



Calgary 55plus NEWS

fall 2013

www.calgary55plus.com



“Sea of red” in Westlock

Many of Zone 3's 148 competitors enjoy the Opening Ceremonies of the 2013 Alberta 55 plus Summer Games on July 27.

See results and pictures, pages 4 and 5.

Get to know your website

The Calgary 55 plus website is your one-stop shop for just about anything you want to know about what's up in Zone 3.

Get in touch with a Board member, see the latest pictures, learn about upcoming events and more.

Read all about it on page 6.



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President's Message

Tribute to our Volunteers

Did you know that Calgary 55 plus is entirely operated by volunteers? That's right...no paid staff.

Our volunteers include members who donate their time occasionally for specific projects like helping to get this newsletter out, setting up chairs and tables at Pep Rallies and games, and representing Calgary 55 plus at trade shows and speaking engagements. Others, many of whom you have met, are the Activity Coordinators (and their Assistants) and the Activity Directors who make the 16 Summer and 13 Winter Activities possible. The Board of Directors is made up of volunteers too.

All of our volunteers give generously of their time to bring us these opportunities to stay active. We owe them our thanks.

A year ago we had 675 members; today we have 806 (almost a 20% increase) and we expect continued strong growth in the balance of 2013 and into 2014. However, our roster of volunteers has remained roughly the same.

A larger membership means better competitions and more opportunities to make friends. But, to maintain the current quality in the delivery of our activities we need to increase the number of volunteers as well.

I am sure that you are as grateful as I am for the opportunity to participate in Calgary 55 plus activities. If you are currently a volunteer you have our thanks. If you haven't had the opportunity to volunteer yet, please give it serious consideration and contact our Past-President, **Dan Guglielmin**, (guglield@telusplanet.net) to discuss where you might fit in.

Barrie Dargie, President

Board of Directors

President	Barrie Dargie 403-247-9949
Vice President	Lorraine Hanchar 403-249-4148
Past President	Dan Guglielmin 403-289-0352
Treasurer	Ron McCurdy 403-281-8387
Secretary	MJ MacLeod 403-461-4244
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Activity Director	Doug Kyle (Winter) 403-255-7932
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Directors	
<i>Events</i>	Garry Rosling 403-640-4515
<i>Medals</i>	Verla Boyle 403-236-5649
<i>Publications</i>	Keith Shaw 403-252-9238
<i>Photography</i>	John Gilchrist 403-272-7958
<i>Publicity Ass't</i>	Sidney Aker 403-273-9282
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<i>Casino</i>	Gertie Collins 403-273-3955
City Rep	Hayden Kowel 403-268-1357

**Calgary55plusNEWS is published three times a year:
Summer, Fall and Winter**

**Please have all submissions for the Winter issue to
Keith Shaw (mashawca@yahoo.ca) by
January 27, 2014.**

Be a volunteer, have some fun and take in the Show

by Linda Elder, Publicity Director

The 55 Plus Living Show being held November 2 and 3 at the Stampede BMO building will bring together organizations that share the mission of assisting seniors improve their physical and mental wellbeing.

Calgary 55Plus will have an ample supply of brochures for volunteers to hand out to attendees.

Come on down. Volunteer, have some fun, share your experiences

and spread the word about our fine organization.

There are various shifts available on either Saturday or Sunday, leaving ample time to view the other displays. You will also be supplied with an entrance pass.

For further information, please contact me at **403-242-7383** or at hproc@shaw.ca or email Barrie at micat@shaw.ca 🐾

The 50 Plus Living Show

"Celebrating Life at 50+"

Calgary, AB - November 2 & 3, 2013



Is your membership up to date?

Hopefully everyone had a great summer even though there were times it was a wee bit wet. Congratulations to all Provincial winners who are going to the Canada games in 2014, please remember that you will have to purchase your 2014 Membership before you can participate.

Remember to bring your Membership Card to the activities you are participating in for the winter fun games starting in October,

Have there been any changes to the following?

- Your address
- Your telephone number
- Your current e-mail address
- Your activities
- Your partner

Also if you know of anyone who is now deceased or moved elsewhere, please let me know.

See you at the Winter Fun Games.

Yvonne Armstrong

ph: 403-274-6720 email: armstby@shaw.ca



Why You Should Volunteer

...a few reasons...

- You'll help people.
- You'll gain new contacts and friends.
- You'll be able to use, add to, or build on your skills.
- You'll maintain your interest in an activity.
- You'll use your leisure time productively.
- You'll be recognized and appreciated for your contributions.

