



Brain Injury Association of Canada  
Association canadienne des lésés cérébraux



# THE BRAIN TRAIN

*Get on board with BIAC*

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## In A Nutshell

by Barb Butler- Editor

You have before you our newly named newsletter, it will be published in October, January, April and June. Remember that this is your newsletter and feel free to contact me at [rbutler@sasktel.net](mailto:rbutler@sasktel.net) with any comments, questions or suggestions.

It is not too early to start planning to attend our AGM and conference which is again being held in Pierrefonds, Quebec in July, 2006. As a brain injury survivor I know the importance of meeting other survivors and this conference is an ideal setting to meet and connect with other survivors, family members or conference attendees who have an interest in brain injury.

We are looking for ideas and suggestions for a youth column, if you have any please let us know.

As the last remnants of summer start to slip away in your part of Canada and you prepare for the winter months ahead please know you are not alone, BIAC is just a phone call or mouse click away. We look forward to hearing from you.

## Hockey's Unsung Hero Passes Away

### Safety Innovator Made the Ice a Safer Place

By Tali Fisher

Hockey is Canada's favorite national pastime. It is a sport every Canadian is connected to—from watching our kids and siblings and friends get on the ice to cheering on our favorite team. But all this excitement often causes us to forget how dangerous the sport can be. Fortunately for all of us, Dr. Tom Pashby never took that for granted. Pashby dedicated 46 years of his life to making hockey helmets what they are today. He made a career out of protecting Canada's hockey heroes.



Pashby started his career as an ophthalmologist and acted as a consulting physician with the Maple Leafs. After watching his son hit his bare head on the ice during a practice, Dr. Pashby began his crusade to ensure top notch helmets for all players. As a hockey safety innovator, Pashby became a member of the Canadian Standards Association Committee which approved hockey and Lacrosse equipment. Thanks to his hard work, in 1976 the Canadian Amateur Hockey Association made helmets mandatory and the NHL followed suit in 1979. By 1978, Pashby had developed visors and wire facemasks which soon became mandatory equipment as well. In 2000, Pashby was inducted into the Canadian Sports Hall of Fame and his collection of safety equipment has been used as an exhibit at the Hockey Hall of fame.

The list of Dr. Pashby's contributions to the safety of hockey and hockey equipment is never ending. We, as Canadians, see it each and every time we put a helmet on our children and send them, wobbly-legged, onto the ice. When they fall, we can breathe a sigh of relief knowing that they are safe from harm. We have Dr. Tom Pashby to thank for that.

*Tali Fischer is a Toronto writer with an interest in disability issues.*

## Looking Ahead

by Mireille Provost, President

When fall arrives, parts of me are nostalgic thinking about the summer activities that I have enjoyed. As I love all seasons, I am looking forward to what lies ahead at BIAC-ACLIC. We are preparing for many FUNdraising activities; we'll be participating in conferences to network with provincial ABI organizations.

Many new partnerships are being created as we work on new injury prevention projects. Rest assured—we are preparing for the winter but will not go dormant.

# Canadian Football Hero Honored In Film

By Tali Fischer

CTV has made a movie about the exceptional life and experiences of the CFL's **Terry Evanshen**. Evanshen went from everything to nothing in a matter of minutes. In the blink of an eye, his world disappeared. Literally. In 1988, the Canadian Football Hall of Fame member was in a car crash that left him with absolutely no memory of his life. The football superstar, known for being unstoppable on the field, was forced to start all over again.

Then, just when life was becoming more familiar and comfortable, his daughter Jennifer was diagnosed with an inoperable brain tumor. At the age of 24, she passed away. Despite any hardship, the Evanshen family continues to find the silver lining and remain active members of their community. Terry tours the country giving motivational speeches and raising money for national charities while his wife volunteers to help people dealing with cancer.

The Evanshen family story is inspirational. Their courage and love is never ending and sharing that tale remains an important goal for them.

The movie airs this November on CTV and stars David James Elliot (Jag).



Terry Evanshen

# The Hazards of Heading

By Emile Therien

Far too many people are simply not aware—or will not acknowledge—that soccer is a high-risk game. The Canada Safety Council regularly hears from parents concerned about the safety of the world's most popular sport. Often their child has suffered a concussion, most due to heading. Research has found that repeated heading of a soccer ball can lead to neurologic damage. Some studies reveal that a startling percentage of soccer players have neuropsychological deficiencies of attention, concentration, memory and judgment. These results not only from heading; player collisions and running into goal posts also lead to a significant number of serious injuries.

