

Alberta 55plus
Zone 6 Edmonton



THE GRAPEVINE



Edmonton Marigold Annual General Meeting

Our Zone 6 Alberta 55plus Edmonton Marigold Annual General Meeting was held on Wednesday, March 22nd, 2023 in the small auditorium at Central Lions. Hopes of a large turnout of members did not materialize with only 24 members in good standing attending. Our membership at that time was approximately 174 – so that is a little less than 14%. We do want to thank those faithful members who came and participated; they are: Clint Sopchyshyn, Caroline Anker, Dave Mandolesi, Pat Chobater, Wendy Jerome, Richard Fahrion, Mike Dolynny, Vicky Dolynny, Rosalyn Schilberg, Lloyd White, Pat Covington, Geneva Sopchyshyn, Anne Lee, Andrew Lee, Joyce Ruptash, John Stewart, Delores Heck, Sylvia Masikewich, Dianne Androschuk, Stan Androschuk, Sonja Kosowan, Bob Tessier, Marshall Yaremcio, and Eleanore Frend.

A moment of silence was observed for the four members who had passed on since our last AGM in April of 2022. Those names are: Roger Otterson, Carol Sievers, Bob Blackwood, and Esther Burke. It seems that we are losing more and more of our dear friends as we all age.

Long time member **Pat Covington** thanked everyone for their care and concern, praise and affection shown at the Appreciation afternoon held for her February 24th at Calder. She very much enjoyed the afternoon, and getting to see and chat with everyone. She said that she has enjoyed every activity with Alberta 55plus over her 25 years, and only wished that her health would allow her to do it all over again. Thank you Pat!

Current executive members, coordinators and assistant coordinators were introduced, and President Clinton Sopchyshyn read off the list of activities now without a coordinator. They are: Badminton, Contract Bridge, Carpet Bowling, Cycling, Darts, Golf, Horseshoes, Ice Curling, Pickleball (Recreational), Pool (Snooker and 8 Ball), Skiing (Cross Country), Skiing (Alpine), SloPitch, Swimming, Table Shuffleboard, and Tennis.

Sixteen activities are now without a coordinator – and that's more than half our activities. Publicity Director Wendy Jerome volunteered to set up playoffs for Competitive Pickleball and Golf, so that we could have zone 6 represented at the Summer Games in those events. But it is going to be difficult to successfully complete playoffs in the events without coordinators, as executive members will be forced to try and cover as many activities as they can. This, of course, leads to massive burn-out of those holding essential roles in our organization. This is a short-term solution at best – treating a symptom rather than the illness.

Back to the report on the AGM. Clint and Caroline updated us on the **Summer Games** being held in **Brooks, AB** this year **August 17-20th**. Activities are Corn Hole, Bocce, Contract Bridge, Cribbage, Cycling, Golf, Floor Shuffleboard, Horseshoes, Military Whist, Photography, Pickleball (3.0+), Pool (8 Ball), SloPitch, Swimming, Tennis and Track & Field. Playoffs for these activities will be held throughout the spring of 2023 to determine qualifiers to advance to the Games in Brooks.

The **Winter Games** will be held over a period of time and in a number of zones in Alberta, as no Host Community was willing to take on the whole responsibility. Activities and locales are as follows:

- Badminton – Early 2024 – Zone 2
- Stirling Curling – February 24th, 25th, 2024 – Zone 2
- Ice Curling – February 15th-18th, 2024 – Zone 2
- Ice Hockey – Begins Friday, April 14th, 2023 – Calgary, Zone 3

- Skiing – February 14th-15th, 2023 – Zone 3
- Floor Curling – Early 2024 – Zone 4
- Snooker – Early 2024 – Zone 4
- Bridge – Early 2024 – Zone 4
- Euchre – Early 2024 – Zone 4
- Art – Early 2024 – Zone 4
- Creative Writing – Early 2024 – Zone 4
- Scrabble – Early 2024 – Zone 6
- Pickleball (Recreational) – April 13th or 21st, 2024 – Zone 7
- Carpet Bowling – Not scheduled

Canada Games will be held in **2024**, and the locale has changed from Trois Rivières to **Quebec City**. What a perfect opportunity to combine competing in Canada Games events with touring this beautiful old city, and experiencing some of our French Canadian culture first-hand. Playoffs for the Summer Games in Brooks already planned are detailed later in this newsletter.

Acknowledgement of Retiring Executive:

- Pat Covington (Vice President)
- David Mandolesi (Treasurer)
- Jean-Claude Jetté (Director at Large)



Acknowledgement of Retiring Coordinators:



- Elaine Maxwell (not present)
- Joyce Ruptash (Military Whist)
- Lloyd White (Contract Bridge, Darts, Horseshoes)

Lloyd volunteered that he had already been honoured last year, and so chose not to accept the award this year – thanks Lloyd – an honest man!

