

My family has talked about **ORGAN DONATION.** Has yours?



Don Cherry, Hockey icon



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



Some interesting facts regarding organ transplantation:

What is the Trillium Gift of Life Network?

The Trillium Gift of Life Network is a non-profit agency of the provincial government dedicated to planning, promoting, coordinating and supporting organ & tissue donation across Ontario and improving the system so that more lives can be saved.

Am I too old to be an organ and tissue donor?

There is no maximum age limit for individuals who wish to become organ and tissue donor. Age is less important than the health of the organs and tissue. Should the situation arise, a doctor will determine if your organs can be used for transplant, using guidelines followed by transplant programs.

What organs and tissue can be donated?

Organs and tissue that can be donated include the heart, liver, kidneys, pancreas, lungs, small bowel, stomach, corneas, heart valves, bone and skin.

Editorial.....Roger Awad

This year in an effort to increase the number of participating teams in our Slo Pitch Tournament, we raised our “winners take” to \$500.00 knowing quite well it would present the possibility of attracting stacked teams and/or illegal bats.

We took extra precaution by advising all teams, **many times**, that we are taking a no nonsense, zero tolerance approach to illegal bats and non registered players. It was important for these participants not to lose site of the real purpose of our tournament...to reach out to more people and promote organ donation awareness.

Well you guessed it, a team used an illegal player and an illegal bat. The SPN Representative and our convener took immediate action and advised the team that they were disqualified. Safety, especially for us seniors who may not have the reflexes we once had, is a priority.

If you look at SPN, SPO and other softball websites you will see a list as long as your arm of illegal bats & juiced up balls.

I recently read two articles on the website from Florida & Edmonton where the University of Florida & ESSPA as a **result of numerous injuries and one death** due to the newest technology in softball bats, decided to follow the recommendations of the Amateur Softball Association and ban bats with a BPF rating beyond what is listed on the bat. Knowing these facts, I can't comprehend why they don't go back to wooden bats.

I would like to personally commend our organizers for making this difficult, but correct decision and hopefully, future participants will register for the right reason....

“Our Cause” and not the almighty dollar.....Roger AWOL



WINDSOR CROSSING shopping made simple

1st. Annual Girl's High School Slo Pitch Tournament Results

What a fantastic inaugural Girl's High School Slo Pitch Tournament!!!



Congratulations to General Amherst Lady Gens and Coach Terris Buchanan as he accepted the \$500.00 bursary toward their school athletic department.

The MVP of the tournament as selected by the coaches went to Ms. Kayla Mulder from General Amherst and she received a \$500.00 educational bursary.

Finally, through the generosity of Windsor Crossing and all the girls obtaining pledges, we were able to raise in excess of \$4000.00 to go towards ORGAN DONATION AWARENESS initiatives.

Check out www.sport-fest.ca for results.

SPECIAL THANK YOU TO

NINO MARION, GINA DICKSON AND ELENA BRAY



Nino Marion recently celebrated his 70th birthday and his two beautiful daughters Gina & Elena organized a great birthday party. In lieu of gifts, Nino graciously suggested that friends and relatives make a donation to Sport Fest Windsor and organ donation awareness. Many friends & relatives stepped up and hit a home run by donating over \$300.00. Nino also donated a beautiful bicycle to be auctioned off at our dinner silent auction. WHAT A MAN!!!!

NORMA IANNICELLO

Thank you Norma for your hard work and dedication in taking on the unenviable job of official photographer during all our events and completing the DVD videos for our dinner, silent auction.

Good Luck with your latest hippo! We love you!

4th. Annual Dinner/Silent Auction

is year our Dinner/Silent auction was another success. Mr. Percy Hatfield
esteemed council member did great job as our MC and Father Larry Bru-
led us in prayer and the Canadian National Anthem.

year old Ms. Julianna Zahn shared her passionate story with us in memory
her father who died after receiving three liver transplants when overwhelm-
infection set in. Out of town guests made the journey in support of organ
nation awareness. Mr. Kurt & Lila Penner and friends, Anita & Juliana
hn and friends. Your support is truly appreciated.

pecial thank you to all our sponsors of gifts, volunteers and the staff at
boto Club for a fine meal.

