



ALBERTA 55 PLUS
For Active Albertans!



2018 FALL NEWSLETTER

Contents

- 1. Message from the President
- 2. 2019 Provincial Games
- 3. Canada 55+ Games
- 4. 2018 Fall Games (Edmonton)
- 5. Show Your Card & Save
- 6. Rules of the Games
- 7. Message from the Coordinators

Important Dates

Feb. 28 - Mar. 03 / 2019

2019 Winter Games in Cold Lake, Alberta.

Jul. 04 - Jul. 07 / 2019

2019 Summer Games in Medicine Hat, Alberta.

January 11, 2019

Cold Lake 2019 Winter Games registration deadline; exceptions for Skiing.

May 23, 2019

Medicine Hat 2019 Winter Games registration deadline.

Contact Us

The Provincial office hours are 9:00 am to 1:00 pm, Mon. - Fri.

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Message from the President

We have just finished the Edmonton games, a thank you to all participants for supporting Alberta 55 plus. Congratulations to all medal winners. I hope everyone had a good time even though the weather was a little cool.



The results and picture are on our website so please have a look.

The Canada Games are a big part of our newsletter, we can be so proud of our members that participated. Pictures on our website.

We are now in run up to Cold Lake and the Winter games, please tell your friends about Alberta 55 we want to make this one of the biggest and best games ever.

I have good and bad news how ever. John Gregory is leaving the Provincial Coordinator position but we have hired his replacement, Barbara Johnston, will take over on Oct 1, there will be **no** lag time between coordinators. Barbara will be able to take on all of the duties as she will have a week in the office with John before the transition.

I want to thank John for all his organizing and planning that he invested in Alberta 55 over the past months and to wish him well in his next adventure. I think he is leaning how fish swim or something along those lines. If you venture to Nanaimo give him a call, or better take him for lunch.

Medicine Hat is hosting the Summer Games and planning is well under way, so MARK July 4 to 7 on your calendar.

A the list of games for Cold Lake and Medicine Hat are on our website so you can find when your activity will be on.

The provincial office is always in fund raising mode, we are gathering

sponsorship funding for our rules book. This book should be published by November, and will be in the zones for distribution before Christmas. This version will be our rules for the next 2 years, at that time revisions will be made and new sponsorship for the next printing.

Changes have been swift and at times not too organized but we are gaining on organizational skills, learning on the job as it were. There maybe more changes but not as many or as fast. We have a great board of directors guiding us along, I thank them for the support they have given.

Respectfully submitted,

Wayne Davies

President, Alberta 55 plus

New Provincial Coordinator

My name is Barbara Johnston and I'm your new provincial coordinator! My background is sport and recreation administration. I'm in the office from 9:00am to 1:00pm Monday to Friday to care for you in coordinating the affairs of Alberta 55 plus. I am very personable and have lots of experience in administration, leadership and program development. In the past I've lead Alberta

Orienteering, Alberta Sailing and most recently provided administration for Alberta TrailNet. I'm very familiar with the Percy Page Centre and all its occupants.



Our Web Site

www.alberta55plus.ca

Our web site is updated weekly with news, events, playoffs, schedules and results.

Be sure to visit our massive Photo Album and help us put some faces to names!



Home & Auto Insurance

Johnson Insurance is our preferred insurance provider. They offer Alberta 55 plus Members exclusive discounts on



Home, Auto and MEDOC Travel Insurance plus **Air Miles Reward Miles**.

You could Win A BMW

by contacting Johnson Insurance for a **Home or Auto Insurance Quote**; there is **no purchase necessary** and you will be automatically entered to win.

Phone To Enter

1-844-742-7490

Mention Group Code 'CZ'



BFL Canada provides Alberta 55 plus Members with our **Liability Insurance (Bodily Injury & Property Damage)**. Every paid Alberta 55 plus Member is covered by this insurance, which is why **all participants in any of our Events must be a paid Member in order to be covered.**

Know your coverage! Visit our web site (www.alberta55plus.ca) and click on the **Insurance** tab at the top.