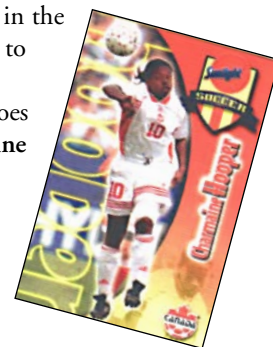
A study conducted by Erik Matser of the Neuroscience Centre at Erasmus University in Rotterdam tested 80 professional soccer players in the Netherlands on their mental abilities. Mr. Matser and colleagues concluded that heading the ball led to cognitive problems like those seen in people with frontal-temporal brain injuries.

An Australian neurophysiologist, Dr. Rod Markham has reviewed numerous published studies concerning this issue. He believes that repeatedly heading soccer balls can cause brain and neck trauma as a result of micro-impacts over a period of time. In a letter he wrote to the world soccer regulator, Fédération Internationale de Football Association (FIFA), Dr. Markham states, "I should like to request consideration of the banning of heading in all soccer matches played, due to the cumulative and often acute and long-term brain injuries."

Three years ago, Jeff Astle, a former England international forward, died at the age of 59. The coroner ruled that Mr. Astle had suffered neurologic damage due to repeated heading of soccer balls over his career. The coroner's findings are hard to dispute—repeated heading can have devastating results.

Unfortunately, many Canadian soccer officials bury their heads in the sand and deny there is any evidence that repeated heading can lead to brain injury.

FIFA lets soccer players wear protective headgear as long as it does not endanger either the player wearing it or other players. **Charmaine Hooper**, one of Canada's most talented soccer players, wears a red headband while she plays. She believes it will help her avoid head injuries. FIFA is well aware that head protection is becoming a major health and safety issue for players. By allowing the players to wear such headbands FIFA officials tacitly acknowledge that heading soccer balls can have serious long-term consequences.



Of particular concern are the thousands of children who play the game. As soccer continues to outpace hockey as Canada's fastest growing children's sport, heading presents a serious potential liability for minor soccer.

It is unnecessary to put these children at risk. Steps must be taken to ensure their safety. Today's light, water-resistant soccer balls have less impact force than the traditional leather balls and are used for younger players. The safer balls are certainly a positive development.

Nonetheless, even minor brain injuries can lead to long-term problems. Heading in soccer should be banned altogether for children less than 10 years of age. Young children do not yet have strong neck muscles or the skill to head a ball properly.

As for older soccer players, consideration should be given to the possible use of helmets to minimize injuries when heading balls, and when players collide with one another or hit a goal post. Players should at least have the option of wearing helmets or headbands. This protective gear is unlikely to affect how they play the game.

The Canada Safety Council has contributed to an ongoing study by the Stollery Children's Hospital in Edmonton, Alberta on soccer head injuries among minor league players

*Emile Therien is President of the Canada Safety Council, a national, non-government, charitable organization dedicated to safety and whose mission is to reduce preventable deaths and injuries throughout Canada.*

Permission to use this article given by the Canadian Safety Council.





**The Saskatchewan Roughrider Cheerleaders who led the warmup and cheered the walkers on.**



**Participants in the Walk-a-Thon**



**More participants...**

# Regina Walk-a-thon

## Third Annual Walk-a-thon A Huge Success

On Saturday, September 10, 2005 the Saskatchewan Brain Injury Association's Positive STEPS Walk-a-thon was held in Regina. Over 100 enthusiastic and energetic participants braved the rain and completed the trek around the newly revitalized Wascana Centre. The walkers were then treated to a barbeque lunch.

This year's event raised approximately \$18,000 which will assist SBIA in providing support and programs to brain injury survivors and their families.

Excellent support in the business committee continues as there were sponsors from around the province who donated money and prizes for the volunteers and participants.

A young lady who is a brain injury survivor raised over \$4000 and won a pair of round trip air fare tickets donated by WestJet.

Four other individuals who also had raised the most were awarded great major prizes that had been donated.

This year special guests included: The Saskatchewan Roughrider cheerleaders who did the warm-up, Michael Fougere, City of Regina councilor who brought greetings on behalf of the city, Angel Sombrutzki, CTV weather announcer who acted as MC for the day and The Honourable Ralph Goodale, Minister of Finance and local MP.

Very special guest star was Manoah Hartmann, 2004 top 10 Canadian Idol who suffered a brain injury as a result of a car accident during the taping of the show. Manoah eloquently shared her experience and recovery with the crowd and sang a couple of her songs to the delight of all in attendance.

