

Alberta 55plus
Zone 6 Edmonton



THE GRAPEVINE



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President's Message

Marigold 55plus Recreation is more than a group of Edmontonians or Albertans who participate in various activities or events. It is a community where strangers become friends who work and play together through tough times, and celebrate when things go well. It is all a part of us caring and sharing together as we travel through our golden years.

In the coming weeks and months many communities will be hosting Winter Games throughout Alberta. It is very important that we – the “55 Plus-ers” take this opportunity to be a part of this exciting action. Qualifiers in some of these activities will be invited to participate in the Canada 55 Plus Senior Games which will take place in Quebec City August 2024.

As 2023 comes to an end your Marigold executive wish you, your family and friends a healthy and joyous holiday season.

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



Zone 6 Office

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. Or you can contact any one of the executive officers directly by accessing the directory on the left. 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!

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).** Please send any changes to Rosalyn Schilberg, Membership Director. Thank you!

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 17/18 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

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)	
Caroline Anker	587-469-4460
Acting Activities Director(s) (paces55@shaw.ca)	
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 (cyrnatsuko@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.

2024 Edmonton Marigold Annual General Meeting Notice:

Official Notice

**Alberta 55 plus Zone 6 Edmonton Marigold Recreation
Annual General Meeting**

Wednesday, April 3rd, 2024 (Note change of date)

at Central Lions Seniors Association (small auditorium)
(11113-113 Street. Edmonton) – **use MAIN doors only please**

Doors open at 6:30 pm; meeting begins at 7:00 pm

Reports from all Executive Members and Coordinators

Election of Executive Members

Long Service Membership Pins Presentation

Be sure to bring your current membership card.

Come out to support your fellow Alberta 55plus and Zone 6 members,
and to find out what's happening with your organization.

Refreshments served after the meeting.

Our Annual General Meeting for 2024 is fast approaching, and there are several key positions on the Executive Board that have to be filled. Please consider donating your time and efforts to help Marigold 55 plus provide all the services we have come to enjoy. We are always looking for members who want to be more involved in the Executive or as a Coordinator of our organization. ***This is your opportunity to do exactly that!***

Any new member elected will be warmly welcomed and will have an easy time fitting into our organization with our executive. Current executive members are Clinton Sopchyshyn (President), Caroline Anker (Past President), Eleanore Friend (Secretary), Linda Heller (Treasurer), Wendy Jerome (Publicity Director), Rosalyn Schilberg (Membership Director), and Pat Chobater, Bob Tessier and Natsuko Cyr (Directors at Large). These people have made a positive impact on the executive this past year with their enthusiasm, work habits, knowledge and dedication to improving our organization. Everyone on the executive is ready, willing and able to assist newly elected members. Please consider allowing your name to stand for one of the following positions:

Position	Particulars (all offices are TWO-Year Terms)
President	<ul style="list-style-type: none"> • Presides over Executive Meetings, second Monday of the month (morning) January through June, and September through November, plus any specially called meetings, devising agendas for all • Attends Coordinators' Meetings, last Monday of the month (morning) January through June, and September through November, (travel & meal costs reimbursed) elaborates on Executive matters and decisions • Attends Provincial Board meetings three times a year, usually in Red Deer • Sits ex-officio on Executive Committees and meetings • Presides over Annual General Meetings and draws up agendas • Attends as many zone playoffs and events as possible • Ensures Executive works efficiently and effectively
Vice President	<ul style="list-style-type: none"> • Attends all Executive Meetings, all Coordinators' Meetings, Annual General Meetings, and any specially called meetings, supporting the President • In the absence of the President, the Vice President takes position of Chair, running the meetings and assists the President in whatever way is necessary
Activity Director	<ul style="list-style-type: none"> • This position can be filled by two people, with one directing Winter Games activities, and one directing Summer Games activities • Chairs Coordinators' Meetings (last Monday of the month January through June, and September through November) drawing up an agenda • Attend a Provincial Technical Committee Meeting with other seven zone Activity Directors

	<p>once or twice per year discussing issues or changes required, (travel & meal- costs reimbursed).</p> <ul style="list-style-type: none"> • Assist Area Directors/Coordinators in setting up venues at playoffs as needed • Be responsible for their Zone's playoffs • Set entry deadlines for your playoffs and hold to them (both Zone and Provincial) • Work closely with Area Directors/Coordinators and help host workshops to increase communication, ideas and knowledge between all <ul style="list-style-type: none"> ○ Assistants are encouraged! This would help the transition from one Director to another immensely. • The Activity Director is responsible to ensure that the Rules of the Games binder is up-to-date • Ensure that the Alberta 55 plus Rules of the Games are followed (playoffs)
Secretary	<ul style="list-style-type: none"> • Attends all Executive Meetings, all Coordinators' Meetings, Annual General Meetings, and any specially called meetings, taking accurate notes, typing up minutes of the meetings in a timely manner, and e-mailing them to appropriate parties • Maintains accurate record of all minutes • Keeps a copy of Executive Meeting minutes in the Marigold Office • Keeps attendance at all meetings • Ensure Executive and Coordinators have updated information (list of executive, coordinator contact list, activity calendar, dates of meetings & location, etc.) • Correspondence as necessary (drafting, typing, printing, etc.) • Reminds Executive and Coordinators of meetings • Produces reports to the Membership at AGMS (compilation, printing, etc.) • Assists President and Activities Director(s) as needed
Director at Large	<ul style="list-style-type: none"> • Attends Executive Meetings • Is usually assigned a specific task on the Board (e.g.: Publicity, special projects, newsletters, fundraising, Casino Chair, overseeing office volunteers and maintaining schedule of volunteers, promoting Alberta 55plus and specifically Zone 6, maintains showcase with updated materials and promotions)

