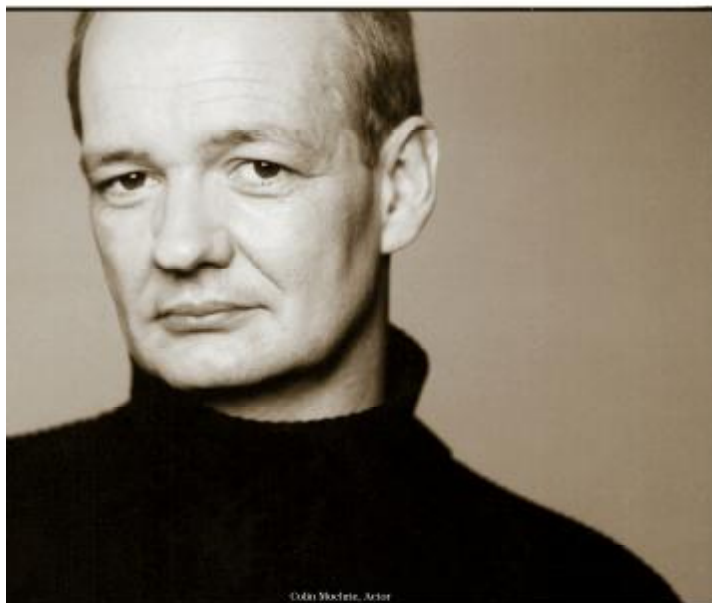


I've talked to my wife and kidneys about ORGAN DONATION have you?



Olan Moxley, Actor



Every 3 days someone dies waiting for an organ transplant. Talk to *your* family today.
www.giftoflife.on.ca



NEW interesting facts regarding organ donation:

Ministry of Health and Long-Term Care Organ & Tissue Donor Registration

can save a life! Register as an organ and tissue donor with the Ministry of Health & Long-Term Care. For further information, please call INFOLine at 1-800-268-1154; in Toronto call 327-4282; TTY 1-800-387-5559 or visit www.health.gov.on.ca

When making your decision to register, please consider the following:
1. The Ministry of Health & Long-Term Care will collect & store information about your choice to donate your organs or tissue.
2. The words Donor/Donneur and a code showing your donation choices will be printed on the back of your photo health card. If you hold a red and white Health Card, you will receive a sticker to place on your card, indicating the status of your Donor/Donneur.

3. The ministry may inform authorized health care professionals what choices you have made so that your wishes may be carried out.
4. Your consent is voluntary and is not required for eligibility for a Health Card. You may change or withdraw your consent at any time.

Great News

Mr. Bill Gosch ASHI Certified Home Inspector, Carson-Dunlop Certified Home Inspector Field Trainer and proud sponsor of Sport Fest Windsor has issued an important notice to all current and future home owners.

HE WILL DONATE \$50.00 TO SPORT FEST WINDSOR FOR EVERY REFERRAL AND HOME INSPECTION COMPLETED BY HIM . HIS FEE IS EXCEPTIONALLY COMPETITIVE AT \$315.00 INCLUDING GST. PER HOME.

Together we can make a difference! Not only will Bill give you a complete and honest home inspection, but his generosity will help promote this needy cause. For more information visit www.billshomeinspection.zoomshare.com



2009 Special Announcement

We are pleased and proud to announce that we will be part of the Bogey Golf Tour Tournament Schedule for 2009.

Michelle and Todd Grondin have agreed to include our charitable cause in their season long schedule of 14 tournaments. If you participate in any of these great 2009 golf events, you will notice our name on all the signs at each tee. For more information check out their website.

www.bogeygolftour.com



Special Announcement

We are proud to announce that Green Shield Canada has recently awarded Sport Fest Windsor a \$12,100.00 grant to purchase computer/ projector equipment and supplies to assist us in making presentations to organizations and schools to promote organ donation awareness. For more information on Green Shield products check out their website www.greenshield.ca



Jane's Fitness Corner

Protect Your Bones!

New research into the preventive benefits of vitamin D has raised hopes that the sunshine vitamin, which is produced naturally in the body through exposure to the sun's ultraviolet rays, could extend and improve people's lives. Nearly 1 in 2 women and 1 in 4 men over age 50 will break a bone in their lifetime due to osteoporosis. If bones don't receive what they need to remain strong, gender doesn't matter. Here are some things you can do to improve your bone strength.

strength.

- Avoid smoking.
- Limit your alcohol intake.
- Be physically active on most days of the week.
- Make sure your daily calcium intake is adequate for your age.
- Get enough vitamin D. Your body is efficient in making vitamin D when exposed to sunlight. Aim for 2 sessions (at least an hour apart) of 10-15 minutes in the open sun daily. If you live in Northern regions, consider taking an 800-1,000 IU vitamin D supplement daily.
- Engage in regular weight-bearing exercises, where your bones and muscles work against gravity. This includes walking, jogging, racquet sports, stair climbing, team sports, weight training, and using resistance machines. A doctor should evaluate the exercise program of anyone already diagnosed with osteoporosis to determine if twisting motions and impact activities – such as those in golf, tennis, or basketball need to be curtailed.
- Talk with your doctor about any risk factors you might have.

How much vitamin D do we need? The Canadian Cancer Society recommends Canadians take 1,000 IU of vitamin D every day. During the spring and summer, that can be accomplished through normal daily exposure to the sun. In the fall and winter months, a vitamin D supplement may be necessary. The Canadian Cancer Society, though, does not recommend that people rely solely on increasing their exposure to the sun to boost their levels of vitamin D. The society points out that there are other sources of vitamin D, including vitamin supplements, oily fish and fortified foods.