The organizing committee was very pleased with this event and would like to thank their founding sponsor Creative Outdoor Advertising management and staff for their support over the past three years. Next year's event is being held September 9, 2006.

It has always been the dream of the founding organizers that this event be duplicated elsewhere in Canada. If your association would like to become involved in hosting its own Positive STEPS walk-a-thon please contact BIAC and they will put you in touch with people who can assist you.



**Ralph Goodale**



**Manoah Hartmann, Canadian Idol top 10 finalist from Regina.**



# The Synapse

A synapse is a junction between two nerve cells, where the club-shaped tip of a nerve fiber almost touches another cell in order to transmit signals. This column can be seen as a link between us all and will let you know what is happening in other parts of Canada.

## BRITISH COLUMBIA

October 21-22, 2005  
Pacific Coast Brain Injury Conference  
Hilton Vancouver Metrotown, Burnaby

For more information contact:

Email: [Info@pcbic.org](mailto:Info@pcbic.org)

Website: <http://www.pcbic.org>

## ALBERTA

CABIS Symposium about Children and Youth with traumatic brain injury  
Keynote speaker: **Dr. Chris Paniak**  
October 20, 2005 from 8:00 to 4:00 at the  
67 Street Holiday Inn, Red Deer  
Cost: \$75 which includes lunch

For more information, contact: Jean Stinson

Phone: (H) 403-342-1586

Cell: 403-350-7260

## QUÉBEC

Congrès québécois de réadaptation en traumatologie 2005 les 17 et 18 novembre  
2005 au Hilton Montréal Bonaventure.

Pour information,:

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Gatineau, Quebec, Canada  
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## ONTARIO

October 21-22, 2005  
Paddling the ABI Rapids: Strategies For Staying Afloat  
5th Inter Urban ABI Conference  
Presented by the Four Counties Brain Injury Association (FCBIA) and The Ontario Brain Injury Association (OBIA)  
Parkway Place Convention Centre,  
Peterborough

For information contact FCBIA:

Phone 705-741-1172

Email : [fcbia@nexicom.net](mailto:fcbia@nexicom.net)

Website: <http://www.nexicom.net/fcbia>

October 27-30, 2005

Abilities Festival  
Columbus Centre  
901 Lawrence Avenue West at Dufferin,  
Toronto

For information contact:

[www.abilitiesfestival.org](http://www.abilitiesfestival.org)

## NOVA SCOTIA

October 29, 2005  
Brain Injury Of Nova Scotia 12th Annual Bowl-a-thon  
Woodside Bowlarama  
31 Atlantic Street, Dartmouth  
Call 902-474-7301 for a pledge sheet.  
Bowl for a new beginning.

For information contact :

[www.ns.sympatico.ca](http://www.ns.sympatico.ca)

Let us know about your events in time for publication. Next newsletter will be published in January. We need to know about your events by December 15.

## Hawaiian Oyster Odysseys (HOO)

### FUNdraisers coming up fast!

By Howard Brown,  
Chair, Fundraising  
Committee



**HAWAIIAN  
OYSTER ODYSSEY**

HOOs are meant to help raise funds for BIAC operations, programs and support from coast to coast.

Last January, a dedicated group in Toronto raised \$35,000 for the Brain Injury Association of Canada by holding a FUNdraiser called the Hawaiian Oyster Odyssey (HOO).

Already scheduled in 2006:

**Saskatoon, SK** - January 16  
Co-chairs: Doug Richardson,  
Rich Chapman & Tiffany Turcotte

**Halifax, NS** - February 6  
Co-chairs: Ian Ross & Barb Hart

**Toronto, ON** - February 20  
Co-chairs: Howard Brown & Julie Katz

**Vancouver, BC** - April (tba)  
Co-chairs: Patrick Maloney, Jeff Topp & Richard Kinar

**Edmonton, AB** - April (tba)  
Co-chairs: Melodi Lyon, Sharlene Bell & Trevor Hassall

**Gatineau, QC** - May 30  
Co-chairs: Yvan Teasdale & Lorna Counsell

**Souris, PE** - June (tba)  
Co-chairs: Eric Creamer, Marie Mossey

**Winnipeg, MB** - (tba)  
Co-chairs: Bobbi Ethier, Monika Huminuk

Other Hawaiian Oyster Odysseys are to be announced at a later date.

If you want to hold a HOO in your community, contact Howard Brown at [howard@brown-cohen.com](mailto:howard@brown-cohen.com).

