

Zone 3 News

Calgary 55 plus Games Association

Winter 2015



Cross-country skier, Rick Young, tests the course at Canada Olympic Park.

Winter Games team set

Close to 450 Zone 3 members took part in the Winter Games playoffs and about 170 qualified for the 2015 Alberta 55 plus Winter Games in Lethbridge.

Read all about it...

Story, pix and the team list begin on page 4.

You're invited! Come on out!

Calgary 55 plus Games Association AGM

WHAT? Business, food and draw prizes

WHEN? March 16, 2015

12 noon - lunch is served

1:00 p.m. - business meeting, election of the Board of Directors for 2015 - 2016

WHERE? North Glenmore Park Community Centre, 2231 Longridge Dr. SW (south on Crowchild Trail, turn left (east) onto Longridge Drive SW), then bear right until you reach the Centre.



What's Inside?

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Swim workshop scheduled for early Spring

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Changing Faces - goodbye to old friends; welcome to new

insert

Schedule for the Zone 3 Summer Games Playoffs



President's Message

This will be my last report as president as I will not be running for office again at the upcoming AGM. The past two years has been a great experience and I wish to thank all the members of your Board of Directors, your Activity Coordinators, and the many volunteers who have made our organization a success during that time. It has been a pleasure working with them.

During the past year we updated our By-Laws and changed our name to Calgary 55 plus Games Association to better reflect to the public our commitment to our many games and activities. We have new Zone 3 shirts, designed to incorporate this new name on the front and to include a Pickleball logo on the back along with our other activities. The shirts were delivered late in the year in time to be used for the 2015 Games.

We held successful and well-attended Summer Fun Games, a Summer Fun Day, Volunteer Appreciation Day, and the Zone Playoffs for the 2015 Alberta Winter Games.

We had representatives attend two Senior Information exhibitions and we also met with four senior groups to tell them about our organization. Four workshops were held (Swimming, Cycling, Arts & Crafts and Creative Writing). We were fortunate to have considerable newspaper coverage of our activities during the year.

Our website was upgraded and seems to be attracting more followers. The Galleries of photos shot at our activities are very popular.

Zone 3 was very well-represented in the 2014 Canada 55 plus Games in Strathcona County. Membership is increasing, but all of us need to "spread the word" and get greater involvement in the Association by Calgary seniors.

The greatest challenge to Calgary 55 plus going forward is going to be getting more volunteers, at all levels, but most importantly at the Board of Directors, to make our activities great experiences for all members.

I wish the new Board and the Association the very best in the coming years.

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)	Dan Guglielmin 403-289-0352
Ass't Activity Director (Summer)	Lawrence King 403-271-0545
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
<i>At Large</i>	Rick Strong 403-281-3867
City Rep	Don Patrician 403-268-5218

Zone 3 News is published for the information of
Calgary 55 plus Games Association members.

Jump into the deep end

Swim Workshop - prepare for the Summer Games

Keith Shaw, Swimming Co-ordinator

Swimmers, you are invited to a training workshop on, Mar. 31, 2015 at the Talisman Centre.

Check-in before 9 a.m. at the north end of the complex at 2300 MacLeod Tr. S. Wear swim suit under sweats. Classroom instruction begins at 9 a.m. with a video and coaching talk by Swim Canada coaches Chad Michie and Trevor Coulman. Pool instruction follows from 10 -11a.m. Snacks are available after in the Foundation room by the south entrance.

To register, contact **Keith Shaw** by Mar. 17 at **403-252-9238**.

If you've never attended a Calgary 55 plus swimming clinic before, there is no charge. For returnees, the cost is \$15, and for advanced swimmers the charge is \$20. All fees are payable by Mar. 17.

All participants are required to provide a separate \$15 cheque by Mar. 17 to secure your place at the clinic. That cheque will be returned when you check in at the clinic on March 31.

Come on out for a fun and informative morning in the pool!



Alberta 55 plus AGM

Want to have a hand in shaping the future of Alberta 55 plus?

Plan to attend the AGM on May 4 and help to elect the Executive and have your say on matters that concern you.

Zone 3 will provide bus transportation at no cost to our members, *but seating is limited*. Snacks enroute and lunch in Red Deer are included.

Reserve your seat by contacting **Yvonne Armstrong** at **403-274-6720** or by email at **armstby@shaw.ca**. Watch our website – **www.calgary55plus.com** – for the the bus schedule.

