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Alberta 55 plus

Message from the President

I hope the cold weather hasn't frightened you away from attending the Cold Lakes Provincials that are now looming.

Most of you know I am from the Peace River country where the old timers have a saying, "We have 10 months of winter and 2 months of poor sledding". I hope that is not the case this year.

Back to Cold Lake. The community of Cold Lake is ready to receive all the competitors that will be attending the Winter Games. I have not seen the final count but am told we will have in excess of 800 competitors participating. There have been some hick ups along the way, lessons have been learned and Alberta 55 is already reorganising and readying for Medicine Hat in July.

I want to wish, on behalf of the Board of directors, good luck to everyone participating in Cold Lake, have fun and drive safe.

Remember all the AGM's are coming up if you would like to take a turn on the executive for any Zone or the Provincial board now is a good time to think about it.

Wayne Davies

Annual General Meeting

The Alberta 55 plus plans to host the AGM in Red Deer, May 6th, 2019.

We are taking suggestions for Lifetime Awards; Merit Awards; and Appreciation Awards

LIFE MEMBERSHIP may be bestowed upon worthy members of the Association upon the approval of the Board of Directors, with no fee required. Life members will have a vote at a general meeting.

Important Dates

- Winter Games
February 27-March 03
- Board Meeting
March 03 & 04
- AGM
May 6

Contact us

Email: info@alberta55plus.ca
Phone: 1-403-700-0454
Web: www.alberta55plus.ca

2018 Board of Directors

Board Members

President: Wayne Davies
VP North: Pat Covington
VP South: Dave Finn
TD North: Bob Walsh
TD South: Nick Radmanovich
Treasurer: Anne Hulberg
Secretary: Linda Traquair
Zone 1 President: Mike Bennett
Zone 2 President: Linda Traquair
Zone 3 President: Dan Guglielmin
Zone 4 President: Rosalind Aebig
Zone 5 President: George Oko
Zone 6 President: Caroline Anker
Zone 7 President: Kay Hauer
Zone 8 Pres.: Mary Zabolotniuk



Life Members—Award of Merits—Award Pins for consecutive members—Announcements at the Annual General Meeting

Cold Lake Games

*Activities include:

5-pin bowling; Alpine Skiing; cross Country Skiing; Badminton; Duplicate Bridge; Carpet bowling; Darts; Euchre; Ice curling; Snooker; Scrabble and Table shuffleboard.

Winter Games in Cold Lake

The community of Cold Lake is buzzing with excitement to be welcoming over 800 participants to the Lakeland for the Alberta 55 plus Winter Games. With over a dozen activities taking place, preparations have been ramping up speed as all the pieces fall into place.

We're honoured to be welcoming such an array of athletes to our area, and hope to see many of them return for a visit again in the future. Schedules for the activities are being finalized, and transportation plans are coming together to help get athletes to and from their events.

The Opening Ceremonies are going to be a treat as well, with special guests coming in from the 60s, 70s, and 80s to entertain, followed by a special tribute band that we hope everyone will enjoy.

We're looking forward to hosting the Winter Games, and welcoming all the athletes to the City of Cold Lake.

- Craig Copeland, Mayor and Committee Chair





Alvin Goetz , Rimbey AB; - Bronze- Non fiction Serious Creative Writing

Zone 1

Medal winners Canada 55+ games in 8 ball pool



Fran Irvine - gold; Wayne Irvine - bronze; Ken Tamura - bronze



Alberta Sport Connection

Provides Alberta 55 plus with operational funding.

They also provide funds for the Winter and Summer Games.

They are dedicated to enhancing the quality of life of Albertans by encouraging active lifestyles, promoting athletic excellence and multi-sport games, partnering with and funding community initiatives.

They don't do this alone. As a provincial corporation, and part of the Ministry of Alberta Culture and Tourism, they support the delivery of sport programs and services on behalf of the Government of Alberta. They are supported by the [Alberta Lottery Fund](#).



AGM

There are currently four (4) vacancies that will need filling. They are: President, Vice President South, Treasurer, Technical Director North. All four positions will be up for election at the spring AGM being held in Red Deer.

Medicine Hat Games



Zone-2 What's next



The next big event for 55+ will be the Cold Lake Winter Games at the end of February. We have over forty-five people going from our zone and thirteen hockey players who are fills for other zones. So we should be well represented and hopefully we will have some entries for the 55 Plus Canada Games in Kamloops next summer.

