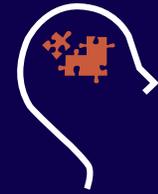


# IMPACT



Brain Injury Association of Canada  
Association canadienne des lésés cérébraux

P A T H W A Y S   A H E A D

## 2011 BIAC Conference

August 24-26, 2011  
in beautiful, beautiful  
Prince Edward  
Island!

Theme *Building Bridges Together*

*You've  
just gotta  
be there!*

This year's conference is one not to be missed...  
Many prominent speakers are coming to this beautiful island  
and will **INFORM YOU, INSPIRE YOU, AND ENLIGHTEN YOU!**

And if you want to benefit from our **EARLY BIRD DISCOUNT**  
you will have to hurry! **OFFER ENDS JUNE 30TH.**

**CLICK HERE TO ORDER ON-LINE NOW!**



## Richard... WRITES

Richard Kerr lives in Montreal with his wife and son. He is a survivor of traumatic brain injury suffered in a hit and run August 17, 2006. He continues his sport ambitions and trains as a swimmer and cyclist and hopes also to return to teaching adapted alpine skiing

### Collaborating With Your Health Advisors

Your health and well being should be seen as a team effort with you as the star player. Good health always has been and always will be a team effort. Doctors and nurse practitioners are the team leaders. To win, we need each other. We need to work together. Communicating and understanding test results will allow us to make informed decisions about our diet and can motivate us to increase physical activities in our life. It is sometimes a surprise to find, exercise releases serotonin and endorphin, the feel good hormones we get when eating chocolate, and without the extra calories!

As a team player you should:

- Get a 3-ring binder and a three-hole punch
- Ask for copies of all your test results and keep them handy
- Do your homework – learn as much as you can about the tests you are taking and what they mean
- Ask for recommendations of books, use the web and don't believe everything you read
- Double and triple check everything you learn
- When you are certain you understand how to interpret a test, verify with the team captain – your doctor
- Respect his /her time and only ask questions that you have not found answers to yourself
- Take notes when you consult your doctor and keep them in your binder with dates

- You doctor will respect and care for you more when you are respecting and caring for yourself.

Understanding your own health is likely to set you on a path of choosing diet and activity which will lead to better health. Heart rate, blood pressure, weight are all simple non invasive measurements, which can motivate you by gauging your improvement, or possibly raising red flags about your routine. Having a series of measurements creates an opportunity for insight that is not possible with the once a year check up alone. Readings can be recorded with pencil and paper, although sophisticated electronic agenda type programs exist. Which are you most likely to find motivating and easy to use?

An accurate picture of sleep quality and real hours slept may uncover an underlying problem of stress hormones, cortisol, which increase appetite, increasing adiposity, adding to your body mass index (BMI). In my case a sleep study revealed sleep apnea which reduces oxygen availability to the brain when sleeping. A problem easily fixed but with terrible consequences if left untreated.

Thoughtful review of your present health, diet and activity and a careful plan will greatly improve your enjoyment of life.

**JUNE IS BRAIN INJURY  
AWARENESS MONTH - create  
awareness in your community!**

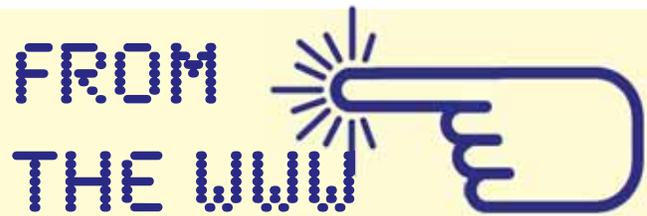
# Editors Report

by Barb Butler



I sincerely hope you enjoy this edition of Impact; it is our intent to keep you informed of happenings from across Canada and to share articles some of our contributors have submitted. As you receive this newsletter, June and dreams of summer are in our minds as we make

plans to enjoy the good weather. Whatever your summer plans are, be they with family or friends, remember to slow down and be brain safe. A moment of inattention can lead to a lifetime of shattered dreams. Robin Sharma, a leadership expert and author says that "life is just a series of moments. If you miss the moments, you miss your life." I get so busy some days that I need to remember to slow down and enjoy the moments. You only get one life and you need to live every minute on purpose, enjoy each day and be happy. I intend to do this in August at our annual conference August 24-26 in Charlottetown, PEI. I have been to PEI a few times and its beauty is immense. I will be taking all the moments I can to enjoy both the province and all the wonderful people I know will be in attendance. I hope that you are one of them.