Role of Alberta 55plus Zone 6 Edmonton Marigold Coordinator:

- Is knowledgeable about the Activity you are coordinating
- Attends Coordinator Meetings once a month January through June, and September through November.
- Work with your Assistant Coordinator to plan out the year, playoff event, fun events, workshops, training sessions, and draw up proposed budget for the treasurer
- Organize and execute a playoff event to determine qualifiers to the Alberta 55 Plus Provincial Games (Winter or Summer) ; engage a venue; draw up roster of players and time-tables of play if necessary; engage judges or officials if necessary
- Organize and execute at least one (more are encouraged) fun event; draw up roster of players and time-tables of play if necessary; engage judges or officials if necessary
- Obtain a member interest list of those who have listed your activity as one of their interests – request this from Membership Director
- Publicize your playoff, fun event, workshop or training session through:
 - Publicity Director
 - Compile a poster(s) and display them in appropriate locations
 - Phone/e-mail those on interest list
- Work with the Activities Director, ensuring that he/she knows of all your events and dates, and of any questions you have or any problems you have encountered.

Our biggest challenge as a Zone this last year is a lack of an **Activity Coordinator(s)**, and of volunteers as **Coordinators**. If you think this might be the job for you, please contact Caroline at paces55@shaw.ca or 587-469-4460. We are very appreciative of the loyalty and dedication shown by the current Coordinators. They do an excellent job, given the fact that interest in many activities seems to be waning overall.

Our Coordinator Contacts are listed on page 6, and as you can see, we need volunteers to become Coordinators in **Badminton, Contract Bridge, Carpet Bowling, Cycling, Darts, Horseshoes, Pool, Ice Curling and Stirling Curling, Cross Country Skiing, Alpine Skiing, SloPitch, Swimming, Table Shuffleboard, and Tennis**. That's fifteen (15) activities currently without a Coordinator – a full half of our activities. Executive members are ready and willing to help in any way; as well, 'how-to guides' are available in the office from previous coordinators listing venues, contacts, rules, time-lines, and pretty well everything you need to know on how to be a Coordinator. If you have been a participant in one of these activities, consider becoming a Coordinator. **Should we not secure Coordinators, those activities without leadership are in jeopardy of being cancelled entirely. It's time to answer the call!** Please contact Past President Caroline Anker at paces55@shaw.ca or 587-469-4460 if you are able to help us out, or if you know of someone who you think would be a good Coordinator.

Do you have a few hours each month which you could spend volunteering for Edmonton Marigold, Zone 6 of Alberta 55 plus? You don't have to have previous experience – training and guidance will be provided. You can become a Board Member, Coordinator, or Assistant Coordinator. **The simple requirements are that you must be a current Alberta 55 plus member, attend monthly meetings September through November, and January through June, and commit to completing a two-year term.** You don't have to wait for the AGM to nominate someone for a position in Marigold 55 plus Recreation, or to volunteer for a position. This can be done at any time throughout the year. On this page is a nomination form you can complete and return to Caroline Anker, Nominations Chair. If you want to volunteer for a position, use the same form – simply circle the word 'volunteer', in which case a 'nominator' is not necessary.

NOMINATION FORM FOR EXECUTIVE POSITION:

I hereby nominate _____ to the Marigold 55 plus Executive Board position of _____.

Date: _____ Signed: _____

Printed Name of Person Making Nomination: _____

I hereby volunteer for the Marigold 55 plus Executive Board position of _____
_____. I understand that this is a 2-year commitment.

Date: _____ Signed: _____

Printed Name of Nominee: _____

VOLUNTEER FORM FOR COORDINATOR / ASSISTANT COORDINATOR:

I hereby volunteer as _____ for Marigold 55 plus.

