



AASRA News

Alberta Amputee Sports and Recreation Association News



President's Message

by Hal Gibbens, President, AASRA

The weather this summer wasn't great, but what a fantastic 'Indian Summer.' Does anyone know how the term Indian Summer came to be? Well, let me tell you!

In the mid 1700's in the Virginia's, the Indians attacked the white settlers during the summer months. The settlers moved from their farms to the safety of the forts. They went out each day to farm, posting sentries to warn of attacks. Once winter arrived, the Indians left the area and the settlers returned to their farms. Some years, when there was a late fall the Indians would come back and resume their attacks on the settlers. Hence the term 'Indian Summer.' And that my friends, is my lesson for today.

As most of you can attest, if you have read my reports in the newsletters over the past few years, writing isn't exactly my strong suit. I am usually the last one to submit my report and that, after many reminders from our Executive Director. This one is no exception.

We tend to talk about the various sporting activities our members are involved in as well as the success of those athletes. While I certainly don't want to diminish those successes in any way, there is a very important service we provide that we don't often talk about. And that, is our Support Groups. We have Support Groups in Edmonton, Calgary, Red Deer, Lethbridge and Grande Prairie. They are, of course, organized and led by AASRA volunteers. Some attendees become members of AASRA, others don't. But we do help them adjust to their new challenges.

I think about a relatively new double leg amp in Edmonton; he walks two miles to every meeting, no matter what the weather is like.

I think of a young lady, a champion rodeo performer who was back on a horse four months after losing her leg.

I think of another young lady, a hockey player, who for about 6 months didn't say a word, but cried a lot. A year after her amputation, she was back on the ice.

A lot of us have adjusted to our lives as amputees and usually don't really think about it. Remember what it was like for you when it first happened? Many of the people attending Support Groups are inpatients - they need our support. They need to see that they can get back to a productive life. I implore each of you to attend a meeting once in a while, show new amps just how good life as an amputee can be. Details of date, time, place and who to contact, are in the Calendar of Events in your newsletter and on the AASRA website at www.aasra.ab.ca

Hal Gibbens
President

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AASRA News Editorial Calendar and Advertising Rates

Below are the guidelines for advertising and submitting articles for AASRA NEWS. AASRA NEWS is an exclusive newsletter produced quarterly and distributed to all AASRA members, hospitals, physios, prosthetists and physically challenged groups across North America and Internationally.

Advertising

¼ page ad

Vertically 3 3/4" x 5" or horizontally 5" x 3 3/4"

Four (4) insertions: \$140.00

½ page ad

Vertically 3 3/4 " x 10" or horizontally 7 1/2" x 5"

Four (4) insertions: \$280.00

Full page ad

7 1/2" x 10"

Four (4) insertions: \$600.00 (includes being linked to the AASRA website)

All advertisements must abide to the specs above. Please submit your ads in black & white (monochrome) and camera ready (either JPEG or TIFF format) and email to AASRA at info@asra.ab.ca, to the attention of the Editor, or mail (on a CD-ROM) to P.O. Box 708, Station M, Calgary, Alberta, T2P 2J3. Payment must be received prior to street date (see below).

Articles

We also welcome articles from our advertisers that are of interest to our readers. You and your company will receive recognition for any articles printed. Topics may include new technologies, patient case studies results, staff highlights, events, etc. The Editor reserves the right to edit any article as it relates to space requirements. Please note, all articles must provide educational content for our readers and not be in the nature of sales and promotion (i.e. "sales pitch").

Deadline Dates for Advertisements and Articles:

Spring issue:

Ads and articles due: February 9th, 2010

Street Date: March, 2010

Summer issue:

Ads and articles due: May 10th, 2010

Street Date: June, 2010

Fall issue:

Ads and articles due: August 9th, 2010

Street Date: September, 2010

Winter issue:

Ads and articles due: November 8th, 2010

Street Date: December, 2010



AASRA News

Alberta Amputee Sports and
Recreation Association News

Editor

Gwen Davies

Graphic Design and Layout

Kevin Waites

Printing

Oil City Press

Article Submission

AASRA News accepts all news-worthy articles that may enrich members and their families. Our distribution continues to grow each year and has reached international levels. We are proud of the information we provide and with your help and comments, we can continue to serve your needs. Please forward all articles to Gwen Davies at info@asra.ab.ca.

Advertising

Distribution of AASRA News is four times a year. Advertising rates as of 1st April 2009 are now: 1/4 ad - \$35, 1/2 - \$70, full page - \$150 (includes link to the AASRA website). Payment must be received prior to printing and come in a high-resolution (at least 200 dpi) JPEG, Illustrator, PhotoShop or PDF file format. Contact Janelle Maros at info@asra.ab.ca for more information.



AASRA

Alberta Amputee Sports and
Recreation Association
P.O. Box 708 Station 'M'
Calgary, Alberta T2P 2J3
Phone: (403)201-0507
Fax: (403) 256-7611
Toll Free: 1-888-501-0507
info@asra.ab.ca
www.asra.ab.ca

Executive Director's Report by Gwen Davies, Executive Director

What a strange end of Summer and beginning of Fall that we have had in Alberta this year! Following such a great August and September – pow - we had snow the first week of October and then an Indian Summer for October and into November! While I and others, are upset that our golf season finished so abruptly, I am sure the skiers are keen to get going with their season!

Often new amputees comment that their life has changed dramatically and in some cases, they feel that they will never be able to do things the way they used to. Well I asked some of our members to let me know what they were doing as a recreation or sport and I was amazed at the variety of things that people are involved in. I also asked what they are wearing now as prosthesis' and thus others might see that a particular component, a different knee, a new type of foot, might be of interest to them. The results are very interesting.

I had the distinct pleasure in November, of visiting our most mature member with greetings from AASRA, when Ernie Mc Neil celebrated his 96th birthday! This gentleman (BE) is the only surviving amputee from the Second World War in Calgary, and one of only ten amputee veterans in the Province of Alberta. What a pleasure to talk to him and to hear about his life and all of the things that he has done. He is so positive about everything in general and a real inspiration to everyone who knows him. Ernie is only sorry he didn't get a game of golf in this past season due to some surgery.