Acknowledgement of Long Service Pins:

- Elaine Maxwell – 10 years – not present
- Eleanore Frend – 10 years
- Marshall Yaremciio – 15 years
- John Stewart – 20 years



Then we came to the painful procedure of trying to fill vacant executive positions. It was a time of frustration, disappointment, and discouragement – especially for Caroline Anker, who chaired this part of the meeting. Repeated calls for nominations from the floor resulted in not a single name being put forward. Our resulting executive board is as follows:

- President – Clinton Sopchyshyn
- Vice President – **Remains Vacant**
- Past President – Caroline Anker
- Treasurer – **Linda Heller** (appointed after the AGM)
- Secretary & Newsletter Editor – Eleanore Frend
- Activity Director(s) – 1 Summer, and 1 Winter – **Remains Vacant**
- Membership Director – Rosalyn Schilberg – agreed to extend her term another 2 years
- Publicity Director – Wendy Jerome – agreed to extend her term another 2 years
- Director at Large – Pat Chobater
- Director at Large – Natsuko Cyr
- Director at Large – **Bob Tessier** (volunteered, and was appointed after the AGM – **Thank you Bob!**)

David Mandolesi and Clint Sopchyshyn met with several candidates for the Treasurer's position. (See update bottom of this page.) Dave has agreed to assist the new treasurer to maintain continuity and familiarity with the software program. Thank you Dave! Thanks also to Rosalyn Schilberg and Wendy Jerome for graciously volunteering to extend their term another two years – what terrific ladies! A special thank you goes to Hockey coordinator Bob Tessier who volunteered to send out an e-mail to his Vintage Hockey players, canvassing them for interest in becoming coordinators or taking on executive roles – a positive action and a ray of hope.

The topic of a possible **bus** being booked for transportation to and from the **Brooks Summer Games** was then discussed, and Clint is in contact with Zone 5 President George Oko, exploring the possibility of sharing a bus with zone 5 members, much the same way we did for the Summer Games in Peace River.

The **Provincial Alberta 55plus Annual General Meeting** will be held on **Monday, May 8th**, 2023 beginning at **10:00 am** at **Red Deer Resort and Casino** (3310-50 Avenue, Red Deer). Your 2023 membership will be required at registration. Coffee and lunch will be served. Members interested in attending are car-pooling. It is hoped that a frank and open discussion will be held regarding the concerns every zone in Alberta is facing, and that we can come away with some fresh, new and workable ideas to apply to our own situation. Please consider attending the meeting if you can.

The evening closed with refreshments and a draw for door prizes. Thanks again to those who attended.

Introducing Our New Treasurer, Linda Heller – WELCOME!

- 27 years with The City of Edmonton, retired as Senior Accounting Assistant
- graduated from Grant McEwan University with an Accounting Diploma
- past Treasurer on Woodview Condominium Board
- past Treasurer for a Woman's Ministry group
- worked part-time jobs as a Bookkeeper for small businesses
- Bible study leader for female teens at her church
- shared leadership of an ESL class at church
- interested in Arts and Crafts, Watercolor Painting, Sewing, Knitting, etc.
- plays floor shuffleboard every week
- married with two adult children and four grandchildren



Welcome to our Edmonton Marigold Executive Board Linda! We all look forward to working with you over the next few years.

Welcome to New Director at Large – Bob Tessier!



Following the AGM, Bob Tessier volunteered to serve as a Director at Large, so we were able to fill that position on the Board. Our sincere thanks to Bob, who also has been serving as our Hockey Coordinator. As well, he was an integral part of the Host Committee for the 2022 Alberta 55plus Winter Games held here in Edmonton last April. Bob is well known for his involvement and leadership (current president) with Vintage Hockey. Edmonton Vintage Hockey is one of the finest old-timer organizations in Canada. Over the years Edmonton Vintage teams have successfully participated in tournaments throughout Canada, proudly representing Edmonton & Alberta. Bob organized the Hockey tournaments of the 2022 Winter Games, and many of the previous Winter Games as well.

Our sincere thanks to Bob for all that he has been doing for Edmonton Marigold, and for stepping up and taking on yet one more responsibility. We are grateful!

And we look forward to working with you on the Edmonton Marigold Executive Board as well. Your ideas and enthusiasm and expertise are of great value to us!



Message From the President

Spring has come and the fun is about to begin!

Qualifying events for the Alberta 55plus Summer Games which will be held in Brooks, Alberta August 17 – 20th, 2023, are presently being scheduled by the various coordinators. If you want to take part in these games, all you need is a Marigold 55plus membership, your enthusiasm and skill.

These Games will enable you to meet new people, see a different part of Alberta, have fun and shake off those 2022-23 “winter blues”.

Traditionally, the activities which are currently being offered in the Alberta 55plus Games have not been changed over the years. Washer Toss, Pickleball, and now Cornhole Toss have been added. It will be interesting to see how interest and participation will grow in the coming months and years.

As I look forward to the future, I wonder if we as members should be adding or deleting activities which could or may increase our membership.

Please let me (or one of our executive members) know what your thoughts are. Another idea for the future – “Should Alberta 55plus change their mandate to include individuals 50 years of age with full membership benefits?” Our organization could then be known as “Alberta 50plus”!

