

Alberta 55plus  
Zone 6 Edmonton



# THE GRAPEVINE



### *President's Message*

Congratulations to all the Marigold members who participated in the Alberta 55plus Summer Games that were held on August 17<sup>th</sup>-20<sup>th</sup> in Brooks. The experience of attending and competing in these Games was certainly a worthwhile life experience – winning a medal, making new friends, and having an opportunity to relive the music and highlights of the Beatles' fabulous musical career.

The weather, food and hospitality of Brooks was first class, and hopefully the next Alberta 55plus Summer Games, which will be held in 2025 in Leduc, will be equally as great, or even better!

As we head into the coming Fall season, the **Alberta 55plus Winter Games** will be held in seven different locations, as no community in Alberta was willing to host the Winter Games. Hockey and Skiing competitions have been completed. The schedule of events can be found on **page 15**.

Qualifying competitors from the Alberta 55plus Summer and Winter Games (2023/2024) will be invited to be members of the Alberta Team which will be entered for the 2024 Canada 55plus Games in Quebec. Approximately twenty different activities are planned for this event. If you receive an invitation to participate, make this an opportunity to compete in this national event, and have an exciting Quebec vacation at the same time!

Clint Sopchyshyn, President  
(780)434-7133, [sopchyshynclint@gmail.com](mailto:sopchyshynclint@gmail.com)

### *Inside this issue:*

• President's Message	1
• Executive List	2
• Zone 6 Office	
• Coordinator Contacts	3
• Alberta 55plus 2023 Summer Games Results, Photos, Stories	4-10
• Biographies of Executive Members	11-14
• Provincial Alberta 55plus AGM Awards	14
• 2024 Winter Games Schedule of Events	15
• Membership Form	16-17
• Welcome Terri Constantinescu	18
• Health & Wellness Fairs	
• Advertising Rates	
• Belated Happy Birthday Jessie Trottier	19
• Back Cover	20

## Zone 6 Office

### Executive

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

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. 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](mailto: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](mailto: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](mailto: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 1<sup>st</sup>, 2023, and can be paid for only one year at a time now.

Eleanore Frend

**Coordinator Contacts 2022**

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



### Alberta 55plus 2023 Summer Games Results

Category	Placement	Name(s)
<b>Crafts</b>		
Counted Cross Stitch	Bronze	Caroline Anker
Card Making	Gold	Eleanore Frend
Woodworking	Silver	Marshall Yaremccio
<b>Photography</b>		
Figures – Birds	Bronze	Marshall Yaremccio
Landscape	Bronze	Caroline Anker
<b>Bocce</b>		
70+	Bronze	Vernon English, John Sievers, Clint & Geneva Sopchyshyn
<b>Cornhole</b>		
70+	Silver	Len Petryk, Lyle Joseph Rolheiser
<b>Cribbage</b>		
55+ Doubles	6 <sup>th</sup>	Joyce Ruptash, Marie Sharp
Open Singles	Bronze	Harriet Komarnicki
	4 <sup>th</sup>	Richard (Lloyd) White
70+ Open Singles	6 <sup>th</sup>	Richard Toma
	7 <sup>th</sup>	James Burke
<b>Floor Shuffleboard</b>		
55+ Open	Bronze	Mike & Victoria Dolynny
70+ Open	Silver	Jim Clifford, Jim Normey
<b>Golf</b>		
Men – Calloway	Gold	Robert Allan Robertson
Men – Low Gross 70+	Silver	Ron Berlando
Men – Low Gross 75+	4 <sup>th</sup>	Maurice Foremsky
Women – Calloway	7 <sup>th</sup>	Wendy Jerome
Women – Low Gross 55+	7 <sup>th</sup>	Barb Turcotte
Women – Low Gross 85+	Gold	Lillian Mandrusiak

