



Zone 3 News – July 2017

CALGARY 55 Plus Games Association



Message from the President - Doug Kyle

Well it's been a busy spring with our annual Summer Games run by Dan and Lawrence. We had 15 activities and good turnouts at most events. Nothing got rained out so this was a plus. The total attendees were 341, with cribbage topping the list with 60 players. Good attendance at track and field with 30 and golf with about 50. Our Provincial AGM was held in Red Deer on May 8th. Again

we sent a bus up which made us the biggest represented Zone there. Dave Finn from Zone 3 was elected VP South. He is Chairman of Calgary Slo Pitch, and a real sports enthusiast. Our new Provincial President is Wayne Davies from Zone 8. He was the former TD North. Our Zone AGM was held on March 30th with myself becoming the President for one more year until new VP Rob McKinnon steps up. We added 2 new Board Members, Kathryn MacGregor, Director Newsletter & Publicity and Al Enevold, Director at Large & 8 Ball Coordinator. Our Alberta 55 Plus Provincial Championship Games are coming up August 10th & 11th which should be a spectacular event. See the website for the 11 sport's locations. The Winter Games schedule will be in our next Newsletter in mid-September..... ***Have a Good Summer!***



Summer Activities Director – Dan Guglielmin

2017 Zone 3 Summer Playoffs

Congratulations on another successful Summer Games! Participation in each of the activities in general has shown an increase from last year.

Several of the activities need to be promoted more to increase participation, namely Horseshoes, Floor Curling and Tennis. I wish to thank the Coordinators and assistants for each of the events as without them, we could not hold these activities. **Good Luck!** to all those members who qualified to go to the Summer Provincial Playoffs to be held in Calgary, August 10th and 11th, 2017 and the Fall Provincial Playoffs in High Prairie September 14th to 16th, 2017.

FIND THE 2017 SUMMER GAME'S RESULTS STARTING ON PAGE 5

ZONE 3 BOARD OF DIRECTORS

PRESIDENT:

Doug Kyle (403) 255 – 7932
ACTIVITY DIRECTOR (WINTER)

PAST PRESIDENT:

DAN GUGLIELMIN (403) 289 – 0352
ACTIVITY DIRECTOR (SUMMER)

VICE PRESIDENT:

ROB McKINNON (587) 586 – 2667

TREASURER:

RAM ACHAL (403) 239 – 5602

SECRETARY: VACANT

DIRECTOR - MEMBERSHIP:

YVONNE ARMSTRONG (403) 274 – 6720

DIRECTOR - CASINO:

GERTIE COLLINS (403) 273 – 3955

DIRECTOR - ASST. ACTIVITY

(SUMMER & SNOOKER):

LAWRENCE KING (403) 271 - 0545

DIRECTOR - PUBLICITY:

KATHRYN MacGREGOR (403) 271 - 7100

DIRECTOR – 8 BALL COORDINATOR:

AL ENEVOLD (403) 815 - 0736

DIRECTOR - EVENTS:

GLORIA SPIELMAN (403) 274 – 6476

DIRECTOR AT LARGE:

DEE-ANN CLARK (403) 243 – 9955

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).

MEET YOUR 2 NEW TO Calgary 55 Plus BOARD MEMBERS



Al Enevold: Director & 8 Ball Coordinataor

Born and raised Albertan. I have lived all of my years to date in Alberta: Camrose, Lethbridge, Red Deer, Calgary, Bragg Creek area and now back in Calgary. Went to U of C and then spent 36 years in the oil patch as a geologist and now enjoying the retired life. Always had fun competing and found a match in Calgary 55 Plus participating in golf, eight ball, snooker, horseshoes, darts and table shuffleboard. Recently I was approached by two of my favourite 55 Plus members to help out with volunteering and here I am.



Kathryn MacGregor: Director – Newsletter & Publicity

Prior to moving to Calgary 2 years ago, in my professional career I was a Furniture Buyer for Sears Canada & HBC. I left retail to become the General Mgr. of the Ontario Furniture Mfg. Assoc. Upon retiring, I moved from Toronto to my hometown of Windsor ON. In Windsor, I was the President of the Windsor Lawn Bowling Club as well as President of the Senior Curling Assoc. I was the 55 Plus Summer Games Coordinator – Lawn Bowling and participated at the Provincial level in both Lawn Bowling and Curling.

