



# Zone 3 News

## September 2017

### CALGARY 55 Plus

### Games Association



#### Message from the President - Doug Kyle

...We had a busy summer with Calgary 55 Plus holding the Provincial Champs 55 Plus in 11 sports. We had great support from all the Zones, as we had over 1,000 participants, a fantastic turnout, and all were well looked after by our 11 Sports Coordinators and the rest of the Organizing Committee. I cannot thank the Organizing Committee enough for a great job – you made it all happen. We had many thank you letters from all over.

The key people, of course, were the Organizing Committee composed of Doug Kyle, Chairman, Ken Parent (Badminton), Norm Thomas (Bowling) David Lawson (Cycling), Doug McIntyre (Golf), Harvey Poon (Hockey), Gertie Collins (Horseshoes), Val McGeachie (Pickleball), Mo Lakness (Slopitch), Keith Shaw (Swimming), Paul Duteau & Richard Martin (Tennis) and Lawrence King (Track & Field), Yvonne Armstrong (Registration), Ram Achal (Treasurer), Rob McKinnon (Publicity & Sponsors), Nick Radmanovich (Liason with AB 55+) and Gloria Spielman, (Social).

We used facilities all over Calgary and they worked out well. The weather was great and nothing had to be postponed. We held an Opening Ceremonies banquet Thursday night, August 10<sup>th</sup> and over 800 people showed up for the ceremonies and a lovely meal. The food was great and people went back for seconds until there was none left. AB55+ President Wayne Davies gave a few opening remarks – John Gregory, our Provincial Coordinator attended too.

All winners in our Championships qualified to go to the Canada Games next August 21 to 24, 2018 in St. John, New Brunswick.

We don't have much time to rest as many Zone 3 members are going to High Prairie for another set of Provincial Championships – albeit just about a 1/3 of our events. Then we are into the Zone 3 Winter Games, with the schedule printed in this Newsletter too. Thanks for a great summer and looking forward to a great fall.

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2017 ALBERTA 55 PLUS SUMMER  
GAMES MEDALISTS

### **ZONE 3 BOARD OF DIRECTORS**

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ACTIVITY DIRECTOR (WINTER)

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ACTIVITY DIRECTOR (SUMMER)

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**DIRECTOR AT LARGE (CRIBBAGE & MEDALS):**

NORM THOMAS (403) 246 – 2756

**DIRECTOR AT LARGE (SWIMMING):**

KEITH SHAW (403) 252 - 9238

**NOTE:** We are still in need of an 'Assistant' Cultural 'Arts and Crafts' Coordinator. If you're interested, please contact Doug Kyle (phone number listed above).

#### **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.

#### **Volunteer Luncheon**

Each Year the Board of Directors honor the scores of volunteers who make it possible for us to enjoy Calgary 55 Plus activities.



Stay tuned - the Date and Place will be announced in the very near future.

## HOW TO RENEW YOUR 2017 OR 2018 MEMBERSHIP?



Remember if you have filled in a previous Registration Form and signed it, there is no need to fill in another. Just mail your cheque to me and I will gladly send you a new Membership Card, let's do this before the winter activities start. Also remember that if you keep your Membership continuous you may or may not get a subsidy to the next provincial games.

We currently have 811 members in the database, this is slightly down from last year when we had 819.

Broken out as follows: (includes Life in paid members)

2017	2016
11 Life Time Members	13 Life
633 2017 paid Members	526 paid members
178 2016 nonpaid Members	293 non paid 2015 members

As you know it is important that we keep the database up to date, so please let me know if you make any changes to your profile.

I want to congratulate all the winners in the Summer Provincial Games held here in Calgary, job well done. Also to those who may have won in High Prairie.

Since this is our last Newsletter for 2017 HAPPY HALLOWEN TO ALL THE 55 plus WITCHES, GHOSTS AND GOBLINS.