<b>Horseshoes</b>		
Women – 65+ (Div. C)	Gold	Marjorie Wyatt
<b>Military Whist</b>		
Open	Silver	Stan & Dianne Androschuk, Linda Frank, Dixie MacDonnell
	6 <sup>th</sup>	Patricia Chobater, Anne Yarmuch, Rosalyn Schilberg, Frances Purschke
<b>Pickleball</b>		
Men – over 4.0 – 60+	Gold	Tu Phan, Kirk Jensen
Men – under 4.0 – 55+	Silver	Luke Chong, Steven Park
Men – under 4.0 – 60+	Gold	Fu Cheong, Gerald Chan
Men – under 4.0 – 65+	Silver	Alan Sagert, Larry Wizniuk
Mixed – over 4.0 – 55+	Gold	Kirk Jensen, Lynn McGarvey
Mixed – over 4.0 – 60+	Gold	Terry Anheliger, Tu Phan
Mixed – over 4.0 – 70+	Gold	Victor Michalchuk, Deb Michalchuk
Mixed – under 4.0 – 55+	Gold	Luke Chong, Christa Ng
Mixed – under 4.0 – 60+	Silver	Gerald Chan, Arinda Yau
Mixed – under 4.0 – 65+	6 <sup>th</sup>	Alan Sagert, Carol Sperling
Women – over 4.0 – 55+	Gold	Lynn McGarvey, Terry Anheliger
Women – under 4.0 – 60+	Bronze	Christa Ng, Arinda Yau
Women – under 4.0 – 65+	Bronze	Shelley Rolheiser, Barbara Petryk
<b>Swimming</b>		
Women – 75+ 50 m Freestyle	Gold	Kathy Murrie
Women – 75+ 50 m Backstroke	Gold	Kathy Murrie
Women – 75+ 100 m IM	Gold	Kathy Murrie
<b>Tennis</b>		
Men Doubles – 65+	Gold	Dean Lawrence, Gregg Wilson
<b>Track and Field</b>		
Men – 75+ - Javelin	6 <sup>th</sup>	Mike Bilida
Men – 75+ - 50 m	4 <sup>th</sup>	Mike Bilida
Men – 75+ - Discus	Bronze	Mike Bilida
Men – 80+ - Javelin	Gold	John Stewart
Men – 80+ - Javelin	4 <sup>th</sup>	Takuo Nakano
Men – 80+ - 200 m	Gold	John Stewart
Men – 80+ - 50 m	Gold	John Stewart
Men – 80+ - 50 m	Silver	Takuo Nakano
Men – 80+ - 100 m	Gold	John Stewart
Men – 80+ - 100 m	Silver	Takuo Nakano
Men – 80+ - Discus	Bronze	Takuo Nakano
Men – 85+ - 800 m	Gold	Peter Kwan
Men – 85+ - 200 m	Gold	David Dunn

Track and Field (continued)		
Men – 85+ - 200 m	Silver	Peter Kwan
Men – 85+ - 50 m	Gold	David Dunn
Men – 85+ - 1500 m	Gold	Peter Kwan
Men – 85+ -	Gold	David Dunn
Men – 85+ -	Silver	Peter Kwan
Women – 70+ - Long Jump	Gold	Loretta Amerongen
Women – 70+ - Javelin	Gold	Loretta Amerongen
Women – 70+ - Javelin	Silver	Lois Hameister
Women – 70+ - Shot Put	Gold	Loretta Amerongen
Women – 70+ - Triple Jump	Gold	Loretta Amerongen
Track and Field		
Women – 80+ - Javelin	Gold	Yuko Nakano
Women – 80+ - 50 m	Gold	Yuko Nakano
Women – 80+ - Shot Put	Gold	Yuko Nakano
Women – 80+ - Discus	Gold	Yuko Nakano

*Stories from the Games*

**President Clint’s Summer Games Notes**

A special “THANK YOU” to Mike Dolynny for his time and coaching of our Silver medalist winners Len Petryk and Lyle Rolheiser to an outstanding performance in the Open Doubles Corn Hole event. Those Wednesday afternoon practices certainly paid off!

Zone 6 Bus Supervisors Roger Johnson and Vern English did an excellent job in not losing any passengers to Brooks and back to Edmonton. Their bus driver, Claude Lafond of “GO COACH”, told us he was retiring after this charter. “Happy Retirement Claude”! And to George Oko, Zone 5 President – Thanks for allowing our Zone 6 2023 Summer Game Participants to share the bus to Brooks!

Bocce Bronze medalist Geneva Sopchyshyn celebrated her 75<sup>th</sup> birthday with the members of the Alberta 55plus executive and spouses. The Brooks Fire Department was on ‘stand-by’ by the Brooks Montana eatery.