National Institute of Arthritis and Musculoskeletal and Skin Diseases.2008

u must be 16 years of age or older.
your family/friend that you wish to be an organ/tissue donor.



4th. Seacliffe Inn/Sport Fest Windsor

Organ Donation Awareness Annual Golf Tournament

The day began with registration and gift presentations for every foursome followed by a luncheon of delicious chicken, salad and pasta with a complimentary beverage of your choice. After a great day of scramble golf, golfers were treated to a wonderful steak dinner with salad, baked potato and a bread roll. The winning results were announced and everyone thoroughly enjoyed the continuing celebration and camaraderie while no doubt exaggerating what their score could have been with a little luck. The winners were Shoreline Tour Group team of Jeff Delorenzi, John Stott, Joe Schneckenberger & Kris Manery at 16 under par. \$500.00 was raised to benefit the 2008 Canadian Transplant Games being held in Windsor Aug. 4th.-9th. This was made possible by many hardworking volunteers and Mr. Tim Wiele at Seacliffe Inn. Many thanks to you, your staff & volunteers. For more info on a *weekend getaway* at Seacliffe Inn visit seacliffeinn.com Special thank you to Debbie & Ken Cobby for making this tournament possible for Sport Fest Windsor.



2nd. Annual Fox Glen Sr. Men's/Sport Fest Windsor Organ Donation Awareness Charity Classic

Gerry Redmond Tournament Director and his crew of volunteers did another great job at organizing this event to promote organ donation awareness. The course was in fabulous shape, the food was wonderful and more importantly, our message promoting this wonderful cause was received well by all the participants. For more information on a Fox Glen membership visit foxglengolfclub.com Special thanks to Chantelle Foreman, Adam Prodan & Sue Walker for volunteering their time.

WECCSSO News

PLAYERS NEEDED FOR INDOOR SLO PITCH

We are looking for more senior players to participate in our organ donation awareness winter in-door slo pitch league beginning in November every Tuesday morning from 10:00 am - Noon at the Novalletto Center sponsored by WECCSSO (Windsor Essex County Sports Organization) and Spicoli's Barley Bin.

Contact me at 519-776-1473 or rawad@cogeco.net

so, a special notice to all senior men & women over 55..New members are welcome to join WECCSSO for \$25.00 per year and be part of a group that offers many sporting and entertainment activities to help us maintain our health and fitness.

Events include: Basketball, volleyball, slo-pitch, line dancing and much more.

Newsletter Proud Sponsors



To remove your name from our mailing list, please [click here](#).

Questions or comments? E-mail us at info@sport-fest.ca

SPORT FEST WINDSOR WELCOMES ADVERTISING IN OUR NEWSLETTER. CONTACT: rawad@cogeco.net

I am proud to announce that Windsor Body Magazine has contracted me to write monthly articles on fitness and healthy lifestyle living.
LOOK FOR MY FIRST ARTICLE IN July 2008 issue.

Commit to yourself WWW.TRAINWJANE.COM Commit to be fit



Outdoor Sign Program!

Another positive addition to our awareness efforts was the display of organ transplant messages sponsored by Train With Jane Personal Training Studio, Sun Life Financial Representatives: Jim Augerman, Jamie Drysdale, Steve Bott, Jason Trudeau and Brian Grundner and Unique Therapies Massage & Aroma Spa. Sign sponsorship available contact me at: rawad@cogeco.net



If you truly want to get in shape and live a healthier lifestyle try....

Train With Jane Personal Training Studio

215 Eugene St. W. Unit # 102

Jane's system offers fun filled workouts, **boot camps**, (Monday, Thursday & Saturday) nutritional planning, cardio packages, nutritional products and more.

Call for an appointment and assessment 519-966-4747

Commit to Yourself www.trainwjane.com Commit to be Fit

Look for my articles and ad in Windsor Body Magazine

Sport Fest Windsor DONOR FAMILY TRIBUTE Anita Ouellette



I am writing to share with you my experience with organ donation. Approximately ten years ago my husband Paul was in a tragic automobile accident on the E. C. Rowe Expressway with my daughter Amy on the way to take her to school. There were several cars involved but my husband was the only real injury. He and my daughter were taken to Hospital by ambulance. Paul had sustained severe trauma to the head and lived for about 30 hours on life support after having received surgery to relieve blood clots on the brain. My family and I were told that his injuries were profound and they were unsure as to whether he would live or not. He was only 47 years old and in extremely good health prior to the accident. Over night we were coming to terms with the facts that were being presented to us so when we were approached by the hospital staff about organ donation we were not completely shocked. However it did bring us to the realization that there was no longer any hope for his survival. When asked by the staff if we would consider donating Paul's organs it seemed an easy decision. Paul had always been a very helpful person to all that knew him. If someone needed him he was always there for them, whether it be family, friends or even co-workers. It was because of this being in his nature that the decision to donate his organs came easy for all of us. It was a unanimous YES from all of us. Somehow it gave us all some comfort to know that through this enormous loss to us that at least someone would benefit and live in spite of the loss of Paul's life. It is never easy to lose a loved one for sure but there was definitely some consolation in knowing that this would please Paul and help us. I would most definitely encourage anyone given the opportunity to share the living organs with another human being, to do so without hesitation because it can only help to make some sense of a tragic situation. My hope in sharing this with you is to make others more aware of the fact that we need to make that decision for ourselves now when we are able to. It is a vital decision that should not be put off. How easily we forget. Please sign your donor card today. Thanks Anita
For more info visit www.sport-fest.ca