

ParaSport[®]

MAGAZINE

SUMMER 2026



PARASPORT
ONTARIO

parasportontario.ca

Brianna Hennessy PADDLING Powerhouse

.....
Wheelchair
RUGBY

**LEADERSHIP
ESSENTIALS**

with *Karen
O'Neill*

.....
**Argonaut
Rowing
Club**





ottobock.

Discover your movement.

For decades, Ottobock has been at the forefront of adaptive sports, advancing technology and technical support to help athletes move, compete, and perform at their highest level.

Our sport solutions are built with purpose. From running blades to high-performance prosthetic systems, every innovation is designed to support power, precision, and confidence in motion. Backed by clinical expertise and real athlete insight, our products are made to meet the demands of sport at every level.

From training to competition, Ottobock continues to push what's possible in adaptive performance.

Let's move together.

Learn more and register today by scanning the QR below or visiting ottobock.com/adaptive-sports



#WeEmpowerPeople
www.ottobock.com

CONTENTS

SUMMER
2 0 2 6

FEATURES



PARACANOE

BRIANNA HENNESSY PADDLES FOR
POWER AND CALM



LEADERSHIP ESSENTIALS
IN CONVERSATION WITH
KAREN O'NEILL

PARASPORT NEWS

Welcome from the Executive Director 4
ParaSport® Ontario Sponsors 6

ParaSport® Ontario Partners 8
Community News 10

DEPARTMENTS

PLAY TO PODIUM FUND
2025 Recipient Kiera Black. 24

PATHWAYS
Starting Points for Parasport
Participation 30

ATHLETE SPOTLIGHT
Tyler McGregor 36

PARTNER PROFILE
For the Needy not the Greedy 40

SPORT SPOTLIGHT
Wheelchair Rugby. 42

CLUB SPOTLIGHT
Argonaut Rowing Club. 46

INCLUSION
Volleyball Ontario Welcomes
EveryBODY 48

ALUMNI PROFILE
Margaret Nicholson 50

WELCOME

Knowledge is Power

In today's world, information comes from various sources, usually at the click of a button. But in the adapted sport world, knowledge and awareness of opportunities for participation are not always widely known across the province.

Knowledge and awareness of clubs, programs, adapted sport options, and resources is something that everyone should have standardized access to, so that informed decisions can be made about what they want to do, can do and can try when ready.

This is not always the case. Many of those who contact ParaSport® Ontario through our online Parasport Resource Hub still highlight the lack of familiarity with what is available in their communities and regions and what might be the best options for them based on their disability or interests.

Navigating opportunities and options within the adapted sport system is something that ParaSport Ontario (PO) has supported for over 30 years now. Still today, PO continues in the role as first point of contact for people with disabilities looking for information about which parasports are available, where, and how to get connected or involved. Those are some of the knowledge barriers that PO helps to remove.

Online search functions can be helpful, but sometimes cause confusion, present misinformation, or just don't provide the individualized approach that ensures that all opportunities are highlighted. That personal touch is often crucial for newcomers to feel supported and to receive the tailored guidance and trust that only person-to-person conversations can provide.

As part of this knowledge transfer, this edition of *ParaSport Magazine* highlights some amazing programs available to people with disabilities across the province... from local clubs and provincial sport organizations and their work at the grassroots level, to excellence on the world stage from this year's Winter Paralympic Games.

There are opportunities for everyone, at any stage and age in life, that are ready to try and ready to welcome your involvement. Find your community and see what's possible for you personally.

ParaSport Ontario is here to support you along the way, sharing knowledge and resources. We'll connect you to parasport ambassadors, mentors and sport leaders to ensure that you have the knowledge and awareness to make informed decisions all along your parasport journey.

James Murphy
Executive Director, ParaSport® Ontario



ParaSport® MAGAZINE

ParaSport® Ontario

3701 Danforth Avenue
Toronto, ON M1N 2G2

Phone: 416-426-7187

E-mail: info@parasportontario.ca

Web: <https://parasportontario.ca>

Facebook: @parasportont

Twitter: @parasport_ont

Instagram: @parasportontario

Canadian Charitable Registration #:
129602553 RR0001



ParaSport® Ontario Board of Directors

Chair – Mike Trojan

Director, Finance & Secretary Treasurer – John Oakes

Director, Fundraising – Bernard Gluckstein, Q.C.

Director, OCPSA Designate – Lorette Dupuis

Director, ParaGolf Ontario Designate – Ken Mulgrew

Directors

Alexandra Creighton

Jordan Sacks

Aristotle Domingo

David Spencer

Sonny Goldstien

Jeff Virgo

Todd Keirstead

ParaSport® Ontario Staff

Executive Director – James Murphy

Office Manager – Barbara Morrow

Community Events Manager – Jamoi Anderson

ParaSport® Magazine

The Official Publication of ParaSport® Ontario

Executive Editor – Jeff Tiessen, PLY

Advertising Sales – ProMedia Communications

ParaSport® Magazine is published two times a year by Disability Today Publishing Group, Inc. for ParaSport® Ontario (PO). PO accepts no responsibility for injuries, damages or losses arising out of the use or misuse of ideas, opinions, activities or products contained in this publication. Where appropriate, professional advice should be sought. All material submitted to the magazine becomes the property of ParaSport Magazine.

Canadian Postmaster: Please send address changes to ParaSport Ontario, 3701 Danforth Avenue, Toronto, ON M1N 2G2.

© ParaSport Ontario, 2026. All rights reserved. Reproduction, in whole or in part, without permission is prohibited.

ParaSport Ontario acknowledges the financial support from the City of Toronto, cGaming, for ParaSport Magazine. The City of Toronto is committed to inclusion and accessibility.

Publications Mail Registration #10293
Canadian Mail Agreement #40069170
Printed in Canada.

PS: Join us as a Member of the ParaSport® Ontario Family, and receive *ParaSport® Magazine*, our monthly e-newsletters and much more, for FREE. Sign up at <https://parasportontario.ca/join>.



OUR CLIENTS COME FIRST

Since 1962, we've helped clients and their families move forward with dignity and trusted expertise when faced with life-altering injuries. When you've been hurt in an accident, it's important to find professionals to guide you through every obstacle, stand by you and treat you like family. At Gluckstein Lawyers we stand together through successes and hardships as a family, every step of the way. That is our promise.

Gluckstein Lawyers is an award-winning leader in brain and spinal cord injuries, birth injuries and medical malpractice cases, call 1.866.308.7722 or visit www.gluckstein.com.

Thank You ParaSport® Ontario Sponsors

Special Thanks to Our Founding 5 TRY Me Campaign Sponsors





Newsletter News

Missing out on the news? Please add newsletter@parasportontario.ca to your whitelist to ensure the delivery of your newsletters and other requested info.



ParaSport® Ontario Partners

ParaSport® Ontario is proud to support the work of our Partners by promoting the sports and physical activity opportunities they provide to Ontarians with disabilities.





SpeediCath® Soft

Easy to use. Easy to grip.

Designed with Triple Action Coating Technology a smooth and uniform hydrophilic coating to minimize the risk of damaging the urethra^{1*} and reducing the risk of UTIs^{2*}. Plus, it's instantly ready to use right out of the packaging.

Scan the QR Code to try a **FREE**** SpeediCath Soft sample or visit the link:
visit.coloplast.ca/ParaSportOn



*Compared to uncoated catheters

1. De Ridder, D. J. M. K., Everaert, K., Fernández, L. G., Valero, J. F., Durán, A. B., Abrisqueta, M. J., ... & Sotillo, A. R. (2005). Intermittent catheterisation with hydrophilic-coated catheters (SpeediCath) reduces the risk of clinical urinary tract infection in spinal cord injured patients: a prospective randomised parallel comparative trial. *European urology*, 48(6), 991-995.

2. Cardenas, D. D., Moore, K. N., Dannels-McClure, A., Scelzo, W. M., Graves, D. E., Brooks, M., & Busch, A. K. (2011). Intermittent catheterization with a hydrophilic-coated catheter delays urinary tract infections in acute spinal cord injury: a prospective, randomized, multicenter trial. *PM&R*, 3(5), 408-417.

SpeediCath Soft is indicated for use by patients with urine retention and patients with post void residual volume (PVR) due to neurogenic and non-neurogenic voiding dysfunction. The catheter is inserted into the urethra to reach the bladder allowing urine to drain. The product is for adult male patients only. SpeediCath catheters are available by prescription only. Patients performing self-catheterization should follow the advice of, and direct questions about use of the product to, their medical professional. Before using the device, carefully read the product labels and information accompanying the device including the instructions for use which contain additional safety information. The SpeediCath product is for single-use only; discard it after use. If you experience symptoms of a urinary tract infection, or are unable to pass the catheter into the bladder, contact your healthcare professional. The risk information provided here is not comprehensive. To learn more, talk to your healthcare provider. For further information, call Coloplast Corp. at 1 (866) 293-6349 and/or consult the company website at www.coloplast.ca.