Opening Ceremony Zone 6 Banner Carriers Dixie MacDonnell and Marie Sharp were superb representatives for our 2023 Summer Games crew. And a humongous “THANK YOU” to Caroline Anker – for all your patience and dedication as you processed our 2023 Summer Games registrations, outfitted our participants with game shirts, collected the bus fares, and returned our craft and photography entries back to the respective owners in Edmonton. THANK YOU! THANK YOU! THANK YOU!



**Our Zone 6 Banner Carriers:**

**Marie Sharpe**

Marie Sharp has been a member for many years. She has competed in provincial games in Edmonton, Medicine Hat, Peace River & now in Brooks. She enjoys the events we have here playing cribbage, euchre & military whist.

**Dixie MacDonnell**

Dixie MacDonnell is a new member of Marigold 55plus. She participates at NWESA and is a long time member of the Kingsway Legion. She also volunteers at the Kingsway Legion, especially for the yearly Poppy Campaign. Dixie won a silver medal in Military Whist at these Summer Games.



**Some Random Photos:**



**From Shelley Rolheiser:** All involved with the Summer Games – from organizers to volunteers – worked very hard! Meals provided for lunch and the banquet was very good, and on time. We were able to watch our husbands play Corn Hole, which was well run and they had lots of games to play other days. I can't say the same for Pickleball. It was a long drive from Edmonton to Brooks to play only one game on Friday and three on Saturday. It would have made sense to have all women's play on one day, and men on the other. Mixed play could have been inserted in either day. I would also suggest that instead of a 5-year span in the age groups, 10 years would probably have involved more players. Overall, fun was had by all! Well done! (Thanks for the photos, Shelley!)



**From Stan Androschuk: Military Whist:** Calgary took First. We played for Second, and Players A and B from tied teams had to play off. We won – and received Silver medals!!!! YEA!! Dixie MacDonnell, Linda, Dianne & Stan Androschuk. (Thanks for the photos, Stan!)

**From Vernon English – Bocce:** Brooks hosted the Bocce games in Evergreen Park and this year 4 teams in the 55+ group and 5 teams in the 70+ group were involved. A double round robin was held with medal presentations made after all games (and a tie breaker) were completed.

A few observations:

- Arrival on Thursday with temperatures at 35° had a few outdoor activity contestants wondering, I suspect, of how competitions might be affected by the heat. Both Friday and Saturday temperatures were delightfully lower than 35°; it was a great weekend!
- As one of the players in the zone 6 70+ team, I found the overall event quite entertaining. There were some interesting characteristics with the field, especially one that tended to get a thrown bocce to drift dramatically to the right (unless the contestant was at the other end of the field, in which case it headed to the left). That got a few unintended results!



- Volunteers handling the scoring, and measuring when required, did show some unfamiliarity with the rules of the game at times, but players from both teams were able to sort out issues. The volunteers learned as they met with instances with which they were unfamiliar and were very much appreciated overall.
- By the way, the zone 6 70+ team came through with a four win, four loss record. Curiously, if we won a game Friday, the rematch on Saturday went to the opposition. Similarly, if we were beaten on Friday, we won the rematch Saturday. We wound up in a tie for third place and had to play a four end tie breaker. We were able to win that one, so brought home bronze medals! YAY!!

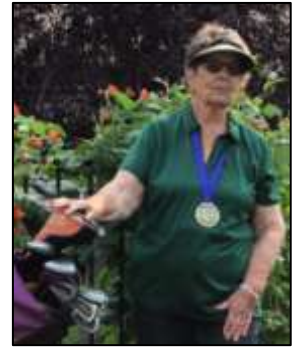
**From Wendy Jerome – Golf:** This year the number of people trying out for the Summer Games in golf was disappointing. However, the team of six competitors did very well – coming home with three medals. Our medalists were – Gold – Al Robertson (Men’s Calloway 70+), Gold – Lillian Mandrusiak (Women’s Low Gross 85+), and Silver – Ron Berlando (Men’s Low Gross 75+). Narrowly missing a medal was Moe Foremsky who placed 4<sup>th</sup> in the Men’s Low Gross 75+. Barb Turcotte in the Women’s Low Gross 55+ and Wendy Jerome in the Women’s Calloway 70+ completed the team. Well done, everyone!

**From Wendy Jerome – Pickleball (Competitive):** The Zone 6 Pickleball team was phenomenal! This eighteen member team won more medals than I have fingers and toes to count them. Amazing!! **Check out the results on page 5.** Well done!! Congratulations to you all!



