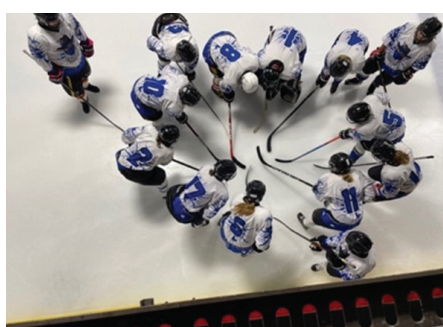




Quarterly Newsletter

Fall 2024 Edition



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www.calgary55plus.com



Message From the President



Greetings Calgary 55 plus Members,

I'm happy to share that we've had a productive and eventful summer. Most of our planned activities have been successfully completed.

The 2024 Canada 55 plus Games recently took place in Quebec City, and Calgary was well represented. Many of our members earned medals, and I've heard wonderful feedback from those who competed. Congratulations to everyone who participated!

I'm also pleased to announce that Dave Finn, our Alberta 55plus President, has been elected as the President of the Canada 55 plus Games Association. A huge congratulations to Dave! His leadership in this new role will bring great benefits to us all.

Looking ahead, I'm pleased to share that the 2026 Canada 55 plus Games have been awarded to Winnipeg. This is fantastic news, and I'm confident that Calgary will once again send a full complement of competitors and enjoy continued success.

Next summer, the 2025 Alberta 55 plus Games will be held in August in Leduc. We'll be gearing up to send a strong team to represent Calgary. Unfortunately, the location for the next Provincial Winter Games is yet to be determined. Securing a host community has been challenging since COVID, but rest assured, we are working hard to make it happen. My preference is for a single host community, and I'll keep you updated as plans progress.

In late October, all Alberta Zone Presidents will be meeting to address various issues. One key discussion will be about the imbalance between larger and smaller Zones. Larger Zones like Calgary find it easier to stage activities, while smaller Zones, which cover vast territories, face more challenges. Our collective goal is to ensure the sustainability of all eight Zones, as maintaining these Zones and the ability to host activities across Alberta is vital. I will provide more details after the meeting.

Earlier this year, Calgary 55 plus joined forces with 12 Community Centers under a program called the Super Membership. This partnership allows our members to participate in activities hosted by other member centers. Here's how it works: For an additional \$15 annually, Calgary 55 plus members can become Super Members, granting access to all events offered by the participating Community Centers without needing to purchase their individual memberships. While many of these centers offer similar activities to ours, they also host unique events that we don't. Along with competing in all our activities, Calgary 55 plus members can qualify for Provincial and Canada Games. It's important to note that to qualify to represent Calgary in the Provincial and Canada Games, Super Members must hold a Calgary 55 plus membership and participate in our events. At Calgary 55 plus, we offer up to 30 different activities, providing you with opportunities to connect with friends, meet new people, compete, and potentially qualify for Provincial and Canada Games. The Super Membership enhances this by offering even more activities at a minimal cost. We believe the Super Membership will help grow our membership base while offering greater value to you. If you're interested in joining or have any questions, please reach out to Kyla at 825-747-5501. She'll be happy to assist you, and there's no obligation to sign up.

Thank you for your continued support, and I look forward to seeing you at upcoming events!



Don Everett
President
Calgary 55 plus



Call for Volunteers

Please remember our organization depends heavily on the commitment of volunteers to serve on our Board of Directors. Without their invaluable contributions, our operations would be unsustainable.

If you are interested in volunteering, please reach out to **Don Everett** at president@calgary55plus.ca

PAST PRESIDENT

(approximately 4 hours per month)

1. Chairs Nominating Committee.
2. Conducts the Election of Officers.
3. Aids in the nominating process for Alberta 55 plus awards.

PRESIDENT

(approximately 30 hours per month)

1. Prepares the agenda for all meetings.
2. Provides leadership to the Calgary 55 plus Committees.
3. Attends all Alberta 55 plus Board Meetings.

VICE-PRESIDENT

(approximately 10 hours per month)

1. Assumes the President's duties in his/her absence.
2. Organizes bussing required for Provincial Games.
3. Coordinates the Annual General Meeting.

SECRETARY

(approximately 10 hours per month)

1. Sends out all correspondence and notifications of meeting dates.
2. Ensures that dates, times, and boardroom space has been arranged.
3. Files the annual return and any changes in the Board of Directors to the Corporate Registry.