Clint Sopchyshyn, President
 (780)434-7133, sopchyshynclint@gmail.com



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Zone 6 Office

Executive

Clint Sopchyshyn	780-434-7133
President (clintsopchyshyn@gmail.com)	
Vice-President	
Caroline Anker	587-469-4460
Past President (paces55@shaw.ca)	
Linda Heller	780-982-6561
Treasurer (linwri@telus.net)	
Eleanore Frend	780-462-7488
Secretary (elfrend@telus.net)	
Rosalyn Schilberg	780-466-0148
Membership Director (rosalyn@telusplanet.net)	
Vacant Activities Director(s)	
Wendy Jerome	780-489-5556
Director at Large (Publicity) (wjerome@telus.net)	
Clint Sopchyshyn	780-434-7133
Casino Director (clintsopchyshyn@gmail.com)	
Pat Chobater	780-469-0727
Director at Large (pat.chobater@gmail.com)	
Bob Tessier.....	780-446-2769
Director at Large (bobtessier@telus.net)	
Natsuko Cyr	780-988-5456
Director at Large (cymatsuko@gmail.com)	
Eleanore Frend	780-462-7488
Newsletter (elfrend@telus.net)	

The people listed above are the people responsible for the direction and leadership of **Alberta 55plus Zone 6 Edmonton** organization. Thank you for your trust in awarding these duties to us.

Zone 6 has a permanent office at Central Lions Recreation Centre. Our address is 11113-113 Street, Edmonton, AB T5G 2V1, and our phone number is 780-454-6560. If you have any inquiries, please contact us at the number listed, and leave a message on the answering machine. Now that the pandemic restrictions have been lifted, we once again have office volunteers to



answer the telephone and questions, and to greet visitors on Tuesdays and Thursdays between 1:00-3:00 pm. If you would like to volunteer at our Zone 6 office, please phone Pat Chobater at 780-469-0727 or e-mail her at pat.chobater@gmail.com. If it is your first time, another experienced volunteer will be happy to work with you, and show you what to expect. Our heartfelt thanks to Pat for organizing this so competently!

Zone 6 Office Hours

The office is now open Tuesdays and Thursdays from 1:00-3:00 pm.

Office E-mail Address

Our e-mail address is: EdmMarigoldZone6@gmail.com

Executive Board members will be checking the e-mails periodically and responding to them. This is one more step towards enhancing our communications with our members.

If you are a regular Grapevine reader, by now you know that we welcome articles and/or photos from Coordinators, Assistant Coordinators and members. Articles can be on specific events, your experiences at the Games, your views on being an Alberta 55plus member, or personal interest stories. Send them to me by e-mail elfrend@telus.net or mail them to 636 Lee Ridge Road NW, Edmonton, AB, T6K 0N8. Many articles in this newsletter have been written by me unless otherwise specified. Unfortunately, that also means that any complaints are also in my purview. We consider all your views and comments to be valuable, complimentary or not. **We are depending on our members to keep us updated on any change to your contact information – most importantly – your e-mail address and your telephone number(s).**

If you have not renewed your membership yet, please go online to the Alberta 55plus website to do so (<https://alberta55plus.ca/>), or complete the form (pages 13/14 of this newsletter) and mail it in to Rosalyn Schilberg, our membership director. Please note that membership fees have risen to **\$40 per year** effective January 1st, 2023, and can be paid for only one year at a time now.

Eleanore Frend

Report on Appreciation Afternoon for Pat Covington

On a chilly Friday afternoon (February 24th) a select group of people met at Calder (North West Edmonton Seniors Society) to honour our dear Pat Covington. Thanks to the generosity of many people, we had lots of fine food, and a thoroughly enjoyable time chatting with Pat, and each other, and ignoring the weather outside. We were especially delighted to have Pat's daughter Leeza attend, as well as Pat's aunt, Jessie Trottier, (also a zone 6 member), and Jessie's daughter Miriam. Many thanks to Dianne and Stan Androschuk, Linda Frank, Clint and Geneva Sopchyshyn, Marshall Yaremciio, and the fine people at Calder for helping to make this a memorable event.



Stan opened the afternoon with endearing comments about Pat – naming her the official guardian angel of Edmonton Marigold, and presenting her with an appropriate set of feathered angel wings – and clipped them onto her shoulders – which she obligingly wore throughout the afternoon.

Marshall Yaremciio gave a touching tribute on Pat's history with Alberta 55plus, salted here and there with personal anecdotes and memories – both humorous and sentimental. He had travelled with Pat for eight years attending meetings, and many of his stories stemmed from these trips. Clint spoke on behalf of Edmonton Marigold reviewing many of Pat's accomplishments and contributions to Alberta 55plus – local and provincial, and extending the best wishes and appreciation of everyone who had the good fortune to work with her during the many activities of her tenure. He commented that Pat always said, "Play by the rules, but above all have fun doing it!" A number of members unable to attend had e-mailed comments which were read out.



