



Kitchener-Waterloo Oldtimers Newsletter



December 2007

It is hard to believe that we are at the half way point of our season already. It seems we were just getting going a few weeks ago. As of the end of November we will have played 275 of 735 games. Keeping with the statistics theme I received some interesting numbers from **Mike Palmer**, "E" Division Coordinator, which I couldn't fit into the last newsletter. First Mike would like to welcome all the new "E" Division players. They have 13 new players, 14 new pool players and 3 players down from the "D" Division. Their pool is almost full with 36 players and five goalies. "E" Division has a broad range of players from your new 35 year olds to approximately 14 players fast approaching or over the age of 50. They also have four referees this year in their division, **Bill Wren** (Referee in Chief), **Don Sherren**, **Rick Tiedemann** and **Tim Kohlmetz** but they are still looking for more. Thanks for the update Mike.

League Tournament: Our league tournament this year runs from February 15-17. Once again we will be looking for assistance from our members. Come out and enjoy some good hockey while you act as hosts, bar tenders or score keepers. The more volunteers we have, the fewer hours each person has to work. Please mark those dates on your calendar and let's make this the best tournament yet.

AED/CPR CLASS OF '07 READY FOR ON ICE EMERGENCIES

Article and Pictures by Ron Walder, Health and Safety Committee.



Class of '07: Standing left to right, Clare Erdman (A), Tim Kinzie (C), Jeff Funston (C), Ken Orser (E), Gerry Leeman (B), Joe McGlynn (E), Ron Ahrens (B), John Kaufman (C), Suzie our trainer, kneeling in front with dummy - Mickey Poulin (C) and Hugh Craigen (B).

With a rigorous 6 hour AED/CPR orientation session under their belts, the ten members of K-W Oldtimers' Class of '07 are ready for heart emergencies on the ice. Attendees to the November 24th presentation represented 4 of 5 Oldtimers' Divisions. They represent the first graduates of AED/CPR training at St. John Ambulance with many more to follow.

Bob Jorden, Chair of Health and Safety Committee, is presently working on establishing a protocol for on ice emergencies and getting information together on where AEDs are located in all Oldtimers' rinks. The goal is to have this information to all captains and the general membership as early in the New Year as possible. "Every rink we play in has an AED in it except Conestoga College, and we're working on getting coverage there" said Bob.



Left to right: Jeff Funston, John Kaufman, Hugh Craigen and Mickey Poulin practice CPR in conjunction with an AED unit.

The session at the St. John Ambulance training center on Belmont Avenue began with Bob Jorden introducing Suzie Baranowicz an accomplished trainer with 9 years of experience. Suzie had her hands full with comedians the likes of Mickey Poulin and Gerry Leeman in attendance, but countered the levity with material that was both serious and timely.

"Timing is critical in an emergency" said Suzie. "For every minute that defibrillation is delayed, the chance of survival declines by up to ten percent. After twelve minutes, the chance of survival is very poor.

"According to the Canadian Heart and Stroke foundation, approximately 40,000 cardiac arrests occur in Canada every year - 80% outside of a hospital setting. Defibrillation improves survival rates by up to 30% if delivered in the first few minutes. AEDs combined with Cardiopulmonary Resuscitation (CPR) increases survival rates to 50% or more. There are about half a million men playing hockey in Canada and ten of them die every year of heart attacks at a rink. Last year alone K-W Oldtimers' lost two players. This year, with some help from his friends Gerry Leeman and Ron Ahrens, Paul Schnarr of B Division survived. "We weren't sure if we were doing it right" commented Ron Ahrens. According to Suzie we shouldn't worry, rather just get started as soon as possible. "Doing something is better than doing nothing – the Good Samaritan Principle protects us" said Suzie.