TREASURER

(approximately 15 hours per month)

1. Maintains current and accurate records of all financial affairs.
2. Responsible for the payment of all invoices.
3. Submits a completed annual return to Corporate Registry.

MEMBERSHIP DIRECTOR

(approximately 30 hours per month)

1. Receives and collects forms (waivers) and payments (cash).
2. Deposits all membership and event fees.
3. Keeps records Zone memberships.



■ ACTIVITY DIRECTOR – SUMMER GAMES

(Approximately 30 hours per month)

1. Works with the Activity Director – Winter Games to coordinate the calendar.
2. Recruits and manages Activity Coordinators for Summer Games.
3. Keeps the 'Rules of the Games' binder up to date.

■ ACTIVITY DIRECTOR – WINTER GAMES

(Approximately 30 hours per month)

1. Recruits Activity Coordinators for all Winter activities.
2. Works closely with Activity Coordinators and helps host workshops.
3. Ensures Activity Coordinators understand the rules of their activity,

■ ACTIVITY COORDINATOR

(approximately 20 hours per event)

1. Works closely with the appropriate Activity Director – Summer or Winter.
2. Receive calls from interested members when activities are advertised.
3. Obtains the set of rules from the appropriate Activity Director.

■ ZONE REGISTRATION COMMITTEE CHAIR

(approximately 10 hours per month)

1. Assist with distribution of playoff brochures.
2. Assist in recruitment of volunteers for zone registration.
3. Completes playoff results forms.

■ PUBLICITY DIRECTOR

1. Issues periodic press releases to media (Facebook and/or Website).
2. Organize Annual Volunteer Luncheon.
3. Provides up to date report to all Calgary 55 plus Board meetings.

■ CASINO CHAIR

(approximately 20 hours per Casino event)

1. Provides direct liaison with Alberta Gaming and Liquor Commission.
2. Organizes casino volunteers and provides casino scheduling.
3. Provides updated list of volunteers and contact info to the Board.

INVITATION TO OUR NEXT BOARD MEETING

Interested in volunteering?

Come and check out our next Board Meeting, held at **9:00am on November 25th, 2024**,
at **Parkdale Nifty Fifty** located at **3512-5th Avenue NW**.

UPCOMING CASINO

**We have secured our date for the Casino on March 28th and 29th, 2025
at the Elbow River Casino.**

We will be looking for volunteers for all positions. If you are available to help us out,
please contact Gertie by phone at 403-273-3955 or by email at ggrandmacollins@gmail.com

Get To Know Your Directors

Laura Lee Goetjen

Laura Lee Goetjen, born and raised in Calgary, grew up in the community of Triwood, where she developed a passion for sports, playing both hockey and fastball. She is also an identical twin who shares her love of hockey, and a proud mother of three grown sons.

Laura joined Alberta 55 plus in August 2017 to compete in the Alberta Winter Provincial Games, eager to play hockey with women in her age group. Recognizing the lack of 55+ women hockey players in Calgary and Alberta, she became involved with Alberta 55 plus to help grow the sport within this demographic.



Primarily a hockey player, Laura has also competed in Women's Slo-pitch and Track and Field, most recently participating in the 3000-meter Predictive Walk at the July 2023 Provincial Games. She is even exploring new challenges, like attending the upcoming 5-Pin Bowling event.

Since joining the Executive Board in January 2021, Laura has served as the Membership Director and Hockey Coordinator. She also co-chaired the Winter Games – Hockey in April 2023, held in Calgary. Laura remains committed to Alberta 55 plus, driven by her passion for encouraging women to stay active and enjoy sports at any age. Through her advocacy and leadership, she continues to inspire others to get involved in the various sports offered by Alberta 55 plus.

Chuckles!

**I told my physiotherapist that I broke my arm in two places.
He told me to stop going to those places!**



2024 Zone Medal Winners

January - August 2024

Scrabble

"A" Rating	Gold	Sue Briggladori
"B" Rating	Gold	Tom McKay
	Silver	Tina Corew
"C" Rating	Gold	Dianna Clark

Badminton

55+ Women	Gold	Grace Yuen, Nancy Han
55+ Men	Gold	John Zhao, Alban Carvaaiho
	Silver	Eddy Chew, Christopher Chung
	Bronze	Chris Ballard, Darren Hunter
60+ Women	Gold	Hong Zhang, Annie Shi
60+ Men	Gold	Chris Ballard, Richard Wen
65+ Men	Gold	Bolek Babiarz, Jian Zhang
	Silver	Dale Martin, Brian Kallweit
	Bronze	Sam Yip, Bill Walker
55+ Mixed	Gold	Wendy Wong, Eric Wong
	Silver	Nancy Han, Richard Wen
	Bronze	Barie Moore, Veronica Dixon
65+ Mixed	Gold	Grace Yuen, Jian Zhang