**The only photos posted online from the Games were on the Alberta 55plus FaceBook page – and there were not too many of those either. So thank you so much to all our members who emailed me photos and reports on your events! (elf)**





***From Lillian Mandrusiak:*** I had a great time – the Golf course was in great condition!



## **Biographies of Executive:**

When someone asks you, “Do you know – (say) – Caroline Anker?”, you probably say, “Sure, I know Caroline!” And you mean exactly that! But how well do you really ‘know’ Caroline, or any one of the executive members?

Earlier this year, our President, Clint Sopchyshyn, thought it would be a good idea to have our executive members submit short biographies about themselves for a newsletter, to help us all get to ‘know’ them all better. Get ready to learn some interesting facts – I certainly did!

### **Clint Sopchyshyn, President, Casino Chair**

Clint was born in St. Paul, AB and grew up in Therien, attending Therien Elementary and Junior High School, Glendon High School, and then Old Strathcona High. He received his B.Ed at the U of A, teaching for 43 continuous years in Edmonton Catholic Schools. He served as Student Activity Department Head for 8 years, and Soccer Coach for 12 city championships; he served as Communication Consultant for the Alberta Teachers’ Association for 15 years, was Director ATA Summer Conference Recreation Director for 20 years, and President of the Greater Edmonton Teachers Convention Association (GETCA) for 3 terms. Clint also served as Vice President for the Edmonton Catholic Teachers ATA Local, and was Social Chairman for the ATA Catholic Local for 30 years.

Clint has many outside interests, and served as Past President for the Dinner Optimist Club of Edmonton for 3 terms, Optimist District 13 U-18 Curling Chairman, and Optimist District 13 L.G. for 2 terms. He has been Head Parking Supervisor for Eskimo (now Elks) Football games, Women’s FIFA Championship (Edmonton), and rock concerts (i.e.: Guns’n’Roses, One Direction, AC-DC, Nitro Circus, and Beyonce) for 15 years. He was Supervisor at Edmonton Eskimo Concession Sellers at Clarke and Commonwealth Stadiums, and Woodward’s Knothole Gang Supervisor. He was Director of the Edmonton Catholic’s Annual Fun Run and Walk Event for 15 years, Editor of the Knights of Columbus Newsletter, was a Knights of Columbus Provincial Curling Champion, and former Publicity Director for Marigold 55plus Recreation.

Recreational activities include hockey, baseball, softball, curling, volleyball, bridge, bocce and Scrabble. In the Canada 55plus Games in Sherwood Park he won Gold in Bocce, and also won Bronze in the 2023 Provincial 55plus Games.

### **Caroline Anker, Vice President, Acting Activity Director, Coordinator Bowling**

I was born in Edmonton January 26<sup>th</sup>, 1938. Raised on a farm near Sherwood Park, I completed a Grade 9 education. From school I went to Edmonton to work in 1954 as a waitress, and took a hairdresser course in 1959. I bought my own shop in 1967, and retired in 1993. After retirement, my time was spent in looking after my partner and my mother who were both in ill health. I lived in Wetaskiwin from 1991 until 2015, and joined Wetaskiwin Senior Centre, where I was secretary, and then president for many years. I joined Alberta 55plus in 1995 in Zone 4, and was Secretary, Vice President and President. In 2001 I joined the Provincial Board as Vice President, then as President for 2 years, then as Past President. I was Technical Director South for 4 terms and Technical Director North the last 3 years. Also, I was Chairperson for the Provincial Casinos.

In 2015 I moved to Edmonton and joined Edmonton Marigold, serving as President for 6 years, and now as Acting Activity Director and Past President. I've attended all Summer and Winter Games since 1997 as a participant, and served as Provincial Advisor/Judge and as member of the board. I drove across Canada to participate at the Canada Summer Games in Summerland, PEI in 2002, Brantford, ON in 2016, and Kamloops, BC in 2022. I also went to Whitehorse/Yukon in 2004, and Portage la Prairie, MB in 2006 as a spectator.

When not volunteering, I enjoy playing card games, floor curling, carpet-bowling, bocce, and playing bingo whenever I can. Although I have medical issues, I'm enjoying life to the fullest.



