



Calgary 55plus NEWS

winter 2014

www.calgary55plus.com



Fun at the "Games"

Zone 3 members were kept busy from mid-November into February enjoying a wide range of winter sports and activities as part of our biannual Winter Fun Games.

See what you missed...

Story, pix and all the results begin page 4.

Calgary 55 plus. Don't miss it!

Annual General and Special Meeting

WHAT? Business, food and fun

WHEN? March 25.

Doors open for registration at 11:15 a.m.

View displays; free lunch starts at 11:30 a.m.

WHERE? Thornview Seniors Centre
5600 Centre Street N.

There is room at the top

Zone 3 has some big shoes to fill as Norm Thomas steps down as our long-serving Summer Activity Director and Provincial Games Chef de Mission.

The Board is looking for a few good men and women to pick up the slack.

Read more on pages 2 and page 7.

What's Inside?

page 3

Zone 3 Challenge Trophy scheduled for April 22.

page 7

Thank you to retiring Board members,

insert

Schedule for the Zone 3 Summer Fun Games



President's Message

Wanted: a few good men and women

Norm Thomas, Summer Activity Director for the past 14 years, has retired from that position. **Dan Guglielmin** has generously agreed to be Acting Summer Activity Director for our 2014 Summer Fun Games and Norm will act as Dan's assistant for this summer. Norm will continue to be a valued member of the Board going forward.



Calgary 55 plus needs a volunteer to understudy Norm and Dan during the Summer Fun Games with a view to becoming the new Summer Activity Director in charge of the 2015 Zone 3 Summer Playoffs and to lead our Zone's participation in Alberta 55 plus Provincial Summer Games in Strathmore. If you're interested, please contact **Dan Guglielmin** at **403-289-0352** or **Barrie Dargie** at **403-247-9949**.

Norm says he has greatly enjoyed his tenure as Activity Director. He, along with our many fine coordinators, has had the opportunity to work with hundreds of our members over the years, helping them achieve their goals of participating at the Zone, Provincial, and National levels. Norm was also Chef de Mission for Zone 3 at 10 Provincial Games. Some of the high points of his career include flying in to Fort McMurray in 2003 for a Games site inspection (and getting a tour of the oil sands), and seeing Calgary win two trophies in Lethbridge (2001) and one in Airdrie (2009). He says "I have been very proud of our participants at all games...it has been a wonderful journey." In his various capacities, Norm also had the pleasure of working with and getting to know his counterparts from the other seven zones, members of the Alberta Sport, Recreation, Parks and Wildlife Foundation, and meeting local and Provincial dignitaries.

As everybody knows, Norm was very well-organized and he has provided a wealth of material to help Dan and our new Summer Activity Director and Assistant Director make our future Games as successful as those past.

On behalf of the Board, I want to thank Norm for his past service as Summer Activity Director and Chef, and for his dedication to ensuring that Zone 3 was always well-represented at the Provincial Summer Games.

Barrie Dargie, President

Board of Directors

President	Barrie Dargie 403-247-9949
Vice President	Lorraine Hanchar 403-249-4148
Past President & Activity Director (Acting - Summer)	Dan Guglielmin 403-289-0352
Treasurer	Ron McCurdy 403-281-8387
Secretary	MJ MacLeod 403-461-4244
Activity Director	Doug Kyle (Winter) 403-255-7932
Membership	Yvonne Armstrong 403-274-6720
Publicity	Linda Elder 403-242-7383
Directors	
<i>Summer Activity Ass't</i>	Norm Thomas 403-246-2756
<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
<i>Publicity Ass't</i>	Mary Martens 403-256-4508
<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 Summer issue to
Betty Dargie (edargie@shaw.ca) by
July 1, 2014.**

Zone 3 Challenge Trophy

Contract Bridge is the game for 2014



Every Fun Games year, Zone 3 picks an activity and invites other zones to send participants to challenge for the trophy. The winning zone's number is engraved on the trophy and the triumphant zone takes home a plaque with their participants' names on it.

