



AASRA News

Alberta Amputee Sports and Recreation Association News



President's Message

by Hal Gibbens, President, AASRA

Awesome, one of AASRA's own was inducted into the Order of Canada on November 2, 2011. Congratulations Patrick Jarvis. At present, Pat serves as an Advisor to AASRA's Board. He has, in past years held various positions with AASRA including President.

I have taken the liberty of copying the Recipient Citation for Patrick's induction ceremony:

'For decades, Patrick Jarvis has empowered people with disabilities to seek their full potential through sport. As an athlete and team manager, he represented Canada at several international paralympic sporting events. During his presidency of the Canadian Paralympic Committee, he led its transformation into a powerful force within the paralympic movement, and spearheaded the implementation of athlete-focussed services, initiatives and programs. His inspirational and dynamic leadership has also benefited such organizations as the International Paralympic Committee and WinSport. He remains a model of excellence in sport.'

As I write this five of our members are in Guadalajara, Mexico competing in the Parapan Games. Vice President/Sports Director Dave Marchand and Austin Hinchey are both on the National Sit Volleyball Team, Jay Milley is competing in cycling, Alister Mc Queen is in athletics and Kennedy Pasay is competing in swimming. We are very proud of all of our athletes. Best of luck!

Doug Karlson, AASRA's very able Treasurer, has had to tender his resignation. Doug has accepted employment in Saskatoon. We all wish you the best in your new position, Doug.

I wonder if Doug has been issued his Saskatchewan uniform... green rubber boots with laces, denim bib overalls, plaid jacket and a John Deer cap with earflaps!

We are pleased to announce that Chris Rodway has accepted the Board's appointment as Treasurer. We look forward to working with Chris.

Alberta Gaming has confirmed that our next Casino is in the second quarter of 2012 on Thurs the 26th and Friday the 27th of April. As in past years we require about 34 volunteers. Those members who require points for funding please make note of these dates.

That's all from me...From my family to yours....

Merry Christmas and a Happy, Healthy and Prosperous New Year

Hal Gibbens
President
AASRA

ELECTRONIC NEWSLETTER TO MEMBERS

Thank you to those members who took the time to let us know how much they enjoyed getting their copy of the AASRA NEWS electronically.

Unless you as a member contact the office at info@asra.ab.ca or Toll free at 1-888-501-0507 or phone (403) 201-0507 or Fax (403) 256-7611, and ask to have a paper copy of the magazine,

then you will continue to receive it electronically. Hospitals, physio offices, prosthetists & related groups will continue to have copies mailed to them and we encourage you to pass these on to your patients. Should you require additional copies at any time, just let us know.

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.

Please note that the views expressed within this magazine, are not necessarily those of the Editor, the Board of Directors or the AASRA Association. Readers are asked to check out the information supplied for their own personal benefit, which may differ from others.

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), high resolution (at least 300dpi), and in JPEG, Illustrator, Photoshop, PDF, or TIFF file format, by email to AASRA at info@aaasra.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). Contact Liz Starker at info@aaasra.ab.ca for more information.

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"). All articles must be submitted in Arial 10pt font.

Deadline Dates for Advertisements and Articles:

Spring issue:

Ads and articles due: February 6th, 2012

Street Date: March, 2012

Summer issue:

Ads and articles due: May 7th, 2012

Street Date: June, 2012

Fall issue:

Ads and articles due: August 13th, 2012

Street Date: September, 2012

Winter issue:

Ads and articles due: November 7th, 2011

Street Date: December, 2012



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 the Editor at info@aaasra.ab.ca.

Advertising

Distribution of AASRA News is four times a year. Advertising rates are currently: 1/4 ad – \$35, 1/2 – \$70, full page – \$150 (includes link to the AASRA website). Payment must be received prior to printing.



AASRA

Alberta Amputee Sports and
Recreation Association
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Calgary, Alberta T2P 2J3
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Fax: (403) 256-7611
Toll Free: 1-888-501-0507
info@aaasra.ab.ca
www.aaasra.ab.ca

Executive Director's Report by *Gwen Davies, Executive Director*

Another calendar year is nearly over and yet it seems like it has only just begun! Our weather has played a huge part this year by Spring continuing on, and on, and on, and then what Summer we had was very short lived, with Fall coming and gone within a couple of weeks! I certainly was unhappy about the lack of games of golf I played this year.

A number of our members participated in the CAGA (Canadian Amputee Golf Association) National Amputee championship in Montreal, Quebec in August and congratulations go out to Josh Williams of Woodstock Ontario who won the event, just ahead of AASRA members Jesse Florkowski and Dan Hewitt. It was an extremely well-run tournament and host Bernard Ouellet and his family put on a great event. Montreal is a truly exciting city and

Did you know that it is illegal to drive with the Blue handicap placard hanging from your rear-view mirror?

we thoroughly enjoyed spending some time in between golf, seeing the likes of horse drawn carriages around Old Montreal, Notre Dame cathedral and musicians on the street. The weather was superb, although very humid. There was an additional tournament held in conjunction with the CANO, that being the College Park Inter-Provincial Challenge cup, which Alberta won back this year. The team was made up of Shane Westin, Jesse Florkowski, Patrick Griffin and Yours truly.

The US National Championship was held at the beautiful Rio Verde Country Club in Phoenix, Arizona in October and what a tremendously well run event that was also. For the first time in many years, it was oversubscribed and 120 players made up the field. AASRA member Ralph Warrington, and Bill Harding stepped in when Tournament chair Don Bigler, passed away suddenly just 3 weeks prior to the tournament. Expressions of love and the loss of Don were relayed over and over during this event by participating players.

Also held at the same time was the College Park Cup challenge between the USA and International teams. I was honoured to be the captain of the International team and I have to report that we won back the cup! The standings right now are USA – 6 wins, International– 6 wins. This friendly rivalled event has grown in stature over the past 13 years and being on either team is a privilege. Unfortunately this was the last year of College Park's involvement with the cup, so I sincerely hope that NAGA (National Amputee Golf Association of America) will be able to find a new sponsor.