And then the lady herself – even with a cumbersome leg brace – got up and expressed her feelings and appreciation to everyone there, and to those who wanted to be there. A few tears, many, many smiles, and a lot of laughter here – as well as a sampling of Pat's ubiquitous jokes! After all, it wouldn't be complete if there weren't a few of her famous jokes and bon mots! I think she had kind of expected the comments of the presenters of the tributes to be a little more along the line of 'roast remarks', and so had prepared a number of 'zingers' in return. And then the tributes were all so kind and complimentary, she had to scrap her more acerbic remarks and concentrate on being her usual sweet-natured positive self.

If we only had a small army of "Pats" – just think of all that we might accomplish! Again, **THANKS Pat!**

Coordinator Contacts 2022

Activity	Name of Coordinator	Phone Number
Arts & Crafts	Eleanore Frend (elfrend@telus.net)	780-462-7488
Badminton	Kim Tan	
Bocce	Vern English (vereng@telus.net)	780-466-1782
Bowling (5 Pin)	Caroline Anker (paces55@shaw.ca) Pat Chobater (pat.chobater@gmail.com)	587-469-4460 780-469-0727
Bridge (Contract)		
Bridge (Duplicate)	Don Holtom (donholtom@gmail.com) Louise Holtom (louiseholtom@gmail.com)	780-475-8252 780-475-8252
Carpet Bowling		
Cornhole	Mike Dolynny (mikedoly@telus.net)	780-457-5036
Creative Writing	Eleanore Frend (elfrend@telus.net)	780-462-7488
Cribbage	Delores Heck (dedeheck@telus.net)	587-473-2378
Cycling		
Darts		
Euchre	Roz Schilberg (rosalyn@telusplanet.net) Pat Chobater (pat.chobater@gmail.com)	780-466-0148 780-469-0727
Floor Curling	Vicky & Mike Dolynny (mikedoly@telus.net)	780-457-5036
Floor Shuffleboard	Vicky & Mike Dolynny (mikedoly@telus.net)	780-457-5036
Golf	Wendy Jerome (interim) (wjerome@telus.net)	780-489-5556
Hockey	Bob Tessier (bobtessier@telus.net)	780-446-2769
Horseshoes		
Ice Curling		
Military Whist	Delores Heck (dedeheck@telus.net)	587-473-2378
Pickleball	Wendy Jerome (interim) (wjerome@telus.net) (Competitive)	780-489-5556
Pool (Snooker) Pool (8-Ball)	Elaine Maxwell (elainemaxwell@live.ca)	780-483-2983
Scrabble	Clint & Geneva Sopchyshyn (clintsopchyshyn@gmail.com)	780-434-7133
Skiing (Cross Country)		780-481-8270
Skiing (Downhill or Alpine)		
SloPitch		
Swimming		
Table Shuffleboard		
Tennis		
Track and Field	Arnold Nett (arnold2@shaw.ca)	780-475-8971

As you can see, there are **many opportunities for you to become involved by becoming a Coordinator or Assistant Coordinator**. If you see a spot that fits in with your interests, **contact President Clint Sopchyshyn** (780-434-7133 or clintsopchyshyn@gmail.com) **to volunteer**. We have training and assistance available for anyone who wants to get involved, but does not have experience. We also have Guideline Manuals for each Activity Coordinator with a list of contacts, and instructions on “how to set up a tournament or competition” – step-by-step. **Come play with us!**

Arnie Does It Again!

On February 4th and 5th, Arnold Nett flexed and stretched his muscles, and competed in the heptathlon event at the Edmonton Masters 2023 Alberta Indoor Games held at the Universiade Pavilion. He was featured on Global Sports, CTV news, and gave a number of interviews – just like the sporting phenomena he is!

The following is taken from his interview with Slav Kornik, Global News.

*“An Edmonton **nonagenarian** is in a league of his own in track and field. At the age of 55, Arnold Nett began training and competing in track and field — and is still at it 35 years later. He is 90 years old now and has set a long list of records in the sport as a masters competitor.*

“Track and field, I found, was one of the best ways to exercise and to stay fit,” Nett said. He most recently set three Canadian records during an event in Edmonton in the men’s 90-94 division in pentathlon and high jump, and he became the first Canadian 90-years-old or older to complete the 60-metre hurdles.

“When I went over the first couple hurdles, I guess they were just holding their breath to see if I’d make it over the fifth hurdle, which I did,” Nett said.

“It was a really great experience to watch him run, watch him finish and watch him set a Canadian record, which is really cool,” hurdles coach Jackson Hinton said. Nett is a member of the Edmonton masters track and field team and an inspiration to those who know him. “I hope when I get to Arnie’s age I can still perform as well as Arnie,” Edmonton masters member David Dunn said.

Arnold Nett, 90, is the first Canadian nonagenarian to complete 60 metre hurdles. “I can only imagine what it takes to do it yourself when you’re still in your 70s, 80s and obviously 90s as well. It’s incredibly impressive,” Hinton said. Nett runs, jumps and throws like a man much younger than his age. His secret is consistency and hard work.

“You have to keep at it. If you lay off for two to three weeks, you can sure notice it after you start again — so you have to keep up with your training.”