## WEBSITES OF INTEREST

We have scoured the web and can bring to you little gems that we have found! If you also have favourite sites that you think our readers would like to see email Barb Butler at [barbbutler@biac-aclc.ca](mailto:barbbutler@biac-aclc.ca) and we will publish it here!

<http://www.biaa.ca/abic2011/>

Please note that the conference dates in this link have been changed to November 11, 12&13th, 2011.

### Some of the Many Sides, & Challenges of Brain Injury

<http://www.youtube.com/watch?v=arxLLmV6v5g>

### Head shots on agenda at hockey meeting

<http://www.leaderpost.com/news/Head+shots+agenda+meeting/4856297/story.html>

For conference information visit

<http://biac-aclc.ca/en/annual-conference/>

Early bird rates in effect until June 30, 2011.

**Be sure to register today!**

## Letter to the Editor

*Dear Brain Injury Association of Canada:*

I came across this video of a survivor of brain injury and I automatically thought that this video, song and story would be so wonderful if used in your websites, newsletters, links, advertising, etc.

I know from working directly with Mother's Against Drunk Driving, Halton, that victims of brain injury need to know that they are not alone, that there is hope, that others are fighting the same battle but more importantly, that they are loved and supported.

This song, video and message is huge for them to see, hear and feel.

This video promotes hope for the families that must care for these victims of brain injury; many of them feel helpless as well.

My thoughts,

Linda Brick

Social Service Worker



*Chris Medina was an American Idol contestant whose fiance got into a terrible accident that gave her a traumatic brain injury just before their wedding. Here is his heartfelt song about staying with her.*

<http://www.youtube.com/watch?v=nQY4dIxY1H4>

# President's Message

by Larry Carlson

Knowing you are not alone is one of the most important aspects of living with a brain injury whether you are a survivor, a family member or a caring friend. In the first months following my injury, I felt very much alone, despite the support of a wonderful family and great medical care. It took at least two years, as I recall, to begin to realize that I needed help with a number of things.

I began to get help through a wonderful Neuropsychologist, Dr. Lindy Killik. She helped me to understand what losses there were: short-term memory, organization, fatigue, depression. Dr. Killik connected me with a few others who were living with brain injury and then I began to realize that I was not alone.

I don't know why it took me so long, but eventually I connected with the Saskatchewan Brain Injury Association. Through various provincial activities like conferences and a family camp I received more support and encouragement. Likely the most important support that continues to sustain me was the association's local support group in Regina. Under the capable and caring leadership of Barb Butler, one of BIAC's Vice Presidents and Communication Chair, I continue to receive and give support at the local level.

The Support Group doesn't generally have a formal agenda. We simply talk about the things that concern us. We don't have a "no whining" rule, but that rarely happens. As people with various levels of loss share with one another, natural and sustaining support occurs.

If you are a survivor or a family member who feels lonely as I did so many years ago, I encourage you to connect

Larry Carlson  
President  
BIAC



with your provincial or local association. You will find people who walk the same path as you. You won't be guaranteed answers to all your questions, but you will find good people who sympathize and will help you to get on with your life. If you don't know how to find a local or provincial group, contact the BIAC office and Harry will point you in the right direction.

Another great way to connect is our Annual Conference, Building Bridges Together, in Charlottetown, PEI from August 24 – 26. In addition to the opportunity to learn about various programs, projects and services across Canada, the Conference is a chance to simply connect with others. If you haven't registered for the conference yet, please go to our web site and check it out. And if you come to Charlottetown, be sure to look for me. I would love to meet you!

## Premier signs...

Prince Edward Island Premier Robert Ghiz is signing a proclamation declaring June as Brain Injury Awareness Month on PEI People in Picture are Premier Robert Ghiz, Kenneth Murnaghan, Mark MacIntosh and Pattiy Nispel.



# Aphasia, the movie!

June is Aphasia Month and the NEW Nova Scotia Aphasia Association is having an awareness campaign for aphasia. What is aphasia? Aphasia is an acquired disorder caused by an injury to the brain and affects a person's

ability to communicate. It is most often the result of stroke or acquired brain injury. An individual with aphasia may experience difficulty expressing themselves when speaking, difficulty understanding the speech of others, and difficulty reading and writing.