Swimming

60+ Women	2 Gold	Margaret Harris
65+ Women	2 Gold	Kate Granson
	1 Silver	
70+ Men	4 Gold	Chris Hylton
85+ Women	1 Gold	Pat Hlady

Track & Field

50M

55+ Women	Gold	Tamara Wallace
55+ Men	Gold	Robert Nagata
75+ Men	Gold	Joe Elder
	Silver	Roger Bolton

100M

55+ Women	Gold	Tamara Wallace
55+ Men	Gold	Robert Nagata
60+ Men	Gold	Larry Kozy
65+ Men	Gold	Brian Boese
70+ Women	Gold	Anne Livesey-Husak
75+ Men	Gold	Joe Elder

200M

55+ Women	Gold	Tamara Wallace
60+ Men	Gold	Larry Kozy
65+ Men	Gold	Lorne Daly-Husak
70+ Men	Gold	Merv Husak

400M

65+ Men	Gold	Lorne Daly
70+ Women	Gold	Anne Livesey-Husak
70+ Men	Gold	Merv Husak
65+ Men	Gold	Lorne Daly
70+ Men	Gold	Merv Husak

1500M

70+ Men	Gold	Merv Husak
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2024 Zone Medal Winners

January - August 2024

Shot Put

65+ Women	Gold	Susan Graham
	Silver	Karen Bynoe
65+ Men	Gold	Brian Boese
75+ Men	Gold	Joe Elder

Discus

55+ Women	Gold	Tamara Wallace
65+ Women	Gold	Susan Graham
	Silver	Karen Bynoe
65+ Men	Gold	Brian Boese
75+ Men	Gold	Joe Elder
	Silver	Roger Bolton

Tennis

60+ Men	Gold	Tom Turnbull, David Morison
65+ Men	Gold	Juan Fransico, Doug Beg
75+ Men	Gold	Jim Irani, Jack Gordon
	Silver	Richard Martin, Paul Duteau
70+ Mixed	Gold	Gail Horvath, Bob Horvath
	Silver	Chris Hylton, Tom Turnbull
75+ Mixed	Gold	Dee Clark, Andrew Hickson
	Silver	Mary Valentich, Dave Hagopian

Floor Shuffleboard

55+	Gold	Dee Bremmer, Joanne Stewart
	Silver	Barbara Shelvey, Brenda Smith
70+	Gold	Peter Van Es, John Dyck
	Silver	Gloria Spielman, Wayne Nelson
	Bronze	Bill Rybachuk, Dan Guglielmin

Cribbage

55+ Singles	Gold	Brenda Smith
	Silver	Stan Litwack
	Bronze	Patricia Tuckey
70+ Singles	Gold	Don Everett
	Silver	Ernie Hanchar
	Bronze	Joyce Frame
70+ Doubles	Gold	Analda Hamelin, Jean Moskeluk
	Silver	Patricia Tuckey, Mary Lou
	Bronze	Rick Starchuk, Cec Cowle

Contract Bridge

55+	Gold	Ken Havard, Marg Stuart
	Silver	Gertie Collins, Jean Moskeluk
	Bronze	Jeannie, Pat

Chuckles!

I asked a supermarket employee where they kept the canned peaches. "I'll see," he said and walked away. I asked another employee, who said, "I'll see," and walked away. In the end, I found them myself, in Aisle C.



2024 Zone Medal Winners

January - August 2024

Golf

Callaway 55+ Women	Gold	Wendy Park
	Silver	Nancy Norgaard
	Bronze	Maria Meluta
Callaway 55+ Men	Gold	Dale Martin
	Silver	Ken Hebert
	Bronze	Ross Laurie
Callaway 70+ Women	Gold	Aura Felipe
	Silver	Wendy Thomas
	Bronze	Jeanne Ignacio
Callaway 70+ Men	Gold	Harold Hill
	Silver	Bill Cormylo
	Bronze	Ken Graumann
Net Handicap 55+ Men	Gold	Ann Hood
	Silver	Doreen Herdman
	Bronze	Teena Prevost
Net Handicap 70+ Women	Gold	Margaret Smith
	Silver	Susan Burns
Low Gross 55+ Women	Gold	Denise Tesan
Low Gross 55+ Men	Gold	Perry Rombough
	Silver	Mike Erzincanli

