



**FROM THE PRESIDENT'S PEN**

Saskatoon Sport District SSFA is coming to the end of another very successful year. Presently the membership numbers are rounding 700 and we keep growing. We have added two new activities Photography and Yoga.

Rivers West District has taken on the SSFA Provincial 55+Games with the host city being North Battleford. They are scheduled for June 11, 12 & 13. Early in the new year your committee and coordinators will meet and start planning/preparing for the Games. Once again, the Provincial Board has passed a motion to have open registration which basically means that whoever wishes to participate in the Games should be able to attend. Please read and note the details in the heading of District, Provincial and Canada 55+ Games for their respective details.

With reference to the Saskatoon Sport District, we will look at the Activities that are not active and/or not having a Coordinator; we will take them off the Membership Form for next year. If you feel you want/wish an Activity to exist, please ensure you have a Coordinator to run your respective Activity.

Thank you to the Committee Members and Activity Coordinators for all the work they do to ensure the district would be successful. Please check the website [ssfa.ca](http://ssfa.ca); click on Districts and then click on Saskatoon Sport District.

At this time on behalf of your Saskatoon Sport District Committee, Activity Coordinators and volunteers we would like to wish every member and their families a Merry Christmas, Great Holiday Season and a very Happy New Year.

## **CHANGE OF ADDRESS**

If you have a change of address or any change in status, please advise Madeleine Saunders at [petenmad@shaw.ca](mailto:petenmad@shaw.ca) or contact Sheldon by phone at 306-242-9452.

## **NEWSLETTER- IMPORTANT NOTICE**

If you receive your SSFA newsletter by mail, but **you do have an email address**, please notify Madeleine Saunders of your email address at [petenmad@shaw.ca](mailto:petenmad@shaw.ca). Sending the newsletter via email saves us money and also enables us to communicate with you more often.

## **SSFA WEBSITE - [www.ssfa.ca](http://www.ssfa.ca)**

You can find information specific to Saskatoon on the website. On the main page, click on “Districts” at the top of the page, and then click on “Saskatoon Sport District” to access our district’s information. We will be updating our website from time to time at Saskatoon Sport District. Follow the Saskatoon Sport District on Facebook at [www.facebook.com/groups/163539817396213](http://www.facebook.com/groups/163539817396213)

The updated SSFA Rulebook is at [www.ssfa.ca/assets/Documents/SSFA-Rulebook-New.pdf](http://www.ssfa.ca/assets/Documents/SSFA-Rulebook-New.pdf)

## **COMMITTEE MEMBERS & ACTIVITY COORDINATORS**

A meeting for the Saskatoon Sport District Committee and Activity Coordinators was last held on June 15. We plan to hold one by January 10 as the Committee must prepare for the Provincial 55+ Games.

## **CITY OF SASKATOON LEISURE CARDS**

Take advantage of the reduced rate of the City of Saskatoon Leisure Card. Adult memberships have been reduced from \$75.00 to \$50.00 for all adults. There is no further reduction for seniors.

## **SASKATOON COUNCIL ON AGING (SCOA)**

SCOA provides many services and programs for seniors, including volunteering. You may call their office at 306-652-2255 or visit them at 2020 College Drive (Saskatoon Field House) or by email at [admin@scoa.ca](mailto:admin@scoa.ca). Their website is [www.scoa.ca](http://www.scoa.ca)

## **ARCHIVES**

Saskatoon Sport District is looking for a person and/or persons to volunteer to archive our materials to keep our history up to date. A small group could do wonders for this project.

## **CANADIAN NATIONAL SENIORS DAY**

Each year during Seniors Week, October 1<sup>st</sup> is declared as National Seniors Day. It is a perfect occasion for Canadians to join in the celebration with older adults. Let them know how much one cares and recognize their achievements. On this day; it is suggested that all Canadians have an opportunity to acknowledge the life-long contributions our seniors have made. National Seniors Day is also referred to as the International Day of Older Persons. There is also the Canada Senior Act.

## **SPOTLIGHT ON SENIORS**

On October 11<sup>th</sup> at TCU Place approximately 85 venues and about 800 visitors enjoyed the 2023 Spotlight on Seniors Event. Our SSFA table was very busy, plus we received several renewal members and new members.

## **COMMITTEE & ACTIVITY COORDINATOR INFORMATION**

In the Saskatoon Sport District SSFA Committee we have a few changes:

Director of Finance – June Lamers resigned and Earl Synkiw accepted the position.

Directors at Large – Therese Synkiw has volunteered and was accepted.