This year the chosen activity is Contract Bridge. Each zone that enters for the challenge, including Zone 3, must send four players (two teams) to compete.

The competition will be held on April 22. Sign-in will be at 9:30 a.m. and play will begin at 10 a.m. The venue is Thornview Seniors, 5600 Centre Street NE, Calgary.

For more information, and to register your teams, please phone Norm Thomas at **403-246-2756** (home) or **403-918-2752** (cell) or email to **norm.thomas@shaw.ca**. 📧

Got your membership yet? If not, now's the time.

Hi to all of our Calgary 55 plus Members. Once again it is the time of the year to renew your memberships.

I know some of you have already done that, but for those who haven't why not do it NOW? Doing it now mean you can take in all the summer and winter activities without having to worry about buying a membership. Just show up and have fun.

Just a few statistics for you: at present we have 739 members (small for our City). Here's the breakdown:

AGE	NUMBER	AGE	NUMBER
55 – 59	70	75 – 79	112
60 – 64	134	80 – 84	82
65 - 69	156	85 – 89	27
70 – 74	149	90 +	9



I would like to point out that we have an Affiliated Membership for those 50 to 54 years of age. Affiliate members are eligible to participate in all our fun games and any others we may host. This year that means the Summer Fun Games, but not the Winter Games as they are Provincial Playoffs. So let's get together and try to pry some of the younger set to come on out and try to show their stuff (like trying to beat the oldie goldies).

Have a great spring and see you at the activities.

Yvonne Armstrong

Membership Director,

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

Winter Fun Games make for a Winter fun time

by Doug Kyle, Winter Activities Director

The Winter Fun Games were very successful as we had more than 250 participants in the 12 activities. This compares to 327 we had in the Playoff Games in 2012, to choose the team for the Winter Provincial Games in Calgary in February 2013.

Our activity levels varied from 49 to 0. Cross Country Skiing had zero, but had

an excuse. It was minus 16 degrees, and Roy Thompson, our Coordinator, sat at Bragg Creek for an hour and no one showed, so he went home.

But other than that all went well. We had six – or half – of our activities with 20 or more competitors. They were 5-Pin Bowling with 49 leading the way, Curling with 40, Alpine Skiing

with 29, Badminton with 27, Carpet Bowling with 24 and Table Shuffleboard with 24.

We presented medals to the first three in every event, and all the Coordinators did a great job in registering the competitors and running the event. My sincere thanks to them and to all the participants, you are what makes it all a success. 🐼

And the winners are....

SNOOKER

M55+ Bill Gunning - **Gold**
John Murphy - **Silver**
Ernie Falkner - **Bronze**
M70+ Don Pierce - **Gold**
Len Christensen - **Silver**
Art Stotz - **Bronze**
W70+ Carol Kyle – **Gold**

DARTS

Singles M 55+ Bob Pond - **Gold**
Al Enevold - **Silver**
Irvin Landherr - **Bronze**
Singles M70+ Sid Aker - **Gold**
Jim Brysh - **Silver**
Roy Jarvis - **Bronze**
Singles W70+ Velma Sormberger - **Gold**
Ruth Gilchrist - **Silver**
Open Doubles Jim Brysh, Bob Pond - **Gold**
Sid Aker, Roy Jarvis - **Silver**
Al Enevold, Irvin Landerherr - **Bronze**

SCRABBLE

Open 55+ Barrie Dargie - **Gold**
Keith Shaw - **Silver**
Jeanette Daley - **Bronze**
Open 70+ Betty Dargie - **Gold**
Estelle Matthews - **Silver**
Verla Boyle - **Bronze**

CARPET BOWLING

Open 55+ Ben Watkins, Cordella Schwengler, Arnie Jensen, Bobby Chan - **Gold**

George Santo, Ruth Jensen, Teresa Couch,
Ron Pike - **Silver**
Pauline Simpson, Lenora Schwab,
Marilyn Conrad, Jean Thomas - **Bronze**
Open 70+ Karl Barfrieden, Lucien Turcotte, Jim Van Horne,
Al Folkers (Zone 2) - **Gold**
Joyce Kapy, Donna Rignanesi, Yvan Lariviere,
Arnold Clay - **Silver**
Leona Mork, Anna Cairns, Lilly Chan,
Gail Innis - **Bronze**



