

Newsflash: Let all your friends, family and coworkers know that this August, the Provincial Summer Games will be in no other place, but right here in Calgary, where your own Calgary 55+ Games Association will be the host (see page 8 for more information). Qualifying dates are attached to this newsletter, The Publicity Director hopes we will defend our titles as the Men's and Ladies' 4 x 100 metre track champions and wishes all our other participants the same luck.

2017 Calgary 55+ Annual General Meeting

When:	Thurs., March 30th, 2017
What Time:	10:30 Coffee + Entertainment / 11:30 Free Lunch w/ Meeting to follow immediately after Lunch
Who:	All Members + Anyone who is interested in joining
Where:	Forest Lawn Legion 775 40th Avenue SE

Rob McKinnon in Strathmore's 2016's Men's 4x100 metre Race



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2016 Canada 55+ Games

This year's Canada 55+ Games ran from August 16th thru the 19th in Brampton, Ontario near Toronto. Calgary 55+ sent **fifty-two** members to the Games.

Track and Field: Al Vessey 1 G, 2S; Anne Livesy-Husak 4G, 1S; Merv Husak 3G, 2S; Doug Kyle, 1G, 2B; Rob McKinnon 2G, 4B

Cribbage: Deborah Stapleton, Gary Rosling

Pickleball: Diane Blud, Lucy Coffey

Swimming: Marilyn Shaw 4G; Keith Shaw 4G; Andrea Gammak 3G, 1S; Pat Hlady 1G.3S

Tennis: Dee Ann Clark 1G; Kerry McPherson 1 G; Brenda Dringdahi 1G; Fonda Aziz 2S; Richard Martin 1 S

Darts: Anna Jarmics 1G, 1B; Roy Jarvis 3S **Golf:** Carol Kyle

Hockey: Gord Christensen Team (70+) 1 G; Harvey Poon Team (65+)

Legend: G=Gold Medal; S=Silver Medal; B=Bronze Medal



Photo of Doug Kyle (centre) receiving his Gold medal for the 400 m Predicted Race.

The Games culminated with a Gala dinner which was quite tasty. There it was announced that the Games two years from now will take place in St John, New Brunswick. Thanks to all the members who participated in all the events, and congratulations to those who brought home medals. There were just too many to mention them all. I hope that we can have double the number in 2018 (we were outnumbered by Nova Scotia and Saskatchewan, and the Yukon had great numbers too).

This Year's Casino!

Thanks to those who volunteered already for the Casino on MARCH 18TH AND 19TH at the Elbow River Casino. This year the funds raised will remain here with Calgary 55+ Games Association.

Contact Gertie Collins @ 403-273-3955 for information. She is our Casino Director.

www.calgary55plus.com

Drumheller Provincial Games Zone 3 Results for September 2016

GOLD:

Tom Wilcox and Gail Ennis - euchre

Eileen Miller, Gertie Collins, Velma Scornberger, Doreen Moore – military whist

Lucy Coffey and Kerry Hawthorne – pickleball

Ron Bellefenelle – snooker

SILVER:

John & Ruth Gilchrist – duplicate bridge

George Frolich & Al Tole – pickleball

Bronze:

Eileen & Bill Philips, Roy Jarvis, Gordon Sloan – bocce

Carol & Doug Kyle, Marilyn & Keith Shaw – bocce

Marilyn and Murray Haggins - duplicate bridge

TEAM RESULTS:

ZONE	Total Medals	Final Placing
1	10	1
3	10	2
6	8	3
5	8	4
2	7	5
4	7	6
7	4	7
8	-	8

Tie Breaker Rules: Zone 3 tied Zone 1 with 10 medals – but in the tie breaker rules both Zones had 4 gold, Zone 1 had 4 silver to our 1, so they wound up in first place and Zone 3 in second place.

Special Mention: Thanks to Carolyn Always' co-coordinating duties in making two trips each way to bring the creative arts entries to and from the Games.