Arnold Nett, 90, is the first Canadian nonagenarian to complete 60 metre hurdles. “He’s incredibly motivated. He’s always positive; he’s the kind of athlete that a coach has to hold back a little bit because he always wants to do

more and he always wants to push himself,” Hinton said.

And Nett will continue to push himself because he has no intention of slowing down. “My legs are still in pretty good shape and my heart seems to be doing pretty good, so I feel, well, ‘Why not do it while I can?’” he said. Nett’s priority is to continue to stay active and healthy, and, perhaps, continue to set more records along the way.”

And written by Galen McDougall of CTV News:

“An Edmonton man regularly sets new track and field records, including recently breaking the record for oldest male hurdler in Canada. Arnold Nett is 90 years old, and has been competing in track and field for nearly four decades.

“I did some track and field in high school, but then after high school there was really nothing that you could do until age 55 or so when Alberta Senior Games started, so then I got involved in track and field again from then on,” he told CTV News Edmonton. Nett trains twice a week at Kinsmen Sport Centre. He does 90 minutes of general track training, followed by an hour of hurdles training.

“You’re hurdling at 90?” CTV News Edmonton photographer Galen McDougall asked Nett. “Yeah, sure!” he replied. “It’s hard. You have to really train for it.”

His hurdling coach says Nett is one of the most inspiring athletes he’s ever met. “It’s incredible. It’s always inspiring to coach talented athletes of any age, but this is the first time I’ve coached an athlete of Arnold’s age, and it’s very inspiring,” Jackson Hinton said. “Being a hurdler myself, it just kind of opens the door for a lifetime of doing the event that I love as well.”

“Hurdles is one of the most technically demanding events in track and field, and the fact that he’s doing it at 90 years old is absolutely stunning to me. I’m genuinely inspired every time we work on it,” he added.

Nett says he’s drawn to track and field because of the friendships. “It’s camaraderie with the other runners, and it’s good. We get together once in a while, we go for pizza sometimes.”

But he also has a healthy competitive streak. "I don't know how many competitions I've been in, but I did, at one time, take a picture of my gold medals, and I wasn't too sure how many I had, and I had about 103 gold medals." He says his favourite gold medal was won in the triple jump at the World Masters in Sydney, Australia. "It was nip and tuck between myself and a fellow from Australia." "After the fifth he was ahead by a few metres, so I thought, 'OK, this is it. The final jump.' And then the final jump I beat him and won the gold medal," he said with a laugh.

He says hitting the track keeps him feeling young. "When you wake up in the morning you've got to get up and you start loosening up. That's hard sometimes in the morning. To loosen up, and sometimes by noon to maybe go outside and run around the block."

"I feel that the longer seniors keep fit and keep active, the longer you can stay out of hospitals and nursing homes."

Arnold Nett trains for hurdling at the Kinsmen Sport Centre in Edmonton. He says he's hoping to see more people his own age join him on the track.

"I find that there are more and more older people in the older age groups now. Fifteen, 20 years ago there was very few in some of my age groups, whereas now there are more in the older age groups."

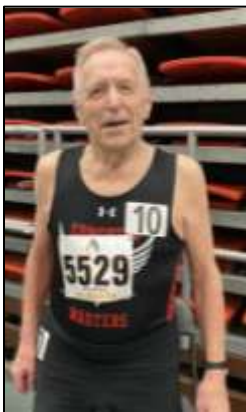
Nett says he recently set records for pentathlon, 60-metre hurdle, and the high jump.

As for how he celebrates? "Go home and have a bowl of soup. I make my own soup. I've got a recipe for it, with the vegetables and carrots and celery and everything else that goes into it."

He says he plans to stay active as long as his body will let him. "Are you going to be doing this at 95?" McDougall asked Nett.

"If the legs hold out, and if the heart stays the way it is, probably!" Nett replied."

Arnie also competed a few weeks in Saskatoon, and broke the Canadian hurdles record again for his age group! Amazing! And he will be featured in a Nick Lees article in the April 17th Edmonton Journal.



An Airbus 380 is on its way across the Atlantic. It flies consistently at 800 km/h at 30,000 feet, when suddenly a Eurofighter with a Tempo Mach II appears. The pilot of the fighter jet slows down, flies alongside the Airbus and greets the pilot of the passenger plane by radio: "Airbus, boring flight isn't it? Now have a look here!" He rolls his jet on its back, accelerates, breaks through the sound barrier, rises rapidly to a dizzying height, and then swoops down almost to sea level in a breathtaking dive. He loops back next to the Airbus and asks: "Well, how was that?"

The Airbus pilot answers: "Very impressive, but watch this!"

The jet pilot watches the Airbus, but nothing happens. It continues to fly straight, at the same speed. After 15 minutes, the Airbus pilot radios, "Well, how was that?"

Confused, the jet pilot asks, "What did you do?" The AirBus pilot laughs and says: "I got up, stretched my legs, walked to the back of the aircraft to use the washroom, then got a cup of coffee and a chocolate fudge pastry."

