



Kitchener-Waterloo Oldtimers Newsletter



November 2007

Welcome Back: A special welcome to all players new and old. It hardly seems six months have passed since our final night at Rim Park. We hope everyone had a restful and enjoyable summer and are all ready for another great season of oldtimers hockey.

Two Heroes: The training that many of our league members have taken in CPR has finally paid off. The first game of the season for team B1 at Rim Park saw **Paul Schnarr** go down with a heart attack. Two of his teammates, **Ron Ahrens** and **Gerry Leeman** saw the incident and rushed to Paul's aid. Luckily they had both taken the CPR and AED training offered by our league. They performed mouth to mouth and directed several players to call 911 and get the defibrillator from the office. Paul was zapped several times and they kept up the CPR until the paramedics arrived. It was nip and tuck there for several days but I am happy to report that Paul is doing very well. He is now convalescing at home and he is talking about coming out to see some hockey games very soon. He has been to London and had defibrillator imbedded in his shoulder. He still has a ways to go but the quick thinking and training of several people saved his life. A great big **congratulations and thank-you** go out to **Ron Ahrens** and **Gerry Leeman** (see inset). Great job guys.



The CPR and AED training is being offered again this year. The league has booked Saturday, November 24th as the orientation day. The training will take place at St. John Ambulance headquarters at **250 Gage Street, Kitchener**. The day will run from 9:00am and be finished by 5:00pm. This is not a certification course. There are 20 spots available on a first come basis. If we exceed the 20 spots we can book another day early in the New Year. The agenda includes emergency scene management, shock, choking, lunch and CPR. There will be videos, lectures, Q&A, practices and an exercise book. If you would like to participate call **Martin Harlick** at **579-2771** or email kwoldtimer@kwoldtimers.ca. **THE FIRST CLASS IS FULL.**

We have also learned that long time league member **Richard Hutfluss**, from the D Division pool, had some sort of heart attack while playing pick-up hockey recently. Richard is doing well

and is expected to make a complete recovery. We all send our best and hope Richard is back on the ice very soon.

Today's News Flash Executive Changes: **Dave Reist** is returning to fill the vacant A Division Coordinators position. Thanks for helping out Dave.

Trevor Leslie will be resigning from the executive effective the end of the season. **Jim Moisse** will be the new ice time scheduler. Trevor will also be leaving his position as C Division Coordinator and at this time we have no replacement. If you are interested please talk to Trevor or Martin Harlick and they will explain the job to you. Trevor needs the extra time to write his Thesis at the University of Waterloo. Good luck Trevor and thanks for your eight years of service to the league.

Our long time Secretary **Bill Henderson** will also be resigning at the end of the season. Bill has done a great job taking notes, sending out the minutes of all meetings and keeping our Presidents in line. Thanks for all your hard work Bill. The new league Secretary will be **Ron White**, from the D Division.

A Note from Paul Schnarr: Hi, I am back...Thank you...Thank you...Thank you. I am so lucky to be sitting here and sending you this email. So many wonderful things fell into place on October 2nd. Gerry Leeman and Ron Ahrens acted so quickly to start giving me CPR; this sure helped my chance of living according to the doctors. Thanks so much to Ron and Gerry for saving my life. Also for the defibrillator being at the arena and for the staff at Rim acting so quickly to bring it out and for the two off duty firemen that helped operate the defibrillator. Also for all the support I received from so many of my fellow team-mates. Thanks.

Also I received great care at St Mary's Hospital, what a wonderful caring staff they have there. I was put on ice for over two days in a semi-coma stage and then they slowly brought me back. They were calling me the "Miracle Man" because I survived the heart attack. I spent over two weeks in hospital while they performed all different kinds of tests trying to find out what caused my heart attack. They couldn't find out for sure what the cause was...so on October 18th I was taken to University Hospital in London where they inserted an Implantable Cardioverter Defibrillator (ICD) into the left side of my chest. This will take care of me if I ever have another heart attack.

But my main concern is the welfare of the rest of the guys playing hockey. I asked the nurses and doctors if there was some kind of test that they could do on the guys to see if there heart was OK to play hockey. Unfortunately there isn't. I talked to Julie Kim, a nurse practitioner at St Mary's and she would be willing to come out and talk to the guys about what to look for and what to do. Her email is jkim@smgh.ca and her number is 519-749-3470.

I have been talking to CTV to try to get them to do a story about this to help make more people aware of the importance of CPR and having defibrillators available.

Once again thanks to all and I will be out to a game when I get better. Thanks again.