MEMBERSHIP REMINDER

Oh, My Gosh: another year has come to an end and a new year has begun. So now is the time to renew your memberships before the activities start taking place. Anyone planning to attend the AGM will need their 2017 membership to be able to vote. This you can do by mail, online or the day of the meeting. All cheques payable to Calgary 55 plus

Mail to: Membership Director, 507 Trafford Drive NW, Calgary AB, T2K 2T2 On line: Alberta 55 plus

My phone 403-274-6720

www.calgary55plus.com



This is a photo of our 55+ Team and 70+ Team from the Shuffleboard Competition proudly wearing Zone 3 shirts and provincial championships vests. They are Lloyd Weis, Ram Achal, Rosemary Marshall + Gloria Spielman



Gloria Spielman, Doug Kyle, Mary Marten, Nettie Rupert, Jack Hill, Pauline Simpson, Shirley Costley, Ron Jarvis, Donna Rignanesi, Shirley Costley, Leona Mark, Sid Alder, + Ken Marchuk at the **Fall Fun Games Carpet Bowling**.

Fall Fun Days Snooker Results

November 1, 2016 Thornview Center - 55+

Gold - Bill Gunning Silver - Tim Bronze - Barry Huston

November 8, 2016 Thornview Center - 70+

Gold - Ron Bellefeuille Silver - Arthur Stotz Bronze - Don Pierce

Table Shuffle Board Results

70+

Gold – Sharon Young + Don Price Silver – Bill Alexander + Maurice Roy Bronze – Anna Jarmics + Roy Jarmics

55+

Gold – Al Enevold + Al Osaka Silver – Doris Winfield + John Winfield Bronze – Betty Simison + Ken Marchuk

Total of 18 Players

CALGARY 55 PLUS ZONE 3 SUMMER PLAYOFFS 2017 Rev.

ACTIVITY	AGE CATEGORY	EVENT	EVENT DATE	LOCATION	REGISTRATION DEADLINE	COORDINATOR
Athletics ***	M&W 55+, 60+, 65+, 70+, 75+, 80+	100, 200, 800, 1500, 3000m Races Discus, Javelin, Long Jump, Shot Put 2 - 400m & 2 - 1000m Time Predicted Walks	Jun. 24 11:00 am	Glenmore Track 50 Ave. & 16 St. SW	Jun. 17	Doug Kyle 403-255-7932
	M&W 55+					
Bocce *	70+	Open Team of 4	Jun. 22 10:00 am	Thornview Seniors	Jun. 15	Debbie Stapleton 403-640-4515
	55+	Open Team of 4	Jun. 23 10:00 am	5600 Centre St. N		
Bridge- Contract *	55+	Open Pairs	Apr. 20 11:00 am	Thornview Seniors 5600 Centre St. N	Apr. 13	Tom Wilcock 403-460-8241
Cribbage *	55+, 70+	Singles	May. 18 10:00 am	Greater Forest Lawn	May. 11	Norm Thomas 403-246-2756
	55+, 70+	Doubles	Jun. 1 10:00 am	55 Plus Centre 3425 26 Ave. SE	May. 25	
Cycling ***	M&W 55+, 65+, 70+	20 km Competitive Timed Race 10 km Recreational Timed Race	May. 13 9:30 am	Edenbrook Gardens Lwr Springbank Rd 17th Ave. SW	May. 6	David Lawson 403-614-2319 roadrider651@me.com
Floor Curling *	55+, 70+	Open Team of 4	Jun. 8 10:00 am	Greater Forest Lawn 55 Plus Centre 3425 26 Ave. SE	Jun. 1	Cordella Schwengler 403-272-2778
Floor Shuffleboard *	70+	Open Pairs	May. 25 11:00 am	Thornview Seniors	May. 18	Lloyd Weis 403-295-2558
	55+	Open Pairs	Jun. 3 11:00 am	5600 Centre St. N	May. 27	
Golf ***	M&W 55+, 65+, 75+, 80+, 85+	Low Gross	Jun. 6 10:00 am	Heather Glen GC	May. 29	Dan Guglielmin 403-289-0352
	M&W 55+, 65+, 75+, 80+, 85+	Net Callaway		Glenmore Tr. & 100 St. SE		

CALGARY 55 PLUS ZONE 3 SUMMER PLAYOFFS 2017 Rev.

