



Alberta Amputee Sports & Recreation Association

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www.aasra.ab.ca

AASRA Quarterly Update – February 2023

Happy New Year AASRA Members!

I hope everyone's entry into 2023 has been pleasant. I've been trying to come up with a good amputee joke but I'm stumped 😊

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@aaasra.ab.ca or director1@aaasra.ab.ca or simply reply to the message that this newsletter was sent out on. We have a great newsletter for you this quarter so read on ...

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Top News: AASRA Secretary position filled!!

*It's with great pleasure that we announce that **Shane Williams** has volunteered to fill the position of Secretary on the AASRA Board of Directors. We look forward to getting to know Shane and working with him. Welcome Shane and Thank You!!*

*A very big Thank You goes out to **Cindy McClelland** for doing an admiral job of functioning as our secretary in the interim.*

Feature Story – Acting Career Anyone?

AASRA member and former Secretary **Shane Westin** responded to a casting call a couple of years ago for amputees to participate in the filming of a series or movie in Alberta. He was fortunate to be selected and embarked on amazing journey of personal growth and enjoyment on the set of the recently released series *The Last of Us*. Here's a brief summary of the experience in Shane's own words:

"Working as an extra on movie sets like The Last of Us is a great way for amputees to get involved in this exciting industry. It's an opportunity to meet some amazingly talented people and become a part of the creative process. And they always treat you with the utmost of respect and the food is great. But there is a lot of 'hurry up and wait' so I always bring a good book (cellphones are never allowed on set).

*If you're interested, a good place to start is the **ACTRA (Alliance of Canadian Cinema, Television and Radio Artists) website (www.actra.ca)**. You don't need to be a member to work as background performer and the pay isn't bad either."*

Shane's "debut" can be viewed in the first episode of the series *The Last of Us* right around the 41-minute mark. He says that there was a lot of film shot (and a lot that's left on the cutting room floor) so whether we'll see him in future episodes remains to be seen.



Shane Westin (L) on the set of *The Last of Us*

Peer Support Group Meetings

It's terrific that after a long hiatus due to Covid, AASRA Group Peer Support meetings have resumed due in large part to the hard work of AASRA Peer Support Coordinator **Chelsea Coates**. Peer Support group meetings have been an important opportunity for experienced amputees to interact in an informal, personal setting with new and hospitalized amputees. The sessions were suspended at the outset of the Covid pandemic which restricted personal interaction but were restarted in November 2022.

Meetings are open to all with the basic requirements being to share openly and honestly and, to give everyone attending, especially new amputees the opportunity to speak. Peer support group meetings have always been and continue to be great forums ask questions and offer support and problem solutions.

Peer support group meetings are now being held on the last Wednesday of the month in Calgary at Carewest Glenmore Park at 7:00 PM and, In Edmonton at the Glenrose Rehabilitation Hospital at 7:00 PM.

There are regular requests to conduct peer support group meetings in other centres such as Lethbridge, Red Deer and Grande Prairie to name a few. If you'd like to offer your support to lead a session in one of these centres, please contact Chelsea Coates at director4@asra.ab.ca.

Thank you for your support and, hope to see you at a peer support group meeting soon.

Prosthetics and Pregnancy

AASRA member and former President **Lisa Stowe** has informed us that a former U or C student of hers is working with a prosthetic company doing a research project on amputees and pregnancy. Her name is **Donna Cumming**, and she works with Barber Prosthetics in Vancouver. Donna says:

“For our study, we’re looking to interview women with lower limb absence who have been pregnant in the last 10 years. If you think your organization would be interested in helping us out, please let me know and I can send over some recruitment materials. If you’re interested in learning more about the study, feel free to give me a call at 604-256-5879.”

If you’re interested in helping Donna out with her study and possibly help improve the care of future generations of pregnant amputees, please reply directly to her at the number above.

Travelling With a Disability - Accommodation

Travelling with a disability almost always presents unique challenges that require extra planning and attention. One of the aspects of those trips can be finding suitable accommodation. Recently, AASRA President **Vic McClelland** provided a link to a website that can make your accommodation needs easier to deal with. It’s called *accessibleGO* and it can be accessed at <https://accessiblego.com/>. It’s easy to use and may give you some options that you may otherwise miss.

2023 Alberta Wheelchair Curling Championships

By Wendy Frazier

AASRA curler and sailor **Wendy Frazier** reports that the 2023 Curling Alberta Wheelchair Curling Provincials were held on January 7-8 in St. Albert. Team Smart won gold and Team Kuchelyma are the silver medalists.