### **Linda Heller, Treasurer**

- 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

### **Rosalyn Schilberg, Membership Director**

I grew up in the Leduc area and graduated from Leduc High School. I moved to Edmonton to work at Wilmac as a teletype operator. Later, I married my husband John, and became a stay-at-home mom until my three children were all in school. Once they were in school, I went to work at Horne & Pitfield as an Administrative Assistant and then moved on to Celanese Canada, also as an Administrative Assistant, and Payroll Clerk, where I stayed until retirement. I joined Edmonton Marigold Alberta 55 in 2013 and became Membership Director in 2019, and thoroughly enjoy working with everyone involved. I love doing crafts, especially card making, and have enjoyed volunteering at many different organizations. I have four grandsons and eleven great-grandchildren and enjoy hanging out with them.

### **Eleanore Frend, Secretary, Coordinator Cultural Events**

I was born and raised on a small farm just north of Edmonton. I married Bruce Frend at age 20, and this October we celebrate our 60<sup>th</sup> wedding anniversary. We have two sons (Scott and Mark), five grandchildren, two grand-dogs, and one grand-cat. Other than the years between the birth of our sons, and their becoming teens, I have always worked. And as a 'happy 80<sup>th</sup> birthday to me' gift, I retired from my last job just this June. I started my work days at the old Edmonton General Hospital, culling old medical records preparing them for microfiche – deep down in the hot and dusty bowels of the second basement/cellar, and then helped in Central Supply where I sharpened syringe needles for re-use (in the days before disposable syringes), and packing and sterilizing surgical trays. When I think of the many times I pricked my fingers, and the diseases I could have picked up, I shudder! I became a medical secretary, first at the General Hospital, and then managing the office at Calwood Clinic. When Bruce started his own masonry company, I kept the books, and was his 'go-fer' and general labourer. Our house was my design, and 'Bruce-built' – all brick and block construction nearly 50 years ago. I raked joints, packed bricks, pounded nails, and helped with anything from shingling to painting. I became secretary at the local elementary school when the boys went into junior high, and was there for 15 years, before becoming an executive secretary at an employee benefits company. My last employ was as a church secretary.

Like Caroline, I have always volunteered, and have served as president for the parent groups of Beavers, Cubs, Scouts, and the Edmonton Boys' Choir. I served on our church board (25+ years), as well as the worship, leadership, and AV teams. I like to read historical fiction (my favourite era is 1<sup>st</sup>-9<sup>th</sup> century Britain). Card making, sewing, creative writing and ancestry research also consume my time. I have traced my husband's family back to Robert the Bruce in 12<sup>th</sup> century Scotland, but Bruce remains skeptical.

I joined Edmonton Marigold in 2012 after 5 or 6 years of typing up the Grapevine Newsletter. I have been secretary and worked on the newsletter since then, and was privileged to be on the host committee for the 2018 Fall Games and 2022 Winter Games here in Edmonton. Currently, I am also coordinator for the culture events (Creative Writing, Art, Crafts, and Photography).

I am most proud of the wonderful men our sons have become, and of our happy family life. One of the most satisfying moments in my working career was in helping to thwart the kidnapping of a grade one student while school secretary! At least 6 bunnies, 40 or 50 pigeons, and countless songbirds come to eat at our bird feeder and the catch-box which sits below the feeder. And, (as was pointed out to me) as a consequence, I am also feeding neighbourhood cats and hawks, (who are after the mice), and coyotes (who are after the bunnies)!

### **Wendy Jerome – Publicity Director, Coordinator Pickleball & Golf**

Wendy's life, since the age of 14, has evolved around sport – both as a **competitor** (badminton, golf and more recently, pickleball), **teacher** (6 years at high schools, 32 years at university), **official** (track and field, badminton), and **organizer** (up to international level track meets, university and provincial badminton tournaments and golf tournaments). She was born, raised and educated in Edmonton. After receiving her BPE and teaching certification at U of A, she did graduate work in Health Science (MS), Adapted Physical Education (MA) and Administration (PhD) at the University of Oregon. After beginning her consulting practice in Sport Psychology (the first Canadian to do so), she completed Post-doctoral studies in Psychology at the U of A.

After retiring at 67, Wendy began her involvement with Master's sports. She has medalled internationally in both golf and badminton, and nationally in pickleball. She has officiated at a number of sanctioned track and field meets, and has been on the Boards of Alberta Golf, two condominiums, Alberta 55plus (Zone 6), and Westend Seniors Activity Centre.