The moral of the story is: When you're young, speed and adrenaline seems to be great. But as you get older and wiser, you learn that comfort and peace are more important. This is called S.O.S.: **Slower, Older and Smarter.**

From our Resident Wildlife Reporter, Marshall Yaremcio

Coywolf is an informal term for a canid hybrid descended from coyotes, eastern wolves, gray wolves, and dogs.

While cross country skiing at Mayfair Golf Course with my friend Don, we were lucky to come around a bend in the trail, and there - 30 feet ahead were these two beautiful animals. At the time we thought they were our regular city coyotes.

Digging my camera out, I managed to get one picture before they disappeared into snow covered poplar trees. When they stopped to look back at us, they blended into their environment so well, we just lost sight of them.

Some statistics about the Coywolf: the male western coywolf weighs about 32 pounds, with a height at the shoulders from 20 to 24 inches. In appearance, he looks like a coyote, but may have some wolf characteristics in appearance, including a grizzled grey coat, and can even have a German Shepherd-like coat.

Like coyotes, they feed on small mammals, reptiles, fruit, insects and carrion. They range from northern United States into Canada. These animals hunt during short periods in the early morning or at dusk, avoiding detection and conflict.



What to do if you see a coywolf? Most animals avoid people. Seeing one during the day is rare, and should be no cause for alarm. They are just looking for their next meal – and people are not on the menu! I have noticed that the squirrel population is down now that both sets of animals (coywolf and coyote) are in the same area.

But this little squirrel (having a snack in my back yard) has so far avoided the coyotes, coywolves and other carnivores.

The mule deer on the right is eating young pine needles (grooming the bushes?) on the Mayfair Golf Course. They can regularly be seen all along our river valley.



Zone 6 Competitive Pickleball Playoff – April 22nd, 2023 by Wendy Jerome, Coordinator

Saturday April 22nd was a new experience for me in two ways: organizing the competitive pickleball playoffs, and doing so in a curling rink. There were 27 people registered for the playoffs to represent zone 6 for the Summer Games in Brooks. Eighteen of those people will be making the trip in August. The successful competitors are listed below. There were a number of competitors new to Alberta 55plus, and I would like to warmly welcome them especially, and everyone who came out to play.

Women's Doubles 3.5 – 60+ - -Christa Ng & Arinda Yau; 65+ - Shelley Rolheiser & Barb Petryk

Women's Doubles 4.0 – 55+ - Lynn McGarvey & Terry Anheliger

Men's Doubles – 3.5 – 60+ - Gerald Chan & Thomas Wong; 65+ - Larry Wizniuk & Alan Sagert;
70+ - Thomas Wong & Timothy Ho

Men's Doubles – 4.0 – 60+ - Kirk Jensen & Camtu Phan; 70+ - Victor Michalchuk & Ron Mercier

Mixed Doubles – 3.5 – 55+ - Luke Chong & Christa Ng; 60+ - Gerald Chan & Arinda Yau;
65+ - Alan Sagert & Carol Sperling

Mixed Doubles – 4.0 – 55+ - Kirk Jensen & Lynn McGarvey; 60+ - Camtu Phan & Terry Anheliger;
70+ - Victor Michalchuk & Debby Michalchuk

Congratulations to all our Competitive Pickleball Players – Good Luck in the Summer Games!

Bocce Playoff

Zone 6 Edmonton Marigold Alberta 55plus

BOCCE PLAYOFF

(Playoff to qualify for 2023 Provincial Summer Games in Brooks August 17-20th, 2023) One team 55+ & one team 70+ will advance to go to Brooks

Date: Thursday, June 1st, 2023 - (Rain-out Date: June 8th, 2023)

Registration – 9:30 am – \$5 – Play starts at 10:00 am

Venue: **Central Lions Senior Association** (11113-113 Street)

Pre-registration **no later than May 25th, 2023**

Contact **Coordinator Vern English @ vereng@telus.net or 780-466-1782**

Must have current (2023) Alberta 55plus membership to play. Memberships available at playoff - \$40.

Players must commit to advancing to Summer Games in Brooks. If you qualify you will be asked to pay the \$100 registration fee for the Games at Brooks, AB.

Parallel play provided for those wanting to play, but not wishing to qualify for Provincial Games at Brooks.



Cribbage Doubles Playoff by Delores Heck, Coordinator



Zone 6 Edmonton Marigold - Alberta 55plus

On April 21st, 2023 at North West Edmonton Senior Society (Calder) 20 players gathered to compete for the honour of advancing to compete at the 2023 Alberta 55plus Summer Games in Brooks, AB August 17-20th.

First Place went to Joyce Ruptash and Marie Sharp.

Second Place went to Roger Johnson and Maureen Bishop.

Congratulations to you all, and we wish you continued success at the Games in Brooks!

Cribbage Singles Playoff

Zone 6 Edmonton Marigold - Alberta 55plus

(Playoff to qualify for 2023 Provincial Summer Games in Brooks August 17-20th, 2023)

Date: Saturday, May 6th, 2023

Registration – 12:00 Noon – \$5 – Play starts at 12:30 pm

Venue: **North West Edmonton Seniors – NWESSA (Calder)** (12963-120 Street)

Pre-registration no later than April 29th, 2023; Contact **Coordinator Delores Heck @ 587-473-2378**

Must have current (2023) Alberta 55plus membership to play. Memberships available at playoff - \$40.