Did you know that it is illegal to drive with the Blue handicap placard hanging from your rear-view mirror? I have to say that I didn't

know this, even though it is written on the back of the card itself! At our last Support Group meeting in Calgary, this was brought up for discussion and apparently you can be fined for leaving the card hanging there – impeding your view. Also did you know that if you stay in your car in the handicapped zone, while a friend or family member goes into a store, you can also be fined? You should be dropped off at the front door and your driver is to park the car in a non-handicapped stall. Also did you know that if you cannot produce the pink registration slip, showing your Handicap Parking license, you can also be fined as it can be checked as proof that you are who you say you are. The description is that YOU own the handicapped card to be used in any car that you drive or are a passenger in. The card goes with you, not the car.

I am sorry that Doug Karlson our Treasurer had to resign from the Board, due to a job move to Saskatoon in September. Maybe Doug can get amps from that area to re-form an Association? Doug, as a Lifetime member of AASRA however, will be back I am sure to visit us and we will see him at Nationals in the future. He has already sought out and found the golf courses in the Saskatoon city and area.. Good luck to he and Diane on this move from Calgary.

We welcome back Chris Rodway, as our new Treasurer replacing Doug. Chris is a Chartered Accountant by trade and brings a lot of knowledge to the position. Chris returned to Calgary in 2008, after being in Australia for 8 months. That was his second trip there, as he was initially in Sydney in 2000 for the Paralympic games, playing standing volleyball, which won the team a Silver medal. His interests are mainly around sports, as he has played competitive soccer in Calgary - winning nationals at the men's club level and was playing for the Mount Royal College (University) soccer team for 2 years. Chris's other interests include golf, snowboarding, hockey and travelling.

Congratulations to my very good friend Patrick Jarvis for being awarded the rank of Member in the Order of Canada for his decades of work with the Paralympics. It was Pat that first got me involved with AASRA and amputee sports and I am proud to have him as a friend.

Our big fund-raising event for 2012 (the Casino) will be on April 26th and 27th and Liz Starker, AASRA Secretary is asking that you notify her of what shift you will be able to work. We have 34+ positions to fill and if you are thinking about applying for funding in the near future, you should look at the Casino as an area for you to gain credits towards your funding requests.

Well the snow is finally here and people are putting up their lights on houses. I guess that means that Christmas is not too far away! From our house to your house, Merry Christmas and every good wish for a Happy NewYear!!

Gwen Davies
Executive Director – AASRA



Calendar of Events

December 28th

Calgary Support Group
(last Wednesday of the month)
7.00pm
Glenmore Auxiliary Hospital
Contact Gwen
info@asra.ab.ca

December 14th *

Edmonton Support Group
(last Wednesday of the month)
7.00pm
Glenrose Hospital Rec. Therapy Dept.
Room #2177
Contact Dave
davemarchand@hotmail.com

December 28th

Lethbridge Support Group
(last Wednesday of the month)
7.30pm
Lethbridge Hospital
Contact Don
drywine@telus.net

January 25th, 2012

Calgary Support Group
(last Wednesday of the month)
7.00pm
Glenmore Auxiliary Hospital
Contact Gwen
info@asra.ab.ca

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Edmonton Support Group
(last Wednesday of the month)
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February 29th, 2012 (leap year!)

Calgary Support Group
(last Wednesday of the month)
7.00pm
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info@asra.ab.ca

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Edmonton Support Group
(last Wednesday of the month)
7.00pm
Glenrose Hospital Rec. Therapy Dept.
Room #2177
Contact Dave
davemarchand@hotmail.com

February 29th, 2012 (leap year!)

Lethbridge Support Group
(last Wednesday of the month)
7.30pm
Lethbridge Hospital
Contact Don
drywine@telus.net

Every Tuesday and Thursday

Para Cycle Development Program
7.00pm - 8.30pm
Calgary Olympic Oval
Contact Stephen Burke
sgburke@ucalgary.ca

March 31st, 2012

AASRA Annual General Meeting
Red Deer Lodge
Red Deer, AB
Contact Gwen
info@asra.ab.ca

April 26th - 27th, 2012

Casino
Calgary Casino
Contact Liz
stard@shaw.ca

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MEDICAL COVERAGE WHEN TRAVELLING OUT OF PROVINCE

Seasoned travellers you will find, purchase a travel medical plan before leaving home – even when they are travelling within Canada. Many people however have been misled, thinking that this type of coverage is not needed. Many feel that they are covered by Alberta Health Care. If you are caught in a situation where you become ill and do not have this coverage, it can be very expensive. All AASRA athletes should make sure that they have this coverage prior to leaving the Province.

Alberta residents are strongly encouraged to obtain travel insurance to cover unforeseen costs – including emergency care and transportation when travelling outside the Province, or outside Canada. Ambulance costs can be exceptionally expensive depending where you are.

AHCIP (Alberta Health Care Insurance Plan) gives all Albertans access to medically necessary hospital and health care service. Albertans can get the same level of basic care as they enjoy in their

home Province, simply by presenting a valid Alberta Health Care card. The one exception however, is in Quebec, which does not participate in any of the health-care agreements. You therefore will be forced to pay any medical bills yourself and then file for a rebate when you get back to Alberta.

Third party medical plans usually cover emergency dental expenses, private duty nursing, medical-appliance rentals and the services of physios, chiropractors, and podiatrists. Some plans will also fund return airfare, accommodation and meals for a family member to go to where the emergency occurred. If the situation means having to abandon a motor home or truck and trailer, then costs in getting the vehicle back are covered.

Don't put yourself in an awkward situation – play it safe and take out travel insurance whenever you leave the Province. Costs for a travel policy are reasonable – between \$1.50 - \$3.50 per day and you can purchase short term (daily) or annual coverage.

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.

