



# Calgary 55plus NEWS

fall2013

[www.calgary55plus.com](http://www.calgary55plus.com)



## Summer Games Playoffs wrap-up

Summer Activities Director, Norm Thomas, sums up all the activity that made up the 2013 Summer Games playoffs for Zone 3 on **page 4**. See some John Gilchrist photos as well. For complete results visit our website at [www.calgary55plus.com/results](http://www.calgary55plus.com/results).



## Zone 3 Provincial Games team chosen

Congratulations to all the participants who will be representing Zone 3 in Barrhead and Westlock between July 25 and 28!

The Zone 3 team is listed on **pages 6 and 7**



## Thank you and welcome

A salute to board members who have stepped down after years of dedicated service and a warm welcome to new comers.

See the the whole story on **page 5**.



## Looking ahead to the Winter Fun Games

Find out what's in store this coming winter. Winter Activities Director, Doug Kyle, lays out the basics on **page 8**. Watch for the Fun Games schedule in the Fall newsletter.

Get the answers to your questions about qualifying for the 2014 Canada Seniors' Games.

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# President's Message

## Sportsmanship

*The most important thing ..... is not winning but taking part; the essential thing in life is not conquering but fighting well.*

- **Baron Pierre de Coubertin**

There is no better feeling than to have given our all in any endeavour, even if we don't triumph. To know that we have played by the rules of the game or activity, and done our very best against worthy opponents should make us proud of our achievements. If we didn't win then we probably know why and can embark on a program of practice to improve our strength, skill, or knowledge so at the next competition we will be better than ever before. The road to victory is one of self-improvement.

Abiding by the rules of the game is important for our self-esteem. If we have broken the rules and have won as a result, the victory is hollow. Conversely, if our opponent has won unfairly they will never know whether on that day and time they were really better than us. In either case, somebody has lost much more than just a medal, certificate, or a trip to a Championship.

People who play by the rules and practice good sportsmanship can enjoy each other's company long after the competitions are over. We can have a coffee, beer, or a glass of wine, swap stories, and learn about each other's struggles to get to where they are. Corresponding by mail, email, or social media afterwards with our new-found fellow sportsmen and sportswomen can also be very rewarding as is encouraging our opponents so that the next competitions are better than before.

Please play by the rules, respect your opponents, and really enjoy your competitions. 🦄

*Barrie Dargie, President*

# Board of Directors

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Calgary55plusNEWS is published three times a year:  
Summer, Fall and Winter

Please have all submissions for the Fall issue to  
Keith Shaw (mashawca@yahoo.ca) by Sept. 23, 2013.

# Arts and Crafts and Creative Writing Report

The Arts and Crafts Coordinator and the terrific assistants have the pleasurable task of categorizing and tagging items prepared by talented artisans for the zone competition: incredible paintings, drawings, hand-knit sweaters, photographs—the list goes on. The first and the second placement in each of 50 categories is packaged, and then taken by the coordinator for further competition at the Provincial Games. The opportunity for winners at that level to enter the item in the Canada Games 2014 is a bonus this year.

Winning short stories, poems, verses, etc at the zone level are also passed along to the Provincial Games. A professional-type book is produced from all the entries, typically, interesting personal stories, haiku, and light humor. These books are available for order from the Coordinator until July 20 for \$15.00.

Linda Elder 403-242-7383 or [hproc@shaw.ca](mailto:hproc@shaw.ca) 🐾



## Have you signed up for 2013?

**We still have about 90 Members who have not purchased their 2013 Membership. I am hoping to hear from you soon.**

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

If any of the following have **changed** your profile PLEASE let me know!

- Your address
- Your telephone number
- Your current e-mail address
- Your activities
- Your partner

If you know of any member who has deceased, please let me know because at our Alberta 55 plus Annual General Meeting in May, we present these names so they can be honored with a moment of silence.

QUESTIONS?? – call Yvonne at 403-274-6720 or e-mail her at [armstby@shaw.ca](mailto:armstby@shaw.ca) 🐾

# Zone 3 Summer Games 2013 Playoffs

*by Norm Thomas, Summer Activities Director*

What an exciting and busy time we had at our 2013 Senior Games Playoffs. Through a month and a half of competition in 14 different activities, 560 participants vied to earn one of the 166 spots on the Zone 3 team. (See complete results on our website: [www.calgary55plus.com/results](http://www.calgary55plus.com/results))

Compared to the 2011 Playoffs, participation was up in all events except Contract Bridge.