Approximately thirty percent (30%) of people who had a stroke have aphasia and other language disorders which complicate their communication skills. Annually, there are approximately 1500 strokes that affect Nova Scotians. Of those who survive, approximately 450 Nova Scotians will have aphasia.

In June, the Nova Scotia Aphasia Association is planning to have an awareness session on aphasia. This includes "Aphasia", the movie and a presentation by Carl McIntyre. In 2010, Carl starred as himself in the acclaimed short film, "Aphasia". Before his stroke, Carl was an actor, successful salesman and a beloved teacher when he suffered a massive

stroke in September 2005.

The hour-long "Hope is a Four Letter Word" presentation begins with a 40 minute film, "Aphasia", followed by a humorous and moving presentation in which Carl explains the process of coming to terms with his condition and making positive and inspired decisions about his new life and future. Carl's speech and communication skills are still affected, but he is persistent, determined and motivated to be the best he can be.

## "Hope is a Four Letter Word"

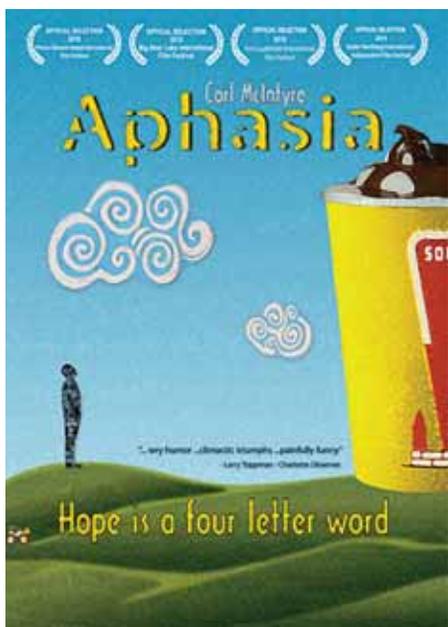
Empire 8 Park Lane, 5657 Spring Garden Rd., Halifax

June 15, 2011: 7:00 pm, doors open at 6:00

Tickets can be purchased at the door: \$20 (cash or cheque).

Only 300 seats: buy tickets early!

Tickets can also be reserved at [nsaa@bellaliant.net](mailto:nsaa@bellaliant.net) or 445-4960.



## Peterborough Health Care Providers Unite to Address Issues of Concussion



New Canadian Concussion Program Provides Universal Access to Young Athletes – Features Axon Sports

The Peterborough Youth Sports Concussion Program will establish a best practice model in

the prevention, diagnosis, treatment and management of concussions providing universal access to youth from across the City and County of Peterborough, Ontario, from the age of 10 right through until high school graduation. The program, the first of its kind in Canada, is a collaboration between primary care providers and specialists and will establish standardized guidelines for

concussion management for all health care providers across the five Peterborough Networked Family Health Teams. "Pre-injury cognitive assessments are an important part of the program, but the Peterborough Youth Sports Concussion Program will be standardizing best practices surrounding all elements of concussion prevention, diagnosis, treatment and management," said Dr. Derek Krete, physiatrist. "We will create strategies for injured players surrounding removal from play, return to school and return to play and we intend to engage with parents as well as our local sports associations and school boards, to create broader understanding of concussions and prevention of second impact syndrome. We want parents within our community to feel confident that everyone involved in the circle of care for their children, our young athletes, from their family doctor to the first responder at a hockey game, are working from a universal approach in the highest standards of concussion management."

## From the Executive Director, Harry Zarins

June is...

### Brain Injury Awareness Month

I have heard from sea to sea that there are many activities going on. Some of the activities include but are not limited to a: film festival highlighting stories from brain injury survivors and their caregivers to information sessions in many of our grassroots organizations to the production of brain injury awareness bumper stickers and posters to David McGuire's run across Canada,

(<http://www.runtoremember.com/>)

to Peter Luc Holman-Price penny challenge. A number of municipal, provincial and national officials have proclaimed June Brain Injury Awareness Month within their jurisdictions. In Ottawa, Mayor Jim Watson is promoting helmet use and is encouraging people who use rent a bike services to wear a helmet. I do also want to note the efforts of Imants Letis who manages a Brain Injury Blog for pulling together the poster and bumper sticker campaign and providing awareness through the Brain Injury Forum

(<http://www.braininjuryforum.com/>).