2019 Provincial Games

For more information and details, visit our web site:

www.alberta55plus.ca/games



Winter Games

February 28 - March 3, 2019

Cold Lake, Alberta

EVENTS:

- | | |
|--------------------|----------------------|
| Alpine Skiing | Cross Country Skiing |
| Badminton | Euchre |
| Table Shuffleboard | Carpet Bowling |
| Creative Writing | 5-pin Bowling |
| Ice Curling | Darts |
| Hockey | Pool (Snooker) |
| Scrabble | Duplicate Bridge |
| Pickleball | |

2018 Fall Games (Edmonton)

For more information and details, visit our web site: www.alberta55plus.ca/games

Zone 6 President's Greetings

The summer has flown away, we were very busy preparing for the 2018 Fall Games held in Edmonton on September 7, 8 and 9th. They were a resounding success. Thank you to all the participants. But we couldn't have done it without the volunteers who stepped up to the plate. I would personally like to take this opportunity to say a heartfelt thank you for your time, energy and support.

Now that Fall has arrived, we are preparing for the Winter Games in Cold Lake on February 28 - March 3 with Zone playoffs starting late October till mid December. Date for playoffs are on our web site. Good luck to all.

Would like to congratulate all Zone 6 Members that went to Saint John, New Brunswick for the Canada 55+ Games. Congratulations to Team Alberta for bringing home the most gold medals.



2018 Canada 55+ Games

For more information and details, visit the web site: www.canada55plus.ca



Another Canada Games over for 2 years and I am assuming by all the reports that have come in to Saint John, Canada Games, and Alberta 55 plus everyone had a great time and enjoyed all there was to do and see in Saint John.

Congratulations to not only all the medal winners, but to all participants and guests who made the journey to Saint John. I hope you took some time to enjoy all the sights and sounds of Saint John as well as the evening fun events that were available.



Alberta had 321 participants and were the top medal winners with 164.5 medals. This seems to be a pattern for our participants and one that we all should be very proud of. Thanks going again to all of you that participated.

I am sure you all know that the next Canada Games will be in Kamloops, B.C. in August of 2020. The list of sports/events they will be holding will not be finalized for a week or two but you will be informed as soon as they are received. In the meantime, the Winter Games in Cold Lake February 28 to March 3 and the Summer Games in Medicine Hat in July 2019 will be the qualifiers for Canada Games in 2020. We will be sure to let you know if there are any events being held that will require a special playoff if we do not have them in our Games. More to come on this in the very near future.



Be sure to register and attend your zone playoff this fall for Cold Lake.

I would like to say how much I enjoyed helping to put this Alberta Team together and how great it was to work with all of you. Thank you for all your help and please participate in the zone playoffs so not only our Provincial Games in Cold Lake and Medicine Hat can be a success but also the Canada Games.

Pat Covington

Shown above:
Bridie Ford (Stettler)
Anne Livsey-Husak (Calgary)
Yuko Nakano (Edmonton)
Susan MacDonald (Lacombe)

2018 Canada 55+ Games

For more information and details, visit the web site: www.canada55plus.ca



Bessie Stevens might just have returned home from the Canada 55 Plus games in St. John, New Brunswick, with a medal around her neck, but she is already planning her next trip to Kamloops, in 2020. "The first thing I told my husband when I got home is that this is definitely not my last time," she said. Stevens, a Fort Assiniboine native, won the bronze medal in 80-plus golf at the multi-sports games Aug. 21 to 24. More in Tuesday's issue.



The winner of the airfare for two anywhere in Canada was Leslie Ann Kalman from the Alberta Ladies Hockey Team playing in the Canada Games in Saint John and winning the Bronze Medal.

PROVINCE	PARTICIPANT NUMBERS	GOLD	SILVER	BRONZE	TOTAL
ALBERTA	319	83	51.5	30	164.5
BRITISH COLUMBIA Colombie-Britannique	59	20	9	11	40
Manitoba	88	14	12	11	37
New Brunswick Nouveau-Brunswick	241	58.5	42.5	25	126
Northwest Territories Territoires du Nord-Ouest	50	18	5.5	5	28.5
Nova Scotia Nouvelle-Écosse	277	47	44.5	30	121.5
ONTARIO	388	70.5	55.5	39.5	165.5
Prince Edward Island Île-du-Prince-Édouard	91	7	4	6	17
Québec	62	2	1	1	4
Saskatchewan	156	30	26	20	76
Yukon	137	27	31.5	32.5	91
Newfoundland and Labrador	1	0	0	0	0