Our Annual General Meeting, Open Forum, Guest speakers and Mini Trade Fair will be held on **Saturday 6th March, 2010** at the **Black Knight Inn in Red Deer** starting with Registration at 11.30am and finishing with a Mini Trade Fair/Wine and Cheese. **A Registration form can be found in this newsletter** and on the AASRA website. Details of the Schedule for the day will be available on the web as they come to hand. This is a wonderful opportunity to get out and meet many of our members, to learn about the newest products that are on the market, to hear about the various programs that are available and to listen to some very interesting speakers. Your evaluations of previous AGM's, indicates that this is an event that everyone enjoys and the coming together of so many amputees in one place, helps not only the new amputee, but seasoned ones also in their everyday life style. It is a day full of interesting information, great networking with other amps and their families and lots of laughs! Not only is this a 'must go to' event, but the entire day is free for members! Family members are welcome to attend also - the cost for non-members is only \$25. Not too many places you can get a deal like that! Hope you plan to attend.

I had the distinct pleasure of talking to Sebastien Perigny-Lajoie, Regional Adapted Fitness Specialist with the Armed forces, and subsequently Hal Gibbens and I meet with Chris Ha, Physical

Exercise Therapist also with the Garrison in Edmonton. We were quite astounded with the wonderful facilities at the Military fitness centre and the programs offered to members of the forces. AASRA will be working with Sebastien and Chris to attempt to have adaptive joint programs for AASRA members and returning amputee soldiers together, in such things as wheelchair curling, wheelchair basketball, swimming, etc. We welcome this coalition that will benefit all amputees. But that's not all! **Did you know that members of the public can take out memberships at this facility, as it is open to the public?** An Associate single membership is only \$305.55 annually and a family membership is \$600.07. The equipment in the centre is first class. As well there is a curling rink, ice rink, gym, golf course, pool, soccer and football fields, all available to be used. If you live in Edmonton or surrounding areas, membership in this fitness centre may interest you, as well as the adaptive programs that we are attempting to set up. The number at the centre is 780-973-4011 Ext4383 for information on the gym membership.

A very successful rowing clinic took place at the Glenmore rowing club in Calgary in the Fall and due to the keen interest shown, AASRA will be working with Melanie Ross who in turn will liaise with the Rowing club, to hold an adaptive rowing program in the Spring of 2010. Watch for further information on this.

Congratulations go out to AASRA Lifetime member Alexandra Starker, who has been invited to be a part of the Alpine Canada para ski team. Alex has now recovered from her fall last season and is back on the slopes. Alex has worked long and hard these past couple of years to get to this level and AASRA is pleased to have been able to assist her along the way.

We would like to welcome new Lifetime member Mark Arendz who has now moved to Calgary to reside. Mark is a member of the Canadian Biathlon team for the 2010 Paralympics and will be training in and around the Province. Good luck Mark.

Thank you to the contributors of articles to this edition of AASRA NEWS. It may not seem that interesting to you, but when someone else reads about you and what you do or have done, you are helping them without even knowing it!

Thank you also to our advertisers. We appreciate your support and I encourage our members to support you, as you have supported us.

I would like to wish all AASRA members and their families, the happiest of Holiday seasons. May you enjoy this wonderful time of the year and may you have nothing but good health and happiness in the coming year.

Gwen Davies
Executive Director



Calendar of Events

December 3rd, 2009
International Day of Persons With Disabilities
Calgary
City Hall Atrium
10.30am – 2.00pm

December 7th – January 18th
Novice Cross Country/Sit Skiing clinic
Calgary
Canada Olympic Park
6 lessons 6.30 – 8pm each week
Contact Gwen Davies to register
info@aasra.ab.ca

December 28th
(Last Monday of every month)
Calgary Support Group meeting
Glenmore Auxiliary Hospital
7pm.
Contact Gwen
info@aasra.ab.ca

December 28th
(Last Monday of every month)
Edmonton Support Group meeting
Glenrose Hospital Rec.Ther. Dept.
Room #2177
7pm.
Contact Dave Marchand
davemarchand@hotmail.com

December 28th
(Last Monday of every month)
Red Deer Support Group Meeting
Second Cup
South Pointe Common
7pm
Contact Shane Westin
shane.westin@rdc.ab.ca

December 30th
(Last Wednesday of every month)
Lethbridge Support Group Meeting
Lethbridge Hospital
7pm
contact Don Young
drywine@telusplanet.net

December 30th
(Last Wednesday of every month)
Grande Prairie Support Group Meeting
Grande Prairie. A & W Restaurant North
7.30pm
Contact
Hans Nagel
nagel@hgp.telus.net

January 25th – March 1st, 2010
Beginners Cross Country/Sit Skiing clinic
Calgary
Canada Olympic Park
6 lessons 6.30 – 8pm each week
Contact Gwen Davies to register
info@aasra.ab.ca

January 25th
(Last Monday of every month)
Calgary Support Group meeting
Glenmore Auxiliary Hospital
7pm.
Contact Gwen
info@aasra.ab.ca

January 25th
(Last Monday of every month)
Edmonton Support Group meeting
Glenrose Hospital Rec.Ther. Dept.
Room #2177
7pm.
Contact Dave Marchand
davemarchand@hotmail.com

January 25th
(Last Monday of every month)
Red Deer Support Group Meeting
Second Cup
South Pointe Common
7pm
Contact Shane Westin
shane.westin@rdc.ab.ca

January 27th
(Last Wednesday of every month)
Lethbridge Support Group Meeting
Lethbridge Hospital
7pm
contact Don Young
drywine@telusplanet.net

January 27th
(Last Wednesday of every month)
Grande Prairie Support Group Meeting
Grande Prairie. A & W Restaurant North
7.30pm
Contact
Hans Nagel
nagel@hgp.telus.net

February 22nd
(Last Monday of every month)
Calgary Support Group meeting
Glenmore Auxiliary Hospital
7pm.
Contact Gwen
info@aasra.ab.ca

February 22nd
(Last Monday of every month)
Edmonton Support Group meeting
Glenrose Hospital Rec.Ther. Dept.
Room #2177
7pm.
Contact Dave Marchand
davemarchand@hotmail.com

February 22nd
(Last Monday of every month)
Red Deer Support Group Meeting
Second Cup
South Pointe Common
7pm
Contact Shane Westin
shane.westin@rdc.ab.ca