Remember to bring your membership card, You'll need it to board the bus.

Safety first

Zone 3 looks at National AED Program

The Heart and Stroke Foundation of Canada has developed a national program that provides automated external defibrillators (AEDs) in public places.

Your Board of Directors is currently in the process of applying for the program. For successful applicants, the program provides both a defibrillator and orientation in CPR/AED for up to 10 members.

If our application is accepted, it means Zone 3 will have an AED available on site at our competitions, and members will have the comfort of knowing emergency help is available on site if it's needed.



A volunteer demonstrates the use of an automated external defibrillator (AED).

Lots of competition for 2015 Winter Games team

by Doug Kyle, Winter Activities Director

We had a very good Winter Games Playoffs in Zone 3 this year with 444 participating in the 12 activities we have playoffs for. This excludes hockey and soccer where a selection process is used.

A real surprise this year was Ice Curling where Coordinator Doug McIntyre

rounded up 112 curlers – a new record for curling, and in fact any other activity. Our other activities' participation ranged from 15 to 30 – which is very good. It means we have good competitions, and it shows the interest our members have in playing the games.

From our Playoffs we selected our

Team to Lethbridge for the Provincial Games, Feb. 19 to 22. Our Team will be about 175 strong, and will be led by Roy Thomson, our Chef de Mission. Another eight members from Zone 3 will be fills to help other Zones out.

Watch for our results on our website www.calgary55plus.com

The Zone 3 Lethbridge Games team

EVENT	PARTICIPANTS
Badminton	<i>M55+</i> : Pak Chan and Harry Mah <i>M65+</i> : Tak Wong and Walter Yu <i>M75+</i> : Forester Mah and Rex Lee <i>M80+</i> : Jack Glaser and Doug Kyle <i>W65+</i> : Chieko Rehm and Betty Dargie <i>W75+</i> : Jean Noble and Carol Kyle
Bowling - 5 pin	<i>M55+</i> : Rick Strong <i>M65+</i> : Ernie French <i>M75+</i> : Ivan Crerar <i>W55+</i> : Peggy Plathan <i>W65+</i> : Gloria Spielman <i>W75+</i> : Mary Martens <i>Mixed 55+</i> : Rose Boulier, Moe Roy, Remy Hipolito, Rollie Cabalde <i>Mixed 70+</i> : Anne Lynch, Emil Baluyot, Gloria Becker, Eddie Cordillo
Bridge - Duplicate	<i>Open Pairs</i> : Murray and Marilyn Haggins; Steve Lawrence and Abdul Fakih
Carpet Bowling	<i>Open 55+</i> : Pauline Simpson, Lenora Schwab, Donna Rignanesi, Arnold Clay <i>Open 70+</i> : Halvor and Leona Mork, Cordella Schwengler, Yvan Larviera
Darts	<i>M55+</i> : Al Enevold <i>M70+</i> : Jim Brysh <i>W55+</i> : Jan Hunter-Everett <i>W70+</i> : Anna Jarmics
Euchre	<i>Open Pairs</i> : Lloyd and Gertie Collins; Barb and Dennis Shelvey