A Canada Games Story The Spirit of Sportsmanship

A very nice elderly couple from Saskatchewan, Ken and Muriel Orr were competing in the 2 day cycling recreational and competitive events in Saint John, NB. Muriel Orr, 80 plus received a Gold medal for her fine effort of completing the course, often in that age range there are no competitors as was in Muriel's case, nevertheless, she was well deserved of the medal for her excellence in participating. Ken Orr, 83 years young, raced in the competitive cycling event, the course was 13km which meant 4 times around totaling 52km. The course was a hilly, rough and bumpy semi paved with some flat smooth stretches of road through the beautiful countryside. There were very good cyclists in this event, as a result Ken did not place in the medal standings, but Ken willfully gave everything he had, completed the 52km course. An excellent feat of endurance for an 83 year old.

The day after all cycling events were completed and awards given, Ken approached me proudly possessing a Gold medal in his hand. He said it was given to him by Alberta cyclist, Bob Walsh, who had won 2 Gold medals in the cycling events. Ken graciously accepted the medal from Bob. Ken said he would cherish the medal as much as if he would have won it and will serve as a precious memory for him and his participation in the games, he was thrilled to have it. This was a kind gesture of sportsmanship by Bob Walsh. I suspect it was a humble gesture by Bob and he probably told no one about his special gift to Ken. I thought I would pass this along to you as I think it represented a spirit of sportsmanship coming from the games.

Bob Wahlund / Okotoks

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We would like to acknowledge all of the Alberta 55 plus Members who travelled to Saint John and participated in the Canada 55+ Games.

8-Ball	Pickleball	Candlepin Bowling	Ice Curling
Stuart Ganske	Dale Kruhlak	Rob Boulet	Warren Bloomquist
Wilfred Collins	Perry Sutherland	Leslie Markham	Stan Carlson
Wayne Irvine	Robert Fehr	Barbara Barker	John Olson
BILL GIBBONS	Rande Mergerenn	Michael Barker	Larry Thompson
Robert (Bob)	Philip Menard	Maragaret Nielsen	Ken Bruno
Hemmings	John Nesta	Daryl Saboe	GordonEdlund
Ken Tamura	GordonMasson	J. LindaTraquair	DuncanFraser
Shirley (Dixie)	Guy Riddell	Alvin Goetz	Murray Gummer
Pinchbeck	Nicole Currie	Lorraine Jarl	Ken Holmes
Phyllis Collins	GeorgeOko	Carol Kyle	Judy Holmes
Fran Irvine	Charlene Andreas	Barbara Patey	Bonnie Nicol
Elaine Maxwell	Lucy Coffey	Marrion Repas	Reg Nicol
	Janice Menard	Linda Seitz	Rose Dayment
	Carolynn Snyder	Sandy Hunt	BarbaraLarson
	Rosemarie Johnston	Helen Jorgensen	Lloyd Nelson
	Frieda Vanherck		Jim Nicolson
	Linda Bowles		Lorne Wendling
	Ruthmary Hollis		Nanette Dupont
	Ann Crouser		Valerie Lahey
	Vivian Oko		Shirley McPherson
			Karen Morrison
			Lois McCulloch
			Sharon McNiven
			Linda Pratt
			Shirley Zuehlke
Badminton	Cycling	Darts	Duplicate Bridge
Beth Chernoff	John Buyks	William Lesiuk	Mohinderpal Chhina
Cheryl Griep	Jim Milman	Wendell Ebbett	Louise Holtom
Kim Loo	Robert Walsh	Don Everett	Donald Holtom
Kim Tan	Christine Hector	Richard Nousek	Donald McDonald
Nancy Cyr	Clint Docken	Evelyn Lesiuk	Blayne Rubbelke
Wendy Jerome	Robert Wahlund	Jan Hunter-Everett	Lloyd White
		Linda Stevenson	

