flow through the heart, lungs, and blood vessels.

 Use the "**Talk Test**" to determine how hard you should exercise (intensity)— While performing an aerobic exercise or physical activity—

- ♥ If you can converse somewhat breathy, you're doing okay.
- ♥ If you can sing, you may need to step up the pace a little.
- ♥ If you can't talk, slow down-- you're working too hard.

## **SHAPE Ideas .... contact:**

Gary Ashland	407-384-3945
Lorraine Tuliano	407-380-8683
Jason Magno	407-380-8523
MSgt David A Malinski	407-208-5732

NOTE: The opinions expressed in these articles in this SHAPE Info are those of the author. They do not necessarily represent those of PEO STRI, AMC, the Department of the Army or the Department of Defense.

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### SHAPE Basketball Challenge, continued from Page 1

AAF to defend against, and defend AAF did, with stealth planning and accuracy!

AAF's head coach, Mr Walt Pezzolo was already aware of NM's outstanding post play of Charlie and Walt knew he had to find someone to not only defend Charlie but offer up an offensive threat as well, and that was AAF's LTC Gordon Graham. LTC Graham, while a power forward, displayed ball handling skills, moves, and shooting accuracy equal to those of New Orleans Hornet's Chris Paul. In one possession, LTC Graham got the defensive rebound and ran the length of the court dribbling through various NM defenders and about eight feet from the basket, performed a cross dribble misdirection move that caused the defender to fall down and LTC went on to score a lay-up. LTC Graham also posted-up NM's Charlie on several plays making his offensive presence known with strong drop step scoring moves to basket. At one point, LTC Graham took the AAF team on his shoulders with a barrage of inside moves and at will scoring against NM. LTC Graham finished the game with 13 points. Rounding out the scorers for AF was Phil Davis who played very well for AAF leading all scorers with a team high 14 points. Phil, with his quickness, was almost impossible to defend on his pull-up jumpers. As AF's center, Scott

Welcheck was very active on the offensive boards with 6 points. AF's Tony Tolbert, Team Captain added 9 points, as NM played a box and one on Tony, which made it a difficult day for Tony. AF's Ben Barnes, Sal Urciuoli, and Brian Serra added 4, 3, & 3 points respectively. AF's Michael Glazer, Donald Schlomer, Christopher Camp, Herbert McDuffie and Robert Johnson performed very well in AF's overall defensive approach to the game. As always, Ms Jackie Bushway did an excellent job on the stats for both teams.

Rounding out NM's scorers are Ed Matone 8, Bill Robertson 2, and Rick Neff 2. Also, contributing to NM's overall efforts were Ed Johnson, Noah Heltemo and Nelson Anestor.

Due to the AAF and NM game being an annual event, the anticipation and intensity levels among players seemed as thick as a heavy fog that had drifted in from one of the scenes out of the Harry Potter movies. But, for the winning team (AAF 46 & NM 30), this article is about more than just a basketball game, it's also about and exemplifies the Army Values; Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage mean.

**Loyalty** - Because the AAF team had an allegiance and believed in and devoted itself to something bigger than any one as an individual.

**Duty** - Because the AAF team fulfilled their obligations by

winning the game for a 5th straight year, the team did more than just carried out their assigned tasks, they have dominated the NM team for five consecutive years and they did it as team.

**Respect** - Because of the effort put forth by NM, AAF can appreciate NM's lost with dignity and respect. There was no taunting in AAF's victory celebration.

**Selfless Service** - Each team member got tired and there is no denying that, but, because of each individual's selfless approach to be a strong part of the team, the will and commitment to win far exceeded any perceived thoughts of ineptitude.

Honor, integrity, and personal courage were all at stake for the AAF team and they knew this going into the game. That's why not one single AAF team member went into the game with fear, but, with personal and physical courage that allowed for AAF victory over NM.

In summation, I'd like to quote Dick Vermeil, "If you don't invest very much, then defeat doesn't hurt very much and winning is not very exciting."

Michael Jordan once said that "Love is playing every game as if it's your last" and I believe this is what this AAF team is all about when it comes to winning. The NM team will feel the pain from the lost for only a little while, but, the AAF team will feel the victory forever.