Date: _____ Signed: _____

Printed Name of Person Volunteering: _____

Be Sure to Renew Your Alberta 55plus Membership

2024 Memberships to Edmonton Marigold (Zone 6 of Alberta 55plus) are now available for \$40 per year. Payment can be made by credit card online at <https://alberta55plus.ca/> or by cheque or cash and sent to Rosalyn Schilberg (our Membership Director). Her mailing address is 6108-85 Avenue, Edmonton, T6B 0J5. Or you can drop off your completed and signed membership form along with your cheque or cash at our Edmonton Marigold office at Central Lions any Tuesday or Thursday afternoon between the hours of 1:00 pm and 3:00 pm in January 2024. **We do thank you for your support!** Our members are the driving force in our organization. And the executive and coordinators are the mechanics and mechanism that keep the organization running and moving forward. We need the help and support of every single member! We can, and should be, a vibrant and dynamic group of like-minded people promoting an active lifestyle, socializing with old and new friends throughout this city, and all of Alberta, competing at the Alberta 55 Plus Summer and Winter Games. And if your activity(ies) of choice are those chosen for the Canada 55 Plus Games, then you can enjoy the bonus of representing your province in nation-wide competitions – in Quebec City in August of 2024.

Coordinator Contacts 2022

Activity	Name of Coordinator	Phone Number
Arts & Crafts, Photography	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 (wjerome@telus.net) (interim)	780-489-5556
Hockey	Bob Tessier (bobtessier@telus.net)	780-446-2769
Horseshoes		
Ice Curling	Wendy Jerome (wjerome@telus.net) (interim)	780-489-5556
Military Whist	Delores Heck (dedeheck@telus.net)	587-473-2378
Pickleball	Wendy Jerome (wjerome@telus.net) (interim) (Competitive)	780-489-5556
Pool (Snooker) Pool (8-Ball)		
Scrabble	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!***

A Christmas Greeting to All of You....



And for those of us who grew up on prairie farms.....

Ole Red and 8 tiny Deere



*Merry Christmas to all our members, and we wish you
Happiness and Good Health in 2024!*

Duplicate Bridge Playoff Results

Duplicate Bridge Coordinators Don and Louise Holtom held their Playoff to determine the qualifiers advancing to compete at the Alberta 55 Plus Winter Games being held April 13th-14th, 2024 in Camrose, AB. The results were as follows:

Pair #	Names	Score	Overall Standing	Alberta 55+ Standing
1.	Bill Lawless – John Lehman	89.92	6	-
2.	Wayne Hushagen – Ken Sutley	98.00	4	-
3.	Jessie Trottier – Yvonne Erickson	59.77	14	-
4.	Bill Miller – Ruth Jackson	87.23	8	-
5.	Jim Fitzpatrick – Myrla Fitzpatrick	61.92	13	-
6.	Jim Stevenson – Bruce Kassian	77.54	11/12	-
7.	Rob Glor – Ken Barnett	104.46	1	-
8.	Len Kondro – Terry Hruschak	100.69	2	-
9.	Bob Hemmings – Stan Graham	83.50	9	-
10.	Frances Kortzman – Janice Cowley	87.77	7	-
11.	Gordon Wilson – Bob Van Bakel	82.92	10	-
12.	Don Holtom – Louise Holtom	92.62	5	1
13.	Matt Dewitt – Hans Kuhnel	56.00	15	-
14.	Lloyd White – Jim Normey	77.54	11/12	2
15.	Shaun Murphy – Les Butler	100.15	3	-

Congratulations to **Don and Louise Holtom**, and **Lloyd White** and **Jim Normey** who will be advancing to the Winter Games in Camrose April 13th-14th, 2024! Well done!

Thank you to Marshall Yaremcio for the following Fall photos:



Invitation to Advertise in our Grapevine Newsletters

Zone 6 Grapevine Newsletter

Description of Colour Ad	Measurements of Colour Ad	Cost of Colour Ad	Cost Multiple Issues
Business Card	4" wide x 2.5" high	\$25.00	Regular 4 x \$25 = \$100 Less 20% = \$80
Quarter Page	4" wide x 5" high	\$40.00	Regular 4 x \$40 = \$160 Less 20% = \$128
Half Page	8" wide x 5" high OR 4" wide x 10" high	\$80.00	Regular 4 x \$80 = \$320 Less 20% = \$256
Full Page	8" wide x 10" high	\$160.00	Regular 4 x \$160 = \$640 Less 20% = \$512

Send ad submissions to Eleanore Frend at elfrend@telus.net by the first day of the month of issue. Issues planned for March, June, September and December.

Please note that there is a **20% discount for committing to advertising in all four issues (per year) – see 4th column.**

CURLING TRIALS FOR PROVINCIALS

The Winter Provincial Games for 2024 will be quite different as they will not be held at a single site but at multiple sites around the province on different dates. The positive is that it allows members to participate in a wide variety of events. However, this approach feels more like multiple 'championships', rather than a 'Games'. Let's see how it works out.

The first Provincial Games events to be held in February 2024 will be the traditional winter events of skiing and curling. For those interested, the Zone 6 trials for both Ice Curling and Sturling will take place at the Jasper Place Curling Club at 16521 - 107 Avenue on Saturday, January 6. Registration will take place at 12:00 noon with play starting at 1:00 p.m.