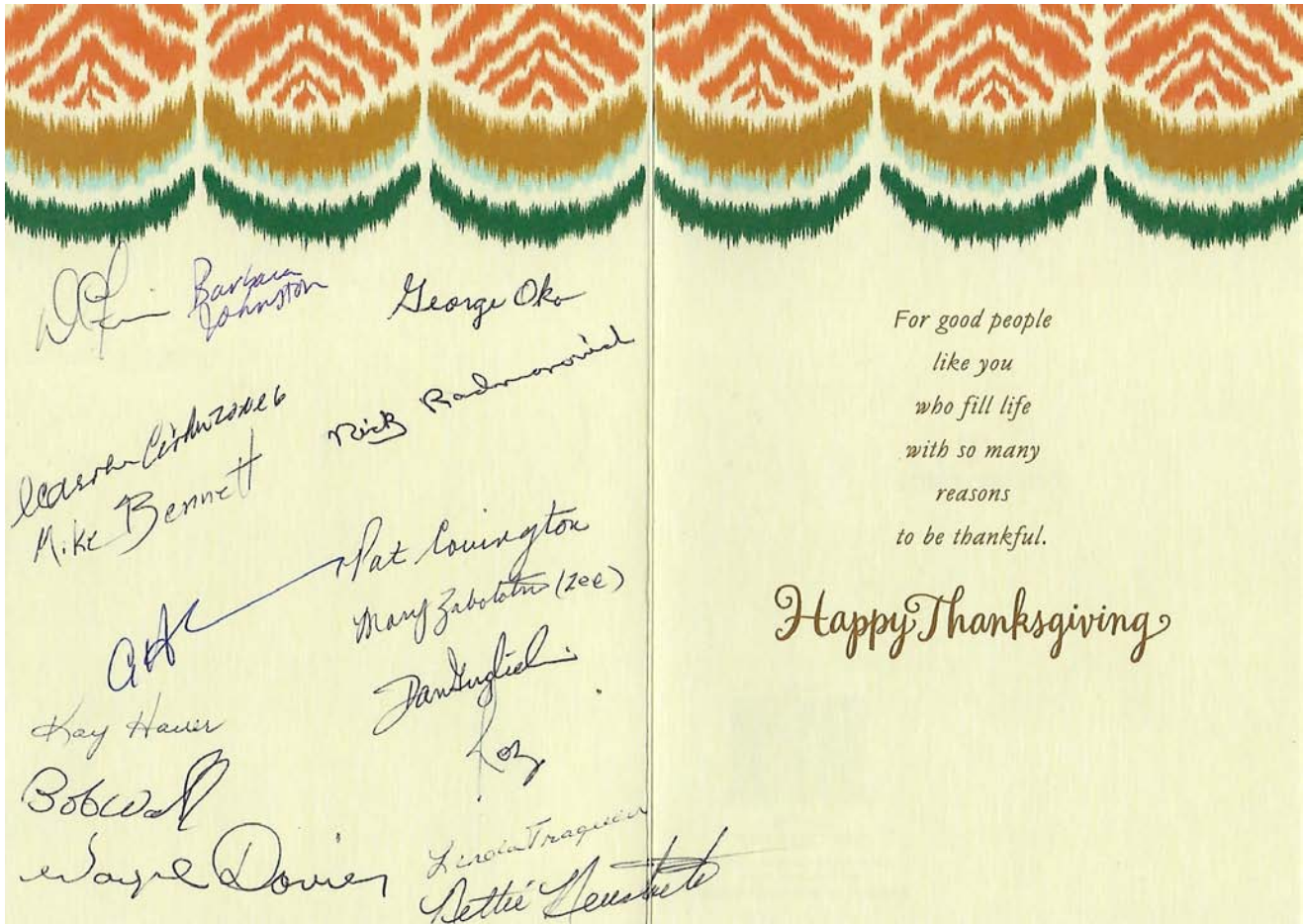
Floor Shuffleboard	Golf	Women's Ice Hockey	Cribbage
Roger Olson	Eric Andersen	Cathy Chrusch	Lloyd Laughlin
Theodore Shewchuk	George Dashkewytch	Dawn Cosman	Wendy Laughlin
William C Thunder	Joey Brown	Susan Cowitz	Robert Lemay
Dennis Hartman	Ken Strand	Jill Fuller	Janet Lemay
Dianne Hartman	Duncan Congcar	Claudia George	
Hazel Heistad	Larry Craig	Laura Lee Goetjen	
Sharyn Pahl	Bill Clark	Maura Graham	
Sandra Phillips	Percy Farebrother	Theresa Johnson	
Sonja Tweit	Alicia Brooks	Leslie Ann Kalman	
	Pat Beaudoin	Charmaine Lafleche	
	Marlene Fizer	Jo-Anne Pennell	
	Bessie Stevens	Linda Veldhuis	