As Team Alberta (Team Smart) are the reigning National Champions, Alberta gets to send two teams to the Canadian Wheelchair Curling Championships presented by Curling Canada held March 19-25, 2023 in Moose Jaw SK.

As a result, 3 AASRA members will be competing at the Canadians: **Wendy Frazier** with Team Alberta 1 and, **Don Kuchelyma** and **Stefan Vindis** with Team Alberta 2.

Congratulations to all and good luck at the Canadians!



Wendy Frazier on R



Don Kuchelyma and Stefan Vindis 2nd and 3rd from L

Thanks for the update, Wendy!

Attention Golfers: 2023 Tournaments of Note

By Vic McClelland

AASRA Golfers!!!!

It's going to be a very busy summer for golf. It's not often that we have access to so many events in western Canada. Some of you may have heard of the All Abilities events that Golf Canada has hosted the past 2 years. This summer there will be 4 and possibly 5 events played in western Canada.

The first All Abilities event will be held in Vancouver BC June 12-13 at the McCleary Golf Course with Golf BC as the host. The second All Abilities event will be held in Calgary AB on August 8-9 at the McCall Lake Golf course with Golf Alberta as the host. The third event will be the Canadian All Abilities National Championship in Kamloops BC Sept 14-15 at the Kamloops Golf and Country Club. This event will be hosted by Golf Canada. There may also be an event in Manitoba but as this date it hasn't been announced.

Many of our AASRA members played in the 2019 Canadian event held in Okotoks and applied for a WR4GD Players pass and were assessed at the opening banquet. All players are required to have a WR4GD Players pass to play in the events listed above. The pass is free and can be applied for at <https://edgagolf.com/online/pass/>. It's very easy to do and they are very helpful. Players that require meeting an assessor will do so the day before the event at the course, this will be provided by Golf Canada and its free of charge. Players are also required to join Golf Canada and have a registered handicap.

Last but not least by any means is the Alberta Amp Open (now the AASRA Annual Adaptive Golf Tournament) scheduled for July 14 and 15th at Broadmoor Golf Course in Edmonton. This event is being hosted by AASRA and our VP Bob MacDermott is this year's chairperson. AASRA funds this event for all lifetime members.

I have played in 3 of the All Abilities events in the past 2 years. They are well organized and are a great deal of fun. You don't have to be the best golfer but someone who likes to meet new people and enjoys the challenge of playing against the golf course.

All AASRA members have access to funding to attend these events so please don't be afraid to apply following the directions on the AASRA website. It would be great to have a very strong turnout of AASRA members for our Alberta event in Calgary or any of these events. If you have any questions or would like any more information, please email me Vic McClelland at President@asra.ab.ca

2023 AASRA Annual Adaptive Golf Tournament

AASRA Vice President **Bob MacDermott** wishes all AASRA members a Happy New Year and reports that the *2023 AASRA Annual Adaptive Golf Tournament* (formerly the AASRA Annual Amp Open) is still on track to be held July 15-16, 2023, at the Broadmoor Golf Course in Sherwood Park, AB. More information regarding the host hotel and other details will be coming soon.



Bob MacDermott and wife Janie relaxing on the golf links in East Malaysia

Casino Update

AASRA's main source of income is Casino events. Casinos are allocated to AASRA about once every 16 months. The next casino our association will be asked to work will be in the third quarter of 2023.

Casinos require a slate of volunteers to fulfil our obligation and obtain this important and significant funding. Requests for volunteers will come out several weeks or months prior to the event so please consider getting involved. All expenses incurred by AASRA members for the purpose of volunteering for a casino will be reimbursed.

Para-Nordic Skiing Opportunity

AASRA member **Angela Oakely** informs us that she and another congenital arm amputee are looking for more amputees interested in para nordic skiing! Angela writes: *"We have a great para nordic facility and coach here in Edmonton who is happy to help introduce new skiers to the sport and provide equipment. Mike has coached para nordic skiers all the way to the Paralympics! I skied standing with a below knee amputation for years. Now as an above knee amputee I have shifted to a sitting division. (my friend) is a congenital arm amputee who skis in the standing divisions with only 1 pole. I feel like there is something for most amputees in para nordic skiing and I would love to introduce some others to the sport."*

If you're interested in this opportunity, send a message to Angela Oakley at angelaoakleywcv@gmail.com or reply to the message that this newsletter was sent out on.

Thank you, Angela.

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:

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@asra.ab.ca or reply to the message that this newsletter was sent out on. ***Thanks for your contribution and support!***

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