ICE CURLING categories for both Men's and Women's teams will be 55+, 65+ and 70+. For those playing in the Mixed event, the ages will be 55+, 65+ and 75+. One team from each category will advance to the Provincial Games which will be held in Cochrane on February 22-25, 2024.

Qualification for the Canada Games in Ice Curling will include the winners of the 55+ and 65+ age categories for both men's and women's teams. Mixed will qualify winners in 55+, 65+ and 75+ events for the Canadians.

This is only the second time that the STURLING event will be held at Alberta 55 Plus Games. It got off to a slow start in 2022. For those who might be interested in trying out in this new event, I see it as a wonderful transition from Ice Curling for those whose balance is faltering as they age. I had the opportunity to take a class this fall and was quite concerned about falling, but with proper shoes I maintained my balance and enjoyed the experience. I encourage others with balance issues to try it out before giving up on curling.

At the 2022 Provincials, this two-person stick event ran into a few issues. There were many versions being played in different areas of the province that had a number of different rules in place, e.g. time-outs, etc. I would strongly encourage those interested in participating in this event to check out the rules on the Alberta 55 Plus website (www.alberta55plus.ca). These will be the rules that the trials and Games will follow.

For those of you interested in Sturling, the event will have two age categories: 55+ and 70+. Teams can consist of two men, two women, or one man and one woman. Two teams from each age category will qualify for the Provincials. The Sturling Provincials will be held in Strathmore on February 17-18, 2024. At this time, Sturling is not included in the Canada Games.

For those of you who are successful in qualifying for the Provincial Games, registration forms will be available at the zone trials. Those moving on in the Ice Curling event will have an entry fee of \$90 per person; in Sturling the fee will be \$85 per person.

If you have team members who are not yet members but who wish to participate, memberships will be available on site at the trials (\$40). Further information regarding the Zone trials, in both events, can be obtained from Wendy at wjerome@telus.net or 780-489-5556.

Wendy Jerome (Interim Coordinator Ice Curling and Sturling Curling)

Calling all Pickleballers!

The Winter Games provides a provincial competition for the Recreational group of Pickleball players – those with a rating of 3.0 and lower – unlike the Summer Games which focused on those rated 3.5 and higher. We are hoping to do as well at the Winter Games as we did this past summer where a very strong Zone 6 team took home a batch of medals. They did Edmonton proud!

The 2024 qualifying tournament will be held on February 10, starting at 3:00 p.m. at the new Pickleball Hub at 6303 Roper Road. The events include Men's, Women's and Mixed Doubles in the following age categories: 55+, 60+, 65+, 70+ and 75+. I will be accepting entries up until January 13. You can reach me at 780-489-5556 or, preferably, by email at wjerome@telus.net. Please include the following information: name, partner's name, event(s), birthdates, phone numbers and email

addresses. The event charge will be \$5, payable when you register at the Hub on the day of the event. We ask all players to register by 2:30 pm on that day. If you have not yet taken out your Alberta 55plus membership you can do so at that time.

The Provincial Winter Games event will take place in Vermillion on April 5-7, 2024. Winners of the Zone trials are eligible for these Games. I look forward to seeing a large group of you at the Hub in February.

Wendy Jerome, Coordinator Pickleball, Zone 6

Note from the Editor:

As many of you have noted over the years, there are many differences between the Alberta 55 Plus Games, and Canada 55 Plus Games. Quite possibly, we have considered these two to be 'sister' groups, when in reality, they are two very separate entities. Not every province has a province-wide organization like Alberta 55plus, so provincial teams competing in Canada 55 Plus Games come from varied sources. In order to accommodate all provinces and territories, Canada 55 Plus Games has evolved into a very unique organization. While we might wish it otherwise, the truth is that they would find it impossible to accommodate each and every provincial or territorial source sending teams to compete. And so, they have come up with their own inimitable 'Game' plan, so to speak. Add to that the fact that the host community changes for each set of Games, and are encouraged to 'make it their own Games' by adding special events and demonstration events, and even modifying some rules and guidelines, and it begins to take on a very unique and different look from the Alberta 55 Plus Games which we are used to. Something else to consider is that popularity of activities and events can differ in the extreme between eastern and western Canada.

I had never paused to really consider this before Wendy Jerome brought up all the differences between the two sets of Games at our November Executive and Coordinator meetings, and asking the question on everyone's minds, "Why?" "Why no continuity – no concrete basis on which events are planned?" My thanks to Caroline Anker (Past President) and Clint Sopchyshyn (President), who have had more dealings with our provincial organization than I, and certainly more experience with Canada 55 Plus Games. Their wisdom and experience has indeed enlightened me, and hopefully, you too.

The end reality is – we must focus first and foremost on our own Provincial organization and Games, and consider advancement from those Games to the Canada 55 Plus Games as being an added bonus and opportunity, rather than the end result of a progression of competitions. With this proviso in mind, we invite you to read Wendy's following editorial and trust that this will collectively 'vent our spleens' on a subject which we are unable to change, much as we might like to – and accept the opportunities which are provided to us in the Canada 55 Plus Games.