NATIONAL CYCLING CENTER CALGARY

Para Cycle Performance:

The Para Performance Program is on track to send athletes to the UCI Track World Championships in LA next February; among those expected to be in attendance is Jaye Milley. Jaye won a Bronze medal at last year's World Championships in Italy so we are hoping that Jaye will defend or possibly improve on this performance this year. Jaye recently returned from Mexico where he was attending the 2011 Para Pan American Games. The team that attended was smaller in size than usual for an international event and attendance was also limited due to the low number of athletes in the Pan American Region. None the less Jaye had good competition and the results were positive for him. The event started with the Individual Time Trial, this event did not end well as his Pedal fell off with a few Kilometers to go, forcing him to complete the course with only one leg. The next events were the Kilo and Pursuit both on the Velodrome. Jaye had his best result in the Men's Kilo which put all the athletes from the Cycle Division together with a correction factor applied to allow for the various disabilities. Jaye Placed 4th overall in this event with a personal best time of 1:23.232 in a race where the World Record was Broken. The Pursuit was his 3rd event and I think this is the event where Jaye had his Best Performance of the competition. They did not apply a correction factor to the event (C1-C3 merged) so Jaye's overall result was not high but his time was an impressive 4:15 over 7 seconds faster than his previous best time. The final event of the Games was the Road Race, again C1-C3 divisions were merged so a medal was not a realistic outcome, however Jaye finished the race and ended his first ever Major Games on a positive note.

The Performance Program is now in full speed ahead training a number of athletes from a variety of disciplines; training is typically mid day with a small group riding for 2 hrs on Tuesday and Thursday and Friday's with Weight training on Wednesday and Friday. This is a big year for the program with a number of events in Canada leading up to the Paralympic Games in September in London. Realistically we have 1-2 Potential riders who may make the selection to the Games, however a lot can change over the next 9 months so the motivation in the group is extremely high and very positive. The amputee program has grown this fall with the addition of 2 more young female riders; one lives in Winnipeg however she is originally from Edmonton and she still has family there so she is in Alberta quite often. She is a competitive Marathon runner at this time with Boston coming up this spring. The other new rider is in Calgary and she is a recent amputee who lost her leg above the knee this past summer. We have found her a bicycle (Jaye's previous race bike) and are working on her adaptations at this time.

Para Cycle Development:

In addition to the Performance Program we have Development Program for new riders and those who are not as focused on racing and chasing the national team dream. This group trains 2-3 times a week and includes athletes with CP, Vision Impairment, Spinal Cord Injured and of course Amputees. This year we have had 2 AASRA members continue their involvement in the program and they are now training with the program 1/week. Training starts at 7:00 PM and takes 90-105 min to complete; training is done in the Olympic Oval on the individuals personal bicycle (Tricycle, Hand Cycle or Tandem) and we have instructed warm up, main training set and cool down. Participants monitor training intensity with a Heart Rate Monitor or we use a Training Device that monitors the Power Output at the Back Wheel (measured in Watts). The group is really positive and interactive with a lot of emphasis on personal development and attaining daily goals that lead to short and long term goal planning and succession. If any AASRA member would like to come and visit during a Tuesday or Thursday Development Program training session please let me know and we can look at getting you access to the facility to come and observe the group and maybe get on a bike for a short while.

Calgary Cycling Clinic:

The Clinic that was originally scheduled to take place August 26-28 was postponed until September 23-25. We had Fantastic weather for the weekend activities that were well attended and everyone accomplished the key goal of completing a Group Road Ride west of the City with drafting and close riding skills as a key part of the weekend lesson plan. I am looking forward to hosting a camp here in the Spring and hopefully attracting some new participants to come out and get active on a bicycle.

Para Pan American Games Results

Time Trial was a composed of both Male and Female riders from all of the Bicycle Divisions. A correction factor is applied to account for the various disabilities.

Mixed C1-C5 Time Trial - 21.1km

1. Soelito Gohr C5-M (Brazil) 27:23.2
2. Diego G. Dueñas C4-M (Colombia) 27:32.7
3. Joao A. Schwindt C5-M (Brazil) 27:33.8
4. Anthony C. Zahn C1-M (USA) 27:34.9
5. Jennifer A. Schuble C5-W (USA) 27:43.4
6. Rodrigo F. Lopez C1-M (Argentina) 27:48.6
7. **Marie-Claude Molnar** C4-W (Canada) 28:11.8
8. Allison Jones C2-W (USA) 28:15.6
9. Rodny Minier C5-M (Dominican Republic) 28:26.4
10. Michael L. Farrell C3-M (USA) 28:44.3

11. Cirio Molina C2-M (Venezuela) 28:45.8
12. Samuel B. Kavanagh C4-M (USA) 28:51.1
13. Esneider Muñoz C3-M (Colombia) 29:18.5
14. Alvaro Galviz C2-M (Colombia) 29:26.3
15. Jefferson R. Spimpolo C3-M (Brazil) 30:01.3
16. Victor Garrido C2-M (Venezuela) 30:15.8
17. Jose G. Juarez C2-M (Mexico) 30:42.9
18. Flaviano E. De Carvalho C2-M (Brazil) 30:44.5
19. **Jaye Milley** C1-M (Canada) 30:46.0
20. Brett A. Weitzel C2-M (USA) 30:48.6
21. **Matthieu Parent** C2-M (Canada) 31:28.4
22. **Eric Bourgault** C4-M (Canada) 31:32.8
23. Celerino Ramirez C5-M (Mexico) 32:32.9
24. Vincent A. Juarez C5-M (USA) 33:57.7
25. Alexander Miranda C5-M (Costa Rica) 35:19.6
26. Alexander Perez C5-M (Costa Rica) 36:45.6
27. Cristina L. Otero C2-W (Argentina) 38:56.8
28. Leonel Solis C4-M (Costa Rica) 40:10.6
29. Damian Lopez C4-M (Cuba) 43:38.5
30. Jamie Ann Schanbaum C3-W (USA) 52:54.4