Suzie set up two manikins for the class to try out different AED models presently available at rinks throughout the Region. "What we have here is two manikins and ten dummies" chirped Gerry Leeman as the class broke out in a round of laughter. Automated external defibrillators or AEDs are highly advanced computerized devices designed to recognize and shock the heart if it senses two types of abnormal heart rhythms. The shock actually stops abnormal heart rhythms, allowing the heart's natural pacemaker to resume a normal rhythm.

These amazing machines are smart and interactive, actually talking you through the emergency procedures that must take place in sequence. The AED will tell you what to do. That's why it's

called automated. It is so sensitive that it will not shock a casualty that doesn't require it, for example, one with a normal heart rhythm.

At right: Clare Erdman (left) and Ken Orser (right) practicing CPR



But with all the attention given to AEDs these days it's important not to overlook the other important component of emergency response – CPR. If you have someone collapsed and he's unresponsive, call 911 and request an AED. It's important to begin CPR as soon as possible and apply the AED as instructed. There is a four minute window to get CPR going after the heart stops or brain damage begins. CPR includes the use of 2 skills, chest compressions and ventilations at a ratio of 30:2.

Spirits were notably high throughout the session. All in attendance agreed it was important to be there particularly in light of recent on ice emergencies in the League. Hugh Craigen, B Division, noted "Being on the ice, I was surprised at how slowly I was able to react to the Paul Schnarr situation, I wasn't sure what to do." John Kaufman, C Division, said "this course bolsters confidence which fosters leadership in such emergencies." Mickey Poulin, C Division, added "I know Paul really well. He was in great shape but still had that heart attack. None of us really know, do we? I just want to be sure I can step in and help, and if it's me I want someone there to help me."

To be sure, this group is ready to take charge should an emergency arise at an Oldtimers' game in the future. If you see one of these guys on the ice – say thanks. Say thanks for the time they spent on a Saturday when there was a lot of other things they could have been doing. But they were there learning how to, some day, maybe help save your life.



The Zoll AED unit – These are now found in almost all Arenas in the Region

Thanks to all who attended. We appreciate you spending your Saturday to learn these procedures and we also hope that you never have to use them. Thanks again.

Oldtimers Make Donation: Howard Rowley and his Donations Committee have reached an agreement with the new Kitchener Twin Pad Arena to donate \$25,000 over the next 5 years from the KW Oldtimers League.

Personality of the Month: Our feature personality this month is our treasurer, **Mike Pollard**. Mike grew up in Brantford and moved to Kitchener in 1979 to attend the University of Waterloo. He obtained his CA designation in 1985 and became a partner in Clark, Pollard & Gagliardi in 1987. Mike was married to wife Carol in 1979 and they have four children ages 16, 18, 21 and 23.



Mike joined the Oldtimers in 1999 as a player and League Treasurer. Mike had never played organized hockey before Oldtimers but watching his three boys play minor hockey for many years fostered a desire to try. A friend of his, Bob Allan, told him about this great league that he played in called the K-W Oldtimers and suggested they might let him play if he agreed to take on the Treasurer's duties. That first year was a very interesting one for Mike. His teammates were very tolerant and always offered helpful suggestions (play your position, stop falling, take up knitting, etc.). Over the years he has greatly enjoyed

the camaraderie and team spirit that playing in this league brings.

Mike has served on the Board of Directors for the last eight years and says that has made him aware just how organized the Oldtimers are. Mike says we are fortunate to have such a great depth of dedicated and knowledgeable volunteers. He encourages everyone in the league to consider getting more involved whether it be on the Board, as a captain, referee or special events like the annual hockey or golf tournaments.

Mike's goal is to play oldtimers as long as possible and his big dream is to some day score that elusive hat trick.

Thanks Mike for this story and for all your years of service to the League. We all hope that you reach your dream and score that elusive hat trick. Thanks again.

**HAPPY HOLIDAYS TO ALL HAVE AN ENJOYABLE
BUT SAFE HOLIDAY SEASON AND WE'LL SEE
YOU BACK ON THE ICE IN JANUARY.**