**Limitations apply

MEDALLISTS REWARDED WITH PERFORMANCE RECOGNITION FUNDS

A total of \$555,000 was awarded to Canadian Paralympic medallists at the Milano Cortina 2026 Paralympic Winter Games through the Paralympic Performance Recognition program.

This is the first time winter Paralympians have received Paralympic Performance Recognition funds after its launch ahead of the Paris 2024 Paralympic Summer Games. The first distribution saw \$535,000 awarded to Paris 2024 medallists.

The program, funded by the Paralympic Foundation of Canada, was created with initial contributions of more than \$6 million made possible through generous donations of \$4 million from Sanjay Malaviya on behalf of the Malaviya Foundation and \$2 million from the Federal Government.

“This is a much-deserved recognition of Canada’s Paralympians for the years of hard work and dedication that went into each of their performances,” said Karen O’Neill, CEO, Canadian Paralympic Committee.

“Providing this equitable reward for their accomplishments reflects the growth of Paralympic sport and is a true signal of the value of an accessible, inclusive sport system,” added O’Neill.

A total of 30 athletes won medals in Italy, including four multi-medallists and two team sports – wheelchair curling and para ice hockey. Athletes receive \$20,000 per gold medal won, \$15,000 per silver, and \$10,000 per bronze, equal amounts to their Olympic counterparts.



Ontario Wheelchair Squash *Makes History*

CONGRATS ONTARIO MEDALLISTS

Canada won medals in every sport at the 2026 Winter Paralympic Games: four in para biathlon and three in para cross-country skiing, five in para alpine skiing, and one each in para snowboard, wheelchair curling and para ice hockey. Of the 50 Team Canada athletes (46 competitors and 4 guides), 23 were Ontario athletes, bringing home six of Canada's 15 medals...

Para Ice Hockey (Silver)

James Dunn, Wallacetown

Tyrone Henry, Ottawa

Zach Lavin, Essex

Tyler McGregor, Forest

Corbin Watson, Kingsville

Greg Westlake, Oakville

Dominic Cozzolino, Mississauga

Rob Armstrong, Erin

Michaela Gosselin, Collingwood

Para Alpine Skiing (Silver and 2 Bronze)

Sierra Smith, Ottawa

Wheelchair Curling (Gold)

Mark Ideson, London

Collinda Joseph, Stittsville

Jon Thurston, Dunsford

The 2026 SOHO Hotel Ontario Wheelchair Doubles Championships, presented by Dr. Sylva Brose, delivered an unforgettable celebration of competition, inclusion and community at the prestigious Toronto Cricket, Skating and Curling Club.

Featuring both the inaugural Ontario Men's Open Wheelchair Doubles Championship and the Ontario Wheelchair Doubles Squash "B" Championship, the event showcased the incredible growth, skill and spirit of wheelchair squash across Ontario.

"One of the most frustrating aspects of having a paralyzed leg is that it's difficult to do cardio exercise and experience the feeling of speed and excitement," explains gold medal winner Jeff Harris. "Wheelchair squash solves both those problems!" Participants represented a wide range of physical disabilities, including cerebral palsy, spinal cord injuries, polio, amputation and acquired brain injury.

Wheelchair Doubles Squash teams consist of one wheelchair athlete and one non-disabled player. A shorter racquet and a larger, livelier ball than used in the traditional game offers athletes more reaction time, longer rallies and an exciting style of play that is both accessible and highly competitive.

"Squash may be one of the most natural racquet sports for wheelchair athletes to play," explains Lolly Gillen, Chair of the World Squash57 Commission. "The enclosed court and the ability to use the walls creatively showcases incredible skill without needing to cover enormous distances."

Canada has emerged as a global pioneer in Wheelchair Squash, becoming the first nation in the world to establish a thriving, structured program for the sport, and Ontario is leading the charge.

The first official Wheelchair Squash program was launched in 2023 at the Toronto Cricket, Skating and Curling Club. What began as an ambitious initiative has rapidly evolved into a vibrant and growing community. The momentum has expanded even further to St. Catharines with Ridley College and White Oaks Resort & Spa introducing their own weekly wheelchair squash programs. Learn more at squashontario.com.



QUITE A COMPANION

Canada captured Paralympic gold in Italy in wheelchair curling for the first time since 2014, and was the only country to go undefeated throughout the entire tournament.

Cheelcare, a mobility healthcare company, just might have played a small part in the team's success. The Canadian company donated a Companion, its signature product, to each member of the Paralympic wheelchair curling team. The Companion is an innovative power-assist device for manual wheelchair users.

"If we could give our athletes an advantage through our product, we wanted to do that," said Roy Ellis, Cheelcare's Board Chair and one of the early angel investors in the company.

"We want to change lives; that's part of our value statement."

Curler Mark Ideson shared that the Companion made a huge difference for his team in Milano-Cortina. "It helped us move through the village and around Cortina, especially over cobblestone roads, which saved a lot of energy during our long 11-game event. At a Paralympic Games, where every bit of focus and physical capacity matters, that energy conservation is critical."

Ideson also said that the device gave him the freedom to fully experience the moment as Team Canada's flagbearer at the Closing Ceremony. "We were incredibly grateful for the support," he emphasized. Learn more about the Companion at cheelcare.com.



Closing Ceremony flagbearer Mark Ideson (left) with para nordic skier Natalie Wilkie.

Congratulations

to our

**ONTARIO
PARALYMPIANS**

who proudly
represented Canada

at the

**Milano Cortina
2026 Winter
Paralympic Games**



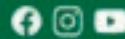
The F.A. Bartlett
Tree Expert Company
Canada Ltd.

OUTDOOR SPACES SHOULD BE ENJOYED

We help make your yard safer, more
comfortable, & ready for everyday life.

INSECT & DISEASE MANAGEMENT | FERTILIZATION & SOIL CARE
REMOVALS | STORM DAMAGE | TREE & SHRUB PRUNING

Call **416-631-8111**



bartlett.com



**BARTLETT
TREE EXPERTS**

SINGER KWINTER

LAWYERS SINCE 1974

Restoring Lives After Injury & Property Loss for 50+ Years

1 (866) 285-6927



REPUTATION | EXPERIENCE | RESULTS

1033 Bay Street, Suite 214 Toronto, ON M5S 3A5

singerkwinter.com

Québec for All

Plan a stay tailored to your needs

Certified accessible destinations
and inclusive travel tips

www.quebecforall.com



Powered by

Kérout
Your Quebec Partner
for Accessible Discoveries

Disc Golf

Playing the Social Game

A somber trend that shows no signs of slowing down is the loneliness epidemic. Social disconnection is a prevalent issue, and has a strong connection to depression, anxiety and substance abuse.

Suggested strategies to combat being lonely include support groups, peer mentorship, routines, creative endeavours and hobbies. Enter disc golf, an inclusive, inexpensive sport that is growing in popularity and combines all of these coping mechanisms.

"If you can throw something, you can play disc golf," maintains Max Warfield, an avid disc golfer. And the motto of the sport is, "he or she who has the most fun, wins!"

Jeff MacKeigan and Cara Hovius, founders of Toronto's ChainLink Disc Golf, design and install courses, run disc golf tournaments and events and are completely enamoured with the community spirit that this sport encourages. "We love the inclusive nature of disc golf," says Hovius. "We focus on making spaces that anybody in the community can enjoy."

Disc golf delivers a long list of accepted health benefits like improved flexibility, confidence, hand-eye coordination, endurance, independence and weight loss. And it's an inexpensive hobby with most courses, and the sunshine and Vitamin D they provide, being free to play. While the physical payoffs are many, the mental health gains are priceless.

For those with mobility limitations, the app Udisc tells you how long the course is, if it's steep or rugged, and even provides a course rating for mobility and current conditions. The accessibility data is based on a three-tier system: not accessible, (such as forests and rocky), limited, or fully accessible. "As designers we take differing needs and abilities into account, like paths, benches, curbs to be navigated, for example," assures MacKeigan.



Insurance designed for everyBODY

At Securian Canada, we design inclusive insurance solutions that respond to real-life needs, to help financially protect you and your loved ones.

We support ParaSport Ontario's mission to empower athletes of all abilities and are proud to join the Play to Podium Fund to help athletes unlock new experiences and push new limits.



**Follow us on
LinkedIn and visit
securiancanada.ca**

Securian Canada
securiancanada.ca

1400-25 Sheppard Avenue West, Toronto, ON, Canada M2N 6S6
©2026 Securian Canada. All rights reserved.