Low Gross 55+ Women	Gold	Lynn Robinson
Low Gross 55+ Men	Gold	Dieter Norgaard
	Silver	Mike Geneau
	Bronze	Milt Nickle
Low Gross 70+ Men	Gold	Howard Northcott
	Silver	Hideo Karakama
	Bronze	Lloyd Keating
Low Gross 75+ Women	Gold	Maureen Bellway
Low Gross 75+ Men	Gold	Gerry Olynyk
	Silver	Maurice Lakness
	Bronze	Harold Nakamura
Low Gross 80+ Women	Gold	Lorraine Hanchar
Low Gross 80+ Men	Gold	Alex Fleming
	Silver	Harry McLellan
Low Gross 85+ Men	Gold	Ernie Hanchar
	Silver	Larry Craig

Bocce

55+	Gold	Noli Ferreras, Remy Hipolito Alan Roberts, Aura Felipe
	Silver	Dee Bremner, Peter Van Es
	Bronze	Brenda Smith, Patricia Tuckey, Gertie Collins, Phil Carpenter
70+	Gold	Gloria Spielman, Donna Guglielmin, Dan Guglielmin
	Silver	Jack DeLorme, Beryl DeLorme, Jeanne Ignacio, Robert Murray
	Bronze	Rick Starchuk, Fred Lukich, Cec Cowie, Wendy Thomas

Military Whist

55+	Gold	Barb Shelvey, Brenda Smith, Analda Hameli, Gertie Collins
	Silver	Gail Ennis, Elaine Hay, Marion Finkbinder, Glen Zimmer
	Bronze	Joanne Stewart, Dee Bremner, Nancy Norgaard, Lynn Robinson



Additional 2024 Alberta 55 Plus Provincial Winter Game Results

Scrabble

"A" Rating	Gold	Sue Brigliatori
	Silver	Tom McKay

Euchre

Gold	Gertie Collins, Jean Moskeluk
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Darts

Gold	Dianne Pelland
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5 Pin Bowling

65+ Women	Silver	Peggy Plathan
75+ Men	Silver	Frank Murphy
85+ Men	Gold	Ernie Hanchar
POA 75+	Bill Schwalm, Carmelita Monroy, Manny Lumapas, David Lodhar, Rebecca Lodhar	

Snooker

55+	Silver	Rodney Yim
70+	Gold	Bill Cormylo

Chuckles!

A man walks into a lumberyard and asks for some 2 x 4s.

Employee: How long do you want them?

Man: A long time. I'm going to build a house.

Members In Action!



Zone 3 55+ Outlaws



Zone 3 Women 65+ Bronze Medalists With New Zone Uniforms



Military Whist



Swimming



Tennis



Floor Shuffleboard



Zone 3 Activities

Bowling

When: Monday, November 4th, 2024
10:00 AM

Where: Chinook Centre Bowladrome
6455 MacLeod Trail S

Lunch will be provided

Rules Format:

55+, 65+, 75+, SS+
Women & Men Scratch &
Open Teams of 5

Entries Deadline: October 28, 2024

Registration

Richard Starchuk
403-640-0302
rstarchukl@shaw.ca

Please register as
soon as possible

**2024 Alberta 55 Plus Members of \$40 IS
REQUIRED.** To purchase a membership,
please click: <https://members.alberta55plus.ca/>
or **Call 825-747-5501**

Super Memberships are Welcome!

Everyone 18+ is welcome!

SUPER MEMBERSHIP

Become a Member* of Multiple Centres!

PARTICIPATING ACTIVITY CENTRES:

- Bow Cliff Seniors
- Bowness Seniors
- Calgary 55 plus Games Assn
- Confederation Park 55+
- Good Companions
- Greater Forest Lawn 55+
- Ogden 50+
- Parkdale Nifty Fifties
- Rainbow Elders
- SW 55+ Connect
- Unison at Kerby Centre
- West Hillhurst Go-Getters

WITH MORE CENTRES JOINING SOON!

- 
- Free and discounted activities
 - Join clubs & attend classes
 - Special events & trips
 - Speaker Series, Presentations
 - Member-only Professional Services

*Members have voting rights at their home centre AGM. A Full member is age dependent based on mandates of their home centre, usually 50+ or 55+ years old. Those under that age are Associate Members.

**UPGRADE YOUR MEMBERSHIP TO
BECOME A SUPER MEMBER FOR**

ONLY \$15
AN ADDITIONAL