February 24th
(Last Wednesday of every month)
Lethbridge Support Group Meeting
Lethbridge Hospital
7pm
contact Don Young
drywine@telusplanet.net

February 24th
(Last Wednesday of every month)
Grande Prairie Support Group Meeting
Grande Prairie. A & W Restaurant North
7.30pm
Contact
Hans Nagel
nagel@hgp.telus.net

Coming Events

March 6th

**AASRA Annual General Meeting
Open Forum & Mini Trade Fair**

Red Deer
Black Knight Inn,
11.30am – 6pm
Contact info@asra.ab.ca
and check www.asra.ab.ca
for further details

May 29th-30th

BC Open golf tournament
Radium Springs Resort/The Springs
Radium Hot Springs, B.C
Contact Floyd
fiverge@nanonow.ca

June 19 – 20th

Alberta Amputee Open golf tournament
Rivers Edge Golf Club
South of Calgary, near Okotoks
Contact Vic
info@asra.ab.ca
www.riversedgegolfclub.com

July 19th

Alberta Amputee Pro/Am
Calgary
Inglewood Golf & Curling Club
Contact Gwen
info@asra.ab.ca

August 16 – 19th

Canadian Amputee National Open
Sherwood Park (Edmonton)
Broadmoor Golf course
Contact Bob
bobbymac@shaw.ca
www.broadmoorgolfcourse.ca

October 12 – 15th

US National Golf Championships
Prattville, Alabama. U.S.A
The Legislator Golf Club
www.nagagolf.org


Please check out the Calendar of Events on our AASRA website at www.asra.ab.ca for updates and further events.

AASRA ON DISPLAY

The 2009 International Day of Persons with Disabilities in Alberta will be on Thursday 3rd December, 2009. AASRA has been invited to participate in Calgary in a key part of the celebration - a trade show display at City Hall. This is an opportunity for AASRA to let people know who we are and what we are about. Drop on down to the City Hall Atrium in Calgary and take a look at the many displays.


FUN

A retired gentleman who had serious hearing problems went to the doctor to be fitted for a hearing aid that would return his hearing to 100%. The gentleman went back for further tests a month later and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again." To which the gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to their conversations. I've changed my will three times!"




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Member Assistance Policy

Applicant must have been an Alberta resident for a minimum of two (2) years.

Applicant must have been a member of AASRA for a minimum consecutive two (2) years. (Membership for this purpose commences on the date of payment of annual or Lifetime dues)

Applicant must have been involved in supporting AASRA such as: Recruiting others to join the Association, working or recruiting others to assist with AASRA fund-raising events, contributing articles for the Web page and/or AASRA NEWS, serving on a Committee or the Board of Directors, making hospital and at-home visits to new amputees.

Items AASRA shall consider assistance towards: Registration, Accommodation, Transportation

Items AASRA shall not consider assistance towards: Food, Clothing Equipment

An application for financial assistance, with complete details of the program/event, place, date, etc must be made to the AASRA Sports Director on the appropriate form (available on-line). Requests for each year are to be received by the Sports Director by March 1st of that year, even though many events' costs will have to be estimated. The funding request will be approved or disapproved by the Board and any decision shall always be based on funds available and at the Board's discretion.

Funding will be considered and approved for one chaperone of a junior AASRA member to cover transportation to an event, as long as the qualifying chaperone is a current member of AASRA and is actively involved in AASRA.

Payment of all previously approved funding, will be done directly by AASRA on the member's behalf, or in some cases, upon the Treasurer receiving original receipts from the member.

Funding to AASRA members annually, shall not exceed fifty percent (50%) of the balance of Association funds, at the end of any given fiscal year.

These guidelines are subject to change without notice by the Board of Directors.

The member assistance request form can be downloaded from www.aasra.ab.ca

DISABILITY TAX CREDIT / DISABILITY SAVINGS PLAN

Check out this website for information on the Disability Tax Credit Form2201 and Disability Savings PlanRC4460, www.cra-arc.gc.ca

Why become an AASRA member?

To support the members of the association in its endeavours to assist amputees in life and sport.

Pay \$20 annually *or \$150 for life and receive:

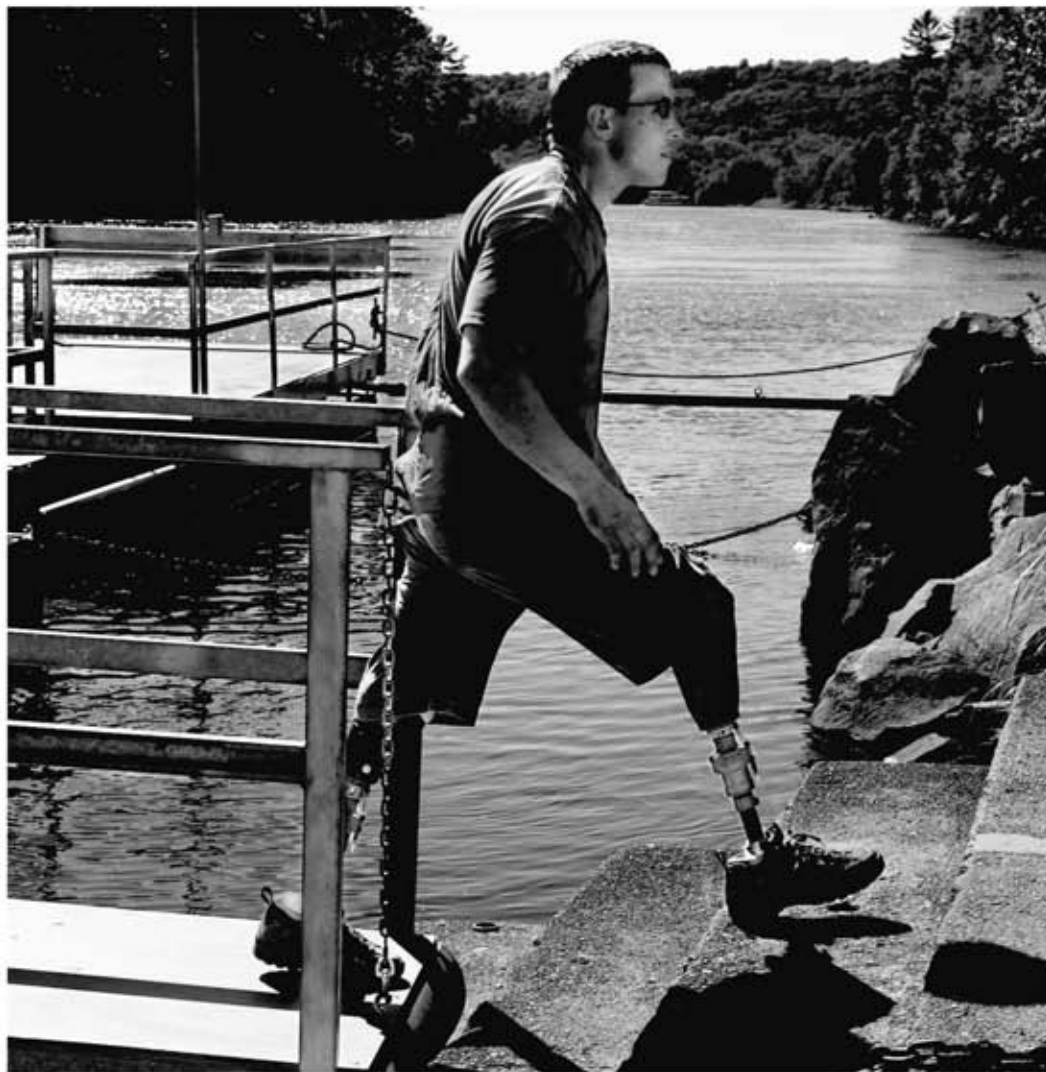
- Moral and physical support
- Meet other amputees
- FREE or subsidized attendance to AASRA events
- Financial Assistance opportunities**
- Quarterly newsletter - AASRA NEWS
- Volunteer development
- Seasonal amputee sporting events
- Hospital and home visits to new amputees
- Member website