#### **A few highlights:**

- The first woman in Canada to obtain a PhD in Physical Education. This resulted in her being the first woman appointed to a Full Professorship at Laurentian University.
- Established the first girl's track and field club in Oregon against strong criticism from professional women physical educators. One of her athletes tied the world record for 100m and won gold at the 1968 Olympics at the age of 17. The new high school stadium in Eugene, OR was named after her – quite an honour for a young black woman at that time.
- The first woman named to coach a Canadian track and field team at an international competition: University Student Games 1973 in Russia.
- Was part of the Ontario group who developed the Canadian National Coaches Certification Program Levels I, II and III. Contributions were in Sport Psychology, Sport Sociology and Growth & Development.
- Was named as one of three advisors to Justice Dubin, Chair of the Dubin Inquiry.
- Committee studying the use of illegal substances in sport (focus on Track and Field).
- The first consulting Canadian sport psychologist.
- Developed the first North American university undergraduate Honours program in Sport Psychology (Laurentian University).

#### **Sports related awards:**

- Major Athletic Award (badminton), University of Alberta (1958)
- #1 ranked in badminton on the West Coast of USA 1967-69
- Hall of Fame (builder), Laurentian University (1999)
- Received (2019) an Edmonton Salute to Excellence Award for winning gold in the Canadian Open Masters Badminton Championship

### **Pat Chobater – Director at Large, Assistant Coordinator Bowling & Euchre**

I was born and raised in Edmonton and have resided in Edmonton my entire life except for the years 1964 – 1976 – six of those years in Prince George and six years in New Zealand/Australia. Our daughter and son were born in Australia. We would probably still be living there, except for the fact that children need their grandparents, aunts, uncles and cousins.

My first paying (85¢ per hour) part-time job was with the 97<sup>th</sup> Street Army and Navy, at the age of 14 and I had to lie about my age to get the job. I could tell lots of interesting stories about working there! After completing

grade 12, I studied to be a Medical Secretary, married young, and moved to Prince George. There, I was hired on by the P.G. Hospital in their Medical Records and Radiology Dept. As well, I was employed part-time by P.G Travel where I caught the travel bug. I worked in travel until retirement at age 69. The last 33 years I worked for Butte Travel.

Soon after retiring I joined my local Senior Centre (SEESA) and met Louise Libich. It wasn't long before she convinced me that I needed to join Alberta 55+. Before I knew it, I was on the Board as a Director at Large. And I am still at it 5 years later.

I have been so fortunate to have been able to compete in Lethbridge, Medicine Hat, Brooks, Strathmore, Cold Lake, Peace River, Barrhead and Fairview. Didn't always get a medal but certainly always had a great time. We were billeted a couple of times and still keep in touch with those hosts.

***Bob Tessier – Director at Large, and Natsuko (Nancy) Cyr – Director at Large***

We plan to put these two biographies in our next newsletter – they were unavailable at the time of this printing.

***Provincial AGM Awards Presentation:***



At the June 2023 Coordinators' Meeting, Merit Awards were presented to Mike and Vicky Dolynny, and to LeRoy and Eleanor MacIntosh. Appreciation Awards were presented to Vintage Hockey (Bob Tessier) and to Kinsmen Fieldhouse (Ron Crocket). An Honorary Lifetime membership was presented to Marshall Yaremciio.

Our thanks to Clint for making the presentations (you did a fine job Clint!), and also to Geneva and Clint for supplying delicious refreshments to enjoy after the presentations. It was nice to catch up with LeRoy and Eleanor, and Marshall again.