We will be sending 148 competitors to the Games because not all age categories had entries. The Horse-shoes team is short 8 participants, Cycling 6, Golf 4 and Slo-pitch 1.

I would like to thank all our coordinators, assistants and volunteers who helped make our Playoffs a great success.

I believe our team is going to be very competitive at the Games. It has been a hectic and busy time, but it has also been a pleasure. I am looking forward to being the Zone 3 Chef again and I am anxious for the Games to get under way.

Alberta Games 2013 competitors will be in contention for a spot on our provincial team for the August 2014 Canada Seniors Summer Games in Sherwood Park Strathcona County, Alberta. 🦄

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## Summer 2013 Playoffs - Photo Album

With 16 hotly contested activities on the menu this Spring, there was no shortage of photo ops. John Gilchrist and his merry band of assistants were kept busy recording the action at venues all around the city. Below is but a small sample of their work. You can see much, much more online. You have two options:

- Go to [www.calgary55plus.com/gallery](http://www.calgary55plus.com/gallery) OR
- Go directly to our Flickr account at [www.flickr.com/photos/calgary55plus](http://www.flickr.com/photos/calgary55plus).



David Lawson tears up the course.



Keith Shaw lines up his shot.



Doris Winfield - 8 Ball gold medal.



*Arts and Crafts judging.*



*Contract bridge - Lynn Hladik deals.*



*Fun times with Military Whist.*



*Arts and Craft prize winners.*

## Thanks and welcome

On behalf of the entire membership, I wish to extend our sincere thanks to two long-time members who retired from the Calgary 55 plus Board in March, **Betty Markle** and **Bobby Chan**.

Betty joined in 1996 and was a long-time Board member (most recently Chair of the Photo Album Committee). She will continue to maintain the photo albums retained at Thornview Senior Centre. Betty and husband Ralph have competed in a number of the activities and in early June she coordinated the very successful Bocce playoffs.

Bobby joined us in 1998, was Chair of the Service Awards and Pins Committee, and previously also served as Table Tennis Coordinator when that sport was part of the Winter Games. Bobby and his wife Lily have been very active as participants in the recent playoffs.

Thanks also to **Dan Guglielmin**, our dynamic President for the past four years, and who during that time was Zone 3's rep on the provincial Board except for one year when he served as VP South. Dan is now Past President, Chair of the Nominations Committee, and has taken on a new portfolio as Volunteers Chair. He was also coordinator for the very successful 2013 Golf Playoffs. He and his wife, **Donna**, participated in many of the recent playoffs. Dan and Donna have also done an outstanding job for many years producing the Zone 3 newsletter. Dan's shoes will tough to fill.

Also, we wish to welcome two new members to the Board of Directors and thank them for their commitment to the Association. **Mary Martens**, who was elected to a one-year term, is a member of the Publicity Committee. **Gertie Collins**, elected for a two-year term, is Chair of the Casino Committee.

On behalf of all the members I wish to thank Summer Activity Coordinator **Norm Thomas**, all Summer Activity Coordinators, Officials, and Volunteers for making the recently-concluded Zone 2013 Summer Games Playoffs such a success. 🐾

*Barrie Dargie, President*

# Congratulations to the Zone 3 Team - Summer 2013!

The following members are off to Barrhead and Westlock to represent Zone 3 Calgary. Best wishes to all for success, but most of all, have fun!

## ATHLETICS

**Men 55+** ~ Ed Bickley (200m, 800m, 1500m, 3000m)  
**Men 65+** ~ Joe Elder (100m, 200m, Shot Put, Discus)  
Brian Hill (Predicted Walk, 800m, Javelin, Long Jump)  
**Men 70+** ~ Ken Park (800m, 3000m)  
**Men 80+** ~ Ray Colliver (100m, 200m, 1500m, 3000)  
**Women 55+** ~ Peggy Plathan (Javelin, Shot Put, Discus);  
Grace Watson – Predicted Walk  
**Women 65+** ~ Chieko Rehm (Javelin, Shot Put, Discus)  
**Women 70+** ~ Betty Dargie (100m, 200m, Javelin, Long Jump)  
**Women 80+** ~ Nessie Hollicky (100, 200, 800, 1500m)

## BOCCE

**Open 55+** ~ Bob Craswell, Erna Dreger, Betty Markle, Ralph Markle  
**Open 70+** ~ Vince Corbin, Roy Jarvis, Carol Kyle, Doug Kyle