On February 6th and 7th thirty downhill skiers from four zones (zone 2,3,5 and 6) raced at Nakiska. Wednesday was a workshop day and everyone received great video feedback from Claudio Berto. On Thursday they raced and again were able to view their race and get more instruction from Claudio. We had seven skiers from zone 2 and they all did very well in their age groups.

Our banner carriers for the Cold Lake games are Barb Larson and Rose Dayment, two ice curlers from area 8.



Bonnee Wiegele, Jean Whyte, Irene Collins, Jack Whitlie, Harold Jones, Patty Edgar

Zone-3 From the President

The Fall Provincial Games were held in Edmonton in September and 35 participants from our zone took home a number of gold, silver and bronze medals.

Congratulations to all those members who participated. Our publicity group is redesigning and updating our website, www.calgary55plus.com. As well they are visiting and providing information to most of the senior centres in our zone.

We are trying to promote our organization to increase membership and become more active in their 55 plus years.

I would like to thank all the Calgary 55 plus Directors, Coordinators and members for the many hours of volunteer work on behalf of our organization in the past year.



On October 24th, 2018 a Volunteer Lunch was held at the Fox Hollow Golf Course as a thank you to the many volunteers who contribute hours of their time supporting the activities of the Calgary 55 plus organization. At this event 10, 15, 20, 25 & 30 year members were honoured. The following were honoured as Life Time Members. Jack & Beryl Delorme, Doug Kyle, Norm Thomas, Del Irwin, Tom Jaeger, Walter Kosowan, Isobel Lovell and Phil Streifel.



2019 Playoffs for Ice Curling in Zone 3



Shirley Reaman from Red Deer played fastball in her younger days!

Zone-4 Rosella Snopek

2018 was a very eventful year for our zone. The excitement of hosting the Camrose Spring Games in May, our zone has not hosted a games since 2005 in Wetaskiwin, so the challenge was on. It was both challenging and rewarding for the zone board who put in the work and tireless hours to make it a successful event. Thanks to the City and County of Camrose and Ember Resources Inc. whose financial support and confidence in our abilities to make this a successful event. A big thanks also to the Alberta 55 plus Provincial Board who provided their expertise and support to our zone board. We have posted pictures from our event for members to enjoy. Our zone provided 48 participants, excluding the cultural items. In total, there were 300 in attendance.

The Edmonton Fall games were well supported by our zone as well with 70 travelling to participate in the

various events. Culture has always been well supported in Zone 4, with items being provided for all the games. We have featured the winners in the Edmonton Fall Games. A banquet and medal presentation was provided by the zone.

Now we are preparing for our trip to the Cold Lake Winter Games with 105 members attending to participate in the fun and fellowship. We thank the City of Cold Lake for hosting this massive project for the benefit of our participants. Thanks as well to Medicine Hat for hosting the upcoming Summer Games.

Unfortunately our Challenge Cups have suffered with all the time and effort required to hold the zone playoffs for all the Spring and Fall Games since 2016. Now that our format for our Games is back to every 2 years, our zone events will be more prominent.



Shirley Reaman from Red Deer won Gold in Poetry, Silver in Light Verse and Fiction. Shirley is in her mid 80's and is an inspiration to all of us. Not only is she an excellent writer, she participates in Athletics as well in the Games, with lots of medals hanging around her neck. Might I say she has played Ladies fastball in her younger days!!
-Rosella

Playoffs

Zones have held numerous play offs for the winter games at Cold Lake and participants are excited. Alberta 55 plus has provided up to \$5,000.00 to zones to cover bus transportation.



2020 Canada Games to be hosted by the BC Seniors Games Association and held in Kamloops, BC. August 25-28, 2020.

Congratulations Kamloops!

All of the provinces and territories complete with approx. 2500 athletes in 23-26 sport and rec activities over two days.



Zone-5

Annual General Meeting Zone 5 Black Gold/Yellowhead Seniors' Association Tuesday February 19th 2019 at 10:00 A.M. At Villeneuve, Alberta Main Agenda Item: Election of Officers for the following positions: Vice-President Membership Director Treasurer Area 1 Director Area 3 Director Area 5 Director Area 7 Director 2019 Membership Required Regular Board Meeting At 1:00 P.M.