Rev 6-2026 DOFU 10-2025
5512657

Securian Canada is the brand name used by Canadian Premier Life Insurance Company and Canadian Premier General Insurance Company to do business in Canada. Policies are underwritten by Canadian Premier Life Insurance Company and Canadian Premier General Insurance Company.

PARA ROWER'S STORY HITS THE BIG SCREEN

By Louis Daignault, Canadian Paralympic Committee

A new film called *Blindly Victorious*, inspired by the life of Canadian Paralympic medallist and para-rowing World Champion Victoria Nolan, brings her story of vision loss and resilience to audiences across the country.

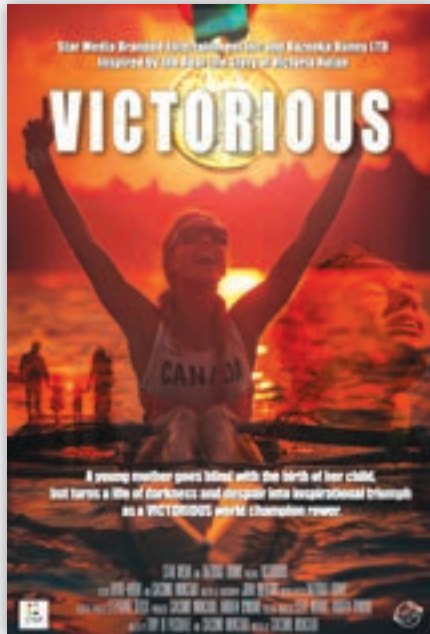
Based on the remarkable true-life story of the Toronto schoolteacher and mother of two, the film was co-written by Giacomo Moncada and Tony DiPasquale, directed by Moncada, and released from Star Media Branded Entertainment Group.

The project was seeded when Moncada (*The Messiah, Death by Dawn*), whose son played hockey with Nolan's child, read her autobiography *Beyond Vision: The Story of a Blind Rower* (2014) and approached her about adapting it for the screen.

The film focuses on a key period in Nolan's life rather than a full biography. It begins with her diagnosis of a degenerative eye condition at age 18 and follows her journey toward rowing and adapting to life with vision loss.

"It's about dealing with that diagnosis and finding the sport," said Nolan, part of the crew that won Canada's first-ever para rowing Paralympic medal, taking bronze in the mixed fours. She is also a three-time world championship medallist including gold in 2010.

After the birth of her children, Nolan lost her sight and faced the profound challenge of rebuilding her life as a



blind mother. At a time when she felt her world closing in, she discovered the sport of rowing – a journey that ultimately led her to become a World Champion rower.

While the film captured the demands of high-performance sport, Nolan adds that it also highlights personal relationships, including the support of her husband during difficult periods.

Due to her vision loss, Nolan has experienced the film primarily through audio, listening to rough cuts. She said the production includes audio description and closed captions to ensure accessibility.

Some scenes were difficult to revisit, particularly those depicting her diagnosis and instances of discrimination during her athletic career. "There were definitely moments that were hard to sit

through," she admitted.

"I've experienced a lot of stereotypes," she offered. "Even just assumptions about what people with disabilities can or can't do." Now working with the CNIB, Nolan said that she hopes the film raises awareness of the blind community, which she described as often misunderstood.

Beyond awareness, Nolan hopes the film will encourage young people with disabilities to explore sport. "It doesn't have to be at a high-performance level," she encouraged. "There's something out there for everyone. It can be life changing."



Victoria Nolan receiving her bronze medal at the 2016 Summer Paralympic Games in Rio de Janeiro.



Actor Watson Rose, portraying Victoria Nolan.

A L P S®

ENGINEERED FOR REAL LIFE.

From daily routines to high-impact activity, ALPS® suspension sleeves deliver dependable performance for every lifestyle.



ALPS®
SUSPENSION
SLEEVES



Pictured: Flex Sleeve | SFX



PARACANOE

Brianna Hennessy *Paddling for Power and Calm*

By Layla Guse Salah

Canoe Kayak Ontario (CKO) Sprint has been delivering canoe and kayak sprint programming across the province for over forty years. Para-athletes were formally welcomed to CKO Sprint about 20 years ago and with that inclusionary programming, Canada was quickly recognized as an international leader in the sport of paracanoe.



Brianna Hennessy at the 2021 Summer Paralympic Games in Tokyo, Japan.

Photo courtesy of Canadian Paralympic Committee



When the COVID-19 pandemic took hold in early 2020, Ottawa's Brianna Hennessy found herself unable to access the gym where she trained as a wheelchair rugby player. So, she began looking for a new sport. One of the wheelchair rugby exercise physiologists suggested that she try canoeing and kayaking and the Ottawa River Canoe Club introduced her to the sport. "At the time," Hennessy explains, "I was playing wheelchair rugby at the international level, but paddling gave me something different, a sense of freedom, power and calm all at once."

CKO Sprint offers both recreational and competitive programming. As Technical Director, one of Ryan Blair's responsibilities is overseeing the Paracanoe Talent Identification and Talent Transfer program.

Paracanoeing made its Paralympic debut in 2016 in Rio de Janeiro, Brazil. "There was a gap in terms of [the] number of athletes and opportunity to get talented athletes into the sport," Blair remembers, referring to the extra few years that it took to see paracanoeers from CKO Sprint at the Paralympics.

Two years later, in 2018, CKO Sprint hosted its first Canadian Paralympic Challenge event, and successfully recruited four athletes to initiate its Paracanoe Talent Identification and Talent Transfer program. The purpose of the program is to support para-athletes within the sport and recruit others from outside of it, to ready them and their coaches for international, high-performance competition within three to four years.

Hennessy has been with the same coach from the start – Joel Hazzan, who previously coached double-leg-amputee and decorated Afghanistan veteran Master Corporal Mike Trauner, an Invictus Games participant.

Hazzan enjoys the creativity that paracanoe coaching demands. "With para you have to be much more adaptable," he shares. "You have to adapt the training and equipment; a lot of the time athletes are dealing with [chronic] pain, nerve pain that you have to work around, and some days are good and some days aren't. You have to try to make the standardized equipment fit a person who's not exactly standard."

Hazzan went on to describe the trial and error of adapting Hennessy's canoe seat to provide stability and account for a lack of core function, along with using grip devices on her hands so that she can hold the paddle properly.

Photo: Canoe Kayak Canada/canoephoto

Erica Scarff at the 2026 World Cup in Brandenburg, Germany.





Photo: Canoe Kayak Canada/canoephoto.org

Gabriel Ferron-Bouius at the 2026 World Cup in Brandenburg, Germany.

There are key differences when comparing the equipment of typical canoers to their para-athlete counterparts. Paracanoeing utilizes Polynesian Va'a (V1) canoes with a single outrigger.

This traditional Polynesian canoe is distinguished by the main hull (where the athlete sits) and a lateral, stabilizing float attached to the hull by crossbeams. The outrigger canoe helps para-athletes maintain balance. Custom seat and back supports are also common to further adapt and customize the setup.

There are medical and functional classifications that assess arm and trunk movement, and any contributions from the legs. A technical classification is a secondary layer that looks at how movement is affected in the canoe when applying force through paddling.

When asked about her competitive training, Hennessy describes it as structured and intense, noting that "every stroke requires precision and full commitment from the muscles I can use. I train year-round, balancing strength work, technique sessions, video review, and on-water volume. This is the biggest part of my ongoing physical and mental training. As someone with permanent health challenges and chronic pain, each day can look different depending on the capacity I wake up with that day."

For Hazzan, coaching Hennessy is somewhat of "an adaptation in itself", he says, because he works with her exclusively, compared to coaching able-bodied athletes with ten to twelve paddlers out on the water all at once.

"Because of her physical limitations and pain, it's difficult for her to train before 10 a.m.," Hazzan notes. "But because her ideal training time is the middle of the school day for most people, she benefits from one-on-one time with me." That one-on-one time

also works to build a unique rapport and trust between Hennessy and Hazzan.

Hazzan likes to push the envelope with Hennessy, with the equipment and the training. "Most of our para-athletes are older than our other canoers," he points out. Noting the difference between training teenagers in larger groups versus working one-on-one with a woman in her early forties, Hazzan witnesses how Hennessy is "very aware of her body and what she needs. The biggest thing I've learned in working with her is to listen to her. But she's also very stubborn," he adds, "so I've learned how to get her to listen to me too," he laughs.

When asked about the rapport that she's built with Hazzan and her fellow athletes, Hennessy expresses that rapport comes from honesty, consistency, and showing up ready to work. "I'm very open with my coaches about what I'm feeling physically and mentally, and that transparency builds trust."

Hennessy adds appreciatively that her teammates and fellow athletes have become like family. "We've travelled the world together, shared setbacks, and celebrated milestones – including my Paralympic silver medal in Paris in 2024."