Players must commit to advancing to Summer Games in Brooks. If you qualify you will be asked to pay the \$100 registration fee for the Games at Brooks, AB.

Parallel play provided for those wanting to play, but not wishing to qualify for Provincial Games at Brooks.



Military Whist Playoff by Delores Heck, Coordinator

Zone 6 Edmonton Marigold - Alberta 55plus

The qualifiers in Military Whist who will advance to the 2023 Summer Games in Brooks are (both in 55+ Open category):

- Rosalyn Schilberg, Pat Chobater, Fran Pruschke, and Anne Yarmuch
- Stan Androschuk, Dianne Androschuk, Linda Frank and Dixie MacDonnell

Congratulations to our teams – and Good Luck in the Games!



Floor Shuffleboard Playoff by Mike Dolynny, Coordinator

Zone 6 Floor Shuffleboard Playoff Results:

The qualifiers in Floor Shuffleboard who will advance to the 2023 Summer Games in Brooks are:

- 55+ - Mike and Vicky (Victoria) Dolynny
- 70+ - Jim Clifford and Jim Normey

Congratulations to our teams – and Good Luck in the Games!



Photography Playoff



Edmonton Marigold Zone 6 Alberta 55plus

Winners qualify to compete in 2023 Alberta 55plus Summer Games in BROOKS August 17-18-19-20th, 2023.

Eight Categories: Figures – birds, Figures – animals, Human Figures, Landscape – scenery, Landscape – man-made structures, Still Life, Floral – flowers, etc., and Butterflies &/or insects
(Visit Alberta 55plus Website at <https://alberta55plus.ca>, click on *Games, Rules, Photography* for more details.)

Entries are to be brought to the Edmonton Marigold zone 6 office at Central Lions Seniors Centre (11113-113 Street), and submitted to Coordinator Eleanore Frend between 1:00 pm and 3:00 pm on **Tuesday, June 6th, 2023**. Coordinator contact elfrend@telus.net; or 780-462-7488

Must hold Current Alberta 55plus Membership to enter Memberships \$40 per year – available on Alberta 55plus website or from Coordinator

Entries of Winners will automatically be entered into competition at the 2023 Alberta 55plus Summer Games at Brooks, AB.
Entries will be shipped to and from the Culture Coordinator at the Brooks Games in a safe manner (either personally or by a certified delivery company).

Cycling, Swimming, Horseshoes, 8 Ball, and Tennis Playoffs

Any members interested in competing in playoffs in the above noted activities in order to qualify to advance to the Alberta 55plus Summer Games in Brooks August 17-20, 2023 – please contact:

Contact Caroline Anker at 587-469-4460 or paces55@shaw.ca – by May 15th, 2023

To check out categories in each activity, go to <https://alberta55plus.ca/> and click on ‘rules’, scroll down to the activity and click on the activity. An e-mail was also sent to members with this information.

Alberta Senior Citizens Sport & Recreation Association (Alberta 55 plus)

RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT
BY SIGNING THIS DOCUMENT, YOU WILL WAIVE CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE.
PLEASE READ CAREFULLY!

In full, or partial, consideration for allowing me to participate in all related events and activities sponsored by the Alberta Senior Citizens Sport and Recreation Association (Alberta 55 plus) and its 8 (eight) Zones; Zone 1 – Sunny South Seniors Sport & Recreation Association, Zone 2 – Big Country Seniors Sport Society, Zone 3 – Calgary 55 Plus Games Association, Zone 4 – Silver Willow Association, Zone 5 – Black Gold/Yellowhead Senior Games Association, Zone 6 – Marigold Seniors Recreation Society of Edmonton, Zone 7 – Lakeland Senior Games Association, Zone 8 – The Mighty Peace Sport and Recreation Association, Host Societies for Winter and Summer Games, I hereby warrant and agree that:

1. I am familiar with and accept that there is the risk of serious injury and death in participation in any form of sports; and
2. I have satisfied myself and believe that I am physically, emotionally and mentally able to participate in this program; and that my equipment is mechanically fit and appropriate for use in this program; and
3. I understand that all applicable rules for participation must be followed and that always, the sole responsibility for personal safety remains with me; and
4. I will immediately remove myself from participation, and notify the nearest official, if at any time I sense or observe any unusual hazard or unsafe condition or if I feel that I have experienced any deterioration in my physical, emotional or mental fitness for continued participation in the program; and
5. I give my permission for the free use of my name and picture in broadcast, telecast or written accounts for all Alberta 55 plus sanctioned or related events.