INTRODUCING CALGARY 55 Plus VICE PRESIDENT

Dr. Robert McKinnon



Rob was born August 24, 1954 in Point Grey, Vancouver (the home of U.B.C.). He graduated from Chilliwack Senior High School in 1972. He enlisted in 3 Field Squadron as a Field Engineer from 1972 to 1978. Then he entered college and university where he accumulated three bachelor degrees, two master's degrees, his PHD, and a teaching certificate. He taught elementary school, college, and university; played football for one year as a cornerback with the B.C. Lions, and wrote four books.

With five children to raise, he rejoined the military in 1996 and retired at 60 years of age with five medals, including tours of Iraq and Afghanistan.

In running he has accumulated thirty-one national gold medals in track, road racing, and cross country races. He still averages about twenty-five races a year. In 55 Plus competition, he has raced provincially in Fairview, Barhead and Westlock, and Strathmore. In Barhead he broke provincial records in the 800 m and 1,500 m races. In Sherwood Park, AB and Bampton, ON he proudly represented Alberta in the Nationals where he won three of his national gold medals. He is looking forward to qualifying this summer to go back to St John, New Brunswick where he won three national gold medals as a master's runner. He especially enjoys doing the 4x100 m Relay.

Rob has belonged to Zone 3 Calgary 55 Plus Games Association for three years. He came from Zone 1 where he was their only runner in all age categories. In Zone 3 he has been a Publicity Director and is the current Vice-President. He is also the Team Captain of the Calgary and Alberta Provincial 4 x 100 m Men's Teams where they have won the past two national championships

ALBERTA 55 PLUS 'NEW BOARD MEMBER'



Dave Finn: Alberta 55 PLUS Vice President South

Currently, I am an on call consultant for the HR Department of the City of Calgary and before recently retiring after 35 years with The City, I was the Coordinator of Recruitment & Bus Training for Calgary Transit for 15 years. Prior to this, I was the Coordinator of Recruitment for seven years whereby I was able to increase my supervisory skill set over time. I consider myself to be extremely energetic and forward thinking. Having had a very strong background at the grass roots level of community outreach and been recognized as an international ambassador.

Professionally, I have Conducted Corporate Outreach Program for a variety of organizations, including The International Aga Khan Foundation, The International Sikh Association, various Job Finding Clubs, Calgary Immigrant Aid Society, Native Employment Services, Calgary Catholic Immigrant Aid Society and The Centre For Newcomers. Of late, I have been involved with the Calgary Senior Men's Slo Pitch 55 Plus League for the past three years and this year was elected to be the President of that league. Being the VP last year and the President this year has afforded me the opportunity to become extremely familiar with the senior scene both with Slo pitch and all other sports that are involved with Alberta 55 Plus. Many of our Slo pitch players participate in other sports as well or have spouses that are otherwise involved. I look forward to working together for the betterment of sport across Alberta.

ALBERTA 55 PLUS 'MERIT AWARDS'

Recognize ZONE 3 MEMBERS for OUTSTANDING SERVICE



Yvonne Armstrong, Doug Kyle, Gertie Collins



Yvonne Armstrong: Director – Membership

- Calgary 55 Plus Board Member since 2009
- Calgary 55 Plus Membership Director since 2009
- Calgary 55 Plus Bowling Coordinator for 4 yrs., Bus Coordinator for Provincial AGM
- Attends every activity to ensure participants have a current membership in Alberta 55 Plus

Doug Kyle: President

- Lifetime member of Alberta 55 Plus since 2011
- President Calgary 55 Plus 2002-08 & 2005-17
- Calgary 55 Plus Winter Activity Director 2009-17
- Calgary 55 Plus Board Member for over 15 years
- Calgary 55 plus Athletics Coordinator for 17 yrs.
- Chairman of the Alberta 55 plus 2017 Summer Playoffs

Gertie Collins: Director – Casino

- Joined Alberta 55 Plus in 2004
- Zone 3 Board Member for 5 years
- Assistant Coordinator for Cribbage for 6 years
- Coordinator for Military Whist for 3 years
- Coordinator for Casinos for 5 years

Greater Forest Lawn 55+ Society

- This organization is very supportive of Calgary 55 Plus
- A number of our playoffs are held there
- Give Calgary 55 Plus reduced rentals - sometimes free
- Will change their schedules to accommodate us