Do remember though that brain injury awareness and prevention continues year round.

Please feel free to let us know of any upcoming activities or past events that you would like our community to be aware of. Send your information to [info@biac-aclc.ca](mailto:info@biac-aclc.ca) Also visit the "Happening Now Section" and follow us on Twitter at <http://twitter.com/biacaclc>.

**Consider Making a Donation** to the Brain Injury Association of Canada during Brain Injury Awareness Month.

The Brain Injury Association of Canada is funded through modest sponsorship dollars and generous donations. Our estimates tell us that there are close to 1.4 million Canadians living with a brain injury. Remember that a concussion is a brain injury. If every friend, colleague or family member associated with a brain injury were to donate one dollar BIAC would be in a position to expand the national brain injury awareness and prevention programs and move ahead at

a quicker pace on its research agenda. To the readers of this newsletter please consider making a donation and asking friends, colleagues and family members to make a one time or monthly donation. Simply go to [www.biac-aclc.ca](http://www.biac-aclc.ca) and hit the "Donate Now" button on the top left corner of our home page. Thank You!!

### Government Relations

As one new Parliament session commences in June and then again in the fall, BIAC has already been approached by a few MP's to support their private members bills. These bills in some way involve brain injury awareness, research and prevention. Hon. Hedy Fry will again propose CSA standards for ski and snowboard helmets. In the previous parliamentary session it was Bill C-289. Neurological Health Charities Canada is working towards ensuring that the Parliamentary Health Committee sub-committee on neurological conditions will continue. BIAC is looking forward to an active fall session when the House returns in September after summer break.

This summer, I encourage our grassroots organizations to meet with their federal member of parliament and provincial representative to open a dialogue on the challenges faced people with brain injuries. Remember that brain injury is the invisible epidemic. If you need support or information feel free to write to [info@biac-aclc.ca](mailto:info@biac-aclc.ca)

### PanCanadian Engagement Strategy

The Brain Injury Association of Canada was recently involved in a PanCanadian Engagement Strategy working group session.

The input will help formulate an effective and comprehensive strategic plan. The insight, history and knowledge that BIAC provided in the session was exactly the information Contact Centers Canada (CCC) needed to hear. CCC recognizes that there are specific challenges facing people with disabilities who are either under-employed or job seeking, so our



input was critical towards removing barriers to meaningful employment.

### Towards a National Brain Injury Research Strategy

A few weeks ago the steering committee, composed of researchers and neurologists, met and developed an initial strategic draft.

There was acceptance by the Steering Committee for a Translational and Applied Research Focus, as outlined in the background documentation. Attention should be focused on where there are gaps in knowledge, in particular where there are "valleys of death" where the National Brain Injury Research Strategy can capitalize on translational research and its application to treatment, care and community improvements.

There was also acknowledgement that research must be meaningful to improve outcomes and quality of life of individuals affected by brain injury. Below you will find a draft of the committee's mission statement, goals, process and objectives.

### Mission Statement

To develop and implement a research strategy designed to reduce the burden of traumatic brain injury on Canadian society

Over Arching Goals – Across the lifespan

1. Advance knowledge relating to outcome from traumatic brain injury
2. Promote evidence-based assessment, treatment and rehabilitation services
3. Improve the quality of life for people who sustain traumatic brain injuries

### Steps to meet the larger mission

- 1) Identification of knowledge gaps and priorities for research
- 2) Determine mechanisms to ensure that evidence informs practice and policy
- 3) Create a research network to foster internationally competitive and collaborative research
- 4) Determine fund development and advocacy strategy tied to achieve the research plan

### Process

- Collaboration and reduction of unnecessary duplication at a national level
- Building on areas of strength and building capacity of future generation of researchers

### Objectives

- Better ability to provide prognosis and forecast needs

- To understand the role positive and negative neuroplasticity in recovery in the acute and chronic phases
- Harness new technologies for diagnosis, treatment and community integration
- Develop national best practices for pre-hospital, acute, rehab and community care
- Development of late stage animal models for pre-clinical translational research
- Better understand traumatic brain injury as a neuro-degenerative process
- Improve understanding and treatment of co morbidities and TBI