* Annual memberships run from January 1 to December 31 of each year.

** Assistance from AASRA for qualified members is available for recreation as well as elite sporting activities. We have a Member Assistance policy in place whereby assistance can be given for such recreational or sporting activities as bowling, swimming, curling, gym membership, ski pass, hockey league, etc.

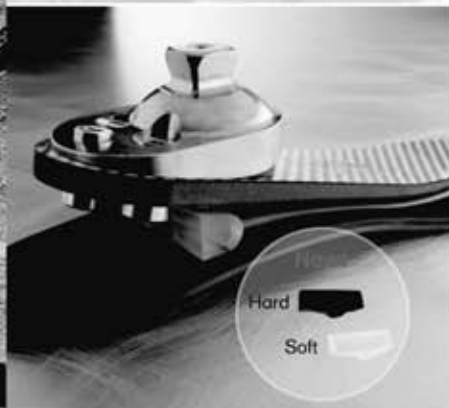
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SUPPORT GROUP MEETINGS

To our Red Deer and surrounding area members, please note that effective November 23rd, the Red Deer Support Group moved to a new location - Second Cup - South Pointe Common, Red Deer at 7pm. Meetings will now be held at this location on the last Monday in every month so come on out, have a cup of coffee with us and share your thoughts along with other AASRA members and new amputees. Contact Shane Westin at shane.westin@rdc.ab.ca for further information. Hope to see you there!

The Edmonton Support Group meeting continues to be an informative, sharing, caring and fun night for all. We never know what topic is likely to come up in conversation, but we do know that the support that new amps are seeking is there for them. We would however, like to see some other AASRA members come out to support the Association in running these get togethers. The meetings are for amputees, their families & health care professionals. We meet at the Glenrose Hospital, Recreational Therapy Department Room #2177 on the last Monday in every month (This is the activity room located across from the Recreation Department's general office on Floor 2, West Building). Everyone can benefit from attending. Guest speakers some evenings. Contact Dave Marchand at davemarchand@hotmail.com if you have any questions.

Calgary Support Group meetings continue to be a great place to be on the last Monday in every month in Calgary at the Glenmore

Auxiliary Hospital (Carewest) at 7pm. Whether or not you are a new amputee struggling with your new situation, your families have concerns, you are a mature amputee who would like to share your experiences, or a health care professional - you are all welcome to come, have a cup of coffee and talk about what life as an amputee is all about. This is a win win situation where as a new amputee, you may get many questions answered and as a mature amputee, you may be able to help someone learn to adjust. Get in touch with the office at info@aasra.ab.ca if you need more details. We will be running a Peer Support training program later for those members wishing to get certified as a Peer Supporter.

New amputee? Live in the Grande Prairie area? Come on out on the last Wednesday in every month, to have a cup of coffee at the A & W Restaurant North at 7.30pm and be a part of our Support group meeting. This is a chance to relax and talk about what's on your mind and see if any of the other attendees, can help you, or you can help them. Contact Hans Nagel at nagel@hgp.telus.net for further information.

Don Young would be pleased to see you at the Lethbridge Support Group meeting the last Wednesday in every month at the Lethbridge Hospital at 7pm. All amputees, their families, health care professionals are welcome to meet and give support to one another. Whether or not you are a new amp, or a long-time amp that has some questions, you are welcome. Contact Don at drywine@telusplanet.net

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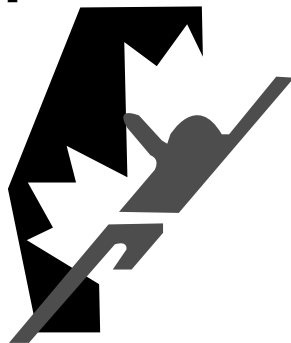
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Alberta Amputee Sports & Recreation Association



**Annual General Meeting
Saturday 6th March, 2010**

**Black Knight Inn, 2929 – 50th Avenue,
Red Deer, Alberta.**

11.30am - Registration

Noon - Lunch

1.00pm - AGM

Followed by guest speakers, open forum, prosthetic development, sports update, new prosthetic products, Wine & Cheese and Mini trade fair.

Check the AASRA website for Registration form and Schedule details as they come to hand.

MEMBER REGISTRATION FORM

A.A.S.R.A. Annual General Meeting

March 6th, 2010

To assist us with the planning of this event, we would ask you to complete this form and email it (fastest) to info@asra.ab.ca or fax to (403) 256-7611 (just as fast) or mail your response (snail mail) to: AASRA, P.O.Box 708, Stn M, Calgary, Alberta, T2P 2J3. Thank you.