Road Race

Men's C1-3 – 52.8km

1. Esneider Muñoz C3-M (Colombia) 1:24:06
2. Michael L. Farrell C3-M (USA) 0:01
3. Alvaro Galviz C2-M (Colombia)

4. Victor Garrido C2-M (Venezuela)
5. Flaviano E. De Carvalho C2-M (Brazil) 0:02
6. **Matthieu Parent** C2-M (Canada) 2:23
7. Jose G. Juarez C2-M (Mexico)
8. Rodrigo F. Lopez C1-M (Argentina) 5:57
9. Cirio Molina C2-M (Venezuela) 8:33
10. **Jaye Milley** C1-M (Canada) 8:38
11. Anthony C. Zahn C1-M (USA) 8:56
- DNF. Jefferson R. Spimpolo C3-M (Brazil)
- DNF. Brett A. Weitzel C2-M (USA)

Winter 2011-2012:

At this time I am looking forward to another winter of quality training with the various athletes in the program here in Calgary. I appreciate all the support that AASRA has afforded the National Cycling Centre/Canadian Sport Centre Calgary over the past few years. This relationship is one that I truly value and use as an example when dealing with other sport associations in the province/country.

Sincerely

Stephen Burke ChPC BKin

Head Coach National Cycling Centre-
Canadian Sport Centre Calgary



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Handicapped Parking

As part of its December Accessible Parking Awareness campaign, the Calgary Parking Authority (CPA) is asking motorists to leave designated parking spaces for people with disabilities.

“With the holiday season approaching, we understand that parking space is at a premium and that some people are more likely to take a chance and park illegally in a designated stall,” said Troy McLeod CPA General Manager. “However, we are asking drivers to please be courteous and leave those spaces for people who truly need them.”

Starting November 24 and running through the month of December, the CPA will step up its patrols of accessible parking spaces. During this campaign, officers will check to make sure that vehicles display either a valid parking placard or designated license plate.

From January 1 to November 1, 2011, 5,566 tickets have been issued for unauthorized parking in a designated stall. Last year, a total of 6,010 tickets were issued, with 693 tickets issued in December alone.

“We have issued approximately 6,000 tickets each year for the past two years,” said McLeod. “Although fines for unauthorized parking in a designated stall were increased by \$50 or 33% since last year, we unfortunately have not seen a corresponding increase in compliance.”

In January 2010, the fine for parking illegally in an accessible stall was raised to \$200 if paid within 10 days, \$250 if paid within 30 days and \$300 after 30 days. Previously it was a \$150 fine.

As part of its campaign, the CPA is also hanging large outdoor banners on pedestrian walkways around the city. In conjunction with the City of Calgary’s Creative Services, the CPA has developed an accessible parking video that is available on the CPA website at <https://www.calgaryparking.com/web/guest/accessibleparking>. In addition, the CPA also places ads and articles about accessible parking in Calgary community newsletters.

The Calgary Parking Authority asks Calgarians to be courteous this holiday season and leave accessible parking stalls for those who need them.

Key Messages

Accessible Parking Awareness Campaign 2011

- Calgary Parking Authority’s Accessible Parking Awareness campaign reminds motorists to leave designated parking spaces for people with disabilities.
- The CPA runs its accessible parking awareness campaign to educate

Calgarians and seek greater compliance.

- The campaign starts on November 24 and runs through the month of December
- December is the month where most infractions occur
- Accessible parking falls under section 32 of the Calgary Traffic Bylaw 26M96

Questions and Answers

1. What is Accessible Parking Awareness Day?

Thursday, November 24, 2011 was proclaimed Accessible Parking Awareness Day in the City of Calgary. This proclamation was a reminder to Calgarians to be aware of the parking needs of persons with disabilities, particularly during the hectic holiday season.

2. What activities does the CPA do as part of its Accessible Parking Awareness Campaign?

The CPA uses both education and enforcement activities in its Accessible Parking Awareness Campaign. Starting on Accessible Parking Awareness Day (November 24), the CPA increases its patrols of accessible parking spaces. Officers will check to make sure that vehicles display either a valid parking placard or designated license plate.

During the first two weeks of the campaign, large outdoor banners will be hung on pedestrian walkways around the City. These banners remind drivers of the importance of leaving accessible spaces for those who need them. In conjunction with the City of Calgary’s Creative Services, the CPA has developed an accessible parking video that is available on the CPA website at <https://www.calgaryparking.com/web/guest/accessibleparking>.

Copies are available to media. In addition, the CPA also places ads and articles about accessible parking in Calgary community



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

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Ph: (403) 244-2029

Lethbridge
Suite 103
1410 Mayor McGrath Dr.
T1K 2K3
Ph: (888) 241-2029

newsletters.

3. Who can legally park in a stall designated for a person with a disability?

Parking is permitted in a stall designated for a person with a disability only when the designated parking placard or a designated license plate is displayed. Visitors to Alberta with a valid parking permit for people with disabilities may use their valid placard from their home province.

4. What is the penalty for unauthorized parking in a designated stall?

As of January 1, 2010, the fine for parking illegally in an accessible stall was increased to \$200 if paid within 10 days, \$250 if paid within 30 days and \$300 after that time. Previously it was \$150.

5. Why did the CPA raise the penalty for unauthorized parking in a designated stall?

The CPA was approached by the Advisory Committee on Accessibility and asked to increase the fine for parking in a designated stall. The Committee felt this would deter the number of motorists parking illegally in these spaces.

6. How can Calgarians support access to designated parking stalls?

- Be personally responsible. It is not okay to park in a designated stall for "just for a minute".
- Please remind family and friends to leave designated parking stalls for those who need them.
- Don't abuse a parking placard. Only the placard holder is entitled to use it. Family members or friends cannot use it. Loaning the placard to a friend or family member may result in the card being cancelled.
- Report any abuse of a parking placard to Registry Services.

7. How can abuse of a parking placard be reported?

Please make a written report of the occurrence. Record all details of the incident, including the date, time, place, vehicle license number and description and submit the information to Registry Services, Alberta Government Services Building 710 - 4th Avenue SW, Calgary T2P 0K3 Fax: 297-8982 Email: sa.motorvehicles@gov.ab.ca


8. How much revenue is generated by people who park illegally in designated parking stalls?

In 2011 to date, \$1,172,250 has been generated from people who park illegally in designated parking stalls.