Alberta vs. Canada – Editorial by Wendy Jerome

No! This has nothing to do with the APP vs. CPP. This has to do with the differences between the offerings at the Alberta 55 Plus Games, and the Canada 55 Plus Games – as related to activities, age categories and gender.

With trials upcoming for interested members of the Edmonton Zone to participate in the 2024 Alberta 55 Plus Provincial Summer Games, which many consider a stepping stone to the Canada 55 Plus Summer Games to be held in Quebec City in August 2024, participants should be aware of what events will transition to the national championships and which ones will not. Nothing can be more frustrating than to expect a ticket to travel to Quebec when you win at the Provincial Games, only to find that your event is not offered. How, too, does one qualify for a national event in an activity not offered by our provincial body? How does one take advantage of this opportunity?

*Let's look at the issue with regard to activities. Our Provincial Games offer competition in the following activities: Darts, Bocce, Snooker, Badminton, Swimming, Tennis, Table Shuffleboard, Euchre, Military Whist, Arts and Creative Writing, Corn Hole (a fast growing sport in North America) and Floor Curling. **None** of these activities will be held at the national championships. Alpine and Cross Country Skiing, which are part of our*

Winter Provincials, are also not included, understandably so, as the Canada Games are held in the summer, and, while ice can be manufactured indoors for Hockey, manufacturing sufficient snow outdoors for Skiing is an almost impossible task in the summer.

Alberta offers a Time Trial competition in Cycling, which is not included in the Canada Games. Alberta also includes 4-person teams in their Bocce trials. This, too, is not included in the Canada Games.

Hosts of the Canada 55 Plus Games select events which can be unique to their Games. This is very similar to the Olympic Games which provide a similar opportunity to host countries. In Quebec, for example, the following events will be included: 5 and 10 kilometre runs for both men and women 55+ and 65+. Duckpin and Candlepin Bowling for open teams aged 55+, 65+, 75+ and 85+, Table Tennis for men's, women's and mixed teams aged 55+, 65+ and 75+ and, finally, Baseball Poshe.

Age categories also vary. For example in Darts at the Alberta Games, Men's and Women's Singles and Men's, Women's and Mixed Doubles include 55+ and 65+ groups, and 75+ age groups comprised of members of the singles teams. However at the Canada Games, the age group for Men's and Women's Singles and Doubles is 55+. Only Mixed Doubles includes the 65+ and 75+ categories.

In Golf, the age categories remain the same at both Games for men and women in the **Calloway** competition – 55+ and 70+. The Alberta **Low Net** competition also has the two categories of 55+ and 70+; however, at the Canada Games, the age categories start at 55+ and go up at 5-year intervals to 85+ for both men and women. **Low Gross** at the national event has these same categories ranging at 5-year intervals from 55+ to 85+, but at the Alberta Games the Low Gross for men and women includes only ages 55+, 65+ and 70+.

In Ice Curling, there are also some differences. In the Canada Games, the age categories for Men, Women and Mixed events are 55+ 65+, and 75+. The Alberta age groups are 55+ 65+ and 70+ for men and women, and 55+, 65+ and 75+ for the mixed event.

In Cycling, the age groupings are 55+, 60+, 65+, 70+ and 80+. In Alberta there is no 80+ category.

Cribbage at the Canada Games is an Open pairs event for 55+ players. In Alberta we also include a Singles event for 55+ and 70+. Winners in the latter two events do not qualify for the Canada Games.

In Ice Hockey, the Alberta Games has added a 65+ category to the trials to reflect the age groupings offered at the Canada Games. This is a step in the right direction to reduce confusion and conflict.

Gender differences are minimal. Perhaps the greatest concern to Alberta is the Canada Games SloPitch event which has been changed to a Mixed Team event, much to the disappointment of the Edmonton zone Men's teams.

All of this causes confusion and frustration. And, as stated in the Editor' Note preceding this editorial, there is not a great deal we can do to alleviate said confusion and frustration; except to meet it with our usual Alberta good natures and our western 'let's get along' tolerance. If unique events are being held at a Canada 55 Plus Games for which we have no trials, perhaps we could allow interested members to apply to represent the province. Local and provincial trials would clearly identify which activities will be moving forward to national Games.

We hope that we all feel better now, having been able to 'VENT', and that we can all move forward and enjoy the Alberta 55 Plus Games this winter, and then the added bonus Canada 55 Plus Games during the summer. As seniors, we have all learned tolerance as we've aged, and the 'Serenity Prayer', attributed to Reinhold Niebuhr, Lutheran theologian (1892–1971):

“God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

Zone 6 Playoffs Coming Up:

ARTS Playoff

Edmonton Marigold Zone 6 Alberta 55plus

Entries will be accepted

March 27th, 2024 – 1:00-3:00 pm

at the Zone 6 office at Central Lions.