I UNDERSTAND AND AGREE, ON BEHALF OF MYSELF, MY HEIRS, ASSIGNS, PERSONAL REPRESENTATIVES AND NEXT OF KIN THAT MY EXECUTION OF THIS DOCUMENT CONSTITUTES:

1. AN UNQUALIFIED ASSUMPTION BY ME OF ALL RISKS associated with my participation in any Alberta 55 plus sanctioned event even if arising from negligence or gross negligence, including any compounding or aggravation of injuries caused by negligent rescue operations or procedures, of any one or more of the event organizers, the event venues, and any and all persons associated therewith or participating therein in any manner or fashion whatsoever; and
2. FULL AND FINAL RELEASE AND WAIVER OF LIABILITY AND ALL CLAIMS that I have or may in the future have against Alberta Senior Citizens Sport & Recreation Association (Alberta 55 plus), the event venues, and their respective directors, officers, employees, servants, agents and representatives, all advertisers, volunteers, and all others participating in the program, (all of whom are collectively referred to as the Releasees) from any and all liability for any loss, damage, injury or expense that I may suffer as a result of my use of or my presence at the event facilities or my participation in any part of, or presence at, the program due to any cause whatsoever, INCLUDING NEGLIGENCE, GROSS NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE OWED UNDER THE RELEVANT OCCUPIERS LIABILITY ACT ON THE PART OF THE RELEASEES.
3. AN AGREEMENT NOT TO SUE THE RELEASEES for any loss, injury, costs or damages of any form or type, howsoever caused or arising, and whether directly or indirectly from my participation in any aspect of the program; and
4. AN AGREEMENT TO SAVE and HOLD HARMLESS the RELEASEES, and each of them, from any litigation expense, legal fees, liability, damage, award or cost, of any form or type whatsoever, they may incur due to any claim made against them or any one of them whether the claim is based on the negligence or the gross negligence of the Releasees or otherwise, whether directly or indirectly from any participation in any aspect of the program; and
5. AN AGREEMENT that this document be governed by the laws, and in the courts, of the Province in which the program is held.

I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN SUBSTANTIAL LEGAL RIGHTS WHICH I AND MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS AND ASSIGNS MAY HAVE AGAINST THE RELEASEES. I SIGN THIS DOCUMENT KNOWING AND APPRECIATING ITS CONSEQUENCES

this _____ day of _____, 20 _____, in _____, Alberta.

Signature of Participant

Printed Name of Participant

Signature of Witness to Signature of Participant

Printed Name of Witness

Crafts Playoff

Edmonton Marigold Zone 6 Alberta 55plus

Deadline for Entries – June 6th, 2023

Winners qualify to compete in 2023 Alberta 55plus Summer Games in BROOKS August 17-18-19-20th, 2023.



20 Categories: (Visit Alberta 55plus Website at <https://alberta55plus.ca>, click on *Games, Rules, Crafts* for more details.)

Entries are to be brought to the Edmonton Marigold zone 6 office at Central Lions Seniors Centre (11113-113 Street), and submitted to Coordinator Eleanore Frend between 1:00 pm and 3:00 pm on Tuesday, June 6th, 2023.

Coordinator contact elfrend@telus.net; or 780-462-7488

Must hold Current Alberta 55plus Membership to enter - Memberships \$40 per year – available on Alberta 55plus website or from Coordinator upon registering your entries.

Entries of Winners will automatically be entered into competition at the 2023 Alberta 55plus Summer Games at Brooks. Entries will be shipped to and from the Culture Coordinator at the Brooks Games in a safe manner (either personally or a certified delivery company).



Zone 6 GOLF Playoff

Winners qualify for the 2023 Alberta 55plus Summer Games in Brooks AB August 17-20, 2023

Date: Tuesday, May 30th, 2023 - 8:00 am registration

Where: Cattail Crossing Golf Course
(14427 Township Rd. 542, Sturgeon County)

Men's, Ladies, Callaway 55+ and 70+

Men's, Ladies, Low Net 55+ and 70+ (Handicap required)

Men's, Ladies, Low Gross 55+, 65+, 70+, 75+, 80+, 85+

Registration e-mail Wendy Jerome at wjerome@telus.net

Information Required: Gender, Age, Date of Birth, Event Choice, Handicap (for Low Net); Contact Info.

Registration Deadline May 23rd 2023

Cost to Golfers - \$45 – includes golf, cart & a light lunch

Competitors **MUST** be a **CURRENT** Alberta 55plus member. Memberships available online at www.alberta55plus.ca or at the competition. Memberships: \$40 per year

Parallel play available same day for those who do not wish to compete in the Summer Games.

Contract Bridge Playoff May 31st – 10:00 am

At Kensington Shepherd's Care – 13451-127 St. – watch for signage & directions once inside the building

Registration – 9:30 am; Play begins – 10:00 am; Fee - \$5; Must be a current Alberta 55plus member, and memberships are available for \$40/year at the playoff; qualifiers advance to Summer Games in Brooks

Contact Caroline Anker at 587-469-4460 or paces55@shaw.ca – registration deadline is May 26th, 2023

Return Address:

Alberta 55 plus Zone 6 Edmonton Marigold Recreation
11113 – 113 Street
Edmonton AB T5G 2V1

To:

Edmonton Marigold 55plus
would like to acknowledge



who print our newsletters.

Contact Ashraf Jaffer
5537 Gateway Boulevard
Edmonton T6H 2H3
780-451-4546
budget@bprint.com