Yes ___ please register me for the Annual General Meeting

I will ___ will not ___ be attending the luncheon (no charge if a paid-up AASRA member)

I will ___ have ___ guests (spouses, etc) attending the luncheon (cost \$25 ea. enclosed)

I will ___ will not ___ be attending the Wine & Cheese (no charge)

AASRA is prepared to pay overnight accommodation on March 6th, 2010 (50% of the room rate) for all Lifetime members and all current paid-up Annual members (as of October 1st, 2009), so long as this signed form is received in AASRA's head office prior to

February 13th, 2010

I will ___ will not ___ require a room for the night of March 6th, 2010

Preference: ___ Single room 1P/1B* (50% paid by AASRA)

___ Double room 2P/1B

___ Double room 2P/2B

Name(s) of occupants _____

I will ___ will not ___ * share a room with another AASRA member.

I am a Lifetime member ___ I wish to become a Lifetime member ___ (\$150 enclosed)

I am a 2010 member ___ I wish to renew my membership for 2010 ___ (\$20 enclosed)

Signed

Print Name

By my signature above, I acknowledge that AASRA will book and pay for 50% of a room and tax at the Black Knight Inn, Red Deer, Alberta for the night of March 6th, 2010 (Any additional personal charges shall be to my own account). Should I not require this room, I agree to give AASRA advance notice of cancellation in writing prior to February 13th, 2010, otherwise the cost for this room shall be my personal responsibility.

YOUR MEMBERSHIP IS NOW DUE

If you pay your AASRA membership annually, then this is a reminder to you that your Membership is now due. Membership is from 1st January to the 31st December yearly. To guarantee the continual delivery of your AASRA NEWS, to be put into our data base and be notified of special items or events, please forward your \$20 (hasn't been increased in 11 years) to AASRA at P.O. Box 708, Station A, Calgary AB. T2P 2J3

Why not consider taking out a Lifetime membership? The cost is only \$150. For sure, our missing limbs are not going to re-appear, so your qualification as an amputee will be there for the rest of your life.

We thank you for being a member of AASRA.

DIABETES FACTS

- More than 250 million people around the world have diabetes
- Diabetes is the leading cause of blindness in working-age adults, the leading cause of kidney failure and the leading cause of non-traumatic amputations
- Individuals with diabetes also have two-to four-times more heart disease, including heart attacks and strokes. It is estimated that heart disease occurs 10 to 12 years earlier in someone with diabetes than in non-diabetic people.
- Diabetes can be associated with a number of mood disorders, including depression and anxiety.
- To prevent complications, it is important to target appropriate glucose, blood pressure and cholesterol levels.

Source – Canadian Diabetes Association

	<p>Where do you shop for Stylish Canes & Walking Sticks?</p>	
	 <p>CanesCanada.com Stylish Daily Use & Collectors' Canes & Walking Sticks</p> <p>1-866-217-8091</p>	
	<p>A Truly Canadian &  owned & operated company! visit us @ www.canescanada.com</p>	
<p>Colorful fore-arm crutches and Tornado non-slip tips</p>		

CONGRATULATIONS Alexandra !!

News Release

November 12, 2009:

Alberta Alpine congratulates Kirk Shorenstein (Snow Valley/ASA) and Alexandra Starker (Team Pano/FAST) on being named to the Canadian Para-Alpine Ski Team Development Group.

ABOUT ALPINE CANADA ALPIN

Alpine Canada Alpin (ACA) is the governing body for alpine ski racing in Canada with more than 50,000 athletes, coaches, officials and volunteer members and over 200,000 supporting members. ACA manages the high performance programs for the athletes of the Canadian Alpine Ski Team and the Canadian Para-Alpine Ski Team who represent Canada throughout the world.

CANADIAN PARA-ALPINE SKI TEAM FOCUSES ON PARALYMPIC GOALS

Thirteen CPAST athletes named to 2009/2010 IPC World Cup team

CALGARY, AB (June 9, 2009) – Thirteen para-alpine ski racers, including two reigning overall IPC Crystal Globe winners, have been named to Canada's Para-Alpine Ski Team as it focuses its training and competitive schedule to achieve peak performances at the 2010 Paralympic Winter Games in Vancouver / Whistler, BC.

A national development group made up of five high-potential ski racers that will compete on the IPC Nor-Am circuit as well selected World Cup events was also named today.

Lauren Woolstencroft (North Vancouver, BC / Calgary, AB) and Viviane Forest (Edmonton, AB) along with her guide Lindsay Debou (Whistler, BC) will lead the team into the 2009/2010 IPC World Cup season.

The CPAST Team finished atop the IPC Nation's Cup standings and the World Championships last season, beating both the Austrians and United States for the first time ever.

"We had a tremendous season last year, finishing first overall at both the World Championships and the IPC World Cup. But the stakes are even higher this season," said CPAST High Performance Director Jean-François Rapatel.

"Our main objective will be winning 17 medals at the 2010 Paralympic Winter Games so all our preparation and focus are geared towards that objective. It is an ambitious goal, but with the athletes that were named on the CPAST we have the potential to do it," he added

The team also includes IPC World Cup and IPC World Championships gold medalist Chris Williamson (Markham, ON) along with his guide Nick Brush (Panorama, BC), sit skiers Josh Dueck (Vernon, BC) and Kimberly Joines (Rossland, BC). Canadian champions Karolina Wisniewska (Calgary, AB/ Vancouver, BC) and Matt Hallat (Whistler, BC) have also been named to the Canadian Para-Alpine Ski Team.

The team heads to Panorama, BC beginning November 16th for a training camp.

The team representing Canada at the Paralympic Winter Games will be announced in February.