Scrabble action - Keith Shaw and Jeanette Daley



Fun Games 5-pin bowling



Bowling W65+ medalists - Marilyn, Doris and Gail



Fun Games darts competition

5-PIN BOWLING

- W55+** Peggy Plathan - **Gold**
Debbie Stapleton - **Silver**
Lily Chan - **Bronze**
- M55+** Ernie French - **Gold**
Al Enevoid - **Silver**
Keith Shaw - **Bronze**
- W65+** Marilyn Conrad (Zone 2) - **Gold**
Doris O'Malley-Winfield - **Silver**
Gail Aker - **Bronze**
- M65+** John Winfield - **Gold**
Bill Alexander - **Silver**
John Murphy - **Bronze**
- W75+** Mary Martens - **Gold**
Dorothy Crosby - **Silver**
Toni Ironside - **Bronze**
- M75+** Wilf Kuss - **Gold**
Ralph Connell - **Silver**
Ernie Hanchar - **Bronze**
- Team 55+** Nettie Wobma, Gladys Richardson, Roy Jarvis, Emvie Antnio - **Gold**
Richard Starchuk, Diane Steffen, Elgin Street, Rose Peters - **Silver**
- Team 70+** Lloyd Weis, Betty Markle, Ralph Markle, Carol Kyle - **Gold**
Gary Rosling, Gerda Blaney, Sid Aker, Elizabeth King - **Silver**
Bob Bowen, Gloria Spielman, Phyllis Yaskinsky - **Bronze**



Rick Strong in action at the snooker table.



Curlers sizing up the situation.

EUCHRE

- Open Pairs** Lloyd and Gertie Collins - **Gold**
Pauline Simpson and Jean Moskeluk - **Silver**
Irma Naf & Brenda Smith - **Bronze**

BADMINTON

- W65+** Betty Dargie and Chieko Rehm - **Gold**
W75+ Jean Noble and Lorraine Goss - **Gold**
M55+ Lorne Cowan and Bolek Babiavz - **Gold**
Tom Matthews and Doug Spark - **Silver**
M65+ Mamo Takenaka and Ken Parent - **Gold**
Tom Matthews and Bruce Mahon - **Silver**
Paul Leavitt and Wilhem Rehm - **Bronze**
M75+ Rex Lee and Forster Mah - **Gold**
M80+ Jack Glaser and Doug Kyle - **Gold**
Ali Khan and Ernie Domshy (Zone 2) - **Silver**
Mixed 65+ Orville Wong and Elaine Foulon - **Gold**
Wilhem and Chieko Rehm - **Silver**
Bruce Mahon and Betty Dargie - **Bronze**
Mixed 75+ Forster Mah and Lorraine Goss - **Gold**
Rex Lee and Jean Noble - **Silver**

DUPLICATE BRIDGE

- Mixed Team** Marilyn & Murray Haggins - **Gold**
Marilyn & Garth Wiggins - **Silver**
Paula & Jack Sisko - **Bronze**

ICE CURLING

- W55+** Sandy Turner, Judy Carr, Sharon Cameron,
Sharon Huculak - **Gold**
Wendy McCulloch, Heather Kuntz, Sheila Frank,
May Beblow - **Silver**
Yvonne McIvor, Maureen Mallet, Wendy Carson,
Christie Murphy - **Bronze**
- M55+** Dave Rutherford, Doug McIntyre, Jim Miller,
Bob Allen - **Gold**
Larry Inaba, Brian Glendinning, Glen Boraas,
Gary Mann - **Silver**
- M65+/75+** Maurice Partridge, Jim Thomas, Dave Peers,
Barry Hunt - **Gold**
Andy Strilchuk, Dennis Dunn, Dennis Heacock,
Gary Scruton - **Silver**
Dan Guglielmin, Ron McCurdy, John McIntyre,
Tony Krivoblocki - **Bronze**



