



Alberta Amputee Sports & Recreation Association

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November 7, 2022

www.aasra.ab.ca

AASRA Quarterly Update – November 2022

Hi AASRA Members!

As the days get shorter and the temperatures get lower, I hope you're all having fun transitioning to your fall and winter activities.

WE NEED YOUR INPUT. *The AASRA board of directors does its best to deliver benefits and opportunities that meet the needs of all members. If there's anything that you'd like to see addressed or any suggestions you'd like to make please send a message with a few details to info@asra.ab.ca or director1@asra.ab.ca or simply reply to the message that this newsletter was sent out on. Thanks!*

Top News:

URGENT - *The position of **Secretary** on the AASRA Board of Directors is vacant. This is a vital role and forms part of the executive management team of the association. No previous experience is necessary and the time commitment is not substantial. If it's possible for you to volunteer for this position or, you'd like to talk to someone about the roles and responsibilities **please** email info@asra.ab.ca, president@asra.ab.ca or reply to the email message that this newsletter was sent out on. Thank you.*

In this update:

- Feature Story – Alex Southwell Memorial Tournament
- Peer Visitor and Support Activity
- Sports and Recreational Activities Update
- Kidsport Grant
- Alex Southwell Memorial Donation
- 2023 Alberta Amp Open Update
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Feature Story - Alex Southwell Memorial Tournament

The second Alex Southwell Memorial Golf tournament was held near Red Deer on September 18, 2022. The Southwell family generously donated the proceeds from this tournament to AASRA in 2021 and will be doing so

again this year. AASRA President **Vic McClelland** was prepared to play in the tournament to represent our association and to express our gratitude however he had to cancel due to a bit of bad health.

Alex Southwell was a very active 20-year-old from Red Deer who lost an arm in a motor vehicle accident in 2012. Despite continuing to participate in multiple sports and activities after his recovery he sadly passed away peacefully from complications due to his accident in 2012 at the age of 20.

Alex Southwell's story can be found on the AASRA website at <https://www.aasra.ab.ca/aasra-events>.



Our sincere thanks go out to the family of Alex Southwell. The proceeds from the golf tournament in his honour that are donated to AASRA will be channelled towards the support of our youth members.

Peer Visitor/Peer Support Activity

Peer Support coordinator **Chelsea Coates** reports that the Amputee Coalition of Canada indicate that further Peer Support Training for certification may soon be available online. Courses are already being delivered this way by the Amputee Coalition in the US. Manual re-writes are currently being done by the ACC who says that they may be able to deliver training this way as early as November 2022. More information will be provided when available.

Regarding in-person group meetings, Alberta Health Services is still reluctant to open its doors for AASRA to conduct monthly peer support meetings at various locations. Room size to facilitate appropriate distancing, which wasn't an issue pre-Covid, is the current item of focus.

Sports and Recreational Activities Update

In the most recent meeting of the AASRA board of directors Sports Director **Dave Marchand** reported that so far in 2022 fourteen different competitive events have been funded with approximately \$28,000. These events primarily involved golf and sailing athletes.

Dave also told the meeting that approximately \$9,500 has been issued to 20 AASRA members making claims within the Recreational Membership program year-to-date.

Remember, submit your claims for reimbursement from AASRA before the end of the year to ensure they fall within your 2022 allotment. The maximum benefit available to lifetime members is \$750 in the Recreational Membership program and up to \$6,000 in the Competitive Sports Funding program. For more information about these and other AASRA benefits go to <https://www.aasra.ab.ca/aasra-programs>.

KIDSPORTS Grant

Sharon Pereira, the AASRA Treasurer informs us that a grant of \$10,480 was recently received from Kidsport. **Chelsea Coates** put in the time and energy to process the application on behalf of AASRA. These funds will be used to help deliver several programs including the sitting volleyball opportunity send out on a recent email. Thanks Chelsea!

2023 AASRA Amp Open Golf Tournament

AASRA Vice President and world-class adapted golfer **Bob MacDermott** has generously volunteered to act as the 2023 Amp Open tournament chairperson. He's arranged to hold the event on July 15-16, 2023, at the Broadmoor Golf Course in Sherwood Park, AB. The host hotel and other details will be announced in the new year.

Surplus Laptops

AASRA currently has two laptop computers that are no longer in use and available for re-deployment or recycling. They are older, well used and loaded with versions of Windows that are no longer supported (Windows XP and Windows 8). If you're interested in either of these computers or know of an organization that they can be donated to please reply to the message this newsletter was sent out on or send a message to director1@aaasra.ab.ca. Deployment will be based on a first come first served basis.

Please note that no support, warranty or guarantee of any kind is attached to these devices.

AASRA Member Opportunities

AASRA is run by a volunteer team of people serving as directors, clinic coordinators, casino workers and in 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:

- **Secretary — URGENT** - The position of Secretary on the AASRA Board of Directors is vacant. This is a vital role and forms part of the executive management team of the association. If you're interested in volunteering for this position or, talking to someone about the roles and responsibilities please email info@aaasra.ab.ca, president@aaasra.ab.ca or reply to the email message that this newsletter was sent out on.

To volunteer or inquire about any opportunities or, to suggest others who may be please contact any member of the AASRA board of directors or send an email to info@aaasra.ab.ca or reply to the message that this newsletter was sent out on. ***Thanks for your contribution and support!***

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

For more information about the items in this newsletter please email info@asra.ab.ca or reply to the message that this document came out on.

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