Calgary 55 plus at the 2013 Summer Games

by Norm Thomas, Summer Activities Director

Zone 3 sent 148 competitors to 2013 Alberta 55 plus Summer Games at Barrhead and Westlock in August. We fared quite well and everyone enjoyed the hospitality and competition.

A total of 80 of our members came back with medals. Of those, 15 won multiple medals. (In fact, Zone 3 actually had 81 medalists, but one of them was a fill for Zone 4 and didn't count towards the Zone 3 total.)

Seven Calgary 55 plus participants also medaled in arts and crafts and creative writing.

I would like to thank all the coordinators and the other volunteers who helped make our Zone Playoffs such a great success. Their efforts played an important role, as always, in preparing our competitors for success the Provincial Games. 🐾

Congratulations to our Zone 3 Medalists!

Zone 3 competitors once again brought home a wealth of fond memories from the Alberta 55 plus Summer Games. They also came away with an impressive haul of medals. Medalists include:

ATHLETICS

W55+ Grace Watson – **Bronze**

Peggy Plathan – **3 Gold**

M55+ Merv Husak – **2 Silver**

Brian Hill – **1 Gold, 1 Silver**

W65+ Cheiko Rehm – **2 Gold, 1 Silver**

M65+ Joe Elder – **2 Gold, 2 Silver**

W70+ Betty Dargie – **3 Gold**

W80+ Nessie Hollicky – **1 Gold, 1 Silver**

M80+ Ray Colliver – **3 Gold, 1 Silver**

BOCCE

Open 55+ Betty and Ralph Markle, Ema Dreger,
Bob Craswell – **Gold**

CONTRACT BRIDGE

Open 55+ Joan Finlay, Robert McIntosh – **Bronze**

CRIBBAGE

55+ Singles Carol Lapierre - **Gold**

55+ Doubles Linda Elder and John Younker - **Gold**

70+ Singles Gloria Culp – **Gold**

FLOOR SHUFFLEBOARD

Open 55+ Eileen and William Phillips – **Silver**

GOLF

M65+ Low Gross Joey Brown - **Silver**

W75+ Callaway Mary Martens – **Gold**

HORSEHOES

W55+ 20-34.9% Doreen Peers - **Gold**

M55+ 20-34.9% Sid Aker - **Gold**

Open 65+ 0-19.9% Robert Murray - **Bronze**

20-34.9% Alan Peers - **Bronze**

35-49.9% John Winfield – **Gold**

POOL – 8 BALL

M55+ Singles Don LaPierre – **Silver**

SLO-PITCH

55+ Men's

Gold - Bob Edwards, Peter Berthiaume, Francis Avery, David Kennedy, Donald McKillop, Garry Reichert, Murray Lueke, John Blanchette, Roger Cormier, Ted Harrison, Thomas Moslow, Wendy French, Ernie French, Garth Colpitts, John Fahie

SWIMMING

W55+ Deborah Kotlewski – **1 Gold, 2 Silver, 1 Bronze**

M55+ Hobe Horton – **5 Gold**

W60+ Lily Chan – **2 Gold, 1 Silver, 1 Bronze**

M60+ Keith Shaw – **4 Gold, 1 Silver**

W65+ Marilyn Shaw – **5 Gold**



M65+ Gabor Zinner – 5 **Gold**
W70+ Pat Hlady – 3 **Gold**, 2 **Silver**
M70+ Ivan Pivavarov – 5 **Gold**
W75+ Johanna Bands – 2 **Gold**, 1 **Silver**
M75+ Bobby Chan – 4 **Gold**, 1 **Bronze**

TENNIS

W55+ Doubles Debby Pycroft and Carolyn Rubbin – **Silver**
55+ Doubles Mark Ferrier and John Gordon – **Silver**
W55+ Mixed Doubles Marilyn Crombie and David Hagopian – **Gold**
W70+ Doubles Rosel Fehres and Dee Ann Clark – **Gold**



ARTS AND CRAFTS

Lynn Hladik – 1 **Gold**, 1 **Bronze**
 Larry Spreadbury – **Silver**
 Peggy Plathan – **Silver**
 Carolyn Alway – 3 **Bronze**
 Jean Weis – **Bronze**