Badminton's Smash Brothers - Bolek and Lorne

TABLE SHUFFLEBOARD

- 55+** Cherry Eastcott and Emil Cote - **Gold**
Al Enevold and Al Osaka - **Silver**
Doris and John Winfield - **Bronze**
- 70+** Del Hutchinson and Betty Simison - **Gold**
Leona and Halvor Mork - **Silver**
Pauline Simpson and Lenora Swab - **Bronze**

ALPINE SKIING - Giant Slalom

- W55+** Cynthia Mantel - **Gold**
- M55+** Sergy Voronin (Zone 6) - **Gold**
Tom Ostrem (Zone 5) - **Silver**
Bryan Gough - **Bronze**
- W65+** Maria Yakkula (Zone 6) - **Gold**
Sirpa Torrence - **Silver**
- M65+** Bob Frizzzell (Zone 6) - **Gold**
Peter Rueben - **Silver**
Jim McKinnon - **Bronze**
- W70+** Gail Ennis - **Gold**
Bertha Fisher - **Silver**
- M70+** Theo Christen - **Gold**
Len Bracko (Zone 5) - **Silver**
John Eliuk - **Bronze**
- M75+** Karl Janosek - **Gold**
Rob Holzer (Zone 6) - **Silver**
- M80+** Jim Park - **Gold**

Slalom

- W55+** Cynthia Mantel - **Gold**
- M55+** Valentin Malukhin - **Gold**
Murray Mortenson (Zone 2) - **Silver**
Brian Gough - **Bronze**
- W65+** Sirpa Torrence - **Gold**
Maria Yakula (Zone 6) - **Silver**



Euchre at the Winter Fun Games

These are only a few of the pictures taken at the Winter Fun Games last November and December.

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

- W70+** Peter Ruben - **Gold**
Serge Bisson - **Silver**
Jim McKinnon - **Bronze**
- M70+** Gail Ennis - **Gold**
Bertha Fisher - **Silver**
- M75+** Theo Christen - **Gold**
Len Bracko (Zone 5) - **Silver**
Jim Lambert - **Bronze**
- M80+** Jim Park - **Gold** 🏆

Board retirees will be missed

Unfortunately, Calgary 55 plus will be losing five directors when our 2014 Annual General meeting rolls around on March 25th.



Lorraine Hanchar is leaving the Board after serving a four-year term on the Board which included serving this past year as Vice-president. During that time she has provided valuable support to the President and served as Chair of the Pickleball Committee in 2013 when we held our first Zone Pickleball Playoffs.

Ron McCurdy joined the Board as Treasurer in 2011 and has carefully guided our finances since then. Ron was persuaded to stay as Treasurer a year longer than he originally wanted but now wants some more free time to spend polishing up his ice-curling game.



Our stalwart Director of Events, **Garry Rosling**, is leaving us after four years of organizing our great Pep Rallies, Volunteer Appreciation Lunches, and Annual General Meetings. Now he will have more time to work on his bowling average.



Linda Elder, probably best known for being our Writing Coordinator (since 2008) and the Arts & Crafts Coordinator (since 2010), is leaving those positions and is not running for another board position after two terms. In August last year, Linda graciously stepped in and agreed to chair the Publicity Committee until this year's AGM.



On behalf of the Board of Directors and the members of the Association, I wish to thank these very fine volunteers for giving so generously of their time during their time as Directors and Coordinators. They have been a pleasure to work with. 🐾

ATTENTION MEMBERS

At press time we are looking for volunteers to fill the following positions:

Vice-President – Member of the Board and Executive (and with a desire to become President)

Treasurer – Member of the Board and Executive

Publicity Director – Member of the Board

Activity Director Summer – position available after Summer Fun Games

Assistant Activity Director Summer – position available after Summer Fun Games

Assistant Activity Director Winter – position available immediately

If you're Interested contact **Dan Guglielmin (403-289-0352)** or **Barrie Dargie (403-247-9949)**. Training is available for all positions.



