

K-W Oldtimers Newsletter



December Issue November 2008 Health Clinic a Great Success

On November 1, 2008 the Health, Safety and Welfare Committee and members of the Executive hosted the first ever Oldtimers' health clinic at RIM arena complex. Participation exceeded expectations as 114 members packed the Forbes Room at RIM Park throughout the morning, interacting with health experts on a diverse array of health concerns from heart health to sports injuries. Attendance represented more than twenty percent of total League membership.

Event Chair **Mike Edwards** (C Division) said "the committee was really pleased by the response. A great turnout – many, many thanks to all the participants, the volunteers and the guys who came out". The event has taken almost a year to plan. Clinic sponsors donated thousands of dollars staffing the event with health professionals, and supplying test equipment and information resources. The Committee believes this is the first Oldtimers' event of this kind anywhere in Canada which puts the organization at the forefront of health and safety in Oldtimers' Hockey circles.



AstraZeneca provides blood work analysis to K.W. Oldtimers Hockey League players

During the clinic participants were encouraged to interact with representatives from the health community all with various professional backgrounds. Pharmaceutical giant AstraZeneca provided three nurses and considerable testing resources to perform blood tests evaluating cholesterol, triglycerides, blood sugar, weight, blood pressure and other factors that influence overall cardiovascular risk. They also provided a pharmacist to discuss the potential effects of drug interactions and how that might affect enjoyment of the sport. The pharmacist's booth contained many informational brochures and handouts covering a variety of health related issues. K.W. Oldtimers' own **Dr. Jim Vernon** (B Division) donated his time to discuss blood work findings with participants. Jim was instrumental in arranging AstraZeneca's participation and played a major role in the overall success of the event.

Also popular with participants was Waterloo Sports Medicine's **Randy Helm** and his crew who put many players through their paces. Randy provided assessments on joint mobility and flexibility. They also discussed prevention and treatment of sports injuries. Other booths at the Clinic included Canadian Blood Services where participants could have their blood typed and KMH which is a diagnostic company in Kitchener that provides heart stress testing.

Health, Safety and Welfare Committee Chair **Bob Jorden** remarked: "Does health matter at K. W. Oldtimers? You bet it does. An apple a day doesn't cut it anymore but a comprehensive health clinic like this is a fantastic idea and a sign of the times. We've received a really positive response from the players. Clearly the event has been very worthwhile from the Leagues perspective." A survey of participants showed an overwhelming number of respondents found the Clinic very useful and informative and stated they would definitely return to another event in the future.

What does the Committee have planned for the future? Bob noted "We need to sit down and assess what went well and where there are opportunities for improvement. Whether we offer this event again in its present form or whether we create something different remains to be seen. There are lots of great ideas waiting to be explored." The committee welcomes any input from the membership on future health and safety events and activities. Please pass your ideas on through your Captain to anyone on the Board of Directors or the Committee.



Bob Allen (A Division) was officially the Clinic's first customer. He is seen here going through a W.S.M. mobility assessment.



PLAYER PROFILE:

This month's Oldtimers Profile is our President **John Gerger**. John is a KW boy through and through, being born on April 29, 1955 at St Mary's Hospital. He attended St Louis Catholic School, and then St David's Secondary School and graduated from KCI. John has been happily married for 35 years (his wife Cathy said that) and they have three grown children, Jason (34), Melissa (28) and Steven (23).

As some of you know John runs Gerger Plumbing and Heating Ltd. Besides hockey John loves to take vacations to hunt and fish (he just returned from Ohio). John began his minor hockey career playing in

the Waterloo Minor Hockey League. He began playing in the KW Oldtimers in 1990; he now plays in the D Division and is our new 2008-10 President.

I asked John for an amusing hockey story and he came up with the following: Being a well known left winger, I decided to throw off the opposition by disguising myself as one of my team-mates. The said team-mate appeared to have the same svelte hockey physic as myself and he wore a very recognizable pair of blue hockey pants (the only blue hockey pants in the division). We managed to fool the opposition for about five minutes. They shadowed the decoy in the black pants and the winger in the borrowed blue pants, managed to ...well... contribute nothing to the game. No good came of the disguise. If you are going to borrow a team-mate's equipment...make sure it fits. When I returned the pants to my team-mate, they were ripped from front to back. My explanation, they were old pants that were worn out and couldn't "keep up" with my speed. My team-mate's explanation we really aren't the same size. Thanks to former president **Ernie Kuenzler** for letting me borrow his pants and letting me believe we do indeed look the same.

Lastly I asked John if there was anything he would like to add:

Starting this season as your President and meeting some of the teams to introduce myself, I have found that our league is healthy in regards to the eagerness of play in the game. I do, however, believe we need more volunteers to make our league even better and so I ask you help your captains out by your attendance, your future commitment to the league and your sense of fair play toward your team-mates, opposition and the officials.

At this time I would like to wish you and yours a very Merry Christmas and a safe, happy and prosperous New Year.

Thanks for doing this John.

KW OLDTIMERS TOURNAMENT

The KW Oldtimers 29th Annual "International Hockey Tournament" will be held the weekend of February 6-8, 2009. (mark these dates on your calendar) There is a new organizing committee this year of **Mike Pollard and Ernie Kuenzler**. They will be looking for support from all league members on the tournament weekend. If you can help with the organizational end of our tournament (which is already underway), let your captain know or call Ernie Kuenzler at 519-896-1640. There will be more information in next month's newsletter.

MERRY CHRISTMAS AND HAPPY HOLIDAYS TO ALL