Categories:

- Mixed Media
- Miscellaneous
- Oil Painting (landscape)
- Oil Painting (still life)
- Oil Painting (floral)
- Water Colour Painting (landscape)
- Water Colour Painting (still life)
- Water Colour Painting (human portraits)
- Water Colour Painting (floral)
- Acrylic Painting (landscape)
- Acrylic Painting (still life)
- Acrylic Painting (figures)
- Drawing (pen & ink, charcoal, conté, or graphic pencil – any subject)

Visit Alberta 55plus website <https://alberta55plus.ca> and click on Games, Rules, & Arts for more details.

Winners qualify to compete in the 2024 Alberta 55plus Provincial Winter Games held in **Camrose April 13th-14th, 2024.**

Contact Eleanore Frend – elfrend@telus.net or phone at 780-462-7488 for more information.

Must be 2024 Alberta 55plus member to enter. Memberships \$40 available online.

***Get your creativity going
and get started
on your ART project today***



CREATIVE WRITING Playoff

Edmonton Marigold Zone 6 Alberta 55plus

Deadline for electronic entries

March 7th, 2024

E-mail to Eleanore Frend elfrend@telus.net

Categories:

- Class A – Poetry
- Class B – Light Verse
- Class C – Short Fiction
- Class D – Non-Fiction – Serious
- Class E – Non-Fiction - Humorous

Visit Alberta 55plus website <https://alberta55plus.ca> and click on Games, Rules, & Creative writing for more details.

Winners will qualify to compete in the 2024 Alberta 55plus Provincial Winter Games held in **Camrose April 13th-14th, 2024.**

Contact Eleanore Frend – elfrend@telus.net or phone at 780-462-7488 for more information.

Must hold 2024 Alberta 55plus membership to enter. Memberships \$40 available online.

Floor Curling Playoff

Friday, January 19th, 2024 – 1:00 pm

North West Edmonton Senior Centre
(12963-120 Street)

Registration deadline is January 12th, 2024.
Registration – 12:30 pm; play starts 1:00 pm
Members \$5 registration fee.

Two teams will advance – 55+ and 70+

Winners qualify to compete at the Alberta 55plus Winter Games in Camrose April 13th-14th, 2024

Registration fee for Winter Games \$100/person

Contact Mike or Vicky Dolynny at mikedoly@telus.net or 780-457-5036

Must be current Alberta 55plus member to play – Memberships \$40 – available at playoff



Zone 6 Recreational Pickleball Playoff



Date: Saturday, Feb.10, 2024 – 3:00-7:00 pm

Cost: \$5 Registration Fee

Where: The Pickleball Hub (6303 Roper Road)

Registration e-mail to Wendy Jerome

wjerome@telus.net or phone 780-489-5556

When you register, give your age group & competitive level and event.

Register by Jan. 13th, 2024

Recreational – up to 3.0 rating and below

Events: Men's, Women's & Mixed Doubles

55+, 60+, 65+, 70+, 75+

Winners qualify for the 2024 Alberta 55plus Winter

Games April 5th-7th, 2024 in Vermilion

MUST be 2024 **Alberta 55plus member**

Memberships available online @

www.alberta55plus.ca

or at the competition (\$40 per year).

SCRABBLE PLAYOFF Zone 6 & Parallel Fun Tournament

March 20th, 2024 - 9:00 am – 4:00 pm

Central Lions Centre Room 15

(11113-113 St. Edmonton)



55 +: 3 Levels – Expert, Mid, Beginner

Open Event

Registration members \$5

Must be a 2024 Alberta 55plus member to

compete in playoff. Memberships \$40

available online or at event.

Registration deadline **March 12th, 2024**

Contact Clint or Geneva Sopchyshyn

clintsopchyshyn@gmail.com or 780-434-7133

5 Pin Bowling Playoff



Monday, January 22nd, 2024 – 10:00 am

Bonnie Doon Bowling Lanes

Bonnie Doon Shopping Mall

Registration deadline January 15th, 2024

Teams: POA: 55,65,75, 85 – 1/zone

Teams of 5, any combo

Scratch: 55 ,65, 75 ,85 - 1/zone

1 bowler per zone

Contact Caroline Anker paces55@shaw.ca

or 587-469-4460

Must be 2024 members to compete - \$40

available online or at playoff.

Winners advance to Alberta 55plus Winter Games
in St. Albert April 25th-26th, 2024

Registration fee Winter Games is \$100/person

Ice Curling Playoff

January 6th, 2024 – 1:00 pm



Jasper Place Curling Club (16521-107 Ave.)

Winners qualify for **2024 Alberta 55plus Winter Games**

in Cochrane AB, February 22-25th, 2024

Ice Curling Categories:

Men's & Women's 55+, 65+, 70+; Mixed 55+,

65+, 75+

Registration Deadline December 15th, 2023

Registration Fee: \$5

Contact Wendy Jerome at

wjerome@telus.net or 780-489-5556

Must be current Alberta 55plus member

Memberships \$40 per year; available onsite or

online <https://alberta55plus.ca>

Sturling Curling Playoff January 6th, 2024 – 1:00 pm



Jasper Place Curling Club (16521-107 Ave.)