## CONTRACT BRIDGE

**Open 55+** ~ Joan Finlay, Allan Kreutz, Robert McIntosh, Doreen Moore

## CRIBBAGE

**Doubles 55+** ~ Linda Elder, John Younker  
**Singles 55+** ~ Carol Lapierre, Brenda Smith  
**Doubles 70+** ~ Bill Lerner, Kathleen Smith  
**Singles 70+** ~ Shirley Costley, Gloria Culp

## CYCLING

**55+ Women's Time Predicted 10km** ~ Laine Simpson

## FLOOR CURLING

**Open Team 55+** ~ Anna Cairns, Joyce Kapy, Donna Rignanesi, Garry Rosling  
**Open Team 70+** ~ Arne Jensen, Halvor Mork, Leona Mork, Cordelia Schwengler

## FLOOR SHUFFLEBOARD

**Open 55+** ~ Eileen Phillips, William Phillips  
**Open 70+** ~ Jean Weis, Lloyd Weis

## GOLF

**65+ Men's Callaway** ~ George Golinsky  
**65+ Men's Low Gross** ~ Joey Brown  
**65+ Women's Callaway** ~ Donna Guglielmin  
**65+ Women's Low Gross** ~ Yvonne McIvor  
**75+ Men's Callaway** ~ Bob Bowen  
**75+ Men's Low** ~ Doug Hill  
**75+ Women's Callaway** ~ Mary Martens  
**75+ Women's Low Gross** ~ Martha Stanford

## HORSEHOES

**55+ Men's 20-34.9%** ~ Sidney Aker  
**55+ Women's 0-19.9%** ~ Doreen Peers  
**65+ Open 0-19.9%** ~ Alan Peers  
**65+ Open 35-49.9%** ~ John Winfield

## MILITARY WHIST

**55+ Open** ~ Anita Fulton, Analda Hamelin, Ginger Hamelin, Del Irwin,  
Ilene Miller, Hilary Moxley, Jean Thomas, Florence Wohlers

## POOL – 8 BALL

**55+ Men's Singles** ~ Don Lapierre  
**55+ Women's Singles** ~ Doris Winfield  
**70+ Men's Singles** ~ Ben Watkins

## SLO-PITCH

**55+ Co-ed**  
Rick Anderson, Cecil Cowie, Joan Erwin, Kevin Erwin, David Finn, Wendy Finn, Randy Hieb, Nancy Hulzinga, Dawn Lakness, Grant Laroque, Les Lovstad, Bill Mansell, Anne Reynolds, Sheila Trew, Mike Znack

## 55+ Men's

Francis Avery, Peter Berthiaume, John Blanchette, Garth Colpitts, Roger Cormier, Bob Edwards, John Fahie, Ernie French, Wendy French, Ted Harrison, David Kennedy,, Murray Lueke, Donald Mckillop, Thomas Muslow, Garry Reichert

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

Graham Brockway, Lana Brockway, Jim Freeborn, Lyall Gardiner, Maurice Lakness, Robert Letal, John Mahoney, Phil McDonald, Stephen Phelps, Len Popowich, Rick Scott, John Smith, Arnie Stang, Edward Thurmeier, Geoff Weiss

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

Brent Batting, Gavin Davidson, Paul Dvorak, Jonas Fornwald, Dean Gillett, Robert Jaynes, Ron Kormix, James McMaster, Douglas Mead, Raymond Mills, Hugh Peterson, Arthur Rousseau, Nestor Shular, Tom Therrien