**MERRY CHRISTMAS AND HAPPY NEW YEAR**

Yvonne Armstrong – Membership Director

507 Trafford Dr. NW – T2K 2T2



### 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](http://www.calgary55plus.com)). Click on 'About Us' and then click on 'Rules and Regulations'.**

# ZONE 3 – 2017 WINTER GAMES

ACTIVITY	DATE	VENUE	COORDINATOR	EVENTS
<b>BADMINTON</b>	DECEMBER 23 9:00 AM	WINTER CLUB 4611 – 14 ST. NW	KEN PARENT (403) 247 - 5097	55-85 M&W DBLS. (Mixed from Dbls)
<b>BOWLING</b>	OCTOBER 27 10:00 AM	PARADISE LANES 3411 – 17 AVE. SE	YVONNE ARMSTRONG (403) 274 - 6720	55,65,75 M&W Singles 55,70 Mixed 4, POA
<b>BRIDGE DUPLICATE</b>	NOVEMBER 4 10:30 AM	THORNVIEW SRS. 5600 CENTRE ST. N	JOHN GILCHRIST (403) 272 – 7958	55 Open Pairs
<b>CARPET BOWL</b>	NOVEMBER 2 10:00 AM	GREATER FOREST LAWN 3425 – 26 AVE. SE	CORDELLA SCHWENGLER (403) 272 -2778	55,70 Open Team of 4
<b>DARTS</b>	OCTOBER 15 10:00 AM	FOREST LAWN LEGION 755 – 40 ST. SE	BOBBY CLARK (403) 805 – 0963	55,70 M&W Singles Dbls., M&W from S
<b>EUCHRE</b>	NOVEMBER 9 10:00 AM	THORNVIEW SRS. 5600 CENTRE ST. N	ANALDA HAMELIN (403) 383 – 1282	55 Open Pairs
<b>ICE CURLING</b>	DECEMBER 2 <u>11:00 AM</u> DECEMBER 3 9:00 AM	WINTER CLUB 4611 – 14 ST. NW	CLARE BOWIE (403) 619 – 0797	55,65,70,75 M Teams 55,65 W Teams 55,70 Mixed Teams
<b>SNOOKER</b>	NOVEMBER 7 10:00 AM	THORNVIEW SRS. 5600 CENTRE ST. N	LAWRENCE KING (403) 271 – 0545	55 Open Singles
<b>SNOOKER</b>	NOVEMBER 14 10:00 AM	THORNVIEW SRS. 5600 CENTRE ST. N	LAWRENCE KING (403) 271 – 0545	70 Singles
<b>SCRABBLE</b>	NOVEMBER 4 2:30 PM	WEST HILLHURST 1940 – 6 AVE. NW	M.J. MacLEOD (403) 461 - 4244	55,70 Open Singles
<b>TABLE SHUFFLEBOARD</b>	NOVEMBER 25 10:00 AM	FOREST LAWN LEGION 755 – 40 ST. SE	CARL ARCHIBALD (403) 248 – 5979 <b>(AFTER 6:00 PM)</b>	55,70 Open Doubles
<b>ALPINE SKIING</b>	TBD PROBABLY EARLY 2018	NAKISKA: HWY. 40 Off HWY. 1 WEST	DOUG KYLE (403) 255 – 7932	55 – 80 M&W Slalom
<b>XC SKIING</b>	TBD PROBABLY EARLY 2018	CONFEDERATION GOLF COURSE	ROY THOMSON (403) 288 – 3186	55-80 M, 8 km. 55-75 W, 5 km.