Winners advance 2024 Alberta 55plus Winter Games in Strathmore AB, February 16-18th, 2024 (Note change of date from Feb. 17th to 16th, 2024)

Sturling Curling Categories:
Doubles Teams 55+, 70+

Registration Deadline December 15th, 2023

Registration Fee: \$5

Contact Wendy Jerome at

wjerome@telus.net or 780-489-5556

Must be current Alberta 55plus member
Memberships \$40 per year; available onsite or online <https://alberta55plus.ca>

If you do not have a partner, we can attempt to match you with one.

Zone 6 Edmonton Marigold EUCHRE Playoff



EUCHRE

Euchre Playoff to qualify for 2024 Alberta 55plus Winter Games April 13-14th, 2024 in Camrose. Everyone is welcome!

Thursday, January 25, 2024

Register 12:00 noon, Play starts 12:30 pm

Venue: Room 15, Central Lions

(11113-113, Edmonton)

Must be current Alberta 55+ member to compete - Pre-register by Jan. 18th, 2024
Contact Rosalyn Schilberg 780-466-0148
rosalyn@telusplanet.net or Pat Chobater at 780-901-9223 pat.chobater@gmail.com - Alberta 55plus memberships (\$40) available at event or online <https://alberta55plus.ca/>



Edmonton River Valley just before freeze-up

Small Kindnesses by Danusha Laméris

I've been thinking about the way, when you walk down a crowded aisle, people pull in their legs to let you by. Or how strangers still say "bless you" when someone sneezes, a leftover from the Bubonic plague. "Don't die," we are saying. And sometimes, when you spill lemons from your grocery bag, someone else will help you pick them up. Mostly, we don't want to harm each other. We want to be handed our cup of coffee hot, and to say thank you to the person handing it. To smile at them and for them to smile back. For the waitress to call us honey when she sets down the bowl of clam chowder, and for the driver in the red pick-up truck to let us pass. We have so little of each other, now. So far from tribe and fire. Only these brief moments of exchange. What if they are the true dwelling of the holy, these fleeting temples we make together when we say, "Here, have my seat," "Go ahead – you first," "I like your hat."





ALBERTA 55 PLUS
MEMBERSHIP APPLICATION FORM
FOR THE YEAR 20___ Zone: 6



To be eligible to compete in activities sponsored by Alberta 55 plus and be covered by our sport accident insurance, you must sign and date the waiver - back of this form or page 2, every year.

Membership is for the period January 1 through December 31, inclusive, for the year of purchase

Are you a: New Member () or Renewing/Returning Member () ?

For Renewing/Returning members, enter your name below, as well as any other changes since you last registered. You must sign and date the waiver - back of this form or page 2, every year.

Make cheque for \$40 payable to: Edmonton Marigold 55 plus

Mail this form and cheque to: Membership Director
6108-85 Avenue NW, Edmonton, AB T6B 0J5

Name: (Please Print) _____ Year of Birth: 19 _____

Email: _____ Birthdate (Optional) ___/___/___
M D Y

Gender: Male () Female () Non-Binary ()

Mailing Address: _____, Alberta

Postal Code: _____ Primary Contact Phone: _____ 2ndary Phone: _____

We normally send our newsletter by email; do you need to receive it by regular mail? No () Yes ()

Please 'X' the activities you are interested in:

- Alpine Skiing, Badminton, Bocce, Bowling - 5 pin, Bridge - Contract, Bridge - Duplicate, Carpet Bowling, Cornhole/Beanbag Toss, Cribbage, Cross Country Skiing, Cycling, Culture (Arts, Crafts, Writing, Photography), Darts, Euchre, Floor Curling, Floor Shuffleboard, Golf, Horseshoes, Ice Curling, Ice Hockey, Military Whist, Pickleball, Pool - 8 Ball, Pool - Snooker, Scrabble, Slo-pitch, Stirling/Stick Curling, Swimming, Table Shuffleboard, Tennis, Track and Field

How would you like to volunteer? (Activity Planning, Judging, Casino/Fund Raising, Publicity, Membership, Board member etc.)

Please sign and date waiver-back of this form or page 2, every year.



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

Golfing in November by Marshall Yaremcio

Most golf clubs closed their gates on October 29th for the 2023 season. As did most golfers put their clubs away for the season. A few 'die-hard' golfers kept their clubs in their vehicles – just in case one Club might reopen. On November 4th, Terra Pines reopened after the first snowfall earlier in October. I was ecstatically happy to be playing golf on my birthday with three of my golfing friends. The course is wide open with surrounding farm fields, subject to wind conditions, just rows of trees – not in groups to hold the winds – near Morinville, with lots of water hazards.



The golf greens were not in the best shape; some close to ponds were littered with goose droppings, and some were eaten by weasels, mice and muskrats, creating holes (so the manager claimed). We then made some rules to accommodate the conditions. We could move our ball away from the hazards, but no closer to the hole, which created better scores.

