

Message from the CSGA President

Gary Black



Welcome to the first edition of the CSGA newsletter. We hope that the newsletter will receive wide distribution in seniors' centres throughout

Canada so that more seniors will learn of the Canada Senior Games and decide to enter local and provincial games leading to the national games. The 2006 Canada Senior Games will be held in Portage la Prairie, Manitoba from August 29 to September 2 and we look forward to record numbers of participants.

Portage la Prairie 2006

Games and Activities offered may include: 5 Pin Bowling, Swimming, Athletics (Track and Field), curling, hockey, slo pitch, carpet bowling (Manitoba Rules), Bridge (Duplicate and Contract).

For more information see the Games web site at:

www.canadaseniorgames.ca

See you there!



Annual General Meeting

The CSGA annual general meeting was held in Portage la Prairie, August 30-31 in conjunction with the pre games site visit. Significant motions adopted include the following:

5 Pin Bowling Singles events will now be scored on a pins over average basis similar to the team events.

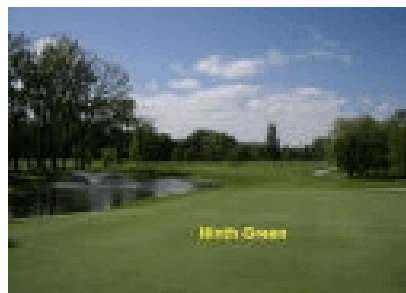
Whist will be a two player team event.

The "elite rule" has been permanently eliminated so that the Games are open to anyone 55 and over as of December 31 in the year of the Games..

Effective 2008 vulnerability in Contract Bridge will be determined using the Chicago System of scoring.

Host Committees will have the prerogative to use "fills" (local players to fill out the teams) where necessary to make an event credible.

The site review was successful and all venues were deemed suitable with only minor upgrades.



Inaugural Nova Scotia Senior Games

The first Nova Scotia Senior Games were held in Cornwallis September 28 to October 1 and were a resounding success. Approximately 150 Nova Scotia Seniors took part in the following events: darts, candlepin bowling, contract bridge, duplicate bridge, crokinole, washer toss, cribbage, scrabble, 8 ball, golf, 45's, skip-bo, hockey and curling.



In addition to the activities there was plenty of time for socialization with entertainment ranging from aboriginal drummers and dancers to a Tai Chi demonstration. Delicious food was also in plentiful supply.



Congratulations on a job very well done!

Active Living Coalition for Older Adults



Jack Brownell, New Brunswick, former CSGA President and long time director has been named Chair of ALCOA. Congratulations Jack!

We recommend you have a look at the ALCOA web site at: www.alcoa.ca There you will find a great deal of information related to active living and seniors' health matters. Recent research includes: "Ageism and Active Living: Recognizing Social Barriers to Older Adult Participation"; "Physical Activity and Coronary Heart Disease"; "It Is Never Too Late to Benefit" and "Exercise Programming for Alzheimer Disease and Related Dementias". The ALCOA site also provides a long list of other related sites offering further information on a wide range of topics.

History of the Canada Senior Games

Regina , SK 1996
Medicine Hat, AB 1998
Summerside, PE 2002
Whitehorse, YT 2004
Portage la Prairie, MB 2006
_____ 2008

For more information on the games please refer to the CSGA web site at: www.csga.info or e-mail garybl@ssimicro.com You will find e-mail addresses for all provincial/territorial directors in the "Board" section of the web site.