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**2009/10 CANADIAN
PARA-ALPINE SKI TEAM**

Andrea Dziewior,
Nanaimo BC, LW 2

Arly Fogarty,
Montreal QC,
LW 5/7-2

Christopher Williamson,
Markham ON,
B 3

Josh Dueck,
Vernon BC,
LW 11

Karolina Wisniewska,
Vancouver BC,
LW 3/2

Kimberly Joines Rossland,
BC,
LW 11

Lauren Woolstencroft,
North Vancouver BC,
LW 3/1

Lindsay Debou,
Whistler, BC,
Guide

Luke Donovan,
Dalhousie NB,
LW 11

Matthew Hallat,
Whistler BC,
LW 2

Morgan Perrin,
Whistler BC,
LW 3/2

Nicholas Brush,
Panorama BC,
Guide

Viviane Forest,
Edmonton AB,
B 2

DEVELOPMENT GROUP

Alexandra Starker,
Calgary, AB,
LW 6/8-2

Jeff Dickson,
Sudbury, ON,
LW 9-2

Kirk Shorenstein,
Edmonton, AB,
LW 6/8-2

Melanie Schwartz,
Toronto, ON,
LW 2

Sam Daniells,
Whistler, BC,
LW 10/1

**CANADIAN
AMPUTEE HOCKEY
COMMITTEE**

Players are back training again with the National team final Selection Camp to be held December 4 – 6th, 2009 in Montreal, Quebec.

A National Team Pre-Worlds camp will be held in March – possibly in Kitchener - Ontario, with the 2010 ISIH World championships being held in Montreal April 23rd to May 2nd, 2010. Canada will be going for their 5th Gold medal!

It is planned to have an exhibition series between the Canadian and American Junior teams, but this date has not yet been set – hopefully it will be hosted in Montreal sometime during the World Championships.

If you are interested in amputee standing ice hockey, or want further information contact Tom Rinn at rinnbo00@hotmail.com

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CHRIS CEDERSTRAND

My name is Chris Cederstrand.

I have been an amputee for 4 years now. I was trained as a fire fighter prior to my accident and choose a job working road construction until I received a fire

I have taught myself to snowboard, something that I loved doing before

fighting job. It was while working on road construction that I lost my leg, when a malfunctioning packer slipped into neutral at the top of a hill, and had me barreling toward the Bow and Sarcee intersection in Calgary. In an attempt to make sure the packer did not go through the intersection, I jumped off with the packer flipping at the same time. The roll bar caught my knee, crushing the top of the tibia, fibula and patella (knee cap). While trying to save my leg, my femoral artery blew during surgery,

resulting in the doctors having to amputate to save my life.

This experience has greatly influenced my life - it hasn't quite been the same. I am struggling to accept and move forward as



Chris Cederstrand

I deal with post traumatic stress, pain and depression, with regular phantom pain and phantom feeling. I recently underwent knee surgery to my 'good leg' to repair damages from falling and overuse. I have struggled to use a prosthetic leg because of nerves that won't settle down. I can no longer do what

I once could, but I haven't given up trying either. Currently, I am working at returning to school, with the goal to become an X-ray technician.

Once recovered from knee surgery, I will be training with Stephen Burke in Paralympic cycling, hoping to reach the 2012 Olympics in London, England. I have taught myself to snowboard, something that I loved doing before and was sure I would never do again. However, I have been able to adapt, with the help of an amazing sport leg (XT9) coming out of the States. I have taught myself to skate. As I previously played hockey in the WHL, skating is a huge part of who I am. I can now ride a bike with one leg and I enjoy golfing and going to the gym.

With the full support of my family, the amazing doctors and prosthetists, and supporting organizations like AASRA and Bici Sport, I have no doubt that things will turn around for me and I can get my life back.



Blaine Skleryk M.Sc., RMT

Goodbye Pain... Hello Life!

What will you do when the pain is gone?

Low Back Pain

"After 8 visits, all the prescriptions and pain killers were not required."

Brian

Plantar Fasciitis

"After my treatments I was finally able to walk 18 holes without pain!"

Lyle

Tennis Elbow

"I've laid laminate floor, painted walls in my house, moved furniture and packed all my own groceries."

Robbin

Neck Pain

"After 6 treatments, I have no pain at all and am now sleeping soundly through the night."

Rosemarie

Shoulder Injury

"I wanted to be able to go swimming and play golf and now I'm able to do that."

Colin

Arthritis

"I am back to walking four kilometres a day."

Michelle

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CYCLING

I just wanted to take the time to thank AASRA for all the support you have provided me in the past year, as well as to give you a brief update on the year to come. The support that you have provided me with, allowed me to attend the Canadian National Championships for both road and track last July.

Both those events inspired me personally and really brought out an even stronger passion for the sport. This passion has been fuelling a rigorous training schedule that my coach Stephen Burke has specifically designed and implemented for me personally, for the winter training year and that I have been determined to execute to the best of my abilities.

This personal training program will ensure that I reach my goal for the year of being accepted onto the Canadian National Team and that further, I attend the 2010 World Championships. The training is intense, difficult and rewarding. It requires extensive time on the bike, in the weight room, other physical exercise, nutritional focus and also training of the mind. Week by week, day by day and minute by minute in Steven's program, I must remain on track with all these aspects. I recognize that achieving the goal of representing my country at the Paralympics involves the utmost determination and dedication on my part, however it also requires both short and long term support from both family and friends, and includes the invaluable contributions of organizations like AASRA.

I am so proud to be a part of the AASRA family and that I have them to help me succeed in achieving my personal goal of representing Canada at the next Paralympics. Your support is making this dream a reality.

Jay Milley
Junior AASRA member



Far left – Jaye Milley –
Silver medal – Track Nationals,
Montreal Quebec – July 2009

**We can let the circumstances of our lives harden us,
so that we become increasingly resentful and afraid,
or we can let them soften us, and make us kinder. We
always have the choice.**

- **Dalai Lama**

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MARK ARENDZ BIATHLETE / NORDIC SKIER

I have a few minutes now after I have just finished packing to go home after another successful training camp. I am wrapping up my very first high altitude, glacier skiing camp. The camp was in Ramsau Dachstein, Austria. It is a beautiful country, like most of central Europe it has traditional customs but also hidden modern features.

This camp has been a tough one. The coupling of jet-lag (8 hours) and altitude (Hotel=1700m, Dachstein glacier=2700m) made it very difficult to get acclimatized. I had to be really careful not to go too hard skiing because the altitude makes your heart rate go up really quickly; also you produce much more lactate acid. The first few days these were both way too high compared to normal. Slowly they did come down. The second week was where things got going. I

was feeling much better compared to the first week and all the signs were showing that my body was adjusting to altitude quite well. The intensities we did in this second week were awesome, some of the best I have ever done. I take that as a promising sign for the upcoming season.