Her silver medal was Canada's first-ever in paracanoe at the Paralympic Games, which led to her selection as one of Canada's Closing Ceremony flag bearers at those games. "My teammates' support made the journey even richer and reminded me that sport is as much about community as competition," she acknowledges.

Hennessy also offers that her involvement with paracanoeing has positively impacted her entire life in numerous ways. A tetraplegic as the result of an accident in 2014, she describes having to rebuild everything in her life, physically, emotionally and mentally. "Sport became the bridge back to myself. Paracanoeing changed my life."



EVERYONE SHOULD HAVE THE CHANCE TO PLAY!



CALDWELL SECURITIES LTD. IS A PROUD SPONSOR OF THE PARA PRO AM GOLF TOURNAMENT

Caldwell Securities Ltd. also supported bringing out young special guests – 10 ParaSport athletes and 10 junior golfers with disabilities. These individuals represent the next generation of athletes in inclusive sports for all.



150 King St. West, Suite 1710, P.O. Box 47, Toronto, Ontario M5H 1J9
Tel: 416-862-7755 • 1-800-387-0859 • Fax: 416-862-2498

www.caldwellsecurities.com





“Paracanoeing is such an empowering sport. It gives you freedom, strength, and a sense of possibility that’s hard to describe until you feel it.”

– Brianna Hennessy

When asked to share some key lessons and take-aways from paracanoeing that she carries with her when she’s off the water, her answer can inspire hope in anyone who might be finding themselves in short supply and looking for a way forward. “Resilience. You can start over at any point in life,” she starts. “Adaptability. There’s always another way forward. And purpose. Sport gave me a reason to push through the hardest days. And community too. You’re never alone when you’re part of a team.”

As a coach, athletes look to Hazzan for guidance and direction, but what has he learned from his charges? Working with Trauner and Hennessy has changed the way he views parasport as a whole. “You see people in wheelchairs and you think ‘Oh my God, your life must be so hard.’ There’s that stereotype behind it. You see the Paralympics and you think: ‘This is so great for them. They’ve been able to overcome so much.’ Another stereotype.

“The most important thing that I’ve learned is that they’re still great athletes. When I see Brianna [Hennessy], when I think about Mike [Trauner], and a lot of the para-athletes on our team, they’re great athletes, para or not, and would’ve had athletic success regardless...

athletes working as hard and as talented as any other athlete.”

When it comes to Hennessy, the athlete is nowhere near finished. She continues to hold numerous goals for her future in parasport, like more medal-winning performances in paracanoe, parakayak and wheelchair rugby – the first-ever women’s wheelchair rugby World Championship will be held later this year in Paris, and she “can’t wait to be a part of making more history for Canada!”

Add to that, not only aspirations to qualify for the 2028 Paralympic Games in Los Angeles in paracanoeing, but to again make the podium for Canada. And for others, it’s about being steady in raising the bar for the sport of paracanoe, and parakayak, in the hopes of helping build stronger pathways to the sport for others.

“I’m committed to staying at the top of my game and representing Canada with pride,” Hennessy vows. “Paracanoeing is such an empowering sport. It gives you freedom, strength, and a sense of possibility that’s hard to describe until you feel it. It’s extremely therapeutic at both the recreational and competitive levels. You don’t need experience; you just need the courage to show up. The water doesn’t judge you. It meets you exactly where you are. And it gives you space to grow, heal and thrive.”

Learn more about paracanoe at Canoe Kayak Ontario Sprint’s website, ckosprint.ca.



Featuring



HydraBalance™
Lubricating Technology

Better outcomes start in the 'comfort zone'

with Infyna Chic™ intermittent catheters

Comfort of clinical confidence: protection from potential UTI and urethral trauma.¹⁻⁴

Physical comfort: easy and convenient with HydraBalance™ Lubricating Technology.⁴⁻⁶

Emotional comfort: overcoming barriers like fear and embarrassment.^{5,7}

To learn more, please visit: www.hollister.com/infynachic



Infyna Chic™
Intermittent Catheter

References: 1. Hollister Data on file, 2021, 2023. 2. European Association of Urology Nurses (EAUN), Evidence-based Guidelines for Best Practice in Urological Health Care - Urethral Intermittent Catheterisation in Adults Including Urethral Intermittent Dilatation (2024). Hollister Data on file, TR-00825, 2025. 3. Hollister Data on file, ref-03340, 2023; n=275, Infyna Chic™ End User Survey. 4. Hollister Data on file, 2018. 5. Hollister Data on file, 2019. 6. Hollister Data on file, 2020. 7. Hollister Data on file, 2021, 2022, 2023. Prior to use of Infyna Chic™ catheters, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions. Not all products are CE marked. USA: Rx Only. Hollister, the Hollister logo, HydraBalance, the HydraBalance logo, Infyna Chic are trademarks of Hollister Incorporated. All other trademarks and copyrights are the property of their respective owners. © 2025 Hollister Incorporated. ALL-03380



Start comfortable. Stay confident.

Photo by Michael Schneider Photography



Building Community on the COURT

Play to Podium Fund Recipient Kiera Black

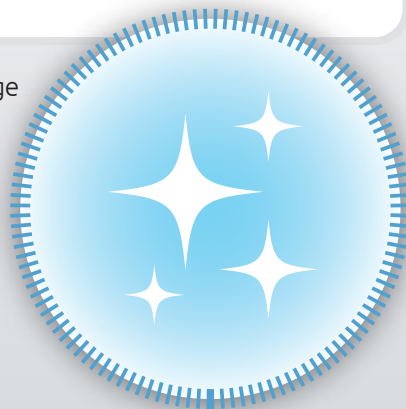
(L to R) James Murphy, Kiera Black and Mike Longo, Sunrise Medical.

By James Murphy, Executive Director, ParaSport® Ontario

ParaSport Ontario's Play to Podium Fund supports people at all levels of sport and recreation to be able to play and reach their personal goals. This is especially true for a recent recipient of a new sport wheelchair, Kiera Black.

Peterborough, Ontario's Kiera Black brings her bright, positive attitude to her wide range of interests including wheelchair basketball, adapted gymnastics, horseback riding, the Special Hockey International league and babysitting and arts and crafts in her spare time. And recently, the 21-year-old started coaching wheelchair basketball.

Never lacking drive or initiative, Kiera plays wheelchair basketball recreationally and competitively with Wheelchair Basketball Quinte and she recently co-founded the new Peterborough Wheelchair Basketball Association. With the help of supportive friends and family, this new project provides more local programming and less travel. It also allows Kiera to coach community members who are participating in this popular parasport for the first time.





For these reasons and more, ParaSport Ontario was honoured to present Kiera with a new sport wheelchair to support her athletic endeavours and all that she does to ensure adapted programming opportunities for her community.

"This custom-fit sport wheelchair has positively affected my life," assures Kiera. "It helps my confidence and my ability to play more competitively. It's so much more comfortable which reduces my recovery time between games and practices."

She also notes that the new equipment presents her with the opportunity to make new friends from across the province by being able to participate in more games and competitions.

Keira adds that the "cost of adapted equipment is prohibitive and there is

a lack of access to equipment loan programs", which are, among others, existing barriers to participation for people with disabilities who want to get started in a parasport. ParaSport Ontario's Play to Podium Fund works to help remove these barriers by supporting and growing existing local adaptive and inclusive programming, and new ones.

When asked what she would recommend to a young person with a disability to give them the confidence to try wheelchair basketball, or any other parasport, Kiera emphasized: "You never know what sport you are going to fall in love with, or new friends that

you are going to make if you just stay at home. You have to get out there and just try it!"

Wise words from this young para-athlete who has diversified her participation in so many ways and now, is giving back to the younger generation through coaching. A great ambassador for parasport, Kiera demonstrates what CAN be done and exemplifies the positive benefits of active living for life!

To learn more about the Play to Podium Fund, visit parasportontario.ca/play-to-podium-fund.



LEXUS | LEXUS ON THE PARK

ALL-ELECTRIC PERFORMANCE
2026 LEXUS RZ ALL-ELECTRIC

THE ELECTRIC DRIVE,
ELEVATED.

EXPERIENCE A PREMIUM CAR BUYING EXPERIENCE. YOUR LEXUS JOURNEY STARTS WITH US.

www.LexusOnThePark.ca | 249.202.7201 | 1075 Leslie Street · Toronto, ON

★★★★★ | 4.6 GOOGLE STAR RATING | LEXUS

LEADER

For as long as she can remember, sport has been the place that Karen O'Neill has felt the most welcomed and most connected to a community. The Canadian Paralympic Committee's Chief Executive Officer since 2013, she is a conscientious advocate for inclusive sport environments and shares her voice and expertise to better the sport community not only in Canada but worldwide. Under her leadership, not only has the Canadian Paralympic Movement seen remarkable growth, but she has been instrumental in the same internationally as well. In 2018, O'Neill was named Sports Media Canada's Executive of the Year.