Fine	Paid Timeframe	Tickets Paid	Amount paid
\$200	Less Than 10	2288	\$457,600
\$250	10 to 30	1169	\$292,250
\$300	30+	1408	\$422,400
	Total	4865	\$1,172,250

9. What percentage of people within 10 days? Within 30 days?

Approximately 47% of people pay within 10 days and 24% pay within 30 days.




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2012 ALBERTA AMPUTEE OPEN

Moves to Central Alberta

Plans are underway to host the 2012 Alberta Amputee Open Golf Tournament at the beautiful River Bend Golf and Recreation Area in Red Deer.

The best kept secret in Central Alberta, the River Bend Golf & Recreation Area will be celebrating their 25th anniversary in 2012. Located on 420 acres of forested parkland on the banks of the Red Deer River just 10 minutes north of the city, the facility boasts an 18-hole championship course, a 9-hole mini course, a large driving range with both matt and grass tees, two pitching greens and a large putting green, a full-service pro shop, and restaurant and patio dining. Add to those features the free Discovery Canyon Water Park, lakes for fishing, a canoe/raft launch, 9 kms of hiking trails along the Red Deer River and in the hills above the river basin and you have a great destination for the whole family including the runners, hikers and biking enthusiasts.

Organizer, Shane Westin, is working on putting together an event similar to past tournaments and is hopeful that River Bend's central location, easy access and amp-friendly layout will attract players of all skill levels.

"The course is a very respectable 6700 yards and with water coming into play on 11 of the holes, there is definitely a challenge factor for the low handicappers," said Westin, "Especially if we get a bit of a breeze. However the bunkers are fairly shallow and the greens and t-boxes are easy to get to, so it promises to be an enjoyable experience for everyone. The course is always in immaculate condition with some beautiful views of the river valley."

Although dates are still tentative, pencil June 16th and 17th into your calendar. And in the meantime, check-out the River Bend website at www.riverbendgolfcourse.ca Details of cost and accommodation will be forthcoming in the new year.

If you have any questions, please contact Shane at slwestin@shaw.ca

STANDING AMPUTEE HOCKEY

The National team is headed to Tampere, Finland for the 2012 ISIHF World Championships: the schedule is as follows:

January 27, 28, 29, 2012- National Team Final Selection Camp - York University, Toronto, Ontario. All participants need to be registered by January 1st, 2012

End of March, 2012 - National Team Pre-World Training Camp - Location TBA Camp is by invite only

April 28th - May 5th 2012 ISIHF World Championships - Tampere, Finland. Team Canada will be going for their 6th straight World Championship

For more information on Registration contacts and the Amputee Hockey programs, please visit www.canadianamputeehockey.ca

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INTERNATIONAL TEAM WINS COLLEGE PARK CUP FOR 2011

Lead by Captain, Gwen Davies of Calgary, Alberta, Canada, the International team regained the College Park Cup. After 13 years of competition (last year being rained out) the standings are currently International Team 6, USA Team 6. The International team chosen for this year's event, had players from Australia, Britain, Canada, Germany, South Africa and Sweden represented.

On Friday 7th October, 2011, at the Rio Verde Country Club, in Phoenix, Arizona, the Competition got underway at 7.30am and following Foursomes (alternate shot) in the morning, and Single matches in the afternoon. The day drew to a close around 9pm with a wind up banquet and presentation of the Cup. There was no stone unturned in making this one of the most memorable College Park cup's in recent history, thanks to the tremendous effort of Ralph Warrington*, Bill Harding and all of the members and staff of the Rio Verde Country Club. Close on everyone's mind was the memory of Don Bigler, host chair for this year, who passed away suddenly just a week before the US Nationals and College Park Cup, leaving Ralph to step in to his shoes. Everything was done, as Don had wanted it.

Results were (* denotes AASRA member)

Morning:

Brent Bleyenbergh & Kimberly Moore, lost to Jesse Florkowski* & Reinhard Friske - 2 & 1

John Brough & Scott Fickenscher beat Dan Hewitt* & Don Young* - 6 & 5

Brandon Rowland & Mike Carver beat Bob Mac Dermott* & Dallas Smith - 4 & 3

John Novak & Cory Crowell beat Woody Walker & Mike Wraight, 2 & 1

Curtis Baker & Dan Cox lost to Caroline Larsson & Vic Mc Clelland* 2 & 1

Roe Skimore & Kenny Bontz beat Josh Williams & Ed Krayewski* - 4 & 3

Lucian Newman 111 & Chad Pfeifer beat Johannes Grames & Bernard Ouellet - 5 & 4

Kellie Valentine & Bill Harding beat Jennie Frost & Steve Hendron - 6 & 5

Score after morning matches - USA 6 International 2

Afternoon:

Moore lost to Gwen Davies* - 4 & 2

Newman beat Dan Hewitt* - 6 & 4

Brough halved with Don Young*

Crowell beat Ed Krayewski* - 1 up

Valentine beat Bernard Ouellet - 4 & 2

Fickenscher lost to Jesse Florkowski* 7 & 5

Skidmore lost to Michael Wraight - 5 & 4

Novak halved with Dallas Smith

Bleyenbergh lost to Jennie Frost - 3 & 1

Carver lost to Reinhard Friske - 1 up

Cox lost to Steve Hendron - 3 & 2

Baker lost to Woody Walker - 1 up

Pfeifer lost to Bob Mac Dermott* - 2 & 1

Bontz halved with Josh Williams

Rowland beat Vic Mc Clelland* - 4 & 3

Vincent lost to Johannes Grames - 4 & 2



Final results: International 12.5 - USA 11.5 - **International wins the Cup!**

Many thanks were expressed from the organizers and the players of this event, to College Park Industries - sponsors of this match play competition for the past 13 years.

* asterisk denotes AASRA member.