ACTIVITY	AGE CATEGORY	EVENT	EVENT DATE	LOCATION	REGISTRATION DEADLINE	COORDINATOR
Horseshoes ***	Open 55+ & Open 65+	A, B, C, D Ringer % categories	May. 27 10:00 am	Calgary Horseshoe Club 4310 78 Ave. SE	May. 20	Sid Aker 403-273-9282
Military Whist *	55+	Open Team of 4	May. 16 10:00 am	Marlborough Hall 636 Marlborough Way NE	May. 9	Lenora Schwabb 403-272-4883
Pickleball ***	M&W 55+, 65+, 70+ Mixed 55+, 65+, 70+	Doubles Doubles	Jun. 10 9:00 am	Oakridge Community Courts 9504 OakridgeDr.SW	Jun. 3	George Frohlich 403-275-2502
Pool 8-Ball	Men 70+ Men 55+, Women 55+	Singles Singles	Apr. 12 11:30 am Apr. 19 11:30 am	The Hidden Spot 125, 2323 32 Ave NE Southside of Bldg.	Apr. 6	Al Enevold 403-815-0736
Swimming ***	M&W 55+, 60+, 65+, 70+, 75+ 80+, 85+ M&W 55+	50m, 100m Back, Breast, Free, 50m Butterfly, 100m IM 2 - 100m & 2 - 200m Free Time Predicted	May. 30 9:00 am	Talisman Centre 2225 McLeod Tr. SE	May. 23	Keith Shaw 403-252-9238
Tennis ***	M&W 55+, 65+, 75+ Mixed 55+, 65+, 70+	Doubles Doubles	Jun. 14 & 15 11:00 am	Rosedale Tennis Club 901 11 Ave. NW	Jun. 7	Paul Duteau 403-453-1465 Richard Martin 403-547-2359

- NOTES**
1. Please try to register for the activity early to assist the coordinator in planning.
 2. Participants must register at the Venue 30 minutes prior to start time and don't forget to bring your Membership Card.
 3. Horseshoes to establish a ringer percentage prior to competition.
May 20 at 1:00 pm the horseshoe facility will be open for practice and to establish a ringer percentage.
 4. *** Qualify for Provincial Summer Playoffs in Zone 3 Calgary, August 10 & 11, 2017.
 5. * Qualify for Provincial Fall Playoffs in Zone 8 High Prairie, September 14 - 16, 2017.

Bowling Results Nov. 18th 2016

Ladies 55 plus

Gold: Peggy Plathan
Silver: Chris Bobenic
Bronze: Carolyn Always

Ladies 65 plus

Gold: Rebecca Lodhar
Silver: Doris Winnfield
Bronze: Rose Peters

Ladies 75 plus

Gold: Nettie Rupert
Silver: Mary Martens
Bronze: Devina Daintree

Teams 55 plus

Gold: Eddie Goedillo
Anne Lynch
Emil Baluyot
Gloria Becker
Silver: Gerda Blaney
Rick Hall
Lloyd Weis
Gloria Spielman
Bronze: Debbie Stapleton
Jack Delorme
Beryl Delorme
Al Vendersteen

Men's 55 plus

Gold: Richard Kyle
Silver: Richard Starchuk
Bronze: Dennis Heacock

Men's 65 plus

Gold: John Murphy
Silver: Rolly Cahadde
Bronze: Moe Roy

Men's 75 plus

Gold: Ralph Connell
Silver: Ernie Hanchar
Bronze: Wilf Kuss

Team 70 plus

Gold: Remy Hipolito
Noli Ferrarus
Rose Boulier
Benny Sy
Silver: Emvie Antonio
Erna Dregar
Sid Aker
Gail Aker
Bronze: Eileen Phillips
Gary Rosling
Rosemary Marshall
Bill Philips