### Tidbits

In recent weeks, BIAC has been in communications and discussions with StopConcussions ([www.stopconcussions.com](http://www.stopconcussions.com)); ARCH Disability Law Centre ([www.archdisabilitylaw.ca](http://www.archdisabilitylaw.ca)) and the

March of Dimes Canada ([www.marchofdimes.ca](http://www.marchofdimes.ca)). As well, do not forget the Annual Conference in Charlottetown, PEI August 24-26, 2011 which will feature the play "After the Crash", a large group of quality speakers and our first golf tournament on August 22, 2011. Visit [www.biac-acl.ca](http://www.biac-acl.ca) for more information.

### In Memory of:

Special thanks to the families of Les Danton, Lorene Rundles, and Rudy Schmitt for designating the Brain Injury Association of Canada for in memoriam donations.

Thank you to all our sponsors and donors who have supported our cause so far in 2011. Your support has allowed the Brain Injury Association of Canada to reach out and continue its mission of improving the quality of life for all Canadians affected by acquired brain injury and promoting its prevention!

## Brain Blitz... A Hawaiian Odyssey a Complete Success!

On Saturday May 7th the Saskatchewan Brain Injury Association held Brain Blitz...A Hawaiian Odyssey at TCU Place in Saskatoon. 300 guests were accompanied by legendary CFL All-Star George Reed, Rider CEO Jim Hopson and many other sports celebrities such as Mr. & Mrs. Schenn, parents of Luke Shen of the Toronto Maple Leafs, members of the University of Saskatchewan Huskies, WHL Player of the Year, Darcy Kuemper, Saskatoon Blades owner, Jack Brodsky and key-note speaker Graeme Bell of the Edmonton Eskimos (who was drafted to the SK Roughriders the following day!).

A survivor of brain injury, Bell's insightful speech discussed the challenges he faced while he recovered from a traumatic brain injury suffered in an assault. Now one of the most successful Canadian players in the CFL, Bell was able to persevere through his injuries and make a recovery. His speech provided hope to many in the audience, some of who were dealing with acquired brain injury themselves. We would like to thank Graeme as well as all the other guests in attendance that made the event a success.



Larry Carlson, President of BIAC, Dr. Gordon Barnhart, Lieutenant Governor of Saskatchewan, Cynthia Block and Ted Mitchell, event co-chairs

Guests enjoyed a Hawaiian themed meal, found great buys at the silent auction and danced the night away to live-band "Men Without Shame". Complimentary photos were taken in front of a Hawaiian background, many with guest's favourite sports celebrities.

Thank-you to our wonderful Volunteer Committee for all their hard work in making the evening a huge success. The event could not have been as successful without the help of our sponsors and many other generous volunteers.

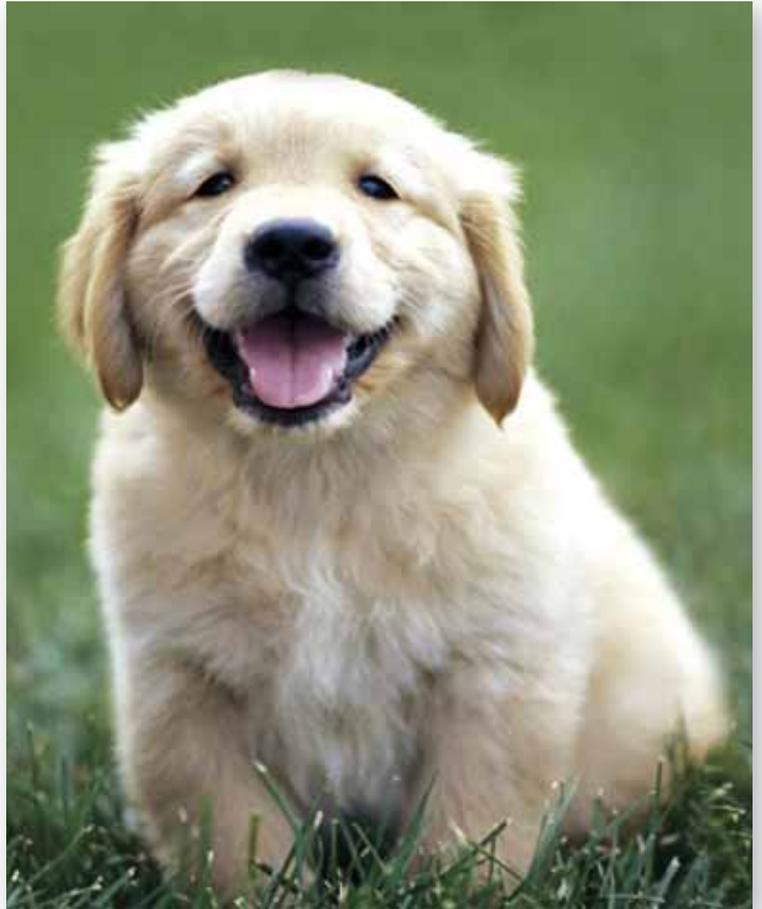
# Animals may be good or bad depending on how you meet them!