2015 Darts



2015 Badminton



The medals of 2015



2015 Duplicate Bridge



2015 X-Country Skiing



2015 Snooker



EVENT	PARTICIPANTS
Ice Curling	<i>M55+:</i> Wayne Barrowcliffe, Dwayne Woychuk, Grant Little, Harley Kempthorne <i>M65+:</i> Jim Strain, John McIntyre, Murry Seminuk, Don Cooper <i>M70+:</i> Rod Butcher, Will Sanders, Mel Little, Tom McCulloch <i>W55+:</i> Jill Hodgkins-Ukrainer, Sharon Hucaluk, Deb Gregor, Audrey Buchanan <i>W65+:</i> Marilyn Ledergerber, Heather Christensen, Rozanne Lawn, Donna Brown <i>Mixed:</i> Rick Kusmiski, Clare Bowie, Lorne Bowie, Alana Harrison
Pool - Snooker	<i>Open 55+:</i> Warren Saffel <i>Open 70+:</i> Art Stotz
Scrabble	<i>Open 55+:</i> Betty Bergeron <i>Open 70+:</i> Laverne Brooke
Skiing - Alpine	<i>M55+:</i> Valentin Malokhin and Bryan Gough <i>M65+:</i> Peter Ruben and Tom Wilcock <i>M70+:</i> Theo Christen and Ken Park <i>M80+:</i> Jack DeLorme <i>W55+:</i> Andrea Gammack <i>W70+:</i> Gail Ennis and Bertha Ann Fisher
Skiing - XCountry	<i>M65+:</i> Don Wilson <i>M70+:</i> Merv Matson <i>M75+:</i> Rich White <i>W65+:</i> Arlene Verdiel
Table Shuffleboard	<i>Open 55+:</i> John Winfield and Doris O'Malley-Winfield <i>Open 70+:</i> Don Pierce and Sharon Young
Ice Hockey - 55+	Kelly Wanvig, Bob Laycock, Ron Laycock, Wayne McQueen, Bob Dunford, Pete Walker, Chris Harris, Rob Moser, Pat Rilkoff, Doug Panchuk, Robin Laycock, Bill Pasiechnik
Ice Hockey -60+	Guy Brierly, Robert Chartier, Jim Chaytors, Shane Devlin, Richard Hindmarch, Bob Hunter, James Hunter, Tim McInnes, Bill Peters, George Quinn, Bill Thomas
Ice Hockey - 65+	Dale Blomquist, Jeff Bowles, Dave Breckon, Gord Christensen, Jim Currie, Gerry Dufort, Ian Hunter, Val King, Peter Kneeland, David Margach, Tom Molloy, Harvey Poon, Keith Worthington, Ron Wright
Ice Hockey -70+	Al Bates, Lynn Berridge, Phil Bullough, Arnie Godin, Arden Gunderson, Pat Halas, Ed Hergott, Bob Keith, Bob Mainwaring, Ray Mercier, Dave Toner, Bob McDowell, Eric Shepherd, Dan Vars, Joe Elder (goal), Mike Gaal (goal)
Women's Soccer	Theresa Lea, Johanne Aae-Nielsen, Pam Chicoine, Marlene Doherty, Cindy Anderson, Darci Fulton, Frances Groenewegen, Kim Guss, Wendy Kerkhoff, Polly Knowlton-Cockett, Anne Livesey-Husak, Carey O'Brien, Julie Tang, Cheryl Tanner, Patricia Hawkes, Valerie Wolfe and Sharon Wood.

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

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

It's 2015. Is your membership up to date?

by Yvonne Armstrong, Membership Director

OMG it is 2015 and there are several 2014 members who need to renew. Why not do this before the summer activities start (see the article below) and then you're set to go.

Remember, if you have filled in a registration form before there is no need to do another. Also, when you buy a membership every year, you have what we call *continuous service*. That's important because continuous service members may qualify for subsidy if going to Provincial Games.

We currently have about 800 members in our database which is the best in Alberta. To keep the database up to date I need to know of any changes in your information.

Please let me know if any of the following changes:

Address

Telephone Number

E-mail

Activity

Partner

And please inform me if you know of a member who is deceased. You can contact me at **403-274-6720** or by e-mail at **armstby@shaw.ca**.

Hoping to hear from you soon.

Summer Games playoffs - coming soon!

by Dan Guglielmin, Summer Activities Director

Attention all 55 plus Calgarians! The Provincial Alberta 55 plus Summer Games will be held in Strathmore July 16 – 19, 2015. Calgary (Zone 3) will be holding qualifying playoffs starting April 9 and running through June 14.

Competition is scheduled in 15 different events as well as Creative Writing and Visual Arts and Crafts. There is an activity suitable for everyone – from card games to cycling, swimming, tennis, track and field and more.

The complete schedule of events and registration dates is posted on our website www.calgary55plus.com and is included as an insert in this newsletter.

To take part, you must have a 2015 Alberta 55 plus membership which costs \$30 per year.

In addition to your participation in these summer games playoffs, this annual membership allows your participation in any or all of the 13 different activities in our 2015

Winter Fun Games which are held in the fall of 2015, the schedule to be published in late summer.

So come out and join us for some fun, competition and meet some new friends.



Welcome newcomers; many thanks, retirees

Changing Faces

Since the last Newsletter we have had the following key personnel additions and changes.

Lawrence King, a retired teacher well-known in local sports circles (particularly in track and field), was appointed to the Board late in 2014 and has taken on the role of Assistant Summer Activity Director. Lawrence has been making a strong contribution and is a very welcome addition. Lawrence will also be the Provincial Advisor for athletics in the Alberta 55 plus Summer Games in Strathmore this summer.

