



Calgary 55plus NEWS

summer 2014

www.calgary55plus.com



Long Jump gold medalist, Greg Marsh, in action during Summer Fun Games.

Summer Games results

The 2014 Summer Fun Games kept Calgary 55 plus-ers busy through April, May and June as they had a chance to try 14 different activities.

Read all about it...

Story, pix and all the results begin on page 4.

Creative Writing, Arts and Crafts Information Workshop in October

There is an art to entering your art and other creative work in the Alberta 55 plus Summer Games.

Carolyn Alway has years of experience in the field and can tell you all you need to know on the subject.

Read more on page 3.



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Don't wait to be asked — volunteer!

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Second Annual Fun Day fun highlights.

insert

Schedule for the Zone 3 Winter Games Playoffs



President's Message

Don't wait to be asked - volunteer!

We have all benefited from the work of dedicated volunteers who have contributed so much to the success of Calgary 55 plus and we owe them a debt of gratitude.

We have three new faces on the Board this year, but there are still vacancies to fill. Our vice-president, **Keith Shaw**, was once more pressed into service, but doesn't wish to remain in that position, so we are very interested in recruiting a vice-president as soon as possible.

Norm Thomas retired as Summer Activity Director, but assisted **Dan Guglielmin** who stepped into that position as acting Activity Director for the Fun Games. **Pieter Meima** acted as Assistant Activity Director. Your Board is actively searching for suitable candidates to fill the positions of Activity Director Summer and Assistant Activity Director Summer as soon as possible.

Doug Kyle is pleased to announce that **Ray Corbiell** (who participates in athletics, slo-pitch and cycling) has signed on as Assistant Winter Activity Director. Also, **Roy Thomson** (athletics, hockey, and X-country skiing) has volunteered to be the 2015 Winter Games Chef de Mission for Zone 3.

Five coordinators retired and one has passed away. We have, fortunately, been able to replace some of them. **David Lawson** took over from five-year cycling coordinator **Danny Cronin**. **Debbie Stapleton** will look after Bocce for **Betty Markle** who was the coordinator for 14 years. One-time CRCA President, **Jack Delorme**, will coordinate alpine skiing this winter after the unfortunate recent death of previous coordinator, **Derald Smith**.

At present, however, we have no one to replace **Jean and Lloyd Weis** who looked after floor shuffleboard for the past two years. Nor do we have a tennis coordinator to take over from **Noel Mellross** who has retired from that position. Most of our coordinators need an assistant coordinator.

So, if you have enjoyed participating in Calgary 55 plus activities, Playoffs, and maybe the Provincial and Canada Games, please consider volunteering and giving something back to the Association so it can continue to prosper.

It can be fun and rewarding.

Barrie Dargie, President

Board of Directors

President	Barrie Dargie 403-247-9949
Vice President	Keith Shaw 403-252-9238
Past President	Dan Guglielmin 403-289-0352
Treasurer	Gerald Peatz 403-451-1156
Secretary	Carolyn Alway 403-272-6038
Activity Director (Summer)	Vacant
Activity Director (Winter)	Doug Kyle 403-255-7932
Membership	Yvonne Armstrong 403-274-6720
Directors	
<i>Events</i>	MJ MacLeod 403-461-4244
<i>Medals</i>	Verla Boyle 403-236-5649
<i>Photography</i>	John Gilchrist 403-272-7958
<i>Equipment</i>	Sidney Aker 403-273-9282
<i>Publicity Ass't</i>	Mary Martens 403-256-4508
<i>Casino</i>	Gertie Collins 403-273-3955
<i>At Large</i>	Norm Thomas 403-246-2756
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
Betty Dargie (edargie@shaw.ca) by
Jan. 15, 2015.**

Get Ready for the 2015 Summer Games

Carolyn Alway, Director, Creative Writing, Arts and Crafts

The Summer Games for 2015 are really not that far away and did you know you can enter that poem or story you wrote or handiwork like knitting, crocheting, tatting, quilting or even that woodwork project you are so proud of?

Or if art is your thing, enter your beautifully creative oil, acrylic or watercolour works. There are even several sections for photography.

Come to the workshop and find out how.