## ZONE 3 – ALBERTA 55 PLUS - 2017 SUMMER GAME MEDALISTS

### **PICKLE BALL RESULTS**

#### **Women's +55**

Gold – Lucy Coffey/Janice Menard

#### **Men's +55**

Gold – Robert Fehr / Rande Mergereen

#### **Mixed +55**

Gold – Lucy Coffey / George Frohlich

Bronze - Sylvia Wong / Robert Fehr

#### **Men's +65**

Gold – Philip Menard / John Nesta

#### **Mixed +65**

Gold – Cheryl Young / Gord McLure

#### **Men's +70**

Silver – Nick Kordula / Gord McLure

#### **Mixed +70**

Gold – Kathy Landmark / Joseph Lee

### **CYCLING RESULTS**

#### **Time Trials: 55 Male – 10 km**

Gold – David Coldwell

#### **Time Trials: 70 Female – 10 km**

Gold – Bertha Ann Fisher

#### **Time Trials: 70 Male – 20 km**

Bronze – Merv Matson

#### **Road Race: 70 Female – 20 km**

Gold - Bertha Ann Fisher

### **GOLF RESULTS**

#### **Gross: Men 75+**

Gold - Joey Brown

#### **Gross: Men 80+**

Gold - Bill Clark

#### **Gross: Women 75+**

Gold – Lorraine Hancher

#### **Calloway: Men 55+**

Bronze – Ken Kalynchuk

#### **Calloway: Men 65+**

Gold – Murry Seminuk

#### **Calloway: Men 75+**

Silver - Ram Achal

#### **Calloway: Men 80+**

Gold - Larry Craig

#### **Calloway: Men 85+**

Gold – Jack Delmore

#### **Calloway: Women's 80+**

Gold - Marielle Galibois

#### **Calloway: Women's 85+**

Gold – Beryl Delorme

### **HOCKEY RESULTS – Men's**

55+ Bronze    60+ Bronze

65+ Gold    70+ Gold    75+ Silver

### **HOCKEY RESULTS - Women**

55+ Silver - South

### **SWIMMING RESULTS**

#### **Women 55+**

Gold – Jennifer Enta

Bronze – Andrea Gammack

#### **Women 60+**

Silver – Kate Granson

#### **Women 65+**

Silver – Suzanne Costaschuk

#### **Women 70+**

Gold – Darlene Swan

Bronze – Marilyn Shaw

#### **Women 80+**

Gold – Pat Hlady

#### **Men 55+**

Gold - Chet Chan

#### **Men 65+**

Gold – John MacKinnon

#### **Men 70+**

Gold – Keith Shaw

Bronze – Bernard Brouillet

#### **Men 75+**

Gold – Neil Topping

Silver – Richard Bascom

### **HORSESHOE RESULTS**

Zone 3 - NO Medals

## ZONE 3 – ALBERTA 55 PLUS - 2017 SUMMER GAME MEDALISTS

### **SLO-PITCH RESULTS**

Men's 55+ Silver

Men's 65+ Bronze

Men's 70+ Silver

Co-Ed 55+ Bronze

### **BADMINTON RESULTS**

#### **Men's Doubles 55+**

Silver – Lorne Cowan / Bolek Babiaz

#### **Women's Doubles 55+**

Silver – Helen Chan / Li An

#### **Women's Doubles 75+**

Silver – Carol Kyle / Jean Noble

### **TENNIS RESULTS**

#### **65+ MIXED**

Gold – Don Herman / Alda Sigvaldson

#### **65+ Men**

Bronze – Mike Rooney / Ken Gaida

#### **75+ Mixed**

Gold – Richard Martin / Dee Ann Clark

Silver – Paul Duteau / Anne Cowman

#### **75+ Women**

Gold – Dee Ann Clark / Anne Cowman

#### **75+ Men**

Gold – Richard Martin / Paul Duteau

### **5 PIN BOWLING RESULTS**

#### **55+ Women's Singles**

Silver – Peggy Plathan

#### **65+ Men's Singles**

Bronze – John Murphy

#### **75+ Men's Singles**

Gold – Ernie Hanchar

#### **65+ Mixed POA**

Gold – Rolly Cabalde  
Gerta Blaney  
Gloria Spielman  
Lloyd Weiss

### **TRACK & FIELD RESULTS**

#### **55+ Women 100 Meter Dash**

Silver – Karen Bynoe