Hayden Kowel, our long-time City Representative at Board meetings, has been posted to new responsibilities with the City. We thank him for his many contributions and interest in our activities over the years and wish him well in his new responsibilities. His replacement, **Don Patrician**, has been a Sport Development Supervisor with the City for 23 years, and has coached basketball, hockey, soccer, and baseball. He is interested in general fitness and is a golfer. Welcome, Don!

Our new Winter Chef de Mission for the 2015 Alberta 55 plus Winter Games in Lethbridge is long-time member **Roy Thomson**. Roy competed for Zone 3 at Fort McMurray in 2003 and then in seven subsequent Games (combined Summer and Winter). An extremely well-rounded athlete, Roy's specialty is in the athletics field events where he has competed provincially, nationally, and internationally. Roy has been Cross-country Ski Coordinator and assistant Athletics Coordinator. We are very pleased to have Roy take on this very important role.

We are sorry to report that **Verla Boyle** and **Sid Aker** will not be running for the board at this year's AGM. Verla (World Masters Table-tennis Champion) has been the Director in charge of medals and awards. Sid has been the coordinator for Horseshoes and Snooker and has been looking after our outdoor signage and tents. Both will be missed and we thank them for their generous contribution of time.

Appointed Treasurer early in 2014, **Gerald Peatz** has been seriously ill and is not expected to run for that position at the AGM this year. We thank Gerald for his hard work and wish him a speedy recovery so he can get out and play Slo-pitch this summer.

Webmaster wanted

The Calgary 55 plus Games Association website (www.calgary55plus.com) needs a new minder. The job involves posting stories and pictures, keeping our activity contacts, Calendar and links up-to-date. The platform is user-friendly WordPress and some training can be provided.

If you're interested, or you have a child or grandchild who might be interested, please contact **Betty Dargie** at 403-605-9309 or **Dan Guglielmin** at 403-289-0352.



Cycling Clinic

Get set for the 2015 Summer Games playoffs.

WHEN: April 18, 9 am - noon

WHAT: Getting your bike road ready

WHERE: Calgary Academy - 1677 - 93 Street SW

WHO: Coach **Lanny Donde**, CY Cycle

CONTACT: **David Lawson**

ph. 403-614-2319

email: roadrider651@me.com

Only 8 spots available, so register *early*!

Casino thanks

I would like to thank all of you who volunteered for our upcoming casino Mar. 22 and 23.

Without you our casino would not happen and the money would not be there for our tournaments. Your contribution is very much appreciated.

Thanks again

Gertie Collins, Casino Director

Louisiana Hay rides again

The very popular Louisiana Hayride that so many enjoyed two years ago is back again this year.

The show will be at **Thornccliffe Centre** on Thursday, April 16 at 7:30.

Tickets are \$35 and available at Lamml's Western Wear Stores in Sunridge 403-293-6702, Crowfoot 403-547-9808 and Shawnessy 403-256-6859. They are also available online at www.ticketseller.ca or toll free 1-866-311-1011.

Calgary 55 plus Zone 3 Golf

Calgary (Zone 3) 18 Hole Golf Tournament

Heather Glen Golf Course

Tuesday, June 9, 2015 - Tee-off 10:00 am.

Rain or Shine

Men's and Ladies Age Categories 55+, 65+, 75+

Low Gross OR Callaway Net Handicapping)

COST: \$65 includes 18 Holes of Golf, Power Cart and Lunch

Entry Limited To First 72 Golfers

**Must Be A Current Member Of Alberta 55 plus
(\$30 per year)**

Memberships Available Morning Before Golf

****THIS IS A QUALIFYING EVENT for ALBERTA 55 PLUS GAMES TO
BE HELD IN STRATHMORE JULY 16 -19, 2015****

More Information Call Dan Guglielmin 403-289-0352

.....(cut here).....

GOLF ENTRY FORM – Limited to First 72 Golfers

Deadline For Entries May 31st, 2015

NAME _____ Age _____ (at Dec 31,2015)

ADDRESS _____

POSTAL CODE _____ PHONE _____

I will Play (Check one only) Low Gross { } Calaway Net { }

Fee Enclosed \$ _____

Please make cheque payable to "Calgary 55 plus"

**Mail to - Calgary 55 plus Golf
4808 Nordegg Cres NW, Calgary, Alberta, T2K 2M5**

****PLEASE ENCLOSE A STAMPED SELF ADDRESSED ENVELOPE****