



Kitchener-Waterloo Oldtimers Newsletter



September, 2009

Welcome: Well, it's that time again. The ice is in, the schedule is set, the teams have been picked and it's time to play some hockey. A special welcome goes out to all the new players in our league. I'm sure you will have a great time on the ice this winter. Please remember our reason for being together, to get some exercise and have some fun. There are no prizes for finishing first and everyone plays on the final night in March. Hope everyone has an enjoyable winter and to quote the "Polish Prince", keep your stick on the ice.

Schedule: This year's schedule has been set by **Jim Moisse and Bruce Eberhardt** and although each team still plays 41 regular season games and 6 playoff games, several major changes in facilities have been made. Due to the City of Kitchener taking over the Sportsworld rinks, our league will only be playing 4 of 705 games there. The majority of our games will be on Tuesdays (291) and Thursdays (280). We are moving back into the Aud on Thursday nights. That means we will have 4 games per night in the Aud, Kinsmen and Kiwanis rinks starting on October 29th and we will have four other nights where we will use two of the three rinks. **Bruce Eberhardt** is working with the concession people at the Aud to resurrect a Thursday night bar in the Viewing Lounge. We will look for your team's support to make this a success. All of our final night games will still be played at the 3 rinks at Rim Park as in past years.

It's Back: As I stated above the bar will be open in the Subscriber's Lounge at the Aud Complex on Thursday nights starting on October 8th. The food menu and beverage prices are as follows:

Domestic Beer	\$4.75	Chicken Fingers	\$6.95	Poutine	\$4.65
Premium Beer	\$5.15	Hamburger	\$3.94	Chicken Wings	\$8.95
Imported Beer	\$5.40	Hot Dog	\$3.24	Grilled Chicken Sandwich	\$4.65
Bar Shots	\$5.40	French Fries	\$3.24		
Coolers	\$5.40				

ALL FOOD ITEMS ARE + TAX

So don't forget, help make **THURSDAY PUB NIGHTS AT THE AUD** a success, be there with your team.

Help Wanted: We are still in need of pool players for the **B and C Divisions**. Also, due to the number of Tuesday/Thursday games, we are in need of some more referees. Talk to your neighbours and friends. If they are interested, have them call **Don Herner (pool players) at 744-0104** or **Rick Booth (referees) at 570-0514**.

Hypertension: The following is an article from **Health and Safety Committee member Dr. Jim Vernon.**

After our health day last year and often during the season I was asked to explain some of the tests that were done and their significance. This obviously interfered with my concentration during my league games and lead to a precipitous drop in my goal production. To prevent this again this season I will try to answer some of these questions in a few brief articles on our web site.

One common question was about blood pressure testing and what the numbers meant and what was high.

High blood pressure or hypertension is the most common cardiovascular disease. Untreated can lead to heart attacks, stroke and kidney failure. There typically no symptoms associated with it so you don't know it is high unless checked or found when you have your heart attack or stroke which is not the time to find out (a little late).

When your blood pressure is checked you are given two numbers. The higher, top number is systolic pressure which is the pressure in your arteries when your heart is contracting or beats. The lower, second number, is the diastolic and is the pressure in the arteries between beats.

At our ages the accepted normal is in the range of 120/80. You will normally have a variance in pressure depending on activity, emotional state, etc. but you want an average in that area. A pressure consistently over 140/90 would be considered abnormal and may require treatment.

You can check you pressure nowadays in most pharmacies, gyms or work place. If you find it elevated over the 140/90 you should keep a diary, check different times of the day and if consistently elevated you should talk to your doctor for advice. Mild elevation can respond to weight loss, regular exercise (not just hockey twice a week), stop smoking and a low sodium diet. If this doesn't help then you will likely go on medications to control it. If you go on medications don't stop them because your pressure is back to normal as that is the whole point of being on the medications.

Hope this answers some of your questions but the main thing to remember you don't know your blood pressure is high unless you actually check it as it is asymptomatic.

Also from the Health and Safety Committee:

BE AN OLDTIMER HERO

TAKE AN HOUR AND DONATE SOME BLOOD TO HELP SAVE LIVES

Location: Canada Blood Services (corner of Weber and Bridgeport Road beside Sobeys)

When: Saturday, November 28th, 2009 from 9:00am to 1:00pm

More information will be available in October from your team captain.