Slo-Pitch	Swimming	Tennis	Track & Field
Harry Cowan	Chet Chan	Ian Hector	Dave Gardner
Pat Drinnan	Keith Shaw	Ken Miller	Robert McKinnon
John Fanie	Jennifer Enta	Paul Duteau	Merv Husak
Lori Goss	Mary Helen Hopkins	Richard Martin	Chris Labine
Sam Johnson	Susan Lust	Don Herman	Joe Larsback
Debra Morrison	Marilyn Shaw	Alda Sigvaldason	Darryl Skjaveland
Gary Paukert	Darlene Swan	Fay Boyd	Ed Storch
Philip Paul		Luiza Muller	Roger Davies
Nick Radmanovich		Dee-Ann Clark	Frank Tries
Linda Schaal		Anne Cowman	Jack Whitlee
Bruce Young			Victor Fedyna
Shelley Young			Doug Kyle
			Arnold Nett
			Anne Livesey-Husak
			Susan MacDonald
			Elizabeth MacRury
			Gina Willman
			Bridget (Bridie) Forde
			Yuko Nakano
			Helena Visser

Horsehoes	Lawn Bowls	Bocce	Predicted Swim
Jim Clifford	Douglas Campbell	Keith Andersen	Roswitha Schmitt-Blouin
Louise Libich		Bernie (Bernadine) Andersen	
Marjorie Wyatt	Karl Gibbie	Donnalee Mishio	
	Nancy Gibbie	William Mishio	
	Debra Hawker		

Men's Ice Hockey

Kevin Andrea	DANNYLEBLANC	James Jones	Glen Hundseth
Greg Boggs	RON LUCAS	John Kleinschroth	Ian Hunter
Val Carby	PETER McDonald	Jerry LeGrandeur	Marvin Kaluzniak
Len Labrie	Grant Morin	Jerry MacDonald	Jim Knull
Stan Lubchynski	Craig Murray	William McBride	Roy Leady
Tony Mardel	Wayne Perkins	Shaun Murphy	Don MacPherson
Colin McCarten	Nick Pewar	Neil Percy	Nelson McBride
Neil McMeckan	Terry Schedlosky	Bill Peters	Bob McDowell
Lorne Monaghan	Allen Schreiber	Dennis Polonich	Patrick McQuaid
Richard Rivard	Brad Schultz	Harvey Poon	Steve Pawlik
Randy Shermack	BRANT SIM	Richard Preston	Al Petersen
Peter Stupar	Gary Smith	Barry Properzi	Don Sagriff
Peter Swanson	Gerry Somers	Marcel St.Arnaud	Don Sarin
Tim Zingel	Robert Sparrow	Paul St.Cyr	Barry Schaefer
Dale Zingel	GREG SUMKA	Jim Steeden	Jim Seutter
Gary Ball	Cam Thomas	Bob Tessier	Eric Shepherd
Len Bonifacio	ALLAN WILSON	Bill Thomas	Richard Shillington
DAVE CARNIO	Blois Beer	David Vinge	Richard Turpin
KEITH CARTER	Mark Boh	Doug Wellman	Greg Wilkes
GARY DELANEY	Guy Brierley	Joe Winter	Clement Zajic
Rene Desaulniers	Ross Butler	Tom Wiseman	Erv Ziemer
MICHAEL DOWNS	Gerald Dufort	Greg Woronuk	Jim Doty
JOHN EWASIUK	James Glasgow	Ron Wright	Gord Fennell
Ross Foulston	Abby Hebert	Dennis Ross Zukiwsky	William Douglas
Carl Graham	Rodney Glenn Johnson	Dennis Allen	Frame
Wayne Jeske		Allan Bates	Wally Hawryschuk
LEE JOHNSON		Jeff Bowles	Gordon Legare
RANDY KJENNER		Robert Bridger	Fred McDonald
RANDY LANGROW		Robert Chartier	Edward McLellan
		Gord Christensen	Wayne Modin
		James Patrick Davie	Rosswell Olson
		Wayne German	Ronald Panchyshyn
		Arnie Godin	Jon Roy
		Pat Halas	Antoine Saulnier
		Gerald (Jerry) Heck	Laverne Schiller
			Ron Schlender



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**2019 Winter Provincial Games
(Cold Lake, Alberta)
February 28 - March 03**



**2019 Summer Provincial Games
(Medicine Hat)
July 4 - 7, 2019**