> you next September 2009

4th. Annual International Slo Pitch Tournament.

r tournament this year was beautifully summed up in an Email sent out
or to the close of the tournament by our convener Mr. Wayne Dupuis.

ll gentlemen, the tournament was a huge success. I realize it isn't over, but
ould like to congratulate all of you for a job well done..It is always a pleas-
working with such devoted people. We know the good we are doing is
t the beginning, but a giant step for such a good cause. I was taken back by
> of the umpires who said he wanted to make sure he signed his card.
rich he did right at the table. Well, that is one and with that I again thank
of you for making it enjoyable. I realize we are busy people and we could
doing other things, but your commitment to our cause makes the world just
t much better. *Wayne Dupuis* Sport Fest Windsor Slo Pitch Convener

2008 Divisional Winners:

- + Co Winners **Frans Express & Brantford Nissan**
- + **Windsor Chiefs**
- + **Windsor Chiefs**
- + **Whalers**

Co Winners **Infield Triples & Canucks**
ls High School **General Amherst Lady Gens**

pecial thank you to Starbucks, Metro Catering, Holiday Inn Select, St. Clair
sidence, Radovich Chiropractic and SoloHitter for their support. Also, the
ks & recreation crew who worked diligently to bring the diamond up to
ying condition after the Friday rain storm.



Sport Fest Windsor DONOR FAMILY TRIBUTE by Lucille Souilliere Unforgettable Free Spirit ROBBY SHEEHAN

Simply said, "Robbie had a passion for people. He would
ays give to those who needed. His friends always said that he gave them
othing, whether it was hope, money, advice or the shirt off his back. He
ays gave something, even when it seemed that he had nothing to give. And
it seems fitting that even in death he continues to give to those who need
l that would please him.

me of the things that defined Robbie were: music, he played guitar and had
at moves when he danced; poetry, which he loved to write; nature, the
e of the outdoors, fishing, animals. He was always on an adventure. His
ies now travel the world for him.

e frog in the picture is a tattoo that he shared with his friends. It is a symbol
happiness. The border we chose represents heaven and earth- nature.

others have come into our lives since Robby left us. Whenever something
pens, a feather usually crosses our paths. We feel his presence and enjoy
creativity and timing in getting them to us.

bbie saw beauty in life and brought out the best in people. His heart was
e gold. Life was about living, giving, and loving. His life was a lesson to
ryone he touched. His love surrounds us. We miss his hugs."

Lucille Souilliere.

Jane's Fitness Corner



To begin with, I would like to thank my dad and my uncle Tom for
allowing me to be part of this wonderful cause. I am honored to be S
Fest Windsor's spokesperson to help promote organ donation aware
and encourage people of all ages to live a healthier lifestyle.

My first bit of fitness advice is directed at the senior citizens of our community.
Generally speaking, by the time most people reach their 50's and 60's they tend
accept the negative effects of aging as a fact of life that they have little or no cont
over. Studies show that we can alter the rate at which our bodies progress throug
our life cycle with EXERCISE.

There is an enormous body of scientific evidence that suggests that we can slow d
and even reverse the aging process in men and women by exercise, diet, and meal
planning. Many of you can look forward to being in better health and fitness in y
70's than you were in your 50's.

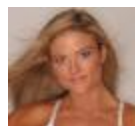
Recent studies indicate that between the ages of 30 & 70 many of the symptoms
conditions that were traditionally associated with normal aging are in fact a combi
tion of unbalanced nutrition, at-risk behavior, and sedentary lifestyles. Many of tl
foods we eat daily contribute to our overall health in a way we don't realize.

Up coming editions of *Jane's Fitness Corner* will provide specific nutritional an
enjoyable work out suggestions.

In the meantime, our TWJ MEAL PLANNING system is designed to build in th
vital nutrients normally absent from the typical North American diet. Visit my
website www.trainwjane.com for more details on nutrition and fitness .

Outdoor Organ Donation Message Signs!

Another positive addition to our Slo pitch tournament was the display of organ
transplant messages sponsored by Sun Life Financial Representatives: Jim Auger-
man, Jamie Drysdale, Steve Bott, Jason Trudeau and Brian Grundner and Train
With Jane Personal Training Studio. Sign sponsorship available contact me at:
rawad@cogeco.net



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