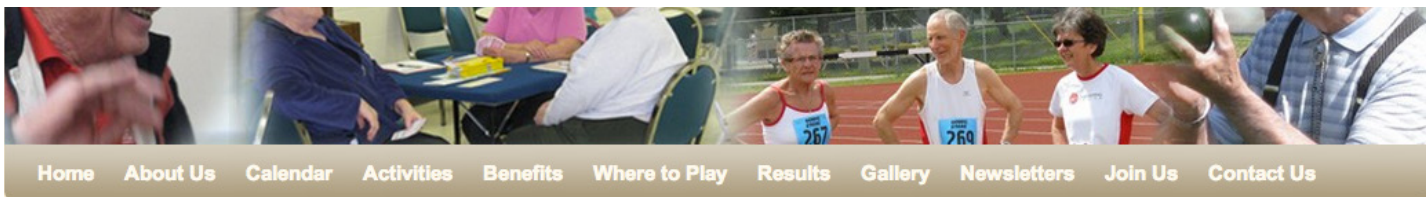
CREATIVE WRITING

Joe Elder - **Bronze** 🐾

These are only a few of the pictures of the Calgary 55 plus team taken at the 2013 Summer Games.

Want to see more? Go to the Gallery on our website at www.calgary55plus.com/gallery.

Or go directly to our Flickr account at www.flickr.com/photos/calgary55plus/sets



An introduction to your Calgary 55 plus website

If you want to know what's going on with Calgary 55 plus, what the latest Games results are, where the action is, who to call for information about your favourite activity, www.calgary55plus.com is where you want to go.

Here's a pocket guide to our website:

The Home page

This is the page that appears when you type www.calgary55plus.com into your web browser. The main part of the page is made up of blogs (news items) about Calgary 55 plus doings. The most recent blog is at the top. You can find earlier blogs in the archives on the right-hand side of the screen.

Orange text in a blog is a link. Clicking on it will take you to another page. You can return to where you started by:

- clicking on the go back arrow at the top of your screen
- closing the window you just opened
- clicking on the appropriate item on the Menu Bar

The Menu Bar

The Menu Bar runs across the top of each page in the website just under the heading picture. Each item on the Menu Bar is also a link. The main menu items are: **Home, About Us, Calendar, Activities, Benefits, Where to Play,**

Results, Gallery, Newsletters, Join Us, Contact Us.

We've already covered the Home page. Here is what you'll find under the other menu bar links:

About Us

This is where you'll find some Calgary 55 plus history, and the names and contact information for your Board members.

Calendar

The Calendar lists all upcoming events along with time and place information (usually with a Google map). In most cases, it also includes contact names, numbers and email addresses.

Activities

Here is where you find out what our activities are – Winter and Summer – and who to call if you want to get involved. It's also the place to go if you have questions about rules and regulations – just click on Rules and Regulations in the drop-down submenu and follow the links to your sport or activity.

Benefits

Find out about the good things that come with being a member of Calgary 55 plus.

Where to Play

Calgary 55 plus doesn't have a club house, but it does have a pretty good idea of where you can go to enjoy your favourite activities. The links are on this page.

Results

Want to find out what happened in the recent Games and/or Playoffs? You'll find it here.

Gallery

The Gallery provides slide shows of pictures from recent Games and activities. You'll also find a link here (<http://www.flickr.com/photos/calgary55plus/sets/>) to our Flickr page which currently holds about 300 photos, organized into sets, dating from the 2013 Winter Games.

Newsletters

All our Zone 3 newsletters dating back to November 2010 are here. Just click on the issue you're interested in to open it up.

Join Us

Here is where you find out who can join and how to do it.

Contact Us

Our mailing address along with important names and numbers. 📧

2014 Games Pickleball qualifier a big success

Zone 3 came away from the Pickleball Provincial Championships this August with four medals - two silver and two bronze. Silver medalists are **Joan Hotchkiss** and **Ron Dumbarton** in Mixed 55+ , along with **Gord McLure** and **Orville Wong** in Men's 65+. Our bronze medalists are **Ron Dumbarton** and **Joseph Lee** in Men's 55+ and **Gloria Hall** and **Dom Saliani** in Mixed 65+. Congratulations to our medalists and to all our Zone 3 participants!

And in the words of **Linda Dane**, Pickleball Canada Provincial Ambassador Alberta:

"Well – wasn't that a party??? Oh my gosh - what a fantastic day for Pickleball in Alberta!! The sun shone brightly and history was made on August 22, 2013 at the inaugural Alberta 55 Plus Provincial Pickleball Playoffs. All of you were part of that historical moment!!