In an interview with Jeff Tiessen, PLY, for ParaSport® Ontario (PO), O'Neill talks about leadership fundamentals, reputation, athlete representation, women in sport, and performance funding.

ESSENTIALS

In Conversation with **Karen O'Neill**

PO: Before we talk about your leadership specifically, let's start more generally. Canada has long been recognized as a Paralympic leader internationally. Where do we stand today and what are some of the contributing factors?

O'Neill: Well, first off, I would say that with regard to leadership reputation, you're only as good as your word, and the trust that others have in you. Over the years, creating that trust has been a really important objective for us. So, internationally, I'd say we've been consistent. For many decades, talented Canadians have been part of the International Paralympic Committee and international federations and committees. The talent and the contributions continue today.

It's important to say too that many Paralympians are now assuming strong leadership positions within the sport community. Trust in them inspires the kind of transformational change that we want for sport in our own country and communities too.

PO: It's great to hear that Paralympic athletes are assuming leadership positions and are voices and decision-makers for the parasport community.

O'Neill: Absolutely. For me, it's always the audit of how many Paralympians are in significant leadership positions or on the pathway. What are they doing, and how long do they stay?

For a while, "athlete-centric" meant more of a consultative model. I'm not a big fan of that. It was like, "what do you think?" and then that was it. I'm always challenging myself and our team to look at a more deeply-held representation of athlete leadership and athlete voice. That means being at the table not only for the input, but for the dialogue and decision-making too, throughout all levels of the system.

PO: You have held numerous high-level leadership positions in other sport organizations before your role at CPC. We know that leadership is dynamic, ever-evolving, but are there consistent constructs in your leadership style across those different roles?

O'Neill: Some of the consistent pieces that have held true for all of them include always being really clear on the vision and the values. The circumstances, or sometimes the approach or style, might change or need to change given the community, but I would say that the one consistent was as much clarity as possible for the vision and the values to be shared with the communities that we're working with. In the absence of that, with the incredibly dynamic environments we've been experiencing, especially in sport, it's really tough to have forward motion or to accomplish the kind of results that we all aspire to. We need to support each other to get where we all want to go, which means being reflective and

understanding of what certain situations call for, versus consistently just reacting as a response.

PO: So, what about your leadership style has changed, particularly in your role at CPC, where you lead your organization's team and teams of athletes and support staff to the games?

O'Neill: Big question. There's no question that it's changed over the years. I do not have a disability and it's important to me to acknowledge that. So, how do I do a better job at listening? How do I do a better job at ensuring that individuals who have experiences that I don't have are in place for conversations and decisions? How can I do a better job at facilitating and supporting Paralympic athletes?

So, I now look at a more distributed leadership... and what I mean by that is, how do we ensure that we have a collective community around the things that are important? Knowing what's important has always been important, but certainly more critical now.

PO: Let's talk about some specific Paralympic Games, some that represented major milestones in the Paralympic Movement. In a sentence or two... the contributions of Vancouver 2010?

O'Neill: Oh, seismic. "Paralympic" became a household word. Vancouver helped us leapfrog into a new world of recognition and respect and acknowledgement that Paralympians deserve.

movement skills in a safe, supportive way. Wendy took me under her wing for leadership.

That was foundational for me in setting up the perspective of focusing on ability, focusing on what we have, and quite honestly, the commitment to ensuring that people have choice. I truly believe that access is all about choice, and our role in leadership is to understand that it's not our choice. It's about creating an environment for what others need and to figure out a way to support them on their pathway or journey.

PO: Let's move on to women in sport, and more specifically, women with disabilities in sport. I know how important this work is to you. Why should this be important to all leaders?

O'Neill: It can be a double, even triple, whammy being a female with a disability in sport... sometimes not having access to opportunities or role models, although it's getting much better. The desire to participate is high but there's an unhealthy pattern with societal and cultural barriers, as research shows and in what women are saying. They are accepting and putting up with some behaviours and situations that are, in my estimation, completely inappropriate.

Then comes lack of funding and resources. Some of the other data from the Americas Paralympics region reveals that women in senior positions is only about 26%. We've got to figure out a way to start shape-shifting the environment here and making it more appropriate. We're [CPC] working with about 30 member nations in the Americas, focusing on women and leadership.

The whole idea... is how do we increase the participation of women and girls in sport? We're doing a lot of skill building, capacity building, project design, and networking calls. And one of the things that we're also going to start looking at is... how do we pay more attention to some of the men within the system?



Photo by Brittany Gawley/Canadian Paralympic Committee

PO: London 2012?

O'Neill: The British broadcast media. Before London the narrative was sadly lacking. The bar was raised in 2012 and showed us what was possible with an edge, with some humour, with some reality, and a focus on a Paralympic athlete as an athlete.

PO: More recently, Paris 2024?

O'Neill: It was amazing. For both Paris and Italy, it was a return [after COVID] of parents and families in full force. To see the energy and enthusiasm with having so many friends and family there to witness the competitions was magic. One of my fondest memories of Paris and Italy is seeing a sea of red, the families and friends. Most athletes had anywhere from ten to 15 friends and family joining them. That kind of support and community was amazing.

PO: I read something in the McGill University newsletter that you said, that made me chuckle. You likened the logistics of preparing for the Paralympic Games to organizing a family vacation, if your family was 120 people. Is that true?

O'Neill: Recently no. The reason I said that was because sometimes when I come back from the games I

still get asked how my vacation was. My "family vacation" remark was just a simple metaphor meant for people to relate to, but I assure you that it's a lot more than sandwiches and making sure we've got enough stops along the way! It's a little bit busier.

PO: Let's go back to Montreal's West Island, where as a teen you worked at a pool, competed in swimming and water polo, volunteered in adaptive aquatics... the Pointe Claire Pool. It's where you really came to understand what a sense of belonging felt like, right?

O'Neill: One of the reasons I went into aquatics was because I was five foot ten at a very early age, so I was really clumsy and awkward. Being on land did not suit me or those around me very well... I was safer in the water – fewer bruises. A woman there, by the name of Wendy Campbell, had designed a program that was ahead of its time.

Wendy was a special education teacher. Her program was for kids who weren't necessarily fitting into the swim classes and competition. It provided an opportunity for kids to participate and learn fundamental

Because as much as we can prepare women, change should never rest solely on their shoulders. So, what can we do to make this a shared responsibility? Systemic change also means systemic responsibility.

PO: Advice for community leaders in parasport. Hypothetically, you're interviewing someone for a leadership position in parasport. What would you ask them to guide your hiring decision?

O'Neill: That's a great question. I would seek to understand how they viewed sport and physical activity. I'd ask what does sport and physical activity mean to them. What are some of the benefits and how do they view access and opportunity? Then I'd probably ask what is important to them in their

leadership, because oftentimes in designing programs they might need to be creative and curious. I'd look at some situational questions; how they would deal with a situation when it didn't go according to plan... and who they think needs to be in those conversations. I'd probably also ask a question about their sense of their own power to do something, and where their values were, relative to access and choice.

PO: What have you learned about yourself from the lens of a very unique workplace, the landscape of Paralympic athletes?

O'Neill: Don't take it personally. I know that sounds basic, but in a leadership position, especially if you're really trying to push for change, it's challenging, and especially as a

woman in sport. I had to learn how to weather that, and that it's not always personal.

I better understand the value of continuing to be curious, and not making assumptions. Identifying what I know, or don't know, and being nimble is incredibly important. I think learning the value of data in trying to figure out different ways to look at a situation is another, and collecting data from a 360 degree perspective so I can make sound, informed, smart decisions.

Being clear on my personal values has been reinforced. My advice: "Don't leave home without being clear on your values and check in on your alignment with them all the time. It's one thing that won't fail you."

PO: So many things associated with the Paralympics have evolved under your leadership of CPC. Humility aside, for you personally, what is your crown jewel, something that you might be most proud?

O'Neill: I could comment on many examples, like broadcast numbers and increased funding, but I'm going to say it is performance funding [financial rewards for medal winners] for both the Paris and Italy Paralympic Games. That might seem odd as an isolated example, but it was such a significant sign and symbol. We can talk about the great awareness and brand numbers, or the sophistication of Team Canada, but the performance funding was a moment in time. It was a symbol for me that there is equity in the system.

For a long time, there was performance funding for Olympians, but not Paralympians. I didn't feel good about that. So, for me it was the appreciation of how important this was as a symbol and sign of equity between Olympic and Paralympic athletes who have performed on the world stage and deserve to be recognized equally.