Zone 6—Edmonton Games

Thanks to our Fall Games Volunteers On Thursday, September 20th we celebrated the success of all our volunteers from the Edmonton Fall Games with a coffee and dessert get-together. We also celebrated with the Arts & Crafts and Creative Writing medal winners from the Fall Games, and presented their medals. Caroline Anker chaired the evening, thanking everyone for helping to make our Games the great success it was. Without all our volunteers, the show wouldn't have happened! The medals for Creative Writing were presented by Coordinator Eleanore Frend and Assistant Marshall Yaremco. Jack White won multiple medals in this event, and our treasurer Anne Hulberg – a first time entrant – came away with a Gold medal. Joyce Ruptash and Jean Crozier also won medals – as did both Coordinators. Caroline Anker stepped up and became interim Arts and Crafts Coordinator as it was vacant. As Interim Coordinator, she presented medals to the winners – many of whom were first time entrants and first time winners – Linda Frank, Grace Willard, and James Clifford. Well done! Many thanks to all the participants for showing such a love for the

arts and keeping these activities viable! Games Chair Pat Covington closed out the evening by thanking all the volunteers, committee members, Central Lions staff and everyone who had a part in our wonderful Fall Games: To Ela Euro Catering for the excellent food, table decorations and service – we just can't say enough good things about their efforts which went way above and beyond the call! To our sponsors for their donations of fruit, water, bags, tissues and multiple other items. To the City of Edmonton for maps, lapel pins, and key rings. To the Province of Alberta for their much appreciated grant which advanced our Games from a plan to a reality. And especially to our Platinum, Gold, Silver and Bronze sponsors whose donations actually made it possible to host the Games. To Bob Tessier who put in countless hours soliciting corporate and individual funding. And finally to the Games Committee members for their dedication, perseverance, energy and enthusiasm. The evening ended with socializing and delicious desserts supplied by Ela Euro Catering.

Thank you

Zone-7



Preparing to head to the Games

Zone 6 Alberta 55 plus - Games in Edmonton



Cultural Winners



Betty Dragon-Wetaskiwin

Zone-8

Preparing to head to the Games

Coming Soon, the 2019 Summer Games in Medicine Hat

Eight posters detailing the Zone 1 Playoffs or Qualifiers for:

- * 8 Ball
- * Bocce
- * Contract Bridge
- * Floor Shuffleboard
- * Golf
- * Horseshoes
- * Slow Pitch
- * Swimming

A map of the city, showing participating Hotels, Campgrounds and Event Sites.

Activities & Rules Section:

Pickleball (demo); The Rules for Pickleball can be taken from Cold Lake website

Lawn Bowling (demo); We are working to get Lawn Bowling Rules for you. **Arts and Photography** activities to follow shortly.



Cultural Winners

Left to right: Gail Kerr - Silver in Acrylic Painting - Landscape & Still Life; Lois Wilkie - Gold in Water Color Landscape and Acrylic Painting - Landscape; Bronze in Mixed media Art and Misc. Art; Sharon Olsen - Gold in Light Verse (Creative Writing) ; Fran Fodchuk - Gold in Oil Painting - Figures, Silver in Oil Painting Floral; Bronze in Oil Painting - Still Life .

Betty Dragon from Wetaskiwin received Gold in Mixed Media & Miscellaneous Art, Silver in Oil Painting - Figure

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.

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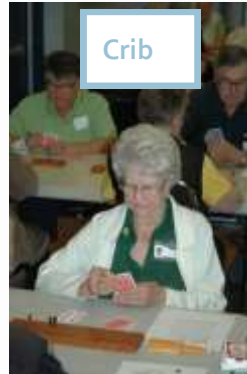
Mention Group Code 'CZ'



BFL Canada provides Alberta 55 plus Members with Director and Officer **Liability Insurance, Comprehensive and Participant Insurance**. Alberta 55 plus Members are covered by this insurance, which is why **all participants in any of our Events must be paid member in order to be covered.**

Know your coverage!

Alberta 55 plus—Camrose Spring Games



Crib



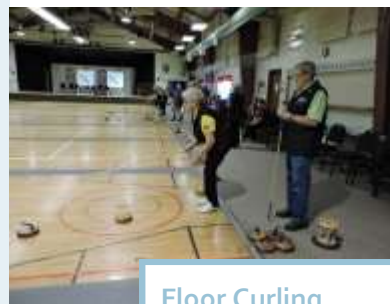
Bridge



Bridge



Crib



Floor Curling



Snooker

Thank you to our sponsors