**THANK YOU
TO OUR SUMMER
GAMES
COORDINATORS**

- ✓ Sid Aker – Horseshoes
- ✓ Lenora Schwab – Military Whist
- ✓ Gord McLure – Pickleball
- ✓ Al Enevold – Pool – 8 Ball
- ✓ Keith Shaw – Swimming
- ✓ Paul Duteau & Richard Martin – Tennis

- ✓ Doug Kyle – Athletics
- ✓ Debbie Stapleton – Bocce
- ✓ Tom Wilcock – Bridge-Contract
- ✓ Norm Thomas - Cribbage
- ✓ David Lawson – Cycling
- ✓ Cordella Schwengler- Flr.Curling
- ✓ Lloyd Weis – Floor Shuffleboard
- ✓ Dan Guglielmin - Golf

CONGRATULATIONS TO THE WINNERS OF THE 2017 SUMMER GAMES

Contract

Bridge

55+ Open

Pairs	Gold	Lorraine Hanchar & Jean Moskeluk
	Silver	Nazrul Islam & Lyle Singular
	Bronze	Naser Rabbani & Donna Dannish

Cribbage

Singles 55+	Gold	Ginger Hamelin
	Silver	Stan Litwack
	Bronze	Linda Elder

Singles 70+	Gold	Gertie Collins
	Silver	Lyle Singular
	Bronze	Tom Wilcock

Doubles 55+	Gold	Debbie Stapleton & Garry Rosling
	Silver	Stan Litwack & RJ Murray
	Bronze	Don Everett & Jan Everett

Doubles 70+	Gold	Velma Sorenberger & Lyle Singular
	Silver	Anita Fulton & Florence Wohlers
	Bronze	Lorraine Hanchar & Ernie Hanchar

Tom Thul – A New Calgary 55 Plus Member’s email to Pool Coordinator Al Enevold. “Al I just want to say how much I appreciated the opportunity to meet with you fellows and play a few games of pool. The organization of the event and venue as well as the comradely of the players was outstanding. It goes to show the commitment that you and the team have in making sure the events are ran smoothly and the goal is fun. Thank you. I look forward to participating in some of the other upcoming events.”

Pool 8 Ball

Women 55+	Gold	Brenda Smith
	Silver	Barb Shelvey
	Bronze	Wendy Thomas

Men 55+	Gold	Al Enevold
	Silver	Mike Smith
	Bronze	Maurice Lakness

Men 70+	Gold	Don Hladky
	Silver	Frank Murphy
	Bronze	Don Pierce



CONGRATULATIONS TO THE WINNERS OF THE 2017 SUMMER GAMES

Horseshoes

Open 65+ C Gold
 Silver
 Bronze

Keith Shaw
 Sid Aker
 Al Enevold



Floor Curling

Open Team 55+ Gold
 Silver

Pauline Simpson, Lenora Schwab, Rose Peters, Leo Helfer
 Donna Rignanesi, Gloria Spielman, Ken Marchuk ,Peter
 Vanes

Military

Whist

Open Team 55+ Gold
 Silver
 Bronze

Lenora Schwab, Pauline Simpson, Lorraine Hanchar, Ernie
 Hanchar
 Gertie Collins, Velma Sornberger, Lyle Singular, Al Kreutz
 Jean Thomas, Jean Moskeluk, Jack Younker, Ruth Gorr

Floor

Shuffleboard

Open Pairs 55+ Gold
 Silver
 Bronze

Roy Jarvis & Rick Sarniak
 Bill Phillips & Eileen Phillips
 Keith Shaw & Doug Kyle

Open Pairs 70+ Gold
 Silver
 Bronze

Peter Vanes & Leo Helfer
 Rose Marie Peters & Marielle Galibois
 Gloria Spielman & Rosemary Marshall

Swimming

Women 55+ 4 Gold
 2 Gold, 2 Silver

Jennifer Enta
 Andrea Gammack

Men 55+ 4 Gold

Chet Chan

Women 60+ 3 Gold

Kate Granson

Men 60+ 4 Gold

Dave Dickson

Women 65+ 3 Gold

Suzanne Costaschuk

Men 65+ 4 Gold

John MacKinnon

Women 70+ 4 Gold

Marilyn Shaw

Men 70+ 4 Gold
 3 Gold, 1 Silver

Keith Shaw
 Bernie Brouillet



CONGRATULATIONS TO THE WINNERS OF THE 2017 SUMMER GAMES

Swimming – Continued

Men 75+	3 Gold, 1 Silver 3 Gold, 1 Silver	Neil Topping Richard Bascom
Women 80+	2 Gold	Pat Hlady
Men 85+	2 Gold	Doug Kyle