A typical day at this Dachstein camp went as follows; we woke up at 6:30am, this was followed quickly by a Rusko test, which is to see how well you recovered from the past days training by comparing resting heart rates. Next I got dressed for skiing and headed down for breakfast, which ended

about 7:25am. I then quickly ran up to the room to grab my backpack with clean dry clothes and extra skiing clothing in case the conditions up top were a little colder. Since we stayed at a hotel that was only 100m from the gondola station, the commute was really short. By 7:40am I would be



in line to catch the first ride up at 7:50am. About 60 skiers (with a pair of skis, poles and most had a backpack) crammed into the gondola. The gondola ride took about 10 minutes. Then another 10 minute walk from the upper gondola station to the cross country trail. I skied for anywhere between 1.15 to 2 hours. To gain extra exposure to altitude we stayed for a cup of tea on top after the ski. I would head down around 11:20am, shower and set everything out to dry. Lunch was around noon, after that it was back to my room for some quiet time, usually to check email and find out what was going on in the rest of the World and a

nap. About 3:30pm we drove down the hill, at the bottom we then started our afternoon roller ski back up. The road was give-or-take 8 kms uphill, with a few sections of 12% grade. It was a good hour and a bit work out. At 6:00pm it was supper time. After supper was usually a time to relax, maybe

watch a movie, or try and understand German soccer commentators. Bedtime was somewhere between 9:30 and 10pm.

On our day off, we headed into Salzburg. It was a really interesting city, full of historical buildings and importance. To name one, I saw the house where, in one of the apartments, Mozart was born. We walked by one of the oldest, if not the oldest café (which is still in operation), which is believed to have been a common hang out for Mr. Mozart and possibly inspiration

for some of his work.

We've had wonderful weather throughout the entire camp, and as another sign that it is time to leave today, it was a misty and cooler day. Still we went out for an amazing run/hike, too bad the view from the top of the trail was of a fog bank. Conditions on the glacier were good, considering that it is the Fall and we had multiple days above 0. The parts of the glacier that were not groomed for skiing, were dirty and it was a weird kind of dirt. If you got it on your clothes or shoes it was just like grease - being nearly impossible to wash off. The trail conditions

were similar to that of Spring skiing, being hard almost icy early in the morning and quickly- as the sun comes up- breaking down and becoming what we call sugary or granular. Both conditions are great for training as the icy conditions are harder to keep control but are really fast. While warmer or sugary conditions again are difficult to keep control as the snow may force the ski somewhere, you don't want it to go. It is also slower and therefore demands more energy in order to maintain your speed.

**This Is Why I Love
This Sport**

Over the past five weeks, I have kept myself busy training and hunting (for the first snow, of course). I'm pleased to say that this has been a great season for early snow hunting. On October 18, I went for my first ski of the year on a man-made loop at the Canmore Nordic Centre. It has been nicknamed the Hamster Loop by the National team skiers. Sure it was only 700m long but it was really good skiing and in mid-October what else can you say about that! I made great use of this resource, spending many hours and countless number of loops on it. But with such a short loop doing longer workouts, drove you close to insanity; what was needed was a hero.

That hero was the Moraine Lake road in Lake Louise. This is a paved road that ends at the popular Moraine Lake and is a trail head to several great hiking trails. The road was closed on Friday October 30th, and by that Sunday afternoon rumors were spreading through Canmore that the road was snow covered, packed and groomed. On Tuesday my coach and I decided (after quite solid reports that it was good skiing) to go up there and see. It was a beautiful day, with only a few clouds in the sky and the temperature just below freezing. During the hour long drive from Canmore to Lake Louise, we commented that there wasn't a lot of snow on the ground, and our worries got deeper and deeper as we got closer to Lake Louise. Were we ever wrong! Our

plan was to ski for just two hours. We ended up having to cut ourselves off at just over three hours. It was truly amazing skiing up there! I'm even going to use the word 'epic' to describe it. The weather was just perfect and the ski conditions were from a dream. But what was the most remarkable thing, was that all this was possible with only a couple of centimeters of packed snow, because occasionally as you planted your poles they broke through the snow and you heard and felt the distinct scratch

of the poles hitting the pavement underneath. That day was one of those days where you think 'this is

why I love this sport.' That day was one of the reasons why I train all year round so that I can enjoy conditions like that.

With the snow, comes one thing that is even better than the snow itself, and that's the beginning of the competition season. My first competition is the last weekend in November, and it can't come soon enough. This is the first year where I'm impatient about the start of the competition season. I'm really excited to get out there and, as a figure of speech, 'flex my muscles.' But there is still some time left and the key is to focus on training and preparations in

that time, so that when the 28 of November comes I'm ready to start what I think will be a quite memorable season.


I hope that the weatherman in your area is forced to say those three magically words, 'snow storm warning!'

WHEELCHAIR RACING

To bring you up to date on our roving Wheelchair racer, AASRA member Glen Scott did the Victoria Marathon in October, in a time of 2:15. He not only beat all other wheelchair participants, but crossed the line first ahead of all runners as well. Way to go Glen!

Also in October, Glen walked the Calgary Run for the Cure - 5 K - on his prosthetics. (Glen is a Double BK amputee)

At press time, Glen was waiting to find out if he qualified for the Boston Marathon to be held in Boston in April. We've got our fingers crossed for you Glen!



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Jon Allen C.P. (c)
Michelle Martin C.P. (c)

CYCLING

The 2009 cycling season has been a major success for me, in terms of development and personal progress. I have been receiving coaching from Stephen Burke at the Olympic Oval in Calgary and have come to fall in love with the sport of cycling a lot more this past year. Being new to the racing scene, I learned a great deal this past

The Importance of Physical Activity and Sense Of accomplishment Obtained Through Sport

summer about racing - especially in the technical aspect. I raced in nine events, with the National Championships in Quebec in July being the highlight.

I'm very thankful to AASRA for their financial support in making my participation in Nationals possible. I raced in both road and track events. My best performance was in the kilo event for track.

I came very close to making the National Team standard in this event, accomplishing 90% of the team standard. I have significant goals ahead of me for my cycling career which include National and World Championships this coming summer.