5 Pin Bowling – we were successful in starting a SSFA Bowling time at Hunters Fairhaven Bowl at 10:30 am every second Wednesday. George Gresty is the Coordinator. Thanks George for all the work to have bowling at Fairhaven Bowl. About 17 – 20 are enjoying our fun.

Darts – has not been in the Provincial 55+ Games for the last few years, so it will be taken off for 2024.

Golf – Bryan Zeman resigned and Murray Inverarity accepted.

Kaiser – Sue Lomond accepted.

Photography – require a Coordinator ASAP as it is a new event.... please help us.

Short Mat Bowling – we will take on Short Mat Bowling and work with the Saskatoon Short Mat organization. It will be added to the 2024-2025 membership form. Short Mat Bowling is on Tuesday, Thursday and Saturdays at 1:00 pm at the Royal Canadian Legion at 606 Spadina Crescent West Fee is \$5.00 every time you play to cover the rental. There is Short Mat also in Regina , Moose Jaw and Weyburn.

Duplicate Bridge and Scrabble will be removed from the 24 Membership Forms.

Thank you to all the previous volunteers for their dedication and thank you to the members who volunteered to fill the positions.

Yoga – Vi Mizuno is coordinator.

## **PROVINCIAL 55+GAMES**

The 2024 Provincial 55+ Games will be held in North Battleford on June 11, 12 & 13. The Host City will provide the following events: 5 Pin Bowling, 8 Ball, Golf, Kaiser, Photography, Pickleball, Poetry & Short Story Writing, Slo-Pitch, Swimming, Track & Field. Possibly Contact Bridge and Duplicate Bridge.

Theme of the Games is: ACTIVE AGEING: MIND & BODY.

Registration Fee is \$50.00 for a participant and non-participant. Registration is \$6.00 for Photography and Poetry & Short Story Writing and you do not have to attend. If you wish to attend please do the \$50.00 Registration.

Photography is a new event and hopefully participation will be great to keep it going. A coordinator is required. There are three categories – you must choose two from Saskatchewan Landscape, Sport and Flora. It can be either colour and/or black & white.

Rules and Playoff Information. All photos must be taken by the Competitor. Photos (not digital) must be 8 x 10". Competitor may enter one photo per category with a maximum of two categories and the photo must be a different subject. Colour and black & white photos will be judged separately. Competitor must record the category and the title of the work to ensure proper judging. Competitor must include their name on the back of the photo. Competitors must submit their entries to their district representative in accordance with establish deadlines. In each district, the entries will advance to the Provincial for final judging. Competitors are not required to accompany their entries to the games. Guidelines for taking photo and judging: Images can communicate meaning through – technical consideration, composition, colour/lighting, subject/interest, originality and story/mood.

Curling – age category 60+ has been added to each group.

Pickleball – a change in age category participation to two age groups – 55+ and 70+ to accommodate venue space.

As mentioned earlier, once again there will be OPEN REGISTRATION which means whoever wishes/interested in participating in the Games may do so.

As information is received from the Host Committee we will advise you.

Members from Saskatoon Sport District to the Provincial 55+ Games will receive a red Golf/Polo or V-Neck shirt supplied by your District. If you have one from a previous year (and it is wearable), please wear it. We ask that you wear Black Slacks if at all possible; don't purchase if you do not have future use. Members qualifying in the Provincial 55+ Games may have the opportunity of going to the Canada 55+ Games and should be prepared to make that decision at the end of the Provincial Games in North Battleford. We do not have time to be chasing decisions.

We have not received any information on accommodations, hopefully soon to ensure we have a place to rest our bodies. Some may wish to drive back and forth.

## **CANADA 55+ GAMES 2024**

The 2024 Canada 55+ Games will be held in Quebec City on August 27 to 30. The Host City will be offering the following events: Bowling(Duckpin), Contract Bridge, Cribbage, Darts, Duplicate Bridge, 8 Ball, Floor Shuffleboard, Golf, Ice Curling, Ice Hockey (Men & Women), Pickleball, Scrabble, Slo-Pitch, Swimming, Tennis, Track &Field.

Bonus event: 5 km and 10 km run

Demonstration event: Sandbag Baseball

Registration Fees: Participant \$172.46, Non Participant \$126.47. Hockey and Slo-Pitch team \$344.93, Curling and Golf \$172.46.