When? October 23, 2014 from 9 a.m. until noon

Where? Greater Forest Lawn 55+ Society, 3425 -26 Avenue SE, Calgary, Alberta

Who Can Come? Anyone 55 years or older

What Will You Learn? Everything you need to know to take part in the Games, for example:

- what categories you can compete in — there are 46 in all
- what rules and regulations govern the competition
- how you can enter your work

You'll also learn about Alberta 55 plus and what it has to offer.

How can you register for the workshop? R.S.V.P. before October 15 to **Carolyn Alway**
phone: 403-272-6038 OR email: cbtank@shaw.ca

There will be refreshments and a door prize, but seating is limited so register early!

Need a membership? Yvonne can help.

Yvonne Armstrong, Membership Director

Oh my gosh, the year 2014 is half gone and we still have 213 members that have not renewed their memberships, Please call me and let me know what your reason is so I can make adjustments to our database.

As of July 2014, we have 830 members in Calgary 55 plus (and hopefully next year we can increase by another 200).

The breakdown of the 831 is:

Lifetime	13	2014	558
2013	256	2015	4

This year we have four men's hockey teams, one women's hockey team and 56 others in various events participating in the Canada Games in Sherwood Park from August 27 to 30.

Congratulations to all, good luck and bring home the medals.

Remember, if you have moved, changed your phone number, or if there are any other changes to your information, PLEASE let me know as it's important to keep our records up to date.

You can reach me at **403-274-6720** or by email at **armstby@shaw.ca**

Have a great fall and see you at the winter activities.



Summer Fun Games an all-round success

This year's Summer Fun Games had 417 participants in 14 activities compared to the 493 who took part in 2013 (a Playoff year).

Despite it being a non-playoff year, there were relatively strong turnouts

for almost all activities. Thanks to **Yvonne Armstrong** and **Rose Marie Peters** (who handled registration), **Dan Guglielmin**, **Norm Thomas** and **Pieter Meima** (Activity Director and Assistant Directors), as well as all our

coordinators and assistant coordinators, and **Sid Aker** (signs), for making this a successful summer.

Thanks also to our many donors of food, refreshments, and prizes.

And the winners are....

ATHLETICS

M55+ Greg Marsh- 3 **Gold**, 1 **Silver**

Al Vessey - 1 **Gold**

Andy Klap - 2 **Gold**

Merv Husak - 1 **Gold**

W55+ Anna Burette - 2 **Gold**, 3 **Silver**

Judy Paterson - 2 **Gold**, 3 **Silver**

Anne Livesh - 1 **Gold**

M65+ Joe Elder - 6 **Gold**

Brain Hill - 3 **Silver**, 3 **Bronze**

Mitch Wise - 1 **Silver**, 2 **Bronze**

Ralph Chittenden - 1 **Gold**, 1 **Bronze**

Brian Cochrane - 3 **Gold**

Roy Thomson - 2 **Silver**

Alfred Andriamahady - 2 **Silver**

W65+ Chieko Rehm - 3 **Gold**

John Murphy - **Silver**

Ernie Falkner - **Bronze**

M70+ Rick Strong - 2 **Gold**, 1 **Silver**

Barrie Dargie - 1 **Gold**

W70+ Betty Dargie - 4 **Gold**

M75+ Roger Davies - 2 **Gold**

Roy Jarvis - 4 **Gold**

Ernie Falkner - **Bronze**

M80+ Ray Colliver - 5 **Gold**

Gerald Graham - 3 **Gold**, 1 **Silver**

Larry Spreadbury - 2 **Silver**, 1 **Bronze**

W80+ Helly Visser - 2 **Gold**

Nessie Hollicky - 3 **Gold**, 2 **Silver**

BOCCE

Open Team 55+

Gold -Ginger & Analda Hamlin, Barb Shelvey, Brenda Smith

Silver - Jack Hill, Shirley Costley, Jean Thomas,

Al Kreutz

Bronze - Lloyd Weis, Lily Chan, Bill & Eileen Phillips



Yvonne Armstrong launches her bocce ball.



Debbie Stapleton deals 'em out.