Cycling – David Lawson, Coordinator

“Planning a cycling race in Calgary in mid-May has risks. There could be a blizzard, thunderstorms or intense winds from pretty much any direction. But on March 12 at 4:30 in the afternoon, 17 enthusiastic cyclists from zone 2 and 3 met at the Springbank Park for All Seasons to compete in the 10 and 20 km individual time-trial playoffs. The weather turned out to be better than expected except for a bit of wind from the south. Our route followed the Springbank Road west from RR 32 toward HWY 22 and back again. It was nice not to fight headwinds but there was also no tailwind from which to benefit. Many thanks goes out to our volunteers Susan, Paul, Nic, Joss, and Ernie. They ensured the route and the turnarounds were safe for our competitors. And of course, a special thanks goes out to our ever present Dan, our Summer Activity Director, and our Membership Director, Yvonne. They came early and stayed late.

The winners we're given their medals after (almost) everyone feasted on chicken wings, fried dill pickles and crudités provided by the Springbank Lounge. We now have a good contingent of qualifiers to compete in the August 10 and 11th Provincial Championships being held in and around Calgary.”

Cycling

Women 55+ 10 Km	Gold	Andrea Gammack
Men 55+ 10 Km	Gold	David Coldwell
Men 65+ 10 Km	Gold	Gary Bartholet
Women 70+ 10 Km	Gold	Bertha-Ann Fisher
Men 70+ 10 Km	Gold Silver Bronze	Ken Parent Ken Park Roy Thomson
Women 55+ 20 Km	Gold	Kate Granson
Men 55+ 20 Km	Gold Silver	Bruce Constable Tim Voykin
Men 70+ 20 Km	Gold	Merv Matson



CONGRATULATIONS TO THE WINNERS OF THE 2017 SUMMER GAMES

Golf

Women 55+ Net	Gold	Linda Nickolychuk
	Silver	Linda Sasaki
Men 55+ Net	Gold	Ken Kalynchuk
	Silver	Rick Starchuk
	Bronze	Barry Martin
Women 65+ Gross	Gold	Peggy Plathan
	Silver	Denise Wall
Women 65+ Net	Gold	Yvonne McIvor
	Silver	Rozanne Lawn
	Bronze	Wendy Thomas
Men 65+ Gross	Gold	Wayne Nelson
	Silver	Don Herman
	Bronze	Ken Parent
Men 65+ Net	Gold	Lawrence King
	Silver	Murray Seminuk
	Bronze	Leo Helfer
Women 75+ Gross	Gold	Lorraine Hanchar
Men 75+ Gross	Gold	Joey Brown
	Silver	Rick Young
	Bronze	Jim Corner
Women 80+ Net	Gold	Marielle Galibois
Men 80+ Gross	Gold	Bill Clark
Men 80+ Net	Gold	Larry Craig
	Silver	Len Christensen
	Bronze	Ram Achal
Women 85+ Net	Gold	Beryl DeLorme
	Silver	Bunny Walker
Men 85+ Net	Gold	Jack DeLorme



CONGRATULATIONS TO THE WINNERS OF THE 2017 SUMMER GAMES

Pickleball

Women 55+	Gold	Lucy Coffey & Janice Menard
	Silver	Pen Robinson & Sylvia Wong
	Bronze	Cindy Wallace & Kathy Lundmark
Men 55+	Gold	Bob Fehr & Rande Mergeren
	Silver	George Frohlich & Bob Ellis
	Bronze	Drew Evans & Gar Chase
Women 65+	Gold	Jacquie Pollock & Cheryl Young
	Silver	Gerda Timm & Doris Evans
Men 65+	Gold	Phil Menard & John Nesta
Men 70+	Gold	Gord McLure & Nick Kordula
Mixed 55+	Gold	Kerry Hawthorne & Lucy Coffey
	Silver	George Frohlich & Pen Robinson
	Bronze	Bob Fehr & Sylvia Wong
Mixed 65+	Gold	Gord McLure & Cheryl Young
Mixed 70+	Gold	Joseph Lee & Kathy Lundmark