SITTING VOLLEYBALL

Sitting Volleyball at the 2011 Para-Pan Am Games

I had the honour of representing Canada at the 2011 Para-Pan Am Games in Guadalajara, Mexico this past November 12th - 20th. Our Sitting Volleyball team finished with a bronze medal behind Brazil (gold) and the USA (silver) as we beat Colombia 3-0 in the bronze medal match. The team made some very positive strides in terms of our performance as we gave both the US and Brazil a good run for their money in the round robin. We managed to take one set off the Brazilians which Canada had never done before. Unfortunately, we had to win gold to qualify for the 2012 London Paralympics, so that dream was not fulfilled this time around.

The overall Games experience was nice enough, the Opening Ceremonies were very well done and the medal ceremony was memorable with quite a bit of pomp and circumstance on display. We left Mexico before the Closing Ceremonies so I'm not sure how they went off.

The Mexican people that we interacted with were all nice and the fans were extremely vocal and enthusiastic, with large crowds in attendance for several of our matches. Our round robin match with Mexico however (Canada won 3-0) in particular was interesting, as the fans booed Canada for the entire match, then after the game couldn't get enough pictures and autographs from us as we

lingered in the arena for a short time, then waited outside for our bus back to the Athletes Village.

The food and accommodations were adequate – I would rank it as a 1.5 star all-inclusive resort. A real eye opener, was the massive amounts of security around the Village – police officers everywhere, snipers on the rooftops, metal detectors at all entrances/exits and bomb robots in plain sight. We had the odd police motorcycle escort to a couple of our matches and at the arena we played in, there were bomb sniffing dogs in action and a very heavy police and army presence as well.

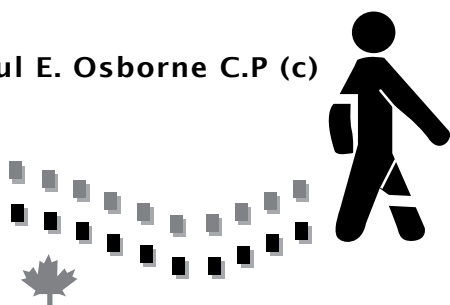
The weather was very nice and other than the bus drivers getting lost every now and then, and turning a 20 minute trip in to an unwanted sight seeing odyssey, there wasn't too much to complain about.

After reading that 26 men were found murdered in Guadalajara as a result of the ongoing drug war in Mexico just 5 days after we left that city, all I can say is I'm glad I live in Canada and we have much to be thankful for. I guess one can say, sport is a momentary break from reality.

Dave Marchand
AASRA Vice-President

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CASINO

**Thursday 26th April and Friday 27th April,
2012 are the dates for our next Casino at
Calgary Casino.**

It might seem a long way off right now, but a number of things have to be put in place to run the Casino, so we need your commitment now. We are going to need approximately 35 workers for the various day and evening shifts. This is our major fund-raiser and we rely on you to participate. Those that have and/or will be applying for athlete funding, should remember that they need credits to be able to ask for funding and this is one of the ways they can earn them.

Volunteer Co-Ordinator Liz Starker will be taking your names and the times that you will be available at stard@shaw.ca

Thank you.

CROSS-COUNTRY SKIING IN EDMONTON

Last winter was our first season of Adapted Cross-Country Skiing Edmonton (ACCSE). This is a new program being run by Cross Country Alberta together with the Edmonton Nordic Ski Club. It was a successful year with 5 students taking part in the 6-lesson program.

Feedback from the students was very positive and we are looking forward to another great year. This year we will offer Beginner and Advanced sit-skiing, adapted standing skiing, and blind skiing lessons. Last year, we were fortunate to receive some grants to help us purchase new equipment. Two of the new sit-skis we are receiving are specifically designed for double leg amputees.

This year, we are offering an 8-lesson program with most of our lessons on Monday evenings at Gold Bar Park. We will also have a lesson on a Saturday at Strathcona Wilderness Centre. Our Meet & Greet was on November 28 and our first lesson will be held on December 19.

RDSP GRANTS AND BONDS

RDSP (Registered Disability Savings Plan) is a program instigated by the Federal Govt. to help people with disabilities save for the future. There have been changes made to the program this summer - the first time since it's inception in 2008. The main changes relate to now being able to carry forward unused grant and bond entitlements for a 10 year period (starting from 2008, the year RDSPs became available.) Grant and Bond amounts will be based on the beneficiary's family income in those years.

Who should consider opening an RDSP? You should consider opening an RDSP if you have a long-term disability and are:

- Under the age of 60
- A Canadian resident with a social insurance number;
- Eligible for the Disability Tax Credit (Disability Amount)
- Looking for a long-term savings plan.

DTC is the Disability Tax Credit (Disability Amount) reduces the amount of income tax that an individual with a severe and prolonged physical or mental disability may have to pay. It is a non-refundable credit.

CDSG The Disability Savings Grant is a matching grant that the Government will deposit into your RDSP to help you save. There are however certain conditions regarding age and income, that must be met to achieve this grant.

CDSB The Canada Disability Savings Bond is money that the Government will deposit into the RDSPs of low-income and modest-income Canadians. There are also conditions here that must be met to receive this bond.

If you are interested in joining our lessons this season or would like more information, please contact our para-nordic coach, Mike Neary at Cross Country Alberta: 780 415-1738, manager@xcountryab.net, or Program Co-Organizer (and AASRA Member) Laurie Beresnak: beresnak@telus.net. Note that spaces are limited so please register early to avoid disappointment.

If you would just like to try cross-country skiing for one evening, there is a one-day adapted cross-country skiing clinic being offered on Dec. 12 at Gold Bar Park from 7:00 pm - 8:30 pm. This is a free clinic for amputees and is being paid for by the Northern Alberta Amputee Program (NAAP).

It is being instructed by our para-nordic coach from the ACCSE program. For more information or to register, please contact Serena at the Glenrose 780-735-7999 ext. 15733.

Please go to www.cra.gc.ca/disability or call 1-800-959-8281 for further information on any of these programs..

