



# Zone 3 News – Spring 2018

## CALGARY 55 plus Games Association

### SAVE THE DATES:

- CALGARY 55 plus – 2018 SPRING PLAYOFFS begin JANUARY 30<sup>th</sup> – see page 3 for Schedule
- CALGARY 55 plus – AGM – THURSDAY, MARCH 22<sup>nd</sup>, 11:00 am – 2:00 pm  
Greater Forest Lawn 55 plus Centre – 3425 26<sup>th</sup> Avenue SE
- ALBERTA 55 plus PROVINCIAL AGM – MAY 7<sup>th</sup> – RED DEER
- ALBERTA 55 plus PROVINCIAL SPRING PLAYOFFS – MAY 18 – 20 (Camrose, AB)
- CANADA 55 plus GAMES – AUGUST 21 – 24, 2018 – SAINT JOHN, NEW BRUNSWICK

### *GREETINGS! from your Zone 3 – 2017 Board of Directors*



**PRESIDENT / ACTIVITY DIRECTOR WINTER:**  
**DOUG KYLE**

**PAST PRESIDENT / ACTIVITY DIRECTOR SUMMER:**  
**DAN GUGLIELMIN**

**VICE PRESIDENT: ROB McKINNON**

**TREASURER: RAM ACHAL**

**SECRETARY: CARMELITA MONROY**

**DIRECTOR - MEMBERSHIP: YVONNE ARMSTRONG**

**DIRECTOR - CASINO: GERTIE COLLINS**

**DIRECTOR - ASST. ACTIVITY SUMMER & SNOOKER:**  
**LAWRENCE KING**

**DIRECTOR – PUBLICITY & COMMUNICATIONS:**  
**KATHRYN MacGREGOR**

**DIRECTOR – 8 BALL COORDINATOR: AL ENEVOLD**  
(missing from photo)

**DIRECTOR - EVENTS: GLORIA SPIELMAN**

**DIRECTOR AT LARGE / CRIBBAGE & MEDALS:**  
**NORM THOMAS**

**DIRECTOR AT LARGE / SWIMMING: KEITH SHAW**



**Message from ZONE 3 PRESIDENT: DOUG KYLE**

We had a very successful Zone 3 Winter Games from October to December with over 200 participants. Curling again topped the list with 52 competitors and bowling a close second with 42. These games were not qualifying activities, so it's good to see so many entering. See the Spring Playoff Schedule on Page 3 for our next Provincial Games qualifiers. .... **See you at the AGM on March 22<sup>nd</sup>**

[www.calgary55plus.com](http://www.calgary55plus.com)  
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**A Message from Yvonne Armstrong – Membership Director**

..... I hope everyone had a joyous holiday season, and now that we are in 2018 it is time to renew your membership. The cost is still \$30.00 (one of the few things that has not gone up in price) and this \$30.00 gives you a chance to participate in 30 different activities. Alberta 55 plus membership includes Sport and Liability Insurance while participating in Alberta 55 plus sanctioned events. Membership also offers other benefits.

Check out Johnson Insurance Alberta 55 plus **preferred** insurance provider! I have been told as a member you can get Home and Auto insurance at very reasonable rates. Calgary 55 plus have members that only have a membership for the out of country Medoc Travel Insurance as they claim Johnson Insurance rates are the very best you can get. Insuring with Johnson Insurance also includes extra benefits: 24/7 Claims Assistance, receive Air Miles Reward Miles plus special offers and promotions. Remember you can sign up online (go to alberta55plus.ca) or at the activity you are participating in or mail me a cheque made out to Calgary 55 plus. Your cheque can be mailed to: Membership Director, 507 Trafford Dr. NW, Calgary Alta T2K 2T2 To reach me, call (403) 274-6720 or email:armstby@shaw.ca

**Welcome to Carmelita Monroy, Calgary 55 plus ‘New’ Board Member!**

Carmelita immigrated to Canada in the year 1975, from the Philippines. In Calgary, while she worked full-time in the Oil & Gas Industry, she always found time to indulge in her love for volunteering. She volunteered for her parish church and for profit as well as non-profit organizations. After retiring from work, she joined a Bowling League at Paradise Lanes for health and wellness reasons. Nowadays, she enjoys competing in the Canada 55 plus Games, where she has also found her passion for volunteering as Secretary for Zone 3 of Alberta 55 plus.



