

Sport Fest Windsor News

www.sport-fest.ca

Nov..2008 Issue 6

Sport Fest
WINDSOR

Have you talked to your family about ORGAN DONATION?



Theo Cerasi, Actor



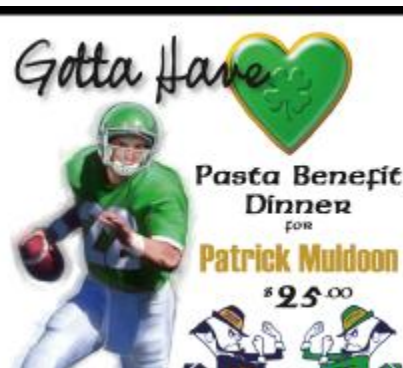
Every 3 days someone dies waiting for an organ transplant. Talk to *your* family today.
www.giftoflife.on.ca



SPECIAL BULLETIN

We are pleased to announce that we have selected the **Canadian Cystic Fibrosis Foundation CCFF** as our 2009 Charity. For more information visit www.ccff.windsor.ca. Cystic Fibrosis is the most common fatal genetic disease affecting young Canadians. CF affects mainly the lungs & digestive system. In the lungs, CF causes severe breathing problems. In the digestive track, CF makes it extremely difficult to digest & absorb adequate nutrients from food. It is estimated that one in every 3600 children born in Canada has CF. Approx. 3400 children adolescents & adults with Cystic Fibrosis attend specialized CF. Lung transplantation can provide a CF patient with a new beginning on life.

DO YOU REMEMBER THIS YOUNG MAN AND HIS STORY?



Well guess what, Patrick received his gift of life back in April and as he put it, "It was as though someone replaced my dead battery with a new one". Patrick was back home and working out again just 12 weeks after his "Miracle Gift of Life". We met with Patrick at a fundraising event for another heart transplant

Special Thank You

If you drive west along Seminole St. at Wescott Rd. at Doug Smith Signs you will notice a 4'x 8' sign on his building promoting **ORGAN DONATION AWARENESS. THANK YOU DOUG FOR YOUR CONTINUED SUPPORT AND GENEROSITY. Doug Smith Signs 519-945-4551**



Jane's Fitness Corner

You only have one life to live so why not make it a healthy, happy and a rewarding one. Commit to Yourself Commit to be Fit
www.trainwjane.com

This month we are not going to ask Jane to write a health related article. However, we are going to share a little about where she is going and what her next challenge will be.

Jane has been modeling, competing as an IFBB Pro Figure Champion, training clients at her personal training studio TRAIN WITH JANE for a combined total of 18 years. In her days of modeling in NY she has been fortunate to have met a number of professional people who have been trying to entice her into testing her skills and luck in Hollywood. She presented an idea to a few Hollywood producers and sure enough they thought it was a great idea. After many hours of writing scripts and selecting the appropriate talent, she is heading to Hollywood as a star and co-executive producer of a fitness reality show. Jane will maintain ownership in her local TRAIN WITH JANE Studio and will continue to offer her unique training system and techniques under the guidance of Ms. Sherri Archambault a certified trainer and expert on implementing Jane's system. *Jane will make numerous guest appearances throughout the year at her boot camps and daily training sessions to keep her loyal clients abreast of her reality show.* Good luck Jane and we look forward to seeing your show on TV in the near future.

You can Save Lives! Register as an organ and tissue donor with OHIP. Visit your local OHIP office or download an organ donor form at www.giftoflife.on.ca and then discuss your wishes with your family.



Graphic Designer for Sport Fest Windsor!!

In the future you will see a more professional look to our posters and signs. We are very fortunate to have secured the talent of Michelle Grondin of MG Designs. Her skills and talent will help us promote organ donation awareness with creative and unique designs to our posters and banners. Thank you Michelle. We look forward to our new look.

Seablon Community Centre
6770 Tecumseh Rd E.
March 28th 2008
6:30 pm
TICKETS: KUREYL, JOHNNY SHKOTZ

Tickets, Sponsor or Donations contact:
Rob Munson: 733-0729 - Willie Beale - The Irish

Silent Auction / Raffles / Disc Jockey (Big Joe)

Heart Transplant Needed!

...recipient, Mr. Bruce Keen and Patrick looked like a new man. Congratulations Patrick!! We look forward to seeing you for many years to come. Welcome aboard as a Sport Fest Windsor volunteer. Volunteers needed, just contact Tom or Roger

Awad at 519-944-5760 or 519-776-1473

Patrick has resumed his business **Integrated Accounting Systems Inc.** where he installs and supports accounting software products. He can be reached at 519-890-5059 www.integrated-accounting.com

IMPORTANT NOTICE!!!!

As you know, for the last 5 years Sport Fest Windsor www.sport-fest.ca has been organizing sporting events to promote organ donation awareness and during these events we have asked everyone to sign their organ donor cards and discuss their wishes with their family.

A new method is now in effect!!!

Recently, the TGLN (Trillium Gift of Life Network) announced that a provincial registry has been established and every Ontario resident is now encouraged to register his or her organ & tissue donation wishes with OHIP. You can register your wishes when you visit an OHIP office to renew your card, or you can download an Organ & Tissue Registration Form at www.giftoflife.on.ca and mail to OHIP.

Please remember, talk to your family about your wishes so they can honour your decision to give the gift of life.

For all your brochures, business cards, invitations, posters and much more, Michelle can be reached at 519-979-3712 www.michellegrondindesigns.com

ORGAN DONATION AWARENESS ALERT!!!

In the up coming months, keep an eye out for our ORGAN DONATION AWARENESS messages in the following publications:

- BIZX MAGAZINE



- INPLAY MAGAZINE



- THE SCOOP NEWSPAPER



- WINDSOR BODY



- THE WINDSOR STAR

The Windsor Star

- Sport Fest Windsor News



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

Train With Jane Personal Training Studio 215 Eugenie St. W. Unit # 102
Jane's system offers fun filled workouts, **boot camps, (Monday & 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 healthy lifestyle articles and ad in Windsor Body Magazine

Special Thank You to

Al & Jon Zakoor WINDSOR VACUUM for helping us promote organ donation awareness.

For all your vacuum sales, service and spare parts contact Jon or Al at 519-972-5557

Home Central Vac Systems Sales & Installation.

To remove your name from our mailing list, please contact rawad@cogeco.net

SPORT FEST WINDSOR WELCOMES ADVERTISING IN OUR NEWSLETTER.

CONTACT: rawad@cogeco.net