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Canadian Paralympic Committee | Comité paralympique canadien

The Canadian Paralympic Committee Thanks Chantal Petitclerc for her Service and Wishes her the Best as she Pursues an International Coaching Opportunity

November 28, 2011 (Ottawa, ON) - The Canadian Paralympic Committee (CPC) supports Chantal Petitclerc's decision to accept a role as coach and mentor for the ParalympicsGB Athletics Team for the London 2012 Paralympic Summer Games. Ms. Petitclerc will be joining her former coach and mentor, Peter Eriksson, who is currently the UKA's Head Coach for Paralympic Performance.

"The Canadian Paralympic Committee wishes Chantal all the best in her new role with the Paralympics GB Athletics Team," states Henry Storgaard, CEO and Secretary General of the Canadian Paralympic Committee. "She is an iconic Paralympic athlete in Canada and has made a significant contribution to the Paralympic Movement in Canada. Being asked to coach with another National Paralympic Team is a testament to the respect that she has garnered from her competitors and colleagues worldwide. We are very grateful for her commitment to the Canadian Paralympic Team and we look forward to her return to Canada in the future."

"Selecting this position was a very difficult decision to make given my intense pride and loyalty to Canada as a Paralympic athlete," said Chantal Petitclerc. "However, this opportunity is one that will provide me with unique international coaching education and experience that will be invaluable both on a personal and professional level as I make the transition from a retired athlete to a full-time career in sport. It has been a pleasure and privilege to work with the Canadian Paralympic Committee to learn about the incredible work that happens

behind the scenes to support athletes in their drive to achieve podium results."

As a result of this decision, the Canadian Paralympic Committee has accepted the resignation of Chantal Petitclerc as a member-at-large on the CPC's Board of Directors and as a member of Team Canada's mission staff for the London 2012 Paralympic Summer Games mission staff in the role of Athlete Services Officer.

Chantal is an accomplished Paralympic athlete with 21 Paralympic medals, four world records, five Paralympic records and an Olympic gold medal. She has received numerous awards and recognitions and was inducted into the Canadian Sports Hall of Fame in 2010.

About the Canadian Paralympic Committee

The Canadian Paralympic Committee is a non-profit, private organization with 46 member sports organizations dedicated to strengthening the Paralympic movement. The Canadian Paralympic Committee's vision is to be the world's leading Paralympic nation. Its mission is to lead the development of a sustainable Paralympic sport system in Canada to enable athletes to reach the podium at the Paralympic Games. By supporting Canadian Paralympic athletes and promoting their success, the Canadian Paralympic Committee inspires all Canadians with a disability to get involved in sport through programs delivered by its member organizations. For more information, visit www.paralympic.ca.



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AASRA ANNUAL GENERAL MEETING

Saturday 31st March, 2012

Red Deer Lodge Hotel & Conference Centre
4311 – 49th Avenue, Red Deer, Alberta. T4N 5Y7

Mark this date on your calendar for the 35th Annual General Meeting of the Alberta Amputee Sports & Recreation Association (AASRA)

We will have a full day of surprises for you, commencing with a noon luncheon, followed by our AGM where the Board will present an accounting of our year's programs and successes, followed by a variety of presentations and speakers, exhibits, and ending with a wine and cheese. It's a day not to be missed and an opportunity to meet and speak to many other amputees and their families.

If you are a Lifetime member, or a current paid-up Annual member (as of December, 2011) AASRA is prepared to pay shared overnight accommodation on March 31st, 2012 at 50% of the room rate. Should you wish to have your own room or be accompanied by your spouse, the other 50% is to your charge.

Registration forms will be available in the new year. Please call the office at (403) 201-0507 for further information.

HAPPY HAPPY BIRTHDAY

All AASRA members wish Ernie Mc Neil, our oldest member of AASRA, happy 98th birthday on November 17th, 2011. Ernie – who used to be a baker – makes the best darned butter tarts you ever ate!!

We mean it when we say “and many more” to Ernie.

CONGRATULATIONS

Congratulations go to AASRA member Chris Cederstrand and his wife Shannon, on the birth of their baby girl Casey, born in September, weighing 6lbs 12oz and 19” long.

Chris is an avid sledge hockey player.

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, and or 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 January 31st 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 made to the member directly from the AASRA Treasurer on production of 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

Revised procedures in effect February 2010

WHEELCHAIR SPORTS

Wheelchair Rugby - Provincial Team

Selections for the Provincial Wheelchair Rugby Team were held on Saturday October 15th, 2011 in Red Deer at Lindsey Thurber High School. Congratulations to the following individuals on being selected.

Alberta Provincial Rugby Team:

Zak Madell* 3.5, Dale Nording 3.0, Skyler Janssen 3.0, Richard Tooley 2.0, Allan Chartrand 2.0, Dave D`Amour 2.0, Ken Hicks 2.0, Randy Leblanc 1.5,

Mike Audette 0.5, BJ Engerdahl 0.5

Wheelchair Basketball

WSA-WBA is pleased to present to you the first edition of the new Provincial Wheelchair Basketball e-newsletter (North & South Provincial Coordinators Monthly Minder). This is a monthly newsletter to keep wheelchair basketball players informed on what is happening within the province of Alberta. Get Active, Stay Focused, Play Hard.

To view the newsletter goto this address:
<http://www.abwheelchairsport.ca/clientuploads/WSAnews2011.pdf>

Bridging the Gap:

Wheelchair Tennis

Bridging the Gap in collaboration with Tennis Canada and Tennis Alberta will be running a 6 - 8 week wheelchair tennis program in Calgary starting in the new year. Details regarding coaching and facility are being finalized. Contact BJ Engerdahl for registration information.

Wheelchair Rugby - Have-A-Go Day

Where: University of Alberta Pavillion (ButWterdome)
Edmonton, Alberta
When: Dec 5th, 2:00 - 3:30pm
Weekly Drop-in Sessions

The Bridging the Gap Weekly Programs are an opportunity for clients to try different sports at a recreational level. If you are interested in a particular sport and wish to continue to a more competitive level, we can offer support in finding an appropriate

team. Each week, the sport played is selected by the participants who are in attendance.