You had to dress warmly (as mentioned earlier) because of the winds finding uncovered body parts. Mandatory clothing included a toque, thermal pants or long underwear (bottoms only), thermal socks, vest, pair of warm gloves, and a cap to keep the sunrays out. The gloves were removed every shot so the club wouldn't slip. Oh! One other thing – a device to poke holes into the frozen turf to insert your golf tee on which the golf ball sits! These areas were on only five tee boxes because they were shaded with spruce trees. November weather – evenings in the country points – are much colder than city temperatures, causing creeks and ponds to freeze hard enough to walk on the ice. We never did. However, we took advantage on the 12th hole water (frozen) all along the par 4 fairway, to hit the ball high into the air to get a good two bounce on the ice – might put the 16-foot round sloping green. In the 6 rounds played to date in November, I accomplished this twice and birdied the hole.



Another plus for me was when a weasel came on the 13th tee box, and stood on its hind legs looking at us. Maybe saying to himself, "Why are you here? It's too cold to play golf!" This is the third time in my life that I have seen a weasel. A muskrat was skating on the ice, sliding to his home. Another plus was the beautiful sunsets with the open prairie view – which you don't see in the city. They were awesome, with red, orange, blue and white streaked formations waiting for the sun to set.

Talking to the manager, he was telling us that people from as far away as Calgary, Red Deer, Grande Prairie, and Peace River had visited – driving through snowstorms to come and play with booked tee times. We were all making history in our own little worlds, playing the most northern golf course in the world in November!

Oh! Almost forgot that they serve buffalo burgers – best if you order them after the 9th hole as they have to be cooked slowly for tenderness. This – along with lots of sweet potato fries and coffee with a dash of Bailey's Irish Cream! What more can an all-weather golfer ask for?

Tee time November 28th at 12:00 pm and December 2nd – weather permitting of course!

Update: I received my golf wish and played 7 rounds in November – a record for me and friends. But the best is yet to come as the saying goes. Golfed December 5th tee time at 11:30 am. Maybe we set a Canadian or World record for golfing in December in the most northern golf course in the world. We were in a different zone – maybe..... the Twilight Zone!

There were 3 greens that the sun never melted through the thin layer of snow. This caused some putting problems, as the ball would roll nicely on top of the snow, but it also picked up the snow creating a tennis-sized golf ball. Then the weight of the snow would cause the ball to fall on its side – "awesome golf"!

ITV was there the latter part of November interviewing the manager, Mark. At that time there was a foursome from Saskatchewan who came to play. Mark said he received \$10,000 worth of free publicity for his golf course that day!

Another Golfing Story by Marshall Yaremcio

While downsizing for the past years I discovered many items of value, but nobody is interested in purchasing them. Cousin Cheryl sells items for people for 10% commission with a wider network. I gave her several items to sell – posters from Calgary's Winter Games in 1988, metal cap gun, and a #7 wooden-handle golf club. The first two items sold within two weeks, but no offers on the golf club. Cheryl contacted the Legends Golf Club because they specialize in an antique golf cart museum, asking if they would be interested in this #7 golf club. They recognized the name engraved on the club as belonging to a golf pro from the Mayfair Club.

Next the Royal Mayfair Club was contacted and an appointment was arranged with the administrator. Upon viewing the club he said, "Yes, this did belong to one of our pro's with the name of J. Morrison engraved on the club." With the new building we are looking for items to display." He then showed Cheryl a picture of Mr Morrison in the display case. From my instructions Cheryl said, "We will donate this club to the Royal Mayfair Club in exchange for a round of golf for four with two golf carts." The Administrator smiled and said, "Yes, we can do that. When do you want to play, this year or next?" Cheryl replied, "This year, for some of us may not be around for next year." A date was set with the start time at 10:00 AM in September.

My golfing, cycling and cross country skiing partner Don and I skied the Golf Course first years ago, before it became a public cross-country skiing area. We enjoyed all the hills, wild life from deer – mule and white tail – groups of coyotes and a rare sighting of co-coyotes or co-wolves. Back then we made our own tracks. The thrill for us was to actually play this Golf Course, to see it in the summer with all its sand traps, side hills, narrow fairways and greens.

The day arrived to play. We were treated royally, shown where everything was, how to get there, use of their practise facilities and yes, no hats in the restaurant. The thrill I felt as I mentioned earlier of actually playing this PGA course, being a volunteer on several PGA events held there. The fuzzies I felt then and now as I'm typing this story, will be with me for years to come. I played several older PGA Golf Courses in the USA, but none compare to the beauty of the Royal Mayfair Golf Club. Just a brief description, their tee-off greens were better than most golf courses' regular greens; their greens looked as if nobody made any divots; awesome white sand traps, and I tested several of them. I also donated one ball to the Water Golf Gods, scored well, and they in turn proved there is a Golf God.

Note from Editor: Many thanks to Marshall Yaremcio and Wendy Jerome for submitting their articles to the newsletter – your contributions are very much appreciated!! Thank you! (elf)



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