Accommodations will be at Hotel Classique

Assigned Province/Assigned Territory: Saskatchewan

Address: 2815 boulevard Laurier, Quebec QC, G1V 4H3

<https://www.google.ca/maps/place/Hotel+Classique@46.7674309>

Phone 1-800-463-1885

### **Room Rate per night**

Single & double occupancy with king size bed: \$159+taxes= \$189.22

Single & double occupancy with 2 double beds: \$165 + taxes = \$196.36

Single and double occupancy for a suite: \$185 + taxes = \$220.15

Additional person: \$20 + taxes = \$23.70

### **Group Booking code: 382055**

Reservations by phone only at 1-800-463-1885, quoting group booking 382055.

The SSFA Provincial Board will supply green Golf/Polo or V-Neck shirt – new for 2024 to replace the green T-Shirt. Also available will be a green Jacket for \$85. All shirts and jackets will have SASKATCHEWAN on the back. Black slacks recommended for unity.

Once again, all expenses related to the Canada 55+ Games are the responsibility of the participant.

## **WINTER ACTIVITES 2023/2024**

BOCCE BALL – nothing until COVID-19 is gone.

BOWLING 5-Pin – Eastview Bowl, 2929 Louise Street at 2:30 pm every second Thursday. Next bowling date is January 11. Sheldon Kraus is contact.

Fairhaven Bowl, 3401–22<sup>nd</sup> Street West at 10:30 am every second Wednesday. Next bowling date is January 17. George Gresty the contact.

BOWLING Short Mat – every Tuesday, Thursday and Saturday at 1:00 pm at Royal Canadian Legion, 606 Spadina Crescent West. Joe Chermishnok the contact.

CRIBBAGE –Fairfield Seniors Center, 103 Fairmont Court; monthly on the fourth Wednesday at 1:00 pm.

CROSS COUNTRY SKIING – Massey Mizuno has the activity working very well, but now waiting for snow.

CURLING – Gwen Kaminski

CYCLING – contact Vi Mizuno for the starting date when the snow melts, biking included.

DARTS – contact Sheila Kennedy to get started again.

8 BALL – contact Dennis Puff for a schedule. Those who wish to play Snooker may play.

GOLF –tournaments & clinics will start again in the spring/summer.

KAISER – at Fairfield Seniors Center, 103 Fairmont Court; 1:00 pm on the first Tuesday and Thursday of each month.

PICKLEBALL –see [saskatoonpickleball.org](http://saskatoonpickleball.org) for up-to-date venues and playing time schedules.

PHOTOGRAPHY – Contact Vi Mizuno

POETRY & SHORT STORY – Joanne Sorenson will contact members when she has a theme for the Provincial 55+ Games.

SHUFFLEBOARD –FLOOR – St. Joseph Parish Hall, 1006 Broadway Ave. on Wednesday 1:00 pm. Please bring a pair of soft -soled shoes to wear indoors.

SWIMMING – contact Denise Gilewicz

TENNIS – Coordinator required. Lakewood Indoor Tennis Club Mon. – Fri. 9:30 – 11:00 am.

TRACK & FIELD – contact Judy for the program

VOLLEYBALL – Wednesday and Friday – check with Diny Kenney for more information.

WALKING – we encourage everyone to walk every day. Require Coordinator.

YOGA – Vi Mizuno is coordinating it for now. Contact Vi for details.

Everyone is welcome to participate in as many activities as your time and energy permits. Most activities have a small fee.

For dates and times of these activities, please contact the Activity Coordinators on the following page.

## **SASKATOON SPORT DISTRICT SSFA COMMITTEE – 2024**

President - Sheldon Kraus	<a href="mailto:ssfakraus@gmail.com">ssfakraus@gmail.com</a>	306-242-9452
Vice-President - Judy Warick	<a href="mailto:judywarick@sasktel.net">judywarick@sasktel.net</a>	306-373-3604
Secretary - Marilyn McCloy Cornish	<a href="mailto:marilyncornish@gmail.com">marilyncornish@gmail.com</a>	306-652-8150
Treasurer - Ron Spizziri	<a href="mailto:rockrod@shaw.ca">rockrod@shaw.ca</a>	306-244-9478
Director of Finance – Earl Synkiw	<a href="mailto:ewsynkiw@sasktel.net">ewsynkiw@sasktel.net</a>	306-242-7213
Director of Member Relations - Madeleine Saunders	<a href="mailto:petenmad@shaw.ca">petenmad@shaw.ca</a>	306-715-1579
Marketing Representative - Dawna Neilson	<a href="mailto:dawnaneilson@sasktel.net">dawnaneilson@sasktel.net</a>	306-242-6848
Directors of Programs - Vi Mizuno	<a href="mailto:vi1@shaw.ca">vi1@shaw.ca</a>	306-341-2364
Director of Courtesy & Recognition - Yvonne Pryor		306-291-4542
Directors at Large:		
Jean Healey	<a href="mailto:jeanhealey48@gmail.com">jeanhealey48@gmail.com</a>	306- 934-3567
Pat Harbidge	<a href="mailto:harb02@sasktel.net">harb02@sasktel.net</a>	306-343-7231
Marilyn McCloy Cornish	<a href="mailto:marilyncornish@gmail.com">marilyncornish@gmail.com</a>	306-652-8150
Joyce Tremmel	<a href="mailto:gejt@sasktel.net">gejt@sasktel.net</a>	306-652-5667
Therese Synkiw	<a href="mailto:tsynkiw@sasktel.net">tsynkiw@sasktel.net</a>	306-242-7213