Calgary 55 Plus Winter Duplicate Bridge Winners

Gold: Don Wilson & Tom Wilcock
Silver: Ruth Gilchrist & John Gilchrist
Bronze: Judy Hawthorne & Gail Enid



John Gilchrist, Gail Ennis + Judy Hawthorne Tom Wilcox, John + Ruth Gilchrist

Ice Curling

Gold Ladies 55: Jill Hodgins-Uerainec; Diane Foster; Mary Lou Schoening + Donna McLeod

Gold Men's 55: Jim Miller, Wally Schoenberger, Scott Thompson + Ernie Frankhel

Silver Ladies 55: Heather Kunntz, Sylvia Arthur, Janet Quiring + Paula Murphy

Silver Men's 55: Larry Inaba, Farid Remtulla, Glenn Borass + Gary Mann

Bronze Ladies 55: Audrey Buchanan, Jennifer Scott, Ally Douglas + Sharon Huculak

Bronze Men's 55: Wayne Barrowcliffe, Dwayne Woychuk, Grant Little + Harley Kempthorne

Gold Ladies 65: Wendy McCulloch, Sheila Frank, Dianne Martson, + Renee Cartwright

Gold Men's 65: Jim Strain, John McIntyre, Don Cooper + Murray Seminuk

Silver Ladies 65: Marlene Ledergerber, Heather Christenson, RozyAnn Lawn + Donna Brown

Gold Mixed 55

Frank Bailey, Marlen Graham, Grant Wilson + Carey Cameron

Bronze Ladies 65

Yvonne McIvor, Katheryn McGregor, Wendy Carson + Christie Murphy

Silver Mixed 55

Rick Kuzmiski, Donna Kuzmiski, Lorna Bowie + Clare Bowie

Bronze Mixed 55

Dennis Heacock, Marlene Heacock, Gary Scruton + Connie Scruton

Gold Men's 75

Bill Clark, Will Sanders, Nestor Shuler + Tom McCulloch

Director Profile: Erna Dreger

My name is Erna Dreger. I moved to Calgary in May of 1950 at the tender age of sixteen years of age. I fell in love with Calgary the day I got here. I only had a grade nine education. My first job in Calgary was at the box factory. The work was hard, but I enjoyed it. Over the years, I have had many different types of jobs such as waitress, office, retail and maintenance just to name a few. My last job was at Advance Industries which was a non-profit sewing and carpentry shop where we had a great number of handicapped people which gave them a great sense of pride to be able to earn their own money. That was my last and favorite job of them all.

Now I have retired and am enjoying life. I have joined the 55 Plus Club and enjoy a variety of events including Bocce, shuffleboard, horseshoes, and many more activities including my favorite activity – sewing. I have had the pleasure of meeting many wonderful people in my life, and hope to meet many more.

Erna

President's Message

Zone 3 has been busy since our last newsletter in September of 2016. Now that the Provincial body is running three Provincial Championships each year, we seem to be always on the run. Last fall we had the first of these new games in Drumheller where they had 268 representatives show up with all the zones represented. They held Bocce, Carpet Bowling, Duplicate Bridge, Euchre, Floor Shuffleboard, Military Whist, and Snooker – a total of nine events. They were well run and Zone 3 did well by winning the greatest number of medals. Forty-two in total: 10 in activities listed above and 32 in writing and arts. Carolyn Always, our Board Secretary, and Bev were our big winners in creative writing and arts.

We held our annual Zone Winter Games in the fall. We held eleven activities with more than two hundred participants. Both Five Pin Bowling and Ice Curling had over fifty participants – well done Coordinators Yvonne Armstrong and Doug McIntyre. Each activity will qualify people for the upcoming Provincial Championships. The first to qualify were the curlers who travelled to Grande Prairie for the Provincials in February. We are sending four teams to this event. I want to thank all our Activity Coordinators for a job well done in organizing and running these eleven activities. We still have two to go, Cross Country Skiing and Alpine skiing – later on in February.