**2024 Alberta 55plus Winter Games Schedule**

Date & Event	Location Host Zone	Age Groups	Advance to Canada Games	Registration Fee
Ice Hockey (Completed in 2023)	Calgary Zone 3	M: 55, 60, 65, 70, 75 F: 55, 60	Yes	N/A
Alpine Skiing (Completed in 2023)	Nakiska Zone 3	Modified Slalom & Competitive Modified Slalom	No	N/A
Cross Country Skiing Feb. 14-15, 2024	Nakiska Zone 3	W 55, 65, 75; 5 km & 10 km M 55, 65, 75; 7.5 km & 15 km	No	TBD
Sturling Curling Feb. 17-18m 2024	Strathmore Zone 2	55+ - 2 teams/zone 70+ - 2 teams/zone	No	\$85
Ice Curling Feb. 22-25, 2024	Cochrane Zone 2	W 55, 65, 70 M 55, 65, 70 Mix 55, 65, 75	Yes Canada Games 55, 65 Mixed 75 age	\$90
Badminton Mar. 28-29, 2024	Okotoks Zone 2	W 55, 60, 65, 70, 75 Doubles M 55, 60, 65, 70, 75 Doubles Mix 55, 60, 70, 75 Doubles	Yes Open Event	\$75
April 13-14, 2024	Camrose Zone 4			
Duplicate Bridge		55+ 2 teams/zone		
Euchre		55+ 2 teams/zone		
Floor Curling		55+ 1 team/zone 70+ 1 team/zone		
Snooker		55+ 1 team/zone 70+ 1 team/zone		
Arts (Painting) Creative Writing		Arts (Painting) Creative Writing – 5 categories	No	\$10
Pickleball (up to 3.0) April 13-14, 2024 <b>OR</b> April 20-21, 2024	Lloydminster Zone 7	M, W & Mix: Doubles 55, 60, 65, 70, 75	Yes	TBD
Bowling April 25-26	St. Albert Zone 5	Teams: POA: 55, 65, 75, 85 1/zone (teams of 5 any combo) Scratch: 55, 65, 75, 85 1/zone	Yes	\$100
Darts April 25-26, 2024	St. Albert Zone 5	M, W Singles: 55, 65, 75 1/zone Mix Doubles 55, 65, 75 (Not a separate entry, singles can combine for double teams)	Yes Single Entry	\$99
Scrabble TBD	Edmonton Zone 6	55+ 3 levels – Expert, Mid, Beginner	Yes Open Event	TBD

- If you are being chased by a pack of taxidermists, don't play dead.
- Home is where the dog hair sticks to everything but the dog.
- The Black Eyed Peas can sing us a tune, but the Chick Peas can only hummus one.
- Cats can memorize 120 commands, but they don't want to.

*We would like to express our gratitude to Sorrentino's restaurant for supplying the coffee for our Coordinator and Executive meetings. Next time you are going out to dine, consider going to one of the Sorrentino's restaurants – and be sure to mention that you are from Edmonton Marigold, and that we really appreciate their generosity and community spirit!*

**Welcome to Terri Constantinescu:**

In June, Publicity Director Wendy Jerome, President Clint Sopchyshyn and Scrabble Coordinator Geneva Sopchyshyn manned a display table at North East Edmonton Seniors Centre at a Health and Wellness Fair. Each group represented at the group donated a prize and when visitors entered the Fair, they were invited to fill in their personal information to be eligible for a draw at the end of the day. Edmonton Marigold chose to give a 2024 free membership to the lucky recipient, and that recipient is one Terri Constantinescu. She is now part of our e-mail list and will receive newsletters and notification of events, and will become an official member in January. So, welcome to Edmonton Marigold, Terri! We look forward to having you at many of our events.

Another Health and Wellness Fair was held at City Hall during Senior’s Week – also in June – and an earlier one at the Chartwell Seniors’ Residence. Wendy, Clint and Geneva also manned those display tables. The display includes a large photo board of many of our events and playoffs, samples of the Provincial Alberta 55plus brochures, as well as Edmonton Marigold brochures, and copies of our Grapevine newsletters. These are soon depleted. The Corn Hole game was also on display, and visitors were invited to try their hand at getting those pesky little bean-bags into the corn hole. Everyone especially enjoyed trying the game out.

**Our thanks to Wendy, Clint and Geneva for representing Edmonton Marigold so well, and to Pat Chobater for helping out.**

**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% = <b>\$80</b>
Quarter Page	4” wide x 5” high	\$40.00	Regular 4 x \$40 = \$160 Less 20% = <b>\$128</b>
Half Page	8” wide x 5” high OR 4” wide x 10” high	\$80.00	Regular 4 x \$80 = \$320 Less 20% = <b>\$256</b>
Full Page	8” wide x 10” high	\$160.00	Regular 4 x \$160 = \$640 Less 20% = <b>\$512</b>

Send ad submissions to Eleanore Frend at [elfrend@telus.net](mailto: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 4<sup>th</sup> column.**