Open Team70+

Gold -Doug & Carol Kyle, Ron Kincade, Ram Achal

Silver -Halvor & Leona Mork, Yvan Lariviere, Arnie Jensen

Bronze - Dan & Donna Guglielmin, Bill & Doreen

Rybachuck

CONTRACT BRIDGE

Open Pairs

Gold - Tom Wilcock, Don Wilson

Silver - Ruth Jensen, R. MacIntosh

Bronze - Gloria Zielinski, Marshall Yaremcio

CRIBBAGE

Singles 55+

Gold - Barb Shelby

Silver - Brenda Smith

Bronze - Ginger Hamlin

Singles 70+

Gold - Lenore Schwab

Silver - Earl Saunders

Bronze - Lloyd Collins

Doubles 55+

Gold - Ken Marchuk & Dave Poole

Silver - Richard Martin & Katy Smith

Bronze - Stan Litbak & Earl Saunders

Doubles 70+

Gold - Darlene Gallagher & Sofie Penny

Silver - Hilary Moxley & Al Kreutz

Bronze - Shirely Paquette & Gail Ennis



CYCLING

10 km

W55+ Gold - Susan Chadwick

W65+ Gold - Louise Neilson

Silver - Denise Wall

M65+ Gold - Jim Fry

Silver - Barrie Dargie

20 km

W55+ Gold - Shelly Wearmouth

M65+ Gold - Robert Bruce

Silver - Merv Matson



FLOOR CURLING

Open 55+ Gold - Pauline Simpson, Lenore Schwab, Anna Cairns, Jean Thomas

Silver - Joyce Kabty, Donna Rignanasi, Gary Rosling, Lily Chan

Open 70+ Gold - Halvor & Leona Mork, Arnie Jensen, Cordella Schwengler

Silver - Joan Parkinson, Bobby Chan, R.J. Murray, Rose Peters

FLOOR SHUFFLEBOARD

Pairs 55+ Gold - Ram Achal, Marielle Galibios

Silver - John & Doris O'Malley Winfield

Bronze - Bobby & Lily Chan

Pairs 70+ Gold - Robert Craswell, Erna Dreger

Silver - Bob & Yvonne Armstrong

Bronze - Lenore Schwab, Pauline Simpson

GOLF

W55+

Low Gross Gold - Peggy Plathan

Callaway Net - Gold - Karen Kernaghan

W65+

Low Gross - Gold - Denise Wall

Silver - Yvonne McIvor

Bronze - Lorraine Hanchar

Callaway Net - Gold - Deanne Kondrat

Silver - Donna Guglielmin

Bronze - Judy Gabert

W75+

Low Gross Gold - Carol Kyle

Callaway Net Gold - Mary Martens

Silver - Margaret Ritter

Bronze - Pat Anderson

M55+

Callaway Net Gold - Larry Inaba

Silver - Glenn Borass

Bronze - Rick Starchuk

M65+

Low Gross - Gold - Joey Brown

Silver - Ken Parent

Bronze - George Golinski

Callaway Net - Gold - Ivor Green

Silver - Robert Whitehead

Bronze - Jim Lambert

M75+

Low Gross Gold - Bill Clark

Silver - Ewan Ferrier

Bronze - Tony Page

Callaway Net Gold - Bill Unrau

Silver - Len Christensen

Bronze - Ram Achal

HORSEHOES

A Gold - Ralph Connell

Silver - John Winfield

Bronze - Sydney Aker

B Gold - Doris O'Malley Winfield

Silver - Allan Peers

Bronze - Doreen Peers

C Gold - Bill Alexander

Silver - Stan

Bronze - Gail Ennis

D Gold - Percy

Silver - Rick Strong

Bronze - Doug Kyle

E Gold - Pieter Meima

Silver - Keith Shaw

Bronze - Jack Hill

MILITARY WHIST

Open Team of 4

Gold - Dave Poole, Doreen Moore, Jack Younker,
Hilary Marley

Silver - Analda & Ginger Hamlin, Ruth Jensen,
Marielle Galibios

Bronze - Lloyd & Gertie Collins, Lyle Singular,
Velma Sorenberger

PICKLEBALL

Open Mixed Doubles

Gold - Joan Hotchkiss, Ron Dumbarton

Silver - Janice & Phil Menard

Bronze - Elaine Foulon, Orville Wong

Open W Doubles

Gold - Elaine Foulon, Joan Hotchkiss

Silver - Val Calon, Cheryl Ego

Bronze - Doris Evans, Janice Menard

Men 55+ Doubles

Gold - Ron Dumbarton, Bob Ellis

Silver - Al Borggard, Phil Menard

Bronze - Barry Hoffman, Kerry Armstrong

Men 65+ Doubles

Gold - Gord McLure, Orville Wong

Silver - Steve Truch, Joseph Lee

Bronze - Don Teed, Dom Saliani



Sid Aker lines up the shot.