*Karen O'Neill with Josh Dueck PLY
(Toronto 2015 Para Pan Am Games)*





ESSENTIAL STARTING POINTS FOR Parasport Participation

By Joe Millage

The gateway to the world of parasport or inclusive physical activities can be very different for people depending on where and when their journey begins. Working with sports administrators, coaches, facility managers, boards of education and rehabilitation professionals, I have had the privilege of helping build the participation base in many sports.



The conversation usually begins with goodwill and a sincere desire to provide more opportunities. Unfortunately, it often ends when the number of participants doesn't meet expectations.

For participants, the road to parasport participation can be perplexing. Firstly, there is not a set entry point which is often the case for non-disabled participants in the sports of their choosing. Parasport participants become eligible at very different ages and stages in their lives. That includes congenital disabilities, or those that are acquired after an accident or injury (most commonly between 17 – 25 years of age). Illnesses and progressive

health conditions such as multiple sclerosis or arthritis, or a myriad of others, can affect movement, balance, coordination, senses or cognitive function which also lead participants to parasports.

The Search Begins

Okay. You've determined that parasport is a great option for you. You find yourself interested in a specific sport that you've heard about. Now it's time to search out options for giving it a try. Where? When? How and how much and with whom? And, what about specialized equipment?

These are all questions that need to be answered. Individual sports and activities such as snowboarding, handcycling, powerlifting, hiking, yoga, martial arts, swimming, track and field, archery and fishing are usually easier to find. However, the chances are high that the local coach hasn't previously worked with

para-athletes (note: "para" refers to "parallel" which implies that you are doing similar things to the mainstream version of the sport with a few modifications).

In the best of situations, you will encounter people who embrace what you are doing and will be keen to be part of your journey. In the worst-case scenario, you will not be seen that way, and it may not be a smooth experience.

The good news is that there is a reservoir of people who do embrace whatever you want to achieve in sport or recreation. ParaSport® Ontario offers an online Resource Centre that is rich with information for making your pathway much easier to navigate. It includes introductions to sport leaders who are ready to assist. ParaSport Ontario can also help arrange adaptive equipment loans so that you can try a sport and test your interest before investing in the equipment to own.

Once you are through the gate, you will see that there are many people ready and willing to share their stories and help you get started. That's where the fun begins.





regularly with the community from which you want to recruit.

It's important to understand too that aspirations to participate in parasport does not necessarily mean Paralympic dreams. Most participants are looking for sport opportunities at the recreational level and only a few will have the desire, commitment, time and discipline to strive for high-performance sport. So, start with recreational pro-

gramming and plan extra time for those who want to develop specific skills.

Be a dynamic leader. Bring plenty of positive energy. Be patient and appreciate that you don't have all the answers. Become part of the network of "builders" and find mentors who can help you find/create answers, realizing that there will be times when you will have to work with the participant to create a solution. Then, upload your solution to the ParaSport Resource portal so that your solutions can help others in similar situations.

Program Persistence

It is hard work to start a program, there's no questioning that, especially when initial attendance is low.

Good advice for programmers is to be consistent with new opportunities, as in a series of sessions regardless of participation numbers. You just never know when you'll welcome another newcomer.

Bolstering participation is important too, maybe by involving participants from existing programs, or welcoming those without disabilities or friends and family to join in as well. A convincing example... the Ontario Volleyball Association (OVA) and ParaSport Ontario worked together to start a sitting volleyball program. The first year offered 16 two-hour time slots. It took half of those sessions to consistently get 10-12 participants. Now the program runs in two locations for two hours each week with six teams competing in four annual events.

When planning, allow three hours for recruitment for each hour of the in-person program. Seek out and work with agencies that communicate



"Be a dynamic leader. Bring plenty of positive energy. Be patient and appreciate that you don't have all the answers."



Photos courtesy of Aubree Clements

PARTICIPANT PROFILE **Aubree Clements**

Aubree Clements is the type of athlete that coaches covet. She is smart, quick-minded, loves to train and is a wonderful teammate on any squad. Like most parasport athletes, Aubree's pathway to sport is unique. Her early experiences with Juvenile Arthritis made it a struggle to move comfortably but she still sought out ways to satisfy her competitive nature.

A practical thinker too, Aubree knew that standing and running were not part of the solution. On a visit to the Abilities Centre in Whitby, she was introduced to a number of adaptive sports and activities and one in particular caught her interest.

Sledge hockey (internationally known as para ice hockey) set her on a path to self-expression. A strenuous contact sport, it embraced her physicality. It demands teamwork, a great way for her to make friends. And importantly

for Aubree, there was an emerging pathway to high-level competition which fed her appetite for high-performance participation.

Aubree's story is not a straight line from interest to excellence, not unlike most other athletes of her calibre. There were numerous intervening influences, but Aubree is hopeful that Women's Para Ice Hockey is on its way to inclusion in the Paralympic Games and will do what it takes to be on the podium.

She travels across southern Ontario to source opportunities to compete. Often training alone, she works with ETS (Elite Training Systems) which provides knowledgeable strength and conditioning coaching. Through ETS she trains alongside PWHL and NCAA athletes who constantly remind her of how hard she has to work to be great.



PARTICIPANT PROFILE

Shayne Smith

At just eight years old, Shayne Smith was a dynamic, spirited ball of energy. He would try almost any activity, but being a quadruple amputee there weren't a lot of them available to him.

Shayne's greatest assets were his amazing perseverance and a mother and grandmother who were adamant about doing their best to see him succeed. In 1996 they were introduced to Variety Village where he met coach Janet Lambert, an entry level wheelchair basketball leader.

Shayne couldn't do many things on the court in the standard way. But together they found solutions. Shayne loved to practice and he learned the basic skills of propelling his chair (a Quickie wheelchair provided by Sunrise Medical). He learned how to pivot, accelerate and the essential "pick and roll" manoeuvre.

Early on he couldn't get the ball to the hoop but worked tirelessly

with a volleyball – with a self-taught hook shot. His dogged determination impressed head coach Steve Bialowas enough to give him a shot with the very competitive "A" squad.

Shayne's story is not a simple one. Jump forward a decade and Shayne is a member of the national junior team. A decade after that he was representing Canada on the National Men's Wheelchair Rugby team, a spot that he earned with the support of an amazing mother and resourceful coaches who respected his goals and capabilities.



Connections

The following organizations, and many more with parasport programming, including local and regional clubs, are good places to start when searching for a sport or recreational activity that's just right for you.

Coaching Association of Ontario

Curling Ontario

Ontario Blind Sports Association

Ontario Cerebral Palsy Sports Association

Ontario Para Network

Ontario Sledge Hockey Association

Ontario Volleyball Association

ParaGolf Ontario

ParaSport Ontario

Variety Village

 Proudly Canadian



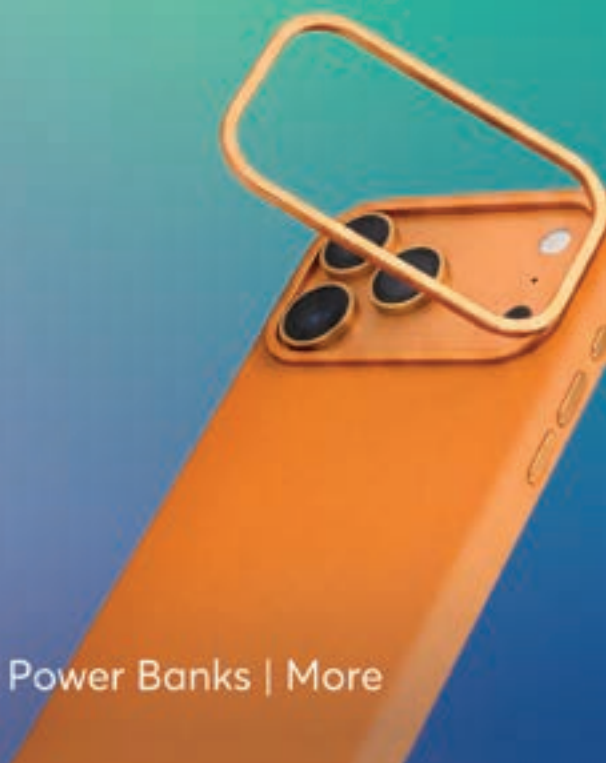
LOGIIX

VIBRANCE®

Colourful Tech Accessories



Scan to Visit
logiix.ca



Cases | Chargers | Cables | Earbuds | Power Banks | More



Photo courtesy of Canadian Paralympic Committee

Tyler McGregor

Captaining Canada and Championing the World

By Max Warfield

As a winter backyard oasis, the homemade hockey rink has given rise to aspiring hockey greats. These improvised ponds come in imaginative shapes and face a dreadful list of challenges such as lost pucks, lumpy snow and melty sun. But with big rewards, boys and girls rush home from school to hit these destinations of wonder.