## **ACTIVITY COORDINATORS – 2024**

Bocce Ball	Barbara Gessner		306-384-6481
Bowling - Five Pin -E	Sheldon Kraus	<a href="mailto:ssfakraus@gmail.com">ssfakraus@gmail.com</a>	306-242-9452
Bowling – Five Pin - F	George Cresty	<a href="mailto:redgresty@sasktel.net">redgresty@sasktel.net</a>	306-220-2722
Bowling - Short Mat	Joe Chermishnok	<a href="mailto:jacherm@shaw.ca">jacherm@shaw.ca</a>	306-979-3994
Bowling - Lawn	Joe Chermishnok	<a href="mailto:jacherm@shaw.ca">jacherm@shaw.ca</a>	306-979-3994
Cribbage	Doreen Uhl	<a href="mailto:doreenuhl@yahoo.ca">doreenuhl@yahoo.ca</a>	306-251-2889
Cross Country Skiing	Massey Mizuno	<a href="mailto:banff23@gmail.com">banff23@gmail.com</a>	306-261-5755
Curling – Ice	Gwen Kaminski	<a href="mailto:gwenkaminski@icloud.com">gwenkaminski@icloud.com</a>	306-241-0622
Cycling - Biking	Vi Mizuno	<a href="mailto:vi1@shaw.ca">vi1@shaw.ca</a>	306-341-2364
Darts	Sheila Kennedy	<a href="mailto:shebkenedy@sasktel.net">shebkenedy@sasktel.net</a>	306-229-1985
8 Ball	Dennis Puff	<a href="mailto:dkpuff@sasktel.net">dkpuff@sasktel.net</a>	306-361-3270
Hockey – Ice	Mike Cherwenuk	<a href="mailto:Mike.cher71@gmail.com">Mike.cher71@gmail.com</a>	306-250-1818
Golf	Dawna Neilson	<a href="mailto:dawnaneilson@sasktel.net">dawnaneilson@sasktel.net</a>	306-242-6848
	Murray Inverarity	<a href="mailto:m_inverarity@yahoo.com">m_inverarity@yahoo.com</a>	306-291-9683
Kaiser	Sue Lomond	<a href="mailto:slomond@sasktel.net">slomond@sasktel.net</a>	306-321-5945
Pickleball	Dennis Fetter	<a href="mailto:fetterds@gmail.com">fetterds@gmail.com</a>	306-477-1304
	Bob Froese	<a href="mailto:rfroeswaldeim@sasktel.net">rfroeswaldeim@sasktel.net</a>	306-717-1492
	Karen Bauche	<a href="mailto:kbauche@hotmail.com">kbauche@hotmail.com</a>	306-222-9135
Poetry & Short Story	Joanne Sorenson	<a href="mailto:josore@sasktel.net">josore@sasktel.net</a>	306-955-3127
Shuffleboard - Floor	Kay Lacoursiere	<a href="mailto:lacourkay@yahoo.ca">lacourkay@yahoo.ca</a>	306-652-1028
Slo-Pitch	Fay Sedgewick	<a href="mailto:cherylsedgewick@sasktel.net">cherylsedgewick@sasktel.net</a>	306-260-5560
Swimming	Denise Gilewicz	<a href="mailto:dbgilewicz@gmail.com">dbgilewicz@gmail.com</a>	306-716-6202
Tennis			
Track & Field	Judy Warick	<a href="mailto:judywarick@sasktel.net">judywarick@sasktel.net</a>	306-373-3604
Volleyball	Diny Kennedy	<a href="mailto:dinykennedy@gmail.com">dinykennedy@gmail.com</a>	306-221-0805
Yoga	Vi Mizuno	<a href="mailto:vi1@shaw.ca">vi1@shaw.ca</a>	306-341-2364