**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:**

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Alpine Skiing         | <input type="checkbox"/> Culture                              | <input type="checkbox"/> Military Whist         |
| <input type="checkbox"/> Badminton             | <input type="checkbox"/> (Arts, Crafts, Writing, Photography) | <input type="checkbox"/> Pickleball             |
| <input type="checkbox"/> Bocce                 | <input type="checkbox"/> Darts                                | <input type="checkbox"/> Pool – 8 Ball          |
| <input type="checkbox"/> Bowling – 5 pin       | <input type="checkbox"/> Euchre                               | <input type="checkbox"/> Pool – Snooker         |
| <input type="checkbox"/> Bridge - Contract     | <input type="checkbox"/> Floor Curling                        | <input type="checkbox"/> Scrabble               |
| <input type="checkbox"/> Bridge - Duplicate    | <input type="checkbox"/> Floor Shuffleboard                   | <input type="checkbox"/> Slo-pitch              |
| <input type="checkbox"/> Carpet Bowling        | <input type="checkbox"/> Golf                                 | <input type="checkbox"/> Sturling/Stick Curling |
| <input type="checkbox"/> Cornhole/Beanbag Toss | <input type="checkbox"/> Horseshoes                           | <input type="checkbox"/> Swimming               |
| <input type="checkbox"/> Cribbage              | <input type="checkbox"/> Ice Curling                          | <input type="checkbox"/> Table Shuffleboard     |
| <input type="checkbox"/> Cross Country Skiing  | <input type="checkbox"/> Ice Hockey                           | <input type="checkbox"/> Tennis                 |
| <input type="checkbox"/> Cycling               |   | <input type="checkbox"/> 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

## ***Belated Happy Birthday Jessie Trottier!***

One of our dearest Alberta 55plus members turned 99 during the summer and she was fêted by some of her friends and fellow members at the Norwood Legion with a large birthday cake – which she shared with everyone!

An earlier tribute from the April 2017 Grapevine is well worth repeating on this auspicious occasion.

*Jessie is our very own 'nonagenarian' (a person between the ages 90-100 years). She is hard working, devoted, most pleasant, has a wicked sense of humour, and faithfully came to all executive meetings and general meetings – except, of course, unless she was in Mexico enjoying sun, surf, and the attentions of adoring family and assorted 'fans'. She is our in-house historian, and is a great role model to all of us. Her attributes are endless! Jessie came 'on board' in 2005 when Edmonton hosted the Alberta 55 Plus Winter Games. She took on a big job as Treasurer, plus being Zone 6's representative to the Provincial Board, reporting back to our executive on all issues. She appointed herself as the one in charge of sending 'well wishes' and birthday cards, which was much appreciated by all. Jessie 'retired' in 2008, citing 'too many meetings for a lady of her delicate vintage'.*



*Jessie thoroughly enjoyed upgrading her skills by attending instructional retreats in Nordegg Goldeye Centre. Her passion for playing Contract Bridge (second only to holidays in Mexico) resulted in her becoming the Contract Bridge Coordinator from 2005-2013. Her efforts all contributed towards Edmonton Marigold being such a vibrant and fun-filled group. Following her retirement, she continued to enjoy playing Contract Bridge, and attended all our AGM's, often offering insight and positive suggestions and solutions in resolving many issues. She never failed to offer encouragement and appreciation to all our volunteers, and was not averse to administering a "verbal kick in the pants" when needed. At the 2015 AGM, when all efforts failed to bring forward people willing to serve on the executive, the spry (then) 91-year-old took the podium and proceeded to put us all in our place. She explained that this was our organization, and we all have a responsibility to 'step-up-to-the-plate", that without a quorum of members on executive, we could not function – no motions could be made or passed, no cheques could be written, and our doors would soon close. She then volunteered herself to be a Director at Large, leading by example as she had done so many times. Members did indeed 'step-up-to-the-plate' and the offices were filled. Thank you Jessie! The following March Jessie 'retired' again after having served her full two-year term as Director at Large. At our AGM in March, she took the floor, thanking everyone for their cooperation and participation during the time of her own membership, saying that she hoped everyone would continue to support and work for this wonderful organization. We – the Marigold membership wish you well Jessie, and we hope that you will continue to attend our AGM's, because we need your brand of enthusiasm and joie de vivre! Bring some photos of your times in Mexico! **Jessie – you are one classy lady!***



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](mailto:budget@bprint.com)