As an amputee I strongly believe now more than ever, the importance of physical activity and sense of accomplishment obtained through sport. I really feel like I'm doing something great with myself and I have cycling, AASRA, Stephen Burke, my team-mates, and my parents to thank for that!

Over the winter I plan to finish up my last year of my degree and train with my coach Stephen Burke at the Calgary Olympic Oval in preparation for the upcoming Nationals.

JP Austring,
Junior AASRA member

TRACK AND FIELD

What did I do this summer? Well, I spent almost a month in Europe in July, running in Switzerland and Holland. In Switzerland I was competing in the IWAS (International Wheelchair and Amputee Sports) World Juniors, where I won three gold medals and set 3 World Junior records in the 100 meters, 200 meters and 400 meters. I was also able to accomplish throughout the season, breaking the Canadian record for all three of those events too.

Hockey is starting up again soon and I will be heading east to Montreal at the start of December, for the final Selection Camp, where the team will be chosen that will represent Canada in Montreal for the 2010 World Championships.

In November, I attended the Athletics Canada Awards Gala where I was nominated for two awards - the Junior Athlete of the Year awards and Para Athlete of the Year award. I ended up winning the Para Athlete of the Year Award.

Alister Mc Queen
AASRA junior member

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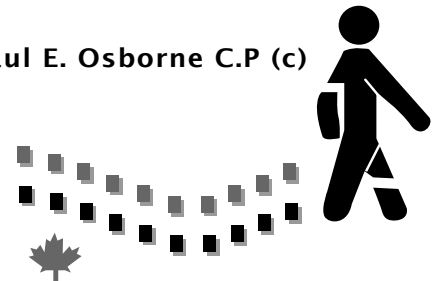
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"Helping with the Next Step"

JUNIOR AASRA MEMBERS IN ACTION

In October Junior AASRA Members Alexandra Starker and Trinity Tratch had the opportunity to do a presentation for a grade 2 class at Deer Run Elementary School in Calgary.

Alexandra and Trinity came armed (pun intended) with limbs from when they were babies and limbs they use for sports and recreation. For example Trinity showed his ski leg/tripod and talked of his biking accomplishments. Alexandra talked about her skiing and showed her golf arm and her guitar arm.

Both junior members spoke of their challenges and successes as amputees and answered many questions from the students regarding day to day activities, as well as how to deal with questions and teasing.



The grade 2 class led by their teacher Mrs. Cathy Coombe wrote letters to Alexandra and Trinity following the presentation and here are some of their comments with original spelling.

“It is funky you can do swimming and guitar golf and skeing” - Magdalena

“Trinity you are the best at riding a bike with your liguee” - Riley

“Thank-you for showing us not to be scared of prothedec arms and legs!” - Lindsey

“It was cool because you showed us your arms and legs and ur baby legs and baby arms” - Kiana

“Thank you for showing us your macknicle hand. I like your mancknicle leg too” - Anindita

“I was scared at first but now I know you’re the best at useung your arm. Trinity your good at useing your legs I’m still learning to ride my bike too!” - Courtney

“Thankyou for comeing to teche us about fake arms and legs I liked your arms and legs it was cool” - Oliver

“I lirned that we don’t have to be afraid of prosthetic arms and legs” - Chloe

“I lrnd not to be scared of people with prosteded legs and arms you are just the same as me” - Savannah

If big-chested women work at HOOTERS, where do one-legged women work???

IHOP Restaurant.

Cross Country Skiing

The Beginners Cross Country Skiing program at Canada Olympic Park in Calgary last season, was such a success that we are running a Novice Cross Country Skiing clinic this year, starting December 7th and running for 6 weeks at COP. The dates are December 7th, 14th & 21st, January 4th, 11th and 18th.

The clinic which would normally cost \$175 per person, including coaching, the providing of all necessary equipment,, ski passes, etc. will only cost AASRA members \$25.00. If you were in the Beginners program last season and enjoyed yourself, or you have some knowledge of cross country skiing or sit skiing, this is the Clinic for you!

Phone the office at (403) 201-0507 or email your Registration to info@aasra.ab.ca.

A new Beginners Cross Country Skiing program will be run in the new year - also at Canada Olympic Park in Calgary starting on January 25th for 6 weeks. The dates are Mondays January 25th, February 1, 8th, 15th, 22nd and March 1st, 2010.

Like the Novice clinic, all costs would normally be around \$175 per person, but the cost for AASRA members is only \$25.00. If you would like to have a fun fun time learning how to cross country ski, or sit ski, then call the office at (403) 201-0507 or email your registration to info@aasra.ab.ca

OF INTERST TO ARM AMPS

Check out this website:

www.gizmag.com/smarthand-prosthetic-limb-touch

This project is a collaboration between Israel, Italy, Denmark, Ireland, Iceland and Sweden.

Why did the one-handed man, cross the road?

To get to the second-hand shop!

WHAT ARE THEY WEARING NOW?

This is a brief list of what some of our members are wearing now that you might be interested in.

- Dan BK- Iceross with rotator
- Ole AK - 'C' leg
- Brad BK - Harmony
- Marc BK - Flex Foot, Mercury Knee (similar to Mauch Units)
- Jeff AK - 'C' leg
- Rob BE - Millbrand hand prosthesis
- John DOUBLE BK - Flexfoot
- Vic BK - Otto Bock, 3260 knee, a Fillauer Durashock rotator & College Park Tru Step foot
- Shane BK - EBS with torsion adaptor & 1C40C - walk foot
- Paul Double BK - Renegade feet, Otto Bock Mioelectric hand
- Gwen AK - Ossur Total knee, College Park Venture foot
- Will AK - Otto Bock knee, suction socket carbon fibre based
- Dave DOUBLE BK - Ossur feet, Otto Bock pumps
- J.P. AK - Have Rotation-Plasty surgery. Spring lite foot. (Also has special leg for cycling)
- Dave BK - Flex foot

Don't tell these members that there is something they can't do! Some of their hobbies are: swimming, downhill skiing, walking, golf, cycling, gardening, ice hockey, sky diving, 5pin bowling, cross country skiing, sit skiing, yoga, hiking, mountain biking, just to name a few!

Our sincerest thanks to the following for their continued financial support of our association:



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