Edmonton: Glenrose Hospital Main Gym

Thursday 5:00 - 6:30pm

Calgary: T.B.A. Interested participants please contact BJ Engerdahl - wsa2@telus.net

Canadian Wheelchair Basketball League –

Alberta Division Schedule

Edmonton #1 - November 5 - 6, 2011

Edmonton #2 - December 3 - 4, 2011

Grand Prairie - November 19 - 20, 2011

Calgary Grizzlies - January 21 - 22, 2012

Calgary Rollers - March 17 - 18, 2012

Wheelchair Rugby Prairie League

The Edmonton Steel Wheels Quad Rugby Club will host the 2nd annual Capitol City Showdown Wheelchair Rugby Tournament December 9-11th at the Amiskwaciy Academy. See the links for more information.

Capitol City Showdown Poster
<http://www.abwheelchairsport.ca/clientuploads/Capital%20City%20Showdown.pdf>

Capitol City Showdown Game Schedule
<http://www.abwheelchairsport.ca/clientuploads/CapitalCitySchedule.JPG>

Edmonton Steel Wheels Wheelchair Rugby Practice Schedule:
http://www.abwheelchairsport.ca/clientuploads/SWheels%20-%202012_Practice_Schedule.pdf

Calgary Inferno Wheelchair Rugby Practice Schedule:
<http://www.calgaryinferno.com/practices.html>



PAN-AMERICAN GAMES

I just wanted to send you a quick update on my Pan-American experience. I am not sure if you have attended a Multi-Sport Major Games but this was such an eye opener for me! The athletes village was so awesome! Having all the athletes from around 20 different countries all housed in the same area, gave us a chance to get to know each other and give a small glimpse into each others lives.

I think that the thing that really blows my mind was the amount of security escorting us to and from venues. As well as protecting us in the athletes village. There were guards everywhere with large machine guns all seemingly ready to go if something did actually happen! When we went to our first track race for a portion of it we were escorted by the army with men wielding large machine guns. I noticed that they were not only just holding their guns but they had their fingers on the triggers ready to go in an instants notice! We really don't know how lucky we are to live in a country such as Canada.

As for my racing we decided after Denmark that we were going to think more long term and go to Guadalajara for the multi-sport games experience. Regardless, I had great performances on the track just coming shy (less than 2 hundredths of a second) of a Bronze medal in the kilo and winning the Pursuit in my category (beating my Personal Best by 8 seconds). On the road in the Time Trial my pedal came off with 1 lap to go and I came last in my category. In the road race I managed to pull off a second place in my category.

So overall it was a positive trip for me and definitely an eye opener for London!

Jaye Milley
AASRA Cyclist



Jaye Milley - Third From Left

DIRECTOR AT LARGE PROFILE

Meet Shane Westin – Director at Large

Shane Westin is the coordinator for communication with future students at Red Deer College, where he has worked for the past 12 years. Prior to that, he worked for 11 years at Fairview College in northern Alberta.

Shane is married to Lisa, a graduate nurse specializing in gastroenterology, and they have three children: Chelsea, a floral designer in Calgary; Dallis, a graduate student at the Chicago School of Psychology in Chicago; and Cassidy, a first-year Engineering undergraduate at the University of Alberta in Edmonton.

Shane lost his left leg above the knee 26 years ago in a car accident that also damaged his right knee. Today he enjoys downhill skiing and swimming, and has three national golf trophies and several provincial and local golf awards. He has been a member of AASRA for eight years and launched the Red Deer Amputee Support Group.

If you or someone you know who lives in Central Alberta, needs to talk to another amputee about any topic that is on your/their mind, call the AASRA office at 403-201-0507 or 1-888-501-0507 or email info@asra.ab.ca and Shane will get back to you. Our members will do in-hospital or at-home visits.

CADS CALGARY

Congratulations to new AASRA member Tess Beasant for winning the Skier/Boarder of the Year award presented at the 2011 CADS National Festival. Tess is a very aggressive 6 year old skier and cyclist.

Congratulations are also in order to AASRA member Trinity Tratch,

who won the Balfour Family Award – Rookie of the Year for 2010.

If you are interested in learning how to ski, or to get back to skiing, Student Orientation Night at COP, Calgary, is on Friday January 6th, 2012 which is one week before the first lesson night. CADS Calgary lessons are scheduled to begin Friday January 13th. The season will consist of six Friday night lessons and two Saturday night lessons this year, plus one optional day trip to Nakiska for eligible students. A detailed Schedule is available on the calendar page of the CADS Calgary website – www.cadscalgary.ca.

If you are interested in one of the CADS-Alberta Big Mountain Camps, there are four planned this coming season and full details can be found by contacting Jamie@rmasc.ca. The camps are free, but participants will be required to cover the costs of their travel, accommodation, meals and lift tickets (at a reduced lift price)

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IT'S THAT TIME AGAIN!!

Membership in AASRA is annually from January to December of each year and so if you have an Annual membership, it is now due for 2012. Remember you must have continued membership for two years as part of being able to apply for funding. After 15 years, we still only charge \$20.00 annually.

However, why not take out a Lifetime membership for only \$150.00 ? It's much simpler and you know your leg/arm, etc. is not going to grow back! Send your cheque to AASRA, P.O. Box 708, Station M, Calgary. Ab. T2P 2J3 attention Liz. Thank you.



Mary Arbique Vogel, MSW RSW

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ADULT PROSTHETICS PROGRAM

The War Amps Adult Prosthetics Program provides financial assistance to adult amputees in Canada for the purchase of artificial limbs (prosthesis). The Program has however recently been changed and it now covers a maximum of \$1,000 every 3 years. Payments are made directly to prosthetic centres.

The Program does NOT cover: repairs/adjustments, recreational prostheses, extra prosthetic supplier, travel to and from prosthetic centres. You must register in the Program to receive financial assistance. Talk to your prosthetist about this.

WEBSITES OF INTEREST

www.rickhansen.com

www.paralympic.ca
Check Pan Am Games results

www.youtube.com/embed/W86jbvrG54o?rel=0
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AASRA News - Winter 2011

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