"Those are some of my favourite childhood memories," tells Tyler McGregor, flag bearer, silver medallist and captain of Canada's 2026 Paralympic para ice hockey team. "I look back at those rinks with a lot of nostalgia."

It's where McGregor's hockey dreams began to flourish, a place that he remembers to be just as important as the minor league hockey system, complete with its coaches and teammates working toward goals together. "My time in the backyard rink was just as impactful. There you have the freedom to boost creativity and just have fun."

Years ago, as a veteran of the backyard rink and a tenth grader in Forest, Ontario, his youthful dreams included playing in the NHL, winning the Stanley Cup and Olympic gold. He was at the first stage of that journey, on the eve of getting drafted, when a cancer diagnosis resulted in the amputation of his left leg above the knee.

"After my recovery, then at 16 years old, I wasn't ready to give up my dream of playing in the NHL or playing in the Olympics," admits McGregor. His first thoughts were to become the NHL's first player with a prosthetic limb.

"I wasn't ready to give up even though deep down I kind of knew that my NHL dreams had been taken away." That's exactly what led to his hesitancy in joining a sledge (para ice) hockey team. "The first time I got into a sled I was in denial," he shares. "I wasn't allowing myself to dream a new dream. And I think what helped that transition was the support that was around me. But my perspective changed and my family, some coaches and teammates, and people in the para hockey community guided me. They helped me fall in love with this new form of the game."

McGregor had a heartening community of people around him, providing encouragement and new opportunities. He maintains that a big turning point for him, coming from a high-performance background and mindset, was meeting some of the best players in the sport... at that time the likes of Greg Westlake, Bradley Bowden and Billy Bridges. "They saw potential in me, not to mention treating me like an athlete plain and simple," McGregor appreciates. "They were important role models in my career, and I am grateful for that."

Now in his thirties, McGregor has captured medals in eight para ice hockey World Championships and four Paralympic Games, most recently taking gold at the 2024 World Para Ice Hockey Championship in Calgary and silver at the Milano Cortina 2026 Winter Paralympic Games. Yet, in keeping with his character, he remains quiet-spoken and humble. So where does he arrive at his tenacity?

"I think to be tenacious, it doesn't come down to just one really big moment, or getting to the Paralympics; it's about consistency," he offers. "Showing up, day after day, and believing in yourself and your path, and focusing on what's right in front of you. That's how I see tenacity."

McGregor acknowledges that there are always challenges that come our way but reasons that there is always uncertainty in life. "I've found that when you don't have all the answers and you don't know where you're going, you're forced to just take that next step right in front of you."

"That approach is what has helped me navigate my life challenges. And remember," he adds, "those challenges never define who you are. They don't define the outcome. What's important is how you respond. Take the next step forward. Build momentum and develop unbreakable habits to face challenges and find your way forward."

His tenacity has brought McGregor much success on the ice, some of which he felt the need to return. In 2023, following the example of Terry Fox, he created his "Sledge Skate of Hope". McGregor skated forty-two kilometres (the same marathon distance that Fox ran each day during his Marathon of Hope) in each province across Canada in an effort to raise money for the Terry Fox Foundation.

"Sledge Skate of Hope," remembers Tyler, "is something I would

absolutely love to do again and maybe reimagine it a little bit next time. I had the opportunity to travel across the country coast-to-coast-to-coast and engage with communities in some really small towns and some big cities. I was invited into homes in British Columbia. I got to sleep in a yurt [Mongolian-style tent] in Saskatchewan. Those fundraisers were all community-driven by passionate people, and I loved that. I loved exploring Canada and experiencing the different cultures that we have."

McGregor is quick to emphasize that he views his time in sport as such a privilege and he's well aware that it's a finite amount of time. "I want to make sure I have a positive impact while I can."

Part of that impact, for McGregor, is passing along what he has learned to young people in his leadership role. "I love to speak to kids. It's a privilege as an athlete to speak to young people. Medals, championships, all that, they are meaningful of course and that's what we strive for, and with that I believe it's important for us to impact youth, helping young people realize their own potential."



Some of the lessons that sport has taught him that he shares with his young audiences focus on resilience, teamwork, accountability, leadership, and respect. "Those are things that extend far beyond the field of play and can really help all of us navigate life," he recognizes.

McGregor is also committed to ensuring that para ice hockey, as an institution, is thriving. "Para ice hockey in Ontario is going good, but that's not necessarily the destination. I believe that there's so much more room to grow in terms of making sure that we help create more access to the sport, opportunities for people with disabilities at any age or skill level to give it a try, and continue to develop coaching for athletes in our sport."

Beyond further development of his sport in Ontario, McGregor has aspirations, and now a platform, to expose para ice hockey to the world. He was recently appointed to the International Paralympic Committee (IPC) Athlete Council.

"As an IPC appointee, I will advocate that athletes' voices are central to any decision that's made on the future of the Paralympic movement," he asserts. "We experience the Paralympic system in a very unique way, from grassroots programs all the

way to high-performance, international competition. That journey of experiences is so valuable to building what the future looks like. It's important to be not just represented, but at the center of decisions being made."

McGregor is clearly incredibly passionate about nurturing the next generation of athletes and feels fortunate for the opportunity to access the sport in Canada, and to be able to pursue Paralympic dreams. "I know that's not the case for many other athletes in other parts of the world," he concedes. "I want to advocate for a global Paralympic movement, one that's represented in every part of the world."

He does understand, from experience, what he is asking for from the IPC. He was part of a team that has twice travelled to Mexico, what he calls a non-traditional hockey nation, to run para ice hockey skills camps to promote the sport's development in Central America. "Rinks are not as accessible as here in Canada," he



Photo courtesy of Tyler McGregor



"I want to advocate for a global Paralympic movement, one that's represented in every part of the world."



reports." There are eleven in Mexico City, all in shopping malls which are large gathering areas and good for raising awareness and getting people on the ice," McGregor adds encouragingly. "We're now having discussions with Brazil and Argentina, and about perhaps bringing roller sledge hockey to parts of Africa. The growth of our sport in Canada is important, but there is a huge opportunity to create access for so many people around the world too."

And maybe, years from now, with the groundwork being laid by steadfast visionaries like McGregor, an African athlete will one day tell stories of a backyard sledge hockey roller rink and how it impacted his or her life... and still provides fond childhood memories and the nostalgia that accompany them.

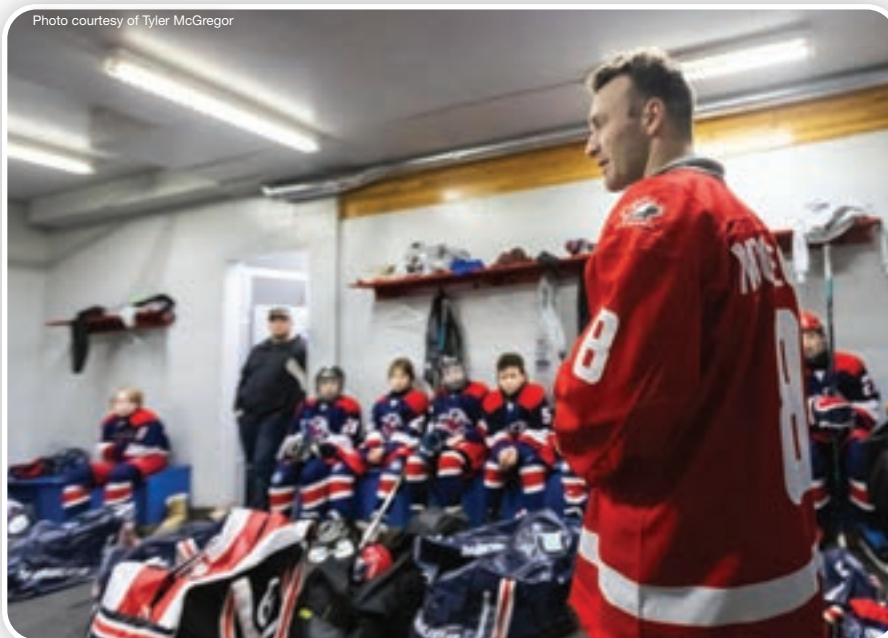


Photo courtesy of Tyler McGregor



Photo by Katie Mak Photography



ONTARIO BLIND SPORTS ASSOCIATION

The Ontario Blind Sports Association (OBSA) promotes and sanctions events and activities designed to assist the development of sports programs for blind/visually impaired athletes in Ontario.

Programs and Activities

- OBSA Summer Sports Camp
- OBSA High Performance Camp
- Regionals Open Goalball Tournament
- Provincial/Eastern Canadian Goalball Championship
- Equipment Loaning Program
- OBSA Sports Days
- OBSA Outreach Programs



OntarioBlindSports



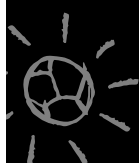
@blindsports



@blindsports



@ontarioblindsports5765



BOUNDLESS

MORE THAN ABLE.