POOL - 8 BALL

W Open Gold - Wendy Bond

Silver - Heather Klap

Bronze - Doris O'Malley-Winfield

M55+ Gold - Don Lapierre

Silver - Andy Klap

Bronze - Al Envold

M70+ Gold - Ben Watkins

Silver - Al Vanderbeek

Bronze - Don Bond

SWIMMING

W55+ Andrea Gammock - 3 **Gold** 1 **Silver**

M55+ Hobe Horton - 4 **Gold**

Mark Hlady - 1 **Gold**, 3 **Silver**

W60+ Lana Patterson - 4 **Gold**

M60+ Dave Dickson - 3 **Gold**, 1 **Silver**

W65+ Marilyn Shaw - 4 **Gold**

M70+ Keith Shaw - 4 **Gold**

Neil Topping - 2 **Gold**, 1 **Silver**

Richard Bascom - 1 **Silver**, 1 **Bronze**

Ken Park - 1 **Silver**

W75+ Pat Hlady - 3 **Gold**

W80+ Jo Bands - 4 **Gold**

Rob Holzer (Zone 6) - **Silver**

M80+ Ray Colliver - 3 **Gold**, 1 **Bronze**

Doug Kyle - 2 **Gold**, 1 **Bronze**

TENNIS

M Doubles70+

Gold - Richard Martin, Paul Duteau

Silver - Dave Hagopian, Tom Matthews 🏆

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

Or to www.flickr.com/photos/calgary55plus/sets

AGM introduces new board members, new name

Along with the election of the Board, the big news at the March 25 Calgary 55 plus annual general meeting was the adoption of a new name. An overwhelming majority of the 36 members in attendance voted to accept a bylaw change that will see the organization renamed *Calgary 55 plus Games Association*. It was felt that the new name more accurately reflects what Calgary 55 plus is all about.

Elected to serve two-year terms were **Keith Shaw** (vice-president), **Carolyn Alway** (secretary), **Mary Jean “MJ” MacLeod**, **Doug Kyle**, **John Gilchrist**, **Rick Strong**, and **Denise Wall**.

A new feature for the 2014 AGM was a Mini-Trade Show organized by **Linda Elder**. Representatives from City of Calgary Social Services Department, Pure North S'Energy Foundation, Calgary Multisport Fieldhouse Society (CMFS), Homebody Health, and Holiday Retirement's Canyon Meadows Residence had displays. During the trade show, fine musical entertainment was provided by **Peter MacCullin**.

After the meeting a draw for several door prizes were made. A week's accommodation and meals at one of Holiday's Victoria, B.C. residences (donated by *Holiday Retirement's Canyon Meadows Residence*) was won by **Gerda Blaney**. *Pure North* provided insulated lunch bags as well as vitamins and supplements to members. **Doug Kyle** won two home physio visits donated by *Homebody Health*. **Norm Thomas** won Calgary Zoo tickets and **Ram Achal** a sports bag and watch, all donated by the CMFS. A *Tim Horton's* gift card donated by the Board was won by outgoing Director of Events, **Garry Rosling**.

Our thanks to these exhibitors and donors. 🐾



Website Update

If you haven't been to our website (www.calgary55plus.com) recently, you might want to take a look.

The familiar features are still there, but with a new look and feel — and a couple of new wrinkles. The bottom of the home page now displays the latest photos from our Flickr files, as well as the next six items coming up in the Calendar. (The complete Calendar is still available from the menu bar at the top of the page.)

Volunteer Luncheon

The Board of Directors would like to honor the scores of volunteers who make it possible for us all to enjoy Calgary 55 plus activities.

