



Alberta Amputee Sports & Recreation Association

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www.aasra.ab.ca

AASRA Quarterly Update – December, 2021

Seasons Greetings AASRA Members and Friends!

2021 is quickly coming to an end and I hope this message finds you and your families well. In spite of the continued measures in place to try to contain the coronavirus epidemic AASRA members managed to get out and stay active during the final months of the year.

Top News: Chelsea Coates has agreed to join the AASRA board of directors as Director at Large and Peer Support coordinator. See Coming and Going below for details.

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AASRA Member Achievements

Over the past several months there have been a couple of very noteworthy achievements by AASRA athletes:

Volleyball - From August 24 to September 5 the Paralympic Games were held in Tokyo, Japan. AASRA member **Angela Dolezar** participated in them as a member of Canada's sitting volleyball team. The Canadian team placed fourth after a hard-fought match against Brazil for the bronze medal. They placed seventh in 2016. Watch for more information about Angela's experience on the AASRA website in the future. Well done Angela!

Golf – AASRA's own **Jesse Florkowski** is considered by many to be the **best** one-armed golfer in the world. He reinforced that reputation at the 72nd United States Amputee and Adaptive Championship held October 25-28 at the Stallion Mountain Golf Course in Las Vegas, Nevada. Jesse shot 73-76-69 over three rounds of play to easily win the arm division and the overall event by two shots. Congratulations Jesse!

2021 AASRA Amputee Open Golf Tournament

The 2021 AASRA Alberta Amp Open golf tournament held on August 28-29 at the Nanton Golf Club was a great success. Twenty-two golfers enjoyed beautiful weather, great food and outstanding camaraderie at this lovely location in southern Alberta. For a full review and pictures please visit the AASRA website at <https://www.aasra.ab.ca/amp-open-2021>. Many thanks to tournament chairperson Vic McClelland and everyone else who helped with the event. Next year's Amp Open will be held in Red Deer.

Peer Visitor/Peer Supprt Training

Discussions are underway with the Amputee Coalition of Canada to conduct peer visitor training in Alberta.

A message was sent out recently asking for members interested in taking Peer Visitor training to indicate so by sending a message to info@aaasra.ab.ca or to director1@aaasra.ab.ca. If you haven't already replied and are interested in this opportunity, please do so at your earliest convenience.

Training will likely be offered in the new year. It hasn't been determined if it will be delivered in person or online. Covid-19 restrictions continue to limit the ability to conduct events like this on AHS premises so locations for in person training haven't been identified yet. It is the AASRA board's intention to fund costs for the venue as well as reasonable personal expenses for members to attend.

Casino

April 13-14, 2022 has been set as AASRA's next casino fundraising event – mark it in your calendars! Casinos are our association's main source of funding but we haven't been assigned one for several years due to covid restrictions. They require about 20 member volunteers to do various (easy) jobs. More information will be forthcoming. In the meantime, consider volunteering for one or more shifts during this two-day event. All reasonable expenses will be paid for volunteers including travel, accommodation, and babysitting fees.

Sports Clinics

GOLF – If you're interested in trying out golf as an amputee or maybe improving the game you already have, AASRA VP and accomplished golfer **Bob MacDermott** wants to know if you'd be interested in an indoor golf clinic early next year. To add your name to the list of potential participants in either Edmonton or Calgary send a message to vicepresident@aaasra.ab.ca, info@aaasra.ab.ca or director1@aaasra.ab.ca.

Coming and Going

AASRA board member and long-term AASRA member **Jacob Wouters** has found it necessary to step away from his role on the board of directors due to other priorities. We thank Jacob for his contribution and look forward to his involvement and advice in the future.

The AASRA board is pleased to announce that **Chelsea Coates** has generously agree to join the board as *Director at Large* and *Peer Support Coordinator*. Chelsea will move into the position recently vacated by Jacob Wouters on an interim basis until the 2022 AGM. As the Peer Support Coordinator, she'll assume leadership of the peer support/peer visitor training initiative and administration of the AASRA peer visitor list. Both functions will

require some concentrated attention so please give Chelsea your full support. Her email address will be director4@asra.ab.ca. Welcome Chelsea and Thank You!

AASRA Member Opportunities

AASRA is run by a volunteer team of people serving as directors, clinic coordinators, casino workers and other positions. It's up to all of us as members to contribute what we can to ensure the health and well-being of the association that we directly benefit from. ***We always need more help*** and appreciate the contribution that many of you have made and intend to make in the future. Here are a few ways you can pitch in (no experience necessary):

- **Peer support group leaders** – There are frequent requests for group support meetings to be conducted in centres like Lethbridge, Red Deer, Grande Prairie, and others in addition to those in Edmonton and Calgary. If you'd like to lead one or several of these sessions, please indicate so by contacting any member of the board of directors or email info@asra.ab.ca. Peer group support meetings are currently suspended due to Covid-19 restrictions but hopefully they'll start again soon.
- **Strategic, Tactical and Business planning leader** – If you have experience with plans necessary for an organization like AASRA to continue to progress in an ordered fashion your help would be priceless. These plans are necessary to secure funding from government and corporate sources, so their maintenance is vital. Let us know if you can help.
- **Sports clinic leaders** – Many of us have participated in clinics to learn how to cycle, bowl, golf or get involved in any one of a number of different activities. If you're interested in organizing and leading a clinic please let us know. The options are wide open.

To volunteer or inquire about any of the opportunities above or, to suggest others please contact any member of the AASRA board of directors or send an email to info@asra.ab.ca. ***Thanks for your contribution!***

Internet Ideas – What are Yours?

If you're like me, you often look to the internet for information and inspiration to make life as an amputee better. I'm interested in your favourite websites and videos and I'd like to share some of mine with you.

My first "Internet Idea" is one that my prosthetist gave to me in the early days of covid restrictions as a good guide to my home workouts. It's called ***Limb Power*** and you can take a look at it at <https://limbpower.com/>. The website provides advice and videos for lower and upper limb amputees. My favourites are the Monday Morning Motivation videos at <https://limbpower.com/resources/toolkit-videos/monday-morning-motivation>. You can also just look them up on You Tube.

If you have a favourite website or video "Internet Idea" please send it (or them) to me by replying to the message this newsletter was sent out on or message info@asra.ab.ca. I'll try to include some of them in future newsletters.

Please stay involved with AASRA to stay fit, healthy, and active. If you can, please volunteer for one or more of the fun, rewarding activities that will make our organization strong!

For more information about the items in this newsletter please email info@asra.ab.ca

On behalf of the board of directors of the Alberta Amputee Sports and Recreation Association,

Terry Shwetz

Membership Coordinator and Director-At-Large

Director1@asra.ab.ca