There will be no Spring Provincial Championships as no Zone picked it up. The next Provincials are the Summer Championships in Calgary (see page 8) and the Fall games in Grande Prairie, where they will hold Military Whist, Duplicate and Contract Bridge, Euchre, Carpet Bowling, Floor shuffleboard, Floor Curling, Cribbage, and Bocce. As you can see, we had a tremendously busy fall and we look forward to a busy summer especially with the Summer Games being held here this year.

- Doug Kyle, President

ALBERTA PROVINCIAL SUMMER CHAMPIONSHIPS - CALGARY

Calgary 55+ (Zone 3) will hold the Summer Provincial Championships in Calgary on Thurs., August 10th and Fri., August 11th, 2017. Alberta 55 plus medals will be awarded to the first 3 in every event. We will start at 10:00 a.m. Thursday and plan to finish by 4:00 p.m. Friday. This way participants can drive in on Thursday and drive out by Friday afternoon. We will have a banquet Thursday evening to which all participants are invited.

Participants will mail in their registration form plus \$65.00 to our Registration Chairman, On August 10th participants will go to their competing venue to check in at least 30 minutes before the event starts. Medals will be presented at the conclusion of each competition at the venue. No shuttle buses will be provided. **The registration deadline is July 1, 2107.**

We invite all Alberta 55+ Zones to come to Calgary in August to enjoy some competition and fun and renew acquaintances.

The events are:

1. Badminton: M+W doubles in age groups 55, 60, 65, 70, 75, 80, 85. Extra event is Mixed all ages.
2. Cycling: M 20 km, W 10 km; ages 55,65,70, 75, 85. Open 55 Predicted 5km Thurs. and 10 km Friday.
3. Five Pin Bowling: Male +Female singles scratch in ages 55, 65, 75. Mixed team of 4 in 55, POA.
4. Golf: M+W gross singles in ages 55,65,75,85. Also, Calloway same ages.
5. Horseshoes: Open singles in ages 55, 65 in 4 different ringer classes.
6. Ice Hockey: Teams of 18 in ages 55,60,65,70,75. Finals on Sat., August, 12th.
7. Pickleball: Male + Female pairs in 55, 65,75,85. Extra event Mixed Pairs in 55,65, 75, 85.
8. Slopitch: Male teams of 14 in ages 55, 60, 65, 70, 75. Mixed Team in age 55. Women's 55 Team.
9. Swimming: Male + Female in ages 55, 60, 65, 70, 75, 80, 85 in max. of 4 events: 50 free, 100 free, 50 back, 100 back, 50 breast, 100 breast, 75 IM. Predicted Male + Female 200, Thursday and 200 on Friday. Extra event is the 4X25 relay.
10. Track and Field (Athletics): Male + Female in ages 55, 60, 65, 70, 75, 80, 85 in maximum of 4 events: 100, 200, 800, 1500 and 3000, javelin, discus, shot put, long jumps, Predicted Male and Female 800 Walk Thursday and 1500 Friday. Extra event is the Men's and Women's 4 X 100 relay.
11. Tennis: Male and Female doubles in ages 55, 70, 75, 80, 85. Extra event Mixed Doubles 55, 70.

Doug Kyle – Chairman of the Organizing Committee

Calgary Award

By late August, we should learn if Calgary 55+ Games Association has won the prestigious Calgary Award for community achievement. The category was for advocacy "as the association promotes the fitness and well-being of its members." This would be the first award achieved by the association which began over thirty years ago.

Calgary 2016 Non-profit Innovation Awards

This spring we should also hear if we won the Calgary 2016 Non-profit Innovation award too.

Special Note: Did you know that if you volunteered for Calgary 55+ you would be invited to a free Annual Volunteer luncheon in recognition of your work? Also, please share this newsletter with a friend, a neighbour, or a relative. We are always looking for new members to keep our association strong.