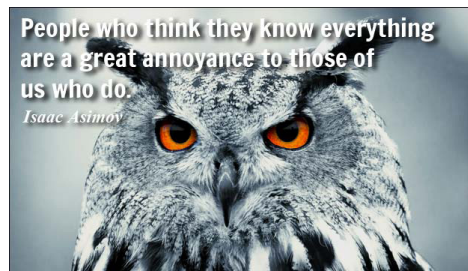
The Volunteer Appreciation Luncheon will be held Saturday, October 4, 2014, at the Forest Lawn Legion from 10:30 a.m. until 1:30 p.m. Look forward to hearing a special guest speaker. 🐾

Food for thought

Housework can't kill you, but why take a chance? - Phyllis Diller

I hate housework! You make the beds, you do the dishes and six months later you have to start all over again.
- Joan Rivers

People who think they know everything are a great annoyance to those of us who do.
Isaac Asimov



Board Update

Some board changes and appointments have been made subsequent to the Annual General Meeting.

Ron McCurdy resigned as Treasurer and Gerald Peatz was appointed to become our new Treasurer.

“MJ” MacLeod was appointed Director of Events. Carolyn Alway agreed to be our Arts, Crafts, and Creative Writing Coordinator and Rick Strong agreed to be our 8-Ball Pool Coordinator.

In April, Denise Wall resigned from the board.



Even the weather co-operated

Fun for all

The Calgary 55 plus Second Annual Summer Fun Day held at Thornview Seniors on Saturday, July 19, was blessed with fine weather and our two tents were just used to provide shade.

Each of the 36 members and 17 guests in attendance had the opportunity to choose up to four out of nine different activities offered. Excellent volunteer instructors helped the participants learn new activities or brush up their skills in others. The day was broken up into four one-hour sessions, two before lunch, and two after.

At the end of the day draws were held for several prizes. The major prize, a week's accommodation and meals for two at their sister residence in Victoria, B.C., was donated by *Arbour Lake Holiday Retirement* residence. Ken McArthur, community sales leader, presented the prize certificate to **Steve Lawrence**.

A gift basket donated by *Allison Teats of Century 21 Realty* was won by **Donna Martin**. Another gift basket, provided by *Arbour Lake Holiday Retirement* was won by **Theresa Scherger**. Thanks to those generous donors.

Calgary Co-Op gift cards donated by Calgary 55 plus were won by **Carol Kyle** and **Joey Brown**.

Our sincere thanks to the instructors and the Fun Day Committee volunteers who made this all possible. 🐾

Next up - 2015 Winter Games

Doug Kyle, Director, Winter Activities

It is time again for the Provincial Winter Games to be held in Lethbridge Feb. 19 to 22, 2015. It seems like only yesterday we held them in Calgary in 2013.

This year we have an exciting list of 14 activities. Women's indoor soccer will be an exhibition activity in Lethbridge. Each Zone is allowed to send one team of women 55 and older. (A team comprises 11 to 16 players.)

Our other activities range from Alpine Skiing to Bridge. The Zone 3 Playoff schedule (included with this newsletter) shows the various activities, age categories and events.

The schedule includes contact information of the coordinators of each event. Please call your coordinator to register *at least* one week before the event.

The only cost is an Alberta 55 plus membership of \$30, which is good for the whole year. For most activities we provide a free lunch.

With hockey and soccer included, our Zone can send a maximum of 203 participants to Lethbridge. Actually a few more may go as some Zones need fills to get their team up to the maximum.

The months of November and December are busy for us and we hope you will make them busy for you too — either as a participant or a spectator!

Best wishes from **Doug Kyle**, Activity Director and **Ray Corbiell**, Assistant Activity Director. 🐾

PLEASE NOTE

Your Board of Directors would like to remind members that *the CRCA (Calgary 55 plus) Board may provide some financial support, when funds are available, to members advancing to Provincial and/or Canada Games, who have maintained a **continuous yearly membership** in the Association (CRCA Board Resolution September 2009).*

The intention is to reward those members who have supported and maintained their membership in the Association from year to year. However, the Board will review any and all special circumstances from games to games (i.e., qualified new members).

About Games rules and etiquette...

You should know the rules for your event before you compete and check to make sure there have been no changes since the last Playoffs.

You should also be familiar with the Alberta 55 Plus Code of Conduct. You can find it and all the rules on our website (www.calgary55plus.com). Click on **About Us** and then click on **Rules and Regulations**. 🐾

