

Believe and Succeed

Survey Says

Welcome to Uro's new "**Survey Says**" feature. In this new feature, we will be sending out periodical surveys to hear what you think!

These surveys give you an opportunity to tell us how we can improve our services.

Watch for periodical contests and prizes attached to these surveys! Look for this new "Survey Says" program soon. We will be sending the first of a series to you via email. Please participate and help URO better provide for all our clients.

Jim Gawluk—President, URO Medical Supplies

Check out our URO
Blog at www.uromed.ca

Customer Highlight **NEW!**

This month we profile **Mike Bacon**, a friend and long time Wheelchair Rugby Paralympic Athlete. Mike was injured in a diving accident in 1983 resulting in a C-6 spinal cord injury. Since his injury, Mike has lived his motto, "*Believe in yourself and you will achieve your dreams.*"



Recently retired from one of his dreams, a 20 year career as a National Wheelchair Rugby Athlete, Mike was able to make his work his play! As a National Team Athlete since 1989, a few of Mike's career highlights include:

- Gold Medal at Rugby World Championships in 2002
- Silver Medal at the 2004 Paralympic games in Athens
- Many international tournaments and competitions around the world

Mike first got involved in wheelchair sport for fitness benefits and recreational opportunities. Mike says wheelchair sport "allowed me to become physically stronger and focus on becoming more independent".

Mike has always been instrumental in giving back to the community. He shares his experiences and knowledge with others through public speaking in schools and peer mentoring on the rehabilitation ward.

In August 2009, Mike was named the Saskatchewan Wheelchair Rugby Provincial coach and is now dedicated to giving back to the sport that was his career. Mike continues to play wheelchair rugby at a recreational and provincial level and believes that lifelong physical activity is important for people with spinal cord injuries.

Other leisure activities that Mike enjoys include hand-cycling, scuba diving, fishing and big game hunting. More recently Mike has become an avid kayaker. Be sure to look for Mike next summer on the South Saskatchewan River paddling and training with the Saskatoon Canoe & Kayak Club.



If you know somebody that would be interested in being featured in our newsletter please let us know.

Phone: (306) 651-3330
Toll Free: 1-866-657-3330
Email: uromed@sasktel.net
Website: www.uromed.ca

Community News



Community Programs - Regina

Wheelchair Basketball Grassroots Development and Involvement Day

When: November 28 2009 9:00 am-6:00 pm
Where: Regina Christian School—2505 23rd Avenue



Tennis

Friday Evenings 7:30 – 9:00 field House

Curling

Mondays 3:00 – 5:00 Caledonian Curling Club 2225 Sandra Schmirler Way

Rugby

Wascana Rehab 2180 23rd Ave.
Wednesday 6:00 – 7:00 pm
Sunday 11:00 am – 2:00 pm

Wheelchair Curling – 2009-2010 Provincial Team Selection Camp

Date: November 28, 2009
Location: Regina – Callie Curling Club
Times: 10:00 am to 6:00 pm
Registration Fee: \$25.00 (includes lunch provided)

If you are interested in getting involved contact Clayton Gerein – cgerein@sasktel.net , 306-535-6955

Community Programs—Saskatoon

Rugby

Cardinal Leger School—6:30– 8:30 Fridays

Saskatoon Wheelchair Rugby Club—Steak Night

Tuesday Decemeber 15th, 6pm
Odeon Events Center—2nd Ave. South

N.R.G. Mini Wheelchair Basketball

St Luke School -275 Emmeline Road
Sunday's—5pm to 7pm



Curling—Learn the basic's

CN Curling Club - 1602 Chappell Drive
Saturday, November 28th, 2009
Sunday, November 29th, 2009

If you are interested in getting involved contact Paul Gustafson – paulgustafson@sasktel.net , 306-535-6955

For more information
check out our

facebook

page or our blog at
www.uromed.ca



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