*By Tyrone Bell* - Since suffering his brain injury, Tyrone has been able to write two books. Ironically, having a brain injury helped TB to establish a writing career. When he was a patient in the first rehab hospital, the hospital psychologist encouraged him to tell his story in a book. He did, and that was the start of an exciting new career. He shares some of his work with us in this article.

Normally, when one thinks of factors that may result in a brain injury, or recovery from this malady, thoughts are very varied. One may think of auto crashes, falls, physical assaults, violent shakings and other very unpleasant affairs. It is unlikely that a person may be quick to think of man's best friend, a dog. One is usually not swift to imagine that an ordinary, fluffy house cat may be the cause of a brain injury. When one thinks of a cow, the picture is of pastures, milk or cheese, not brain injury. How about a moose or elk? (By the way, they are different. One difference is that the antlers on an elk arch over the animal's back. The moose's antlers are about the head or may slightly curl forward).

Imagine taking your child to the pet store to buy a puppy or kitten. You take home your newly gotten family friend. This is probably used as a chance to teach your child an element of responsibility and how to love and care for a creature – how sweet. The possibility of a brain injury does not even cross your mind. This is all positive. Then one fine, ordinary day you are standing in your kitchen, making a sandwich. Your loved puppy is lying on the floor behind you. You are unaware. You take a step backwards, and in an effort to avoid stepping on the puppy, you trip, fall and suffer a major brain injury. This kind of contact is negative, but it does happen... When one visits holiday places like Banff or Jasper, one is often in close and very comfortable contact with wild animals like deer and elks. However, it should always be borne in mind, these are wild animals that can be unpredictable.

Some time ago, I was sitting in my wheelchair (because of my brain injury), by the entrance door of a building. There was a man walking his massive pit bull on a leash. When the dog got me, he jumped up to lick my face.



At first, I thought I was being attacked and was very horrified. I was defenseless but the dog turned out to be friendly. When the dog's master saw my terror, he quickly yanked the leash... In Eastern Canada, and particularly in Newfoundland, moose feature prominently in traffic reports. In that area, there are over 700 moose/car collisions per year. The moose is not native to Canada, but is a big problem in the east, often causing brain injuries from crashes. Proposed solutions include increasing the number of hunting licenses. A crash with a dairy or beef cow may have the same effect.

During my rehab, I met three people who had their brain injuries because of car crashes with moose. This includes a fellow patient who was married for 30 years, with three children. One day in his hospital room, he said to his wife, "you are here every day. Where is your husband?" This points to the cognitive setbacks that a car/moose crash can cause... It's not all bad though. Animals are often used in recovery therapy in hospitals and retirement homes.

# The Courage to Come Back!

Gerry Coss, Montreal and  
his nephew Micheal Coss

## May 18th, 2011 Book Launch Event, By Michael Coss

The launch event for my book was attended by about 50 people, friends, family members, co-workers, and members of my rehabilitation team on Wednesday May 18th, 2011. This date was chosen because it was also the 5 year anniversary of my injury. There were five speakers at my event, myself greeting and welcoming everyone, my father, my former boss Tim Cowley from Molson Coors Canada, Pauline Martin who runs the facility that has the Lokomat walking machine, and Ken Endo who is one of my very good friends and a former teammate of mine in softball and ball hockey.