CONGRATULATIONS TO THE WINNERS OF THE 2017 SUMMER GAMES

Tennis

Men Doubles 65+	Gold	Mike Rooney & Ken Gaida
	Silver	Lloyd Yanke & Mitch Wise
Mixed Doubles 65+	Gold	Don Herman & Alda Sigvaldason
Women Doubles 75+	Gold	Dee Ann Clark & Anne Cowman
Men Doubles 75+	Gold	Richard Martin & Paul Duteau
	Silver	Senai Kozak & Mehmet Saltuklaroglu
Mixed Doubles 75+	Gold	Richard Martin & Dee Ann Clark
	Silver	Paul Duteau & Anne Cowan

Athletics

Women 55+	1 Silver, 1 Bronze	Karen Bynoe
	4 Gold	Suann Lauridsen
	1 Gold, 1 Silver	Elizabeth MacRury
Men 55+	3 Gold	Ed Bickley
55+ Women Pred. Walk	1 Gold	Linda Elder
	1 Silver	Gracie Watson
55+ Men Pred. Walk	1 Gold	Doug Kyle
Women 60+	2 Gold	Anne Livesey-Husak
Men 60+	2 Gold, 1 Silver	Rob McKinnon
	1 Gold, 1 Silver	Al Vessey
	2 Silver, 1 Bronze	Alan Hawken
	3 Gold	Stephen Robinson
Women 65+	2 Gold	Shelagh Hawken
	2 Gold	Maurie Martin
Men 65+	2 Gold, 1 Silver	Merv Husak
	2 Gold, 1 Silver	Brian Cochrane
Women 70+	3 Gold	Chieko Rehm
Men 70+	5 Silver	Brian Hill
	6 Gold	Joe Elder

CONGRATULATIONS TO THE WINNERS OF THE 2017 SUMMER GAMES

Athletics - continued

Men 75+	3 Gold	Roy Jarvis
Women 80+	2 Gold	Helley Viser
Men 80+	1 Silver, 1 Bronze	Ken Briggs
	3 Gold	Roger Davies
	1 Silver	Ray Colliver



Bocce

Open Team 55+	Gold	Lloyd Weis, Ken Marchuk, Lawrence King, Richard Starchuk
	Silver	Lorraine Hanchar, Nettie Rupert, Erna Dreger, Mary Martens
	Bronze	Garry Rosling, Debbie Stapleton, Peter Vanes, Ram Achal
Open Team 70+	Gold	Bill Phillips, Eileen Phillips, Gloria Spielman, Roy Jarvis
	Silver	Marielle Galibois, Betty Markle, Beryl DeLorme, Jack DeLorme
	Bronze	Al Kreutz, Jean Thomas, Lenora Schwab, Doreen Moore

MORE NEWS UPDATES

MEMBERSHIP:

Do you have your 2017 Membership? If not, why wait, do it now! Has there been any changes to the following?

- Your Address
- Your telephone number
- Your current email address
- Your activities
- Your partner

REMEMBER – CONTINUOUS SERVICE means buying a membership every year. This becomes important if you are a qualifier for Provincial Games. It may or may not affect the registration.

Your friends can join Calgary 55 Plus any time during the year in which they turn 55 and every year after that. Visit our website at www.calgary55plus.com for the registration form and waiver.

Contact Yvonne Armstrong, Calgary 55 Plus Membership Director, if you have questions at (403) 274 – 6720 or email her at armstby@shaw.ca

IF ANY ONE REQUIRES A 'CALGARY 55 PLUS RED SHIRT' FOR THE PROVINCIAL GAMES IN AUGUST OR HIGH PRAIRIE IN SEPTEMBER please contact YVONNE ARMSTRONG at (403) 274 – 6720 OR EMAIL at armstby@shaw.ca. The cost is \$15.00

Did you knowVOLUNTEERISM BENEFITS the BRAIN?

Studies show donating time reduces risk to Dementia. "As a senior, your risk of Dementia goes up substantially. Anything you can do that's low cost and easy to implement that will reduce the likelihood of Dementia is invaluable"

(according to University of Calgary Psychology Professor DR. Yannick Griep)

If you wish to receive a paper copy of this newsletter mailed to your home, contact Kathryn MacGregor via email at kathrynmac@live.ca