#### **60+ Women 100 Meter Dash**

Silver – Ann Livesey-Husak

#### **65+ Women 100 Meter Dash**

Gold – Daphne O'Sullivan

#### **60+ Men 100 Meter Dash**

Silver – Robert McKinnon

Bronze – Al Vessey

#### **60+ Women 200 Meter Dash**

Silver – Ann Livesey-Husak

#### **65+ Women 200 Meter Dash**

Gold – Daphne O'Sullivan

#### **80+ Women 200 Meter Dash**

Gold – Helly Visser

#### **60+ Men 200 Meter Dash**

Gold – Robert McKinnon

Silver – Al Vessey

### **TRACK & FIELD RESULTS**

#### **65+ Men 200 Meter Dash**

Bronze - Merv Husak

#### **80+ Men 200 Meter Dash**

Gold – Roger Davies

Bronze – Raymond Colliver

#### **60+ Women 800 Meter Run**

Silver – Ann Livesey-Husak

#### **65+ Women 800 Meter Run**

Gold – Daphne O'Sullivan

#### **80+ Women 800 Meter Run**

Gold – Helly Visser

#### **60 + Men 800 Meter Run**

Gold – Stephen Robinson

Silver – Robert McKinnon

#### **65+ Men 800 Meter Run**

Gold – Merv Husak

Bronze – Brian Cochrane

#### **80+ Men 800 Meter Run**

Gold – Roger Davies

Silver – Raymond Colliver

#### **60+ Women 1500 Meter Run**

Silver – Ann Livesey-Husak

#### **80+ Women 1500 Meter Run**

Gold – Helly Visser

#### **60+ Men 1500 Meter Run**

Gold – Stephen Robinson

Silver – Robert McKinnon

#### **65+ Men 1500 Meter Run**

Gold – Brian Cochrane

Silver – Merv Husak

#### **80+ Men 1500 Meter Run**

Gold – Roger Davies

Silver – Raymond Colliver

#### **60+ Men 3000 Meter Run**

Gold – Stephen Robinson



## ZONE 3 – ALBERTA 55 PLUS - 2017 SUMMER GAME MEDALISTS

### TRACK & FIELD RESULTS

#### 65+ Men 3000 Meter Run

Gold – Brian Cochrane  
Silver – Merv Husak  
Bronze – Chris Hylton

#### 80+ Men 3000 Meter Run

Gold – Roger Davies  
Silver – Raymond Colliver

#### 55-89 Women 400 Meter Run

##### Predicted Walk

Silver – Gracie Watson

#### 55-89 Men 400 Meter Run

##### Predicted Walk

Gold – Doug Kyle

#### 55-89 Women 1000 Meter Run

##### Predicted Walk

Silver – Gracie Watson

### TRACK & FIELD RESULTS

#### 55-89 Men 1000 Meter Run

##### Predicted Walk

Silver – Doug Kyle

#### 55-89 Men 1000 Meter Run

##### Predicted Walk

Gold – Doug Kyle

#### 85 Men 4x100 Meter Relay Gold

Merv Husak                      Al Vessey  
Robert McKinnon      Joe Larsback

#### 65+ Women Long Jump

Gold – Daphne O’Sullivan

#### 55+ Women Shot Put 3 kg

Silver – Karen Bynoe

#### 60+ Women Shot Put 3 kg

Gold – Elizabeth MacRury

### TRACK & FIELD RESULTS

#### 65+ Women Shot Put 3 kg

Gold - Maurie Martin

#### 60+ Men Shot Put 5 kg

Gold – Al Vessey

#### 55+ Women Discus Throw 1 kg

Bronze – Karen Bynoe

#### 60+ Women Discus Throw 1 kg

Silver – Elizabeth MacRury

#### 65+ Women Discus Throw

Gold - Maurie Martin

#### 60+ Men Discus Throw 1 kg

Gold - Al Vessey

#### 60+ Women Javelin Throw 55g

Silver – Elizabeth MacRury

#### 65+ Women Javelin Throw 500g

Gold – Maurie Martin



David Lawson (Photographer) Madden Road Race – Cycling Competitors and Volunteers

## ALBERTA 55 PLUS SUMMER GAMES – SWIMMING EVENT



Freddi Bromling - Photographer





## HOCKEY TEAMS AT THE ALBERTA 55 PLUS SUMMER GAMES



Kee Mah - Photographer