I undertook the process of writing my own book to give hope and inspiration to other brain injury survivors, to educate the general public about the benefits of HBOT Oxygen for treating brain injuries. I also wanted my children to know more about their father. I began the process more than two years ago by taking Bob Burham's course "How to write a book in 90 days", Due to my injury the process took me almost 2 years to complete. I used my laptop typing letter by letter, word by word, and page by page. I used my pointer finger on my right hand as my left hand is in a closed fist position and is still contracted, due to my injury.

I walked into my event and I did my welcome speech standing up as most of my guests saw me the last time while I was still in my coma. My mother prepared the food for everyone and Molson Coors Canada supplied all the beverages. The event was very successful overall with many factors contributing to the success of the event.

I would like to thank everyone who contributed to the



Sylvia Hoaree,  
Micheal Coss  
and Beryl Morel.

success of the event, especially my father who oversaw everything from A to Z and my mother who did the meal preparation.

***My book is now available at all Chapters book locations across Canada.***

# I Support Brain Injury Awareness



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*Thank you*

*Thank You to Brain Injury Forum for producing the art work for this Bumper Sticker. Please feel free to print some up for your use. To get few of these bumper stickers while supplies last contact Imants at [igl@braininjuryforum.com](mailto:igl@braininjuryforum.com)*

## Edwin Townsend – Lemons and Lemonade

Edwin Townsend was your typical teenager, hanging out with his friends, and living life to the fullest in Hunter River, PEI. On a sunny day in October 1992, this 14-year-old's future was forever altered; while riding his bike (without a helmet), he was struck by a car. He received many serious traumatic injuries to his body and a left side brain injury. He had died on scene, and was resuscitated before being airlifted to Halifax, NS. Once he came out of his coma, he began a very challenging life journey. In his own words he describes that day, for lack of a better description, being reborn.

The doctor's told the Townsend family that he would never walk again and when he did, they told his family he would never be "normal" again or live a "normal" life. After intensive rehabilitation, he learned how to do all the basics again such as walk, talk, eat, get dressed; things that most people take for granted in their day-to-day lives. Not only did he walk again, he accomplished this within 6 months, surprising the doctors and his family.

His persistence to live a "normal" life led Edwin to discard words like can't and won't, he walked many miles to practice his walking so that it would look more "normal" than that of someone who was in an accident, as he was bullied in school for looking "different". He graduated from High School with Academic courses, took many courses in Community College, one of which was photography, and he obtained his driver's license in 2007. People always told him that he would never be able to get his driver's license, and once again given the opportunity, he proved them wrong.

Also in 2007, Edwin got married, bought his first home and worked full-time while continuing his photography business. While he continued to grow as a person and as a man, he felt that there were still more goals to accomplish in his life. Realizing that retail – although paid some bills – was not a career but was a job. At 31 years of age, he wanted more and needed more in his life. So in January 2010, he went to the Halifax Military Recruiting Centre



and put in his application to join the Regular Force Navy. He passed his aptitude test and medical with flying colors and will be proudly sworn in on June 8, 2011. As he will depart for St. Jean, Quebec on July 2, 2011 for 13 weeks Basic Training, he will be faced with the second most challenging part of his life since his accident and he is very ready and eager to tackle it. With an iron will and a positive attitude towards life and challenges, Edwin will succeed with his chosen career path and the journey that lies ahead. Life tried to throw him lemons, but, he makes the best lemonade!

*Written by Monica Townsend*

# Kitchener Rangers defenceman Ben Fanelli to cycle with VIP's at Tour de Waterloo and raise awareness for Head Strong.

The Kitchener Rangers hockey club and Tour de Waterloo are pleased to announce that Ben Fanelli will join other sports and community builder VIP's and cycle at this year's 2011 Tour de Waterloo event on Sunday June 26. Fanelli will join 2008 Olympic Cyclist Leigh Hobson and lead all cyclists for the first "neutral" 5 km start before the riders head out on their respective routes. Fanelli is raising awareness for Head Strong: Fanelli 4 Brain Injury Awareness.

Fanelli said today "I am thrilled that the Tour de Waterloo is giving me the opportunity, to help spread awareness for Headstrong. The Tour is a first class group and it will be an honour to ride with those involved. The ride is going to be a lot of fun and I'm looking forward to it."

