



Alberta Amputee Sports & Recreation Association

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25, 2019

[www.aasra.ab.ca](http://www.aasra.ab.ca)

## AASRA Update – May, 2021

*Hello AASRA Members – Alberta’s version of spring is here!*

*I hope you’ve all been able to get out and enjoy some of the better weather we’ve been having. Even if you can’t participate in the activity of your choice due to Covid-19 restrictions I trust you’ve found an alternative way to enjoy the outdoors and stay fit!*

### In this update:

- 2021 AASRA Amputee Open Golf Tournament – Are you in?
- Sports clinics and activities update
- 2021 Annual General Meeting
- Coming and Going: Changes to the board and other active members
- Member opportunities
- Canadian Adaptive and Disabled Ski donation
- Charities Info

### 2021 AASRA Amputee Open Golf Tournament – Are you in?

The 2021 AASRA Amputee Open golf tournament was tentatively scheduled for mid-July. Unfortunately, golf course managers are advising that the current Covid-19 pandemic and related restrictions make it unlikely that they’ll be able to host a tournament that includes any sort of banquet or social gathering in that timeframe.

AASRA has *tentatively* rescheduled the tournament for **August 28-29** at the **Nanton Golf Club**. By that time hopefully most Albertans will have received at least one dose of Covid-19 vaccine.

For planning purposes, if AASRA were to go ahead with the Amp Open on Augst 28-29 (restrictions permitting with all social distancing and other safety measures in force) **would you be likely to participate?**

*Please respond to this email or send a message to [info@aaasra.ab.ca](mailto:info@aaasra.ab.ca) indicating whether you’d be interested in participating under the conditions explained above or not. Thanks!*

### 2021 Sports clinics and other opportunities

Work continues, albeit slowly to arrange for several opportunities for AASRA members. Covid-19 complications notwithstanding, here’s a brief update:

- Peer Support Certification – Initial investigation into the delivery of the Amputee Coalition Peer Support certification course for AASRA members is underway. Stay tuned for more information.

- Lawn Bowling – Last March AASRA was contacted by Bowls Canada who are planning a project called Just Roll With It, a pilot project aimed at introducing lawn bowls to Canadians with a disability. We said we'd be interested in participating and are awaiting further details from them.
- Golf Clinic – In conjunction with the Glenrose Rehabilitation Hospital in Edmonton, AASRA is planning to offer a learn-to-golf clinic to amputees and others with disabilities.
- Cycling Clinic – There always seems to be interest in participating in a bicycle riding clinic. If possible, AASRA will make arrangement for one later this summer.

If you have any questions about these activities, if you have an idea for another or if you would like to help organize and conduct one of them, please reply to the email that this document was attached to or send a message to [info@asra.ab.ca](mailto:info@asra.ab.ca).

## **2021 Annual General Meeting**

On April 10, 2021 the Annual General Meeting of AASRA was conducted via Zoom.

Even though participation in the AGM was possible online, attendance was quite low. Regardless of this, all business on the agenda was conducted including reports from the President, Vice President, Treasurer and Sports Director. Several changes to the board of directors were made (see below). Several opportunities for new activities were discussed.

At the time of the AASRA AGM the association had 55 voting members and 26 non-voting members. In 2020 AASRA accepted four new members. There are 80 inactive members on file either removed or unable to be contacted.

The official meeting minutes and related reports will be posted on the AASRA website at [asra.ab.ca](http://asra.ab.ca) soon.

## **Coming and Going**

Two new directors were added and several changes were made to the AASRA board at the April 10, 2021 AGM:

*Lisa Stowe* stepped down from the position of President. Lisa was a truly great president of AASRA and we thank her sincerely for her contribution. She will remain on the board as the Past President and continue to take a leadership role when casinos become available again including volunteer coordination.

*Vic McClelland* becomes the new AASRA President. Vic's been the Vice President for the past several years and his work especially in the areas of bylaw change and membership file reconciliation will serve AASRA well into the future. Looking forward now to Vic's leadership as President.

*Bob MacDermott*, long-time AASRA member, former President and amputee golfer of some renown has generously volunteered to occupy the position of Vice President. Bob's experience with AASRA and, with amputee sports and recreation in general will be a welcome addition to the board and to the association overall.

*Jesse Florkowski*, also a well-known champion golfer and accomplished bowler joins the AASRA board as Director At Large in charge of Youth and Social Media. Jesse is a great addition to the board. Not only does he have a long term of experience as an active AASRA member, but he possesses extensive experience in amputee sport at the

national and international levels. We will look forward to him getting AASRA's Facebook and Instagram accounts in good shape.

For pictures and bios of these and other AASRA directors go to the AASRA website at [www/aasra.ab.ca/aasra-board](http://www/aasra.ab.ca/aasra-board).

### **Canadian Adapted and Disabled Ski (CADS) Donation**

Late in 2020 AASRA donated \$5,000 to CADS for the purchase of adapted ski equipment to be used within the province of Alberta. Here's what they purchased with our donation:



Sharon Veeneman, CADS Executive Coordinator wrote *"Thank you once again for the donation of \$5000 to CADS Alberta to purchase a sit ski that will allow amputees to participate in adaptive sport. We appreciate the donation and look forward to using this sit ski for the 2021/22 season."*

### **AASRA Member Opportunities**

AASRA is run by a volunteer team of people serving as directors, clinic coordinators, casino workers and a host of other roles. 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@aasra.ab.ca](mailto:info@aasra.ab.ca). Peer group support meetings are currently suspended due to Covid-19 restrictions.
- **One-on-one peer support coordinator** – Many AASRA members are certified peer support providers. Some are called upon regularly by Alberta healthcare professionals however access to a complete list is not available and managed so many never get called. Identifying, contacting, preparing and communicating a complete list of AASRA members qualified and standing by to provide peer support to new and existing amputees would be truly helpful. Let us know if you can help out.
- **Strategic, Tactical and Business planning leader** – If you have experience with the updating (or development) of plans necessary for an organization like AASRA to continue to progress in an ordered

fashion your help would be priceless. These plans are also 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, golf or get involved in any one of a number of different activities. AASRA could really use an individual who would coordinate and, in some cases, initiate and lead sports clinics like those. 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](mailto:info@asra.ab.ca). ***Thanks for your contribution!***

### **A bit about charities**

According to Statistics Canada, of the 170,000 charities and non-profit organizations in Canada, 85,000 are registered charities (like AASRA):

- 80% make less than \$500,000 per year
- 91% employ 10 or fewer full-time staff
- 58% are fully run by volunteers
- Almost 13 million Canadians provided about 1.7 billion hours (of volunteer time)

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](mailto:info@asra.ab.ca)

***Now let's get out there and enjoy the spring sunshine!***

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