

Sport Fest Windsor

Sept. 2008 Issue 5

Sport Fest
WINDSOR

Have you talked to your family about
ORGAN DONATION?



Tom Carraway, 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 clinics. There is no known cure for CF, however lung transplantation can give CF patients a new beginning on their life."

2008 Canadian Transplant Games:



The 4th. Canadian Transplant Games designed to pay tribute to donor families across Canada was a successful initiative organized by the CTA Canadian Transplant Association. This is the first time the games, which take place every two years, have been held in Ontario. The games enticed organ recipients across Canada and

USA to participate in many Olympics style sporting events. The youngest of the competitors was five years old, while the oldest was 76. The event, was intended to help raise public awareness about the need for organ donations.

Team Ontario led by Tom Awad of Windsor, arrived with other



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Sport Fest Windsor **SPECIAL OFFER**

If you check out our website www.sport-fest.ca you will note that four organizations share a link on our sight. Bogy Golf Tour, Crime Stoppers, WECSSO and Riverside Ravens Floor Hockey. We are offering a link or site share to any organization either non profit/charity status or anyone that assists us in our promotion of organ donation awareness. The site share is at no cost upon approval by our board of directors.

If your organization is interested in this no cost offer please contact rawad@cogeco.net 519-776-1473 or tawad@cogeco.ca 519-944-5760



Together we can turn tragedies into miracles by registering as an organ & tissue donor, then discussing our wishes with our families.

www.giftoflife.on.ca



Jane's Fitness Corner

EATING HEALTHY TO LOSE WEIGHT



The basic truth is.... You can only lose weight if you burn more calories than you consume. Which boils down to a pretty simple and uncomplicated solution.

You either have to eat less, exercise more or ideally do both.

My two words *simple and uncomplicated* sounds easy, but for most people is a struggle. I have found over the years that if you don't make a firm mental commitment to yourself to become fit and healthy.... forget it, you will ride the rollercoaster of fad diet: your entire life.

Assuming you have made the commitment, I will attempt to repeat many of the points required for healthy living.

- Rein in your consumption of refined carbs....cakes, cookies, donuts, sweets and candy.
- If you find it difficult to organize healthy meals, check out my website www.trainwjane.com for my famous recipes.
- Put the frying pan away. Steam, boil, bake or grill ..choose fat-free cooking methods. Remove visible fat from foods, pick lean cuts of meat (red meat max twice a week), pre-fry ground/minced meat in a dry pan & pat with kitchen paper to soak out fat.
- Eat lots of fresh fruit & veggies.
- Eat a mixed salad before every meal. This will suppress your appetite.
- Add fruit to every breakfast. On cereal or served in yogurt.
- Reduce the amount of meat in your stews or casseroles by using more vegetables and pulses in your sauce.
- Eat a healthy breakfast every morning.
- Cut down on alcohol. It is loaded with sugar (calories)
- Soft drinks are laden with sugar...drink plenty of water.
- Use skimmed milk in tea or coffee & eliminate sugar.
- ADD REGULAR EXERCISE TO YOUR DAILY AGENDA. Make your self the first priority in your daily life schedule, then move onto your remaining activities.

Organ Donation Awareness

2009 **"Second Chance at Life"** Calendar

provincial teams for the opening ceremonies of Canadian Transplant Games at St. Denis Centre on University of Windsor south campus. Events including cycling, tennis, swimming, golf, slo-pitch softball and bowling will be held at various locations in Windsor for approx. 150 transplant recipients from across Canada and the U.S.

"Everything went off excellent," said games chair Niva Segatto. The games wrapped up with a gala dinner at the St. Clair Centre for the Arts Friday night after the athletes gathered at University of Windsor Stadium for one last gathering with inspirational music playing in the background.

"For us it's not goodbye, it is until we see each other at the next games," said Segatto. She said the games provided an excellent opportunity to showcase what Windsor is all about. "A lot of Canadians have loved what Windsor has to offer," said Segatto.

"The welcome we gave them was wonderful." The games are not so much about competition but about inspiration, Segatto said. "A lot of these people should not have been here," said Segatto.

For Windsor & Essex County participant results see our website www.sport-fest.ca

Organ & Tissue Donor Registration

You can save lives! Register as an organ and tissue donor with OHIP. For further information, call INFOLine at 1-800-268-1154; in Toronto (416) 327-4282; TTY 1-800-387-5559 or visit www.health.gov.on.ca or www.giftoflife.on.ca

Together we can turn tragedies into miracles by registering as an organ donor with OHIP then discussing our wishes with our families.

Another outdoor sign sponsor : **Tom's GOLF HOSPITAL**
Head Surgeon Dr. Tom Foxall 519-735-4636
Low cost custom built golf clubs, repairs and re-grips.



A Special Sport Fest Windsor Volunteer

Every so often you meet someone who appears to have been dealt a raw deal. After seeing Rick Cybak in his four wheel *Go About*, you would automatically think that he would be bitter, angry and despondent.

Not so...you need only go to Mic Mac Park on any given night or weekend during the Slo pitch season, Sport Fest Windsor Slo Pitch Tournament, Spitfire games any other tournament for that matter, and you will experience an upbeat, willing to help individual that makes us all feel guilty if we complain about our lives. Rick experienced a stroke a few years back and decided he wasn't going to sit around and feel sorry for himself, so he kicked it into high gear and got involved. Rick is the Vice president of the Stroke Rehabilitation Association and a volunteer for Sport Fest Windsor.

As well as volunteering his time at our Slo pitch tournament by distributing posters, slugging water buckets, distributing fruit to players and many other tasks, he is a *go about billboard* for our cause to promote organ donation awareness. He often wears our Sport Fest Windsor hat, tee-shirt and supports three organ donation awareness signs on his go about.

A very special thank you goes out to Rick for his efforts and inspiration.



We recently kicked off our 2009 calendar campaign by offering 10 personalized complimentary calendars to companies who have supported our efforts in the past.

If you or your organization are interested in receiving these personalized calendars for promotional purposes please contact rawad@cogeco.net or call 519-77-1473

The calendar features our Spokesperson, Model, Personal Trainer, IFFB Pro Figure Champion Jane Awad along with our message to register as an organ & tissue donor at your local OHIP office or download a donor form at www.giftoflife.on.ca

You can help by displaying our message at your place of business, home, or distribute to friends, associates, etc.



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

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 VERY 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 info visit www.billshomeinspection.zoomshare.com

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

Unique Therapies
Massage & Aroma Spa

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