Swim Workshop

Calgary 55 plus is holding a beginner swim workshop on Tuesday, April 1st at 9 a.m.

Registration is at the north end of Talisman Centre. Please phone **Keith Shaw** at **252-9238** to sign up by March 25th.

The same coach who came last year and probably a second will lead a classroom session with video followed by a pool session and a snack. Please come with swim suit under sweatsuit.

Alberta 55 plus AGM

This year's provincial Annual General Meeting is scheduled for 10 a.m. May 5 in Red Deer.

All Calgary 55 plus members are welcome to attend and free bus transportation to Red Deer will be provided. (Free snacks will also be available on board.)

The bus will leave from the north end of the Thorncliffe Greenview Community Centre parking lot (5600 Centre St. N) at 7:45 a.m. SHARP. Plan to arrive at the parking lot by 7:30 a.m.

Reserve your spot with **Yvonne Armstrong** by phone **403-274-6720** or by email **armstby@shaw.ca**. There are only 56 seats available on the bus, so reserve early.

NOTE: Don't forget to bring your 55 plus membership card. You will need it to get on the bus and into the meeting. 🐾



Thank you, donors

Calgary 55 plus wishes to thank the following local businesses and individuals who made donations to the 2013 Alberta 55 plus On-Line Auction held in November.

- Accent Home Management/John Gacek
- Bow Cycle
- Canada Olympic Park/Winsport
- City of Calgary Recreation
- Dan Guglielmin, Director
- Fitness NW/Only Women's Fitness
- Gord's Running Store
- Hard Knocks Fighting
- Heather Glen Golf Club
- Heritage Park
- Holiday Retirement
- James Rempel/Fitness NW Massage
- Keith Shaw, Director
- Strides Running Store
- The Main Dish Restaurant
- Turner Valley Golf Club
- Verla Boyle, Director
- Yonex Canada/Robert Legros
- Yvonne Armstrong, Director
- Westside Recreation Centre

The auction raised more than \$9,000 for Alberta 55 plus. Thanks to all members, families and friends who placed on-line bids in this auction and made it such a success. 🐾



25-year continuous members – **Howard Christensen, Jim Carder, Shirley Johnson and Earl Taylor**, seen with Director Verla Boyle, Zone 3 President Barrie Dargie and Alberta 55 plus President Vern Hafso.

Volunteers, long-term members honoured

Zone 3's annual Volunteer Appreciation luncheon was held on October 23, 2013 at the Forest Lawn Legion to thank those who have volunteered in the Calgary 55 plus organization during the last year. The luncheon was well attended by 106 volunteers who enjoyed a delicious lunch and an inspiring talk by Alberta 55 plus president, **Vern Hafso**, on the importance of volunteers and volunteering.

The luncheon also celebrated 44 members who have been members for 10 years or more, including *four* with 25 years of continuous membership.

The honourees included:

25 years: Howard Christensen, Jim Carder, Shirley Johnson and Earl Taylor

20 years: Hazen Koopman and Paul Quan

15 years: Gloria Culp, Larry Spreadbury, Jim Strain, Jim McMaster, Bobby Chan, Don Anderson, Garth Border, Lionel Marra, Stan Hay, Graham Morrison, JoAnne Phillips, Jean Weis, Lloyd Weis, William Whaley

10 years: Florence Wohlers, Bill Unrau, Mary Boser, Ken Bowie, Mike Bird, Donald J. Cooper, Larry Craig, Danny Cronin, Ed Dick, Gail Ennis, Jim Freeborn, John Gilchrist, Ruth Gilchrist, Dean Gillett, Lorraine Goss, Hilary Moxley, David Patterson, Barry (Kenneth) Paulson, Rex Lee, Richard Martin, Marv Schuller, Garry Reichert, Edwin Rempel, James Saito 🐾