**Over the Rainbow but Not Forgotten – in Memory 2017**

- Gloria Culp (19 years)                      Les Points (37 years)
- Evelyn Saunders (36 years)                Bill Unrau (14 years)
- Roy Jarvis (16 years)                        Dave Roberts (16 years)

As Roy Jarvis would say:

“it could be worse”, “don’t look back”, “get it done”, “it’s just life”

**ANNOUNCING – One Day Only!**

**ZONE 3 Swimming Clinic / Workshop**  
**CALGARY 55 plus Members – no fees 1<sup>st</sup> timers**  
- Tuesday March 27<sup>th</sup> (9:00 am - 11:00 am)  
- Repsol Centre – North End  
- First hour class room coaching  
- Second hour in pool coaching  
**Contact: Keith Shaw (403) 252 – 9238**  
or email: mashawca@yahoo.ca

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The Calgary 55 plus Games Association is in need of an Assistant ‘Cultural Arts and Crafts’ Coordinator. If you are interested or know of someone that may be, please contact: Doug Kyle at (403) 255 – 7932 or email: dougalugadonut@shaw.ca

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## CALGARY 55 PLUS ZONE 3 SPRING PLAYOFFS 2018

ACTIVITY	AGE CATEGORIES	EVENT	EVENT DATE	LOCATION	REGISTRATION DEADLINE	COORDINATOR
<b>Bridge-Contract**</b>	55+	Open Pairs	Feb. 10 11:00 am	Thornview Seniors 5600 Centre St. N	Feb. 3	Tom Wilcock 403-460-8241
<b>Cribbage *</b>	55+, 70+	Singles	Mar. 1 10:00 am	Greater Forest Lawn	Feb. 22	Norm Thomas
	55+, 70+	Doubles	Mar. 8 10:00 am	55 Plus Centre 3425 26 Ave. SE	Mar. 1	403-246-2756
<b>Floor Curling *</b>	55+, 70+	Open Team of 4	Feb. 24 10:00 am	Greater Forest Lawn 55 Plus Centre 3425 26 Ave. SE	Feb. 17	Cordella Schwengler 403-272-2778
<b>Alpine Skiing</b>	Men 55 - 80	Modified Slalom, Masters & Recreational Classes	Feb. 7 9:00 am	Nakiska Hill	Feb. 3	Karl 403-288-3046
	Women 55-80		Feb. 8 9:00 am			
<b>XC Skiing</b>	Men 55 – 80 Women 55-75	In 8 km In 5 km	Jan. 30 10:00 am	Confederation Golf Course	Jan. 23	Roy 403-288-3186
<b>Military Whist *</b>	55+	Open Team of 4	Feb. 6 10:00 am	Marlborough Hall 636 Marlborough Way NE	Jan. 30	Lenora Schwab 403-272-4883
<b>Pool 8-Ball *</b>	Men 70+	Singles	Mar. 12 11:30 am	The Hidden Spot	Mar. 5	Al Enevold 403-815-0736
	Men 55+, Women 55+	Singles	Mar. 13 11:30 am	125, 2323 32 Ave NE Southside of Bldg.		
<b>Scrabble **</b>	55+	Open Singles	Mar. 15 10:00 am	Thornview Seniors 5600 Centre St. N	Mar. 8	Doug Kyle 403-255-7932

**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. \* Qualify for Provincial Spring Playoffs in Zone 4, Camrose, May 18 - 20, 2018.
4. \*\* Qualify for Provincial Spring Playoffs in Zone 4, Camrose, May 18 - 20, 2018 & subsequently 2018 Canada 55 plus Games in Saint John, New Brunswick, August 21 - 24, 2018

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- ✓ Ken Parent
- ✓ Yvonne Armstrong
- ✓ John Gilchrist
- ✓ Cordella Schwengler
- ✓ Bobby Clark
- ✓ Analda Hamelin
- ✓ Lawrence King
- ✓ M.J. MacLeod
- ✓ Carl Archibald
- ✓ Doug Kyle
- ✓ Roy Thomson
- ✓ Clare Bowie

## 55 PLUS SKI RACE

ONE DAY OF COACHING & ONE DAY OF RACING

**DATES: February 7 & 8, 2018 at NAKISKA**

**START TIME: 9:00 am**

The race and coaching will be open to all Members of Alberta 55 plus  
Cost for the 2 days \$30.00 Plus Lift Ticket

THERE WILL BE SEPARATE MODIFIED SLALOM RACES FOR MAN & WOMAN

RECREATIONAL AGE CLASSES: 55+, 65+, 70+, 75+, 80+

MASTERS LEVEL AGE CLASSES: 55+, 70+

FOR MORE INFORMATION AND REGISTRATION CONTACT:

KARL JANOUSEK AT EMAIL: [kjjanousek@shaw.ca](mailto:kjjanousek@shaw.ca)

Telephone #: 403 – 288 – 3046

CLAUDE BERTO WILL BE THE COACH  
(one of the best)

Registration closes Saturday, February 3, 2018

**Race suites will not be allowed - Helmets MUST BE worn**

**Alberta 55 plus Membership is \$30.00**

Membership forms will be available at Nakiska & available on line at  
[www.alberta55plus.ca/membership/](http://www.alberta55plus.ca/membership/)

### **ALBERTA 55 plus MISSION STATEMENT:**

Given the inherent physical, emotional, psychological, intellectual and social benefits for people 55 plus years of age who pursue an active lifestyle, the Alberta 55 plus Association shall initiate and sponsor activities which support these benefits.

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