Malcolm Steven, Chairman of the Tour de Waterloo said "We're very pleased that Ben can join our VIP group and although our charitable partner is Grand River Hospital Foundation - Architects of Care program, Head Strong has a number of key connections to the Tour. One in particular is the importance that all cyclists wear an approved cycling helmet while riding at all times. The second is funds from the Tour are earmarked for mental health care programs at Freeport Hospital from Architects of Care. Helping Ben raise awareness for Head Strong and Brain Injury awareness in communities across Canada is something we are proud to have the opportunity to do".

The 2nd annual Tour de Waterloo is an Ontario Cycling Association charity sanctioned road event in support of Grand River Hospital Foundation - Architects of Care program. Main sponsors include; Research in Motion, Libro Financial Group, Columbia Lake Health Club, Zehrs Markets, Ziggy's Cycle, Todd Kutz - Remax, Waterloo Cycling Club, Coronation Dental Specialty Group, Westmount Signs and Hog Tails Barbecue Restaurant.

The event is being held on Sun. June 26 at Columbia Lake Health Club on Hagey Blvd in Waterloo with 3 routes to choose from; 130 km, 70 km or 40 km. This years official starter is Mayor Halloran and confirmed to date VIP riders along with Ben and Leigh include: Peter Mogg - 3 time National Cyclocross champion, Iain Klugman - President and CEO of Communitech, Max Blouw - President &



Vice Chancellor Wilfred Laurier University, Feridun Hamdullahpur - President & Vice Chancellor University of Waterloo, Peter Braid - MP Waterloo, Brent Thomlison - Deputy Police Chief Waterloo Regional Police Services, David Fedy LLB McCarter Grespan Beynon Weir & Chairman "Ride with Lance", Steve Farlow - Executive Director Schlegel School of Entrepreneurship Wilfred Laurier, Mike Morrice - Executive Director Sustainable Waterloo, Brent Ellis - Waterloo Cycling Club President, Dr. Susan Elliott - Dean Faculty of Applied Health Sciences University of Waterloo and Jeff Nesbitt - VP Government Relations and External Programs Agfa Healthcare.

# Happenings in Nova Scotia!

## Brain Injury Awareness Month June 2011

**June 1 to Aug. 31** - Noggins Knowledge/Operation Headway. BIANs/RCMP/Kentville Police Service giving out tickets for not wearing helmets and reward packages for wearing helmets.

**Wednesday, June 1** - Butterfly Campaign starts at the Cochrane's Pharmasaves in Wolfville, Canning and Hantsport. To be broadcast on radio.

**Thursday, June 2** - Bike Rodeo in Ellershouse. Helmet fittings, safety presentation and BIANs' information table.

**Saturday, June 4** - 2nd Annual Classic Car Show in Kingston at former Foodland Parking lot.

Over 60 Classic Cars, silent auction, canteen, variety show with "Make Mine Country" band, BBQ and ticket sales on quilt. Also BIANs information table.

**Friday, June 17** - at 14 Wing Greenwood. BIANs and Military Police passing out information regarding BIANs, concussions and bike safety.

**Saturday, June 25** - Kingsport canteen and BBQ, bake sale, prize draws and live music. With information table on brain injury and safety.

**Sunday, June 26** - a fundraising Craft Fair and Bake Sale. Also BIANs' safety information table, at New Minas Civic Centre, 10am to 3pm.

**Thursday, June 30** - event for the closing of June Awareness month is TBA.

## July 2011

**Saturday, July 8** - BIANs' information table at Steer BBQ in Kingston. BIANs Valley chapter's safety ambassador, Skully Says, will be in parade.

**Saturday, July 16** - BIANs Valley chapter picnic, in Kingsport.

## Other Events

**BIANs' Bowlathon** - in New Minas and Dartmouth - in October.

**Heart of the Valley Days** - in Middleton. BIANs Valley chapter's safety ambassador, Skully Says, will be in the parade. Plus BIANs' information table.

Various other bike rodeos during the summer.

**For more information**, please contact:

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Barry Schaffner (902) 582-7443.



Brain Injury Association of Canada  
Association canadienne des lésés cérébraux

We are moving effective July 1, 2011 our new address will be

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