## **SWIMMING**

**55+ Men's** ~ Hobe Horton (50m free, 100m free, 100m IM, 400m Predicted)

**55+ Women's** ~ Deborah Kotelski (50m free, 50m back, 50m breast, 100m breast)

**60+ Men's** ~ Keith Shaw (50m free, 50m back, 50m breast, 100m breast)

**60+ Women's** ~ Lily Chan (50m free, 100m free, 50m breast, 100m breast)

**65+ Men's** ~ Gabor Zinner (50m free, 100, free, 50m breast, 100m breast)

**65+ Women's** ~ Marilyn Shaw (50m free, 100m free, 100m breast, 100m IM)

**70+ Men's** ~ Ivan Pivovarov (50m free, 100m free, 100m back, 100m IM)

**70+ Women's** ~ Pat Hlady (50m back, 50m back, 50m breast, 100m breast)

**75+ Men's** ~ Bobby Chan (50m free, 100m free, 50m breast, 100m breast)

**75+ Women's** ~ Johanna Bands (50m back, 100m back, 50m breast, 100m breast)

## **TENNIS**

**55+ Men's Doubles** ~ Mark Ferrier, John Gordon

**55+ Mixed Doubles** ~ Merilyn Crombie, David Hagopian

**55+ Women's Doubles** ~ Debby Pyecroft, Carolyn Rubin

**70+ Men's Doubles** ~ Paul Duteau, Richard Martin

**70+ Women's Doubles** ~ Rosel Fehres, Janet Brown

**70+ Mixed Doubles** ~ Larry Culp, Anna Jarmics 🦄



### **from the casino director**

*Gertie Collins*

I would like to sincerely thank everyone who volunteered for our casino on May 21 and 22. A great job done by everyone as everything went very smoothly. Your time and effort was very much appreciated.

We are confirmed for our next casino for the first quarter in 2015 (January, February or March).

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### **from the events director**

*Garry Rosling*

Zone 3 Summer Games playoffs are now completed. We had record participation in most events. Winners are looking forward to Provincial Games at Barrhead and Westlock in July. Then maybe on to Canadian Games in Strathcona, Alberta in 2014.

The Volunteer Appreciation Luncheon will be held Wed., Oct. 23. This earlier date may help attendance and give us better weather. Looking forward to seeing you then.

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### **about the Pickleball playoffs**

If you qualify in first or second place in your event at the Zone 3 Pickleball playoffs on July 21 you will be eligible for the Provincial competition.

**WHEN:** August 22, 2013

**WHERE:** Kinsmen Westboro Tennis Courts

1011 Strathcona Drive, Sherwood Park, AB  
(These are outdoor courts: bring sun screen, insect spray, lawn chair, umbrella, etc.)

**FORMAT:** IFP Rules - approved paddles only

**55+ ~** men's, women's and mixed doubles

**65+ ~** men's, women's and mixed doubles

**75+ ~** men's, women's and mixed doubles 🦄

# Winter Fun Games – Nov. 2013 to Jan. 2014

by Doug Kyle, Winter Activities Director

Zone 3, or Calgary, will holding its biennial Fun Games this fall. This supplements our Trial Games for the Provincials which are held in even-numbered years – so we have Games of some sort every year.

As usual, we will have 12 activities in these Fun Games:

1. Alpine Skiing	7. XC Skiing
2. Badminton	8. Darts
3. Bowling – 5 Pin	9. Euchre
4. Duplicate Bridge	10. Ice Curling
5. Carpet Bowling	11. Snooker
6. Scrabble	12. Table Shuffleboard

We spread them over two months so members can go in as many as they want. I have been asked, “Do these Fun Games allow you to qualify for the Canada Games in 2014?” The answer is NO. The events that do allow you to qualify, in order of priority, are:

- win a medal in the 2013 Winter or Summer Provincial Games
- participate in the 2013 Winter or Summer Provincial Games, but don't win a medal
- participate in the Zone 3 Trials for the Winter or Summer Provincial Games (Calgary held its Winter Zone Trials in November and December 2012, and our Summer Trials in May and June 2013)
- be a current member of Alberta 55 Plus

These criteria will be used to pick the Alberta Team to the Canada Games. No individual entries will be accepted. You have to be selected for the Alberta Team to participate in the Canada Games.

But enough of the Canada Games. Our Fun Games are just that and we want you all to come out to them. The schedule will be printed in the fall newsletter. So until then, have a good summer and train hard. 🐾

Alberta 55 plus is proud to announce we are holding our fifth annual online fundraising auction. Proceeds from the auction will help us host more local activities at the Zone level for the Association.

The auction will run from October 23 to November 6, 2013.

[www.alberta55plus.ca](http://www.alberta55plus.ca)

All items to bid on will be goods and services that have been graciously donated from across the province. Examples of articles from past auctions include: free golf across the province, Calgary Flames tickets, one-week vacation in a condo, Costco gift cards, and so much more!

- A **tax-receipt** based on the value of the donated item
- An **online listing** with picture, description and contact info (if you choose) about the item and your business during the auction
- **Recognition** in the winter edition of our **Alberta 55 plus newsletter**  
- Every member receives a copy in the mail
- **Recognition** on our **website [www.alberta55plus.ca](http://www.alberta55plus.ca)**
- All items should have a value of \$50 or higher

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For more information, please phone: 403-803-9852

ALBERTA 55 PLUS ON-LINE AUCTION  
DON'T FORGET!