Thank you to everyone who helped to make this such a great success: the volunteers, the players, the spectators and the sponsors. ...Congratulations to all players and especially the Medal winners!! You are the FIRST medal recipients in AB55+ Pickleball. No one else will ever be able to say that – just you!! 58 teams and 84 participants representing 6 of the AB55+ provincial zones took part. From all points of view – this was a major achievement and a true milestone for Alberta Pickleball." 🦋



NOTE: See our website for the Zone 3 Playoff results.



Publicity Committee update

Ron Pike has resigned from the Calgary 55 plus Board where he had been a director since March 2010 and Director Publicity for the past 2-1/4 years. We wish to sincerely thank Ron for his tireless efforts obtaining Press coverage for our activities, and the promotion of Calgary 55 plus at trade shows and other events. Many thanks also to go Ron's wife, **Dorothy**, for her enthusiastic appearances at most, if not all, publicity functions.

Linda Elder has been appointed the new Director Publicity and is actively looking for volunteers to help with various publicity initiatives such as the upcoming Calgary 50 Plus Living Show. Linda can be reached at **403-242-7383** or at hproc@shaw.ca 🦋

Volunteer Appreciation luncheon

This is the time of year when Calgary 55 plus salutes the scores of volunteers who make it possible for us all to enjoy 55 plus activities.

The Volunteer Appreciation Luncheon will be held Wed., October 23, 2013., at the Forest Lawn Legion from 10:30 am until 1:30 pm. The Special Guest Speaker will be Vern Hafso, the new President of Alberta 55 plus. 🦋

Alberta 55 plus online auction

The ever-popular Albert 55 plus On-line Auction is back for the fifth year and runs from Oct. 23 through Nov. 6. Donations can be made until Oct. 15. Contact **Barrie Dargie**, 403-247-9949, for more information.

Be sure to visit the Alberta 55 plus website (www.alberta55plus.ca) on October 23rd and start bidding for your favorite items. 🦋

Inaugural Fun Day lives up to its name

by John Gilchrist

On August 10 2013 we held the first Annual Fun Day at Thornview Senior Center.

Some 53 Calgary 55 plus members along with their non-member guests attended and it seemed everyone thoroughly enjoyed themselves. The game format with the luncheon in the middle worked very well.

A number of people who played the events had never tried them before. Many commented that the games were more fun than they had anticipated.

Yes, there were a few people who could not participate in all the games due to physical limitations, but there were others who did indeed try something new to see if they could play them.

The offered events included: Bocce, Horseshoes, Pool,



Fun Day at Thornview Senior Centre

Washertoss, Pool, Floor shuffleboard, Floor curling, Cribbage, and Euchre.

Should we do it again next year? Definitely! 🐾

And now it's *Winter* Fun and Games for everyone

by Doug Kyle, Winter Activities Director

Zone 3, or Calgary, will holding its biennial Fun Games this fall. This supplements our Trial Games for the Provincials which are held in even-numbered years – so we have Games of some sort every year.

As usual, we will have 12 activities in these WinterFun Games:

Alpine Skiing, Badminton, 5 Pin Bowling, Duplicate Bridge, Carpet Bowling, Scrabble, XC Skiing, Darts, Euchre, Ice Curling, Snooker and Table Shuffleboard.

We spread them over two months so members can go in as many as they want. I have been asked, “Do these Fun Games allow you to qualify for the Canada Games in 2014?” The answer is NO. The events that do allow you to qualify, in order of priority, are:

- win a medal in the 2013 Winter or Summer Provincial Games

- participate in the 2013 Winter or Summer Provincial Games, but don't win a medal
- participate in the Zone 3 Trials for the Winter or Summer Provincial Games (Calgary held its Winter Zone Trials in November and December 2012, and our Summer Trials in May and June 2013)
- be a current member of Alberta 55 Plus

These criteria will be used to pick the Alberta Team to the Canada Games. No individual entries will be accepted. You have to be selected for the Alberta Team to participate in the Canada Games.

But enough of the Canada Games. Our Fun Games are just that and we want you all to come out to them. Look for the schedule in this newsletter. Sign up and have yourself some winter fun. 🐾

Note: Regrettably, Calgary 55 plus will not be able to provide financial support to our participants in the 2014 Canada 55 Plus Games. (See the back of Fun Games schedule insert.)