Discover the excitement of track and field, the foundation of physical skills – whether it's wheelchair racing, frame running, or throwing, there is an event for you!

OCPSA partners to deliver para-athletics programming for all para-athletes with a specific focus on athletes with neuromuscular &/or coordination impairments.



SCAN HERE FOR MORE INFORMATION

@ontariocpsports @onCPsports
/OntarioCerebralPalsySportsAssociation

#BE BOUNDLESS
ocpsa.com/be-boundless



PHOTO CREDIT: MUNDO SPORTIMAGES



Storefront for INDEPENDENCE

For the Needy Not the Greedy

By Jeff Tiessen, PLY

Eva Paladino is a retired banking professional and a dedicated community advocate who found her post-retirement volunteer career during a challenging period in her life while caring for her ailing husband.

Like Paladino, Wendy Gabriele has carried her passion for helping others into a volunteer role after 45 years as a dental hygienist and a foster parent to more than 50 children. Both have found new purpose and pride, volunteering as Board Members and retail customer service associates.

Together with 20 other like-minded volunteers, Paladino and Gabriele are an integral part of an organization that has a profound impact on individuals and families with mobility challenges in the Niagara Region and beyond... as far-reaching as countries in need like Jamaica and Ukraine.

That organization is For the Needy Not the Greedy which, despite being in operation for over 27 years, might be one of Niagara's best kept secrets, until it is needed.



To a volunteer, each is especially passionate about supporting individuals with mobility challenges. They believe strongly that medical equipment should be accessible, affordable, and available to everyone who needs it.

The brainchild of retired founders and husband-and-wife team Gary and Jill Taylor, the organization is now led by President and CEO Valerie Dalton. She brings 45 years of seasoned leadership in retail operations to the charitable organization, and occupies its sole paid position.

For the Needy Not the Greedy was built on the foundational belief that mobility is for everyone. Its mission is to accept or procure donated medical and mobility equipment like wheelchairs, power scooters, walkers, hospital beds, and assistive toilet and bath devices, for example. All items are refurbished before repurposing at an affordable price for those who could not otherwise afford such devices.

What's also unique about For the Needy Not the Greedy is that proceeds from the sale of its items, after funding its operations, are returned to the community through donations to charitable causes or individuals. ParaSport® Ontario is one of those charities as a recipient of support for its Niagara Sledge Hockey League.

"Each device that we restore is a second chance at independence for someone in need," says Dalton. "I used to sell luxury appliances in

Toronto for a high-end corporate retailer. I loved it, but I really love what we're doing here. You see the impact immediately – little things that we take for granted in our daily lives can make such a difference."

With an average age of over 75 across the volunteer corps, when asked what keeps the volunteers coming back Gabriele is quick to note the feeling that they all get in helping people. "Every day you help people with very different needs," she says. And maybe, in part, it's the diversity of the volunteer force as well, mostly retirees ranging from a physician to a sales manager for a major multinational company, to engineers, a photographer and a former hardware store owner.

Paladino adds, "For me it's the happiness I see in people who need a specific item that they've been looking for and couldn't find, or found, but it was too expensive for them. I usually end up getting a hug. That makes my day. I feel like I've accomplished something good every day."

Dalton's introduction to the operation came after her mother passed away. "I brought her stuff here to donate," she explains. "Before that, I didn't even know this place existed. It was really busy. I asked if they needed some help. I started the next day and jumped right in with my background in running a store."

Today, the facility is busier than ever. "From the moment the door opens we're looking after customers, receiving deliveries, emptying our truck, repairing equipment, answer-

ing the phone... it's all hands on deck," Dalton details.

"It can be stressful at times, but I always try to make sure everyone has a laugh and gets a genuine pat on the back. I want them all to know how appreciated they are. Like for example, the fellows in the back, the ones who clean and repair the devices. If it wasn't for them, we couldn't do anywhere near what we do for people."

With respect to what constitutes a "good day at the office," Gabriele smiles and says, "the cash register... a good day financially," and quickly adds that what that means is providing the charity with the means to do even more for the community.

For Dalton, a good day means helping as many people as they can. But it is also about channeling smiles on her volunteers' faces, and knowing that they've had a good day by fixing someone's problem.

"I can't tell you how many customers get tears in their eyes when they find what they're looking for, after running up against so many barriers," Dalton tells. "Those tears and hearing laughter makes for a 'good day at the office' for me."

As for Dalton's sightlines for the future of For the Needy Not the Greedy, she sees the need to grow the business by expanding to other locations. "Hamilton, for example; we get people coming in from that area. So many areas need to be serviced with what we do. And remember," she emphasizes, "oftentimes we're helping an entire family each time we help just one customer." To learn more visit needynotthegreedy.org.

➤ CRASH COURSE ON

Wheelchair Rugby

By Max Warfield



"Get in on the action" is a phrase befitting of wheelchair rugby. It's an exciting, action-packed, fast-paced, full contact sport, and is surprisingly safe and inclusive, considering that it originated as a sport called Murderball.

Wheelchair rugby is a mixed team sport (male and female players) designed for quadriplegic athletes, but now not exclusively in its make-up. Developed in Winnipeg in the 1970s, it is a unique game combining some of the features of rugby, basketball and handball.

Players compete on teams of four to carry a ball across the opposing team's goal line within allowable timeframes. Collisions are rampant – an integral part of the strategy actually, where players use their sport chairs to impede progress or steal the ball. It is a Paralympic sport with twenty-six countries offering national programs and many other nations now developing programs for future international competitions.

Paralympic medallist Travis Murao of Toronto was introduced to the sport by Duncan Campbell, one of its inventors. Murao, a veteran of the sport, has earned gold, silver and bronze medals spanning back to the 2008 Paralympic Games in Beijing.

He also studied English Literature at the University of Arizona and, fun job fact, worked as a technical consultant for the movie *Saved* starring Macaulay

Culkin before returning to Toronto and the Toronto Titans, his rugby club.

"I can't speak enough about the wheelchair rugby community in Ontario," tells Murao. "Wheelchair rugby is such a unique sport because it combines both full contact and mixed inclusion, where male and female athletes can play together. Athletes across a huge range of ability can play as well. That's special. It's something we take a lot of pride in."

Canada's homegrown invention is now one of the most popular, fastest-growing Paralympic sports worldwide. "That's pretty cool!" enthuses Murao. "In rugby culture, internationally especially, we go out and play hard against each other and things can get really heated, but after the game we all hang out, have a beer together... we're close friends off the court."

Like elite athletes in other sports, wheelchair rugby provides the prospect of travel, which for some is something they might not ever have envisioned. Murao notes that another cool thing about the sport at the high-performance level is to see parts of the world that some might not thought of as being possible, especially right after a spinal cord injury. "You don't always know what the future has in store for you," he adds.

He also emphasizes that the wheelchair rugby community

offers a welcomed sense of belonging. "We have athletes that play at very different skill levels and have a fantastic time. A big part of navigating life with a disability is finding a community of peers. It's not just that we are playing this sport that we all love together – we are connecting and helping each other outside of sport too. We all learn from shared life experiences of people from a wide range of disabilities. It's not always easy to find that community to connect with."

Murao acknowledges that it can be an expensive sport to access with respect to wheelchairs tailored for the sport, which can discourage some newcomers from trying it out.



Photo courtesy of Canadian Paralympic Committee



Photo courtesy of Wheelchair Rugby Canada

Wheelchair rugby player Travis Murao.



"Equipment used to be a huge barrier for us here in Ontario because the rugby wheelchairs can cost \$10,000. But that's much less of a barrier now. Luckily, within Ontario, our club systems are really great about supporting new athletes. Clubs across different regions have chairs that will fit most athletes to get them participating. If they become serious about the sport, we can help guide them to grants and scholarships, depending on their age, to purchase their own equipment."

When watching a wheelchair rugby match it's not hard to notice the strategies and tactics employed by each team. Murao explains that there are two kinds of chairs, offensive and defensive. The defensive chairs have a "cowcatcher" picker on the front, meant to hold people up, grab opponent's chairs and take up space.

Whereas, the offensive chairs are much more streamlined to prevent defenses from doing just that.

Offensive chairs are designed for ball carriers to dive through gaps and smash through holes. The two different roles create an interesting tactical dynamic.

A classification system is an important part of the game too. Each athlete is given a point value based on their functional ability related to their level of disability. A combined overall point value cannot be exceeded for the team on the floor at any time. Athletes with stronger torsos and limbs are

assigned a high point designation and usually play an offensive position. Athletes with lesser function are assigned a lower point value and typically assume a defensive chair. Point values are mixed and matched strategically.

Trying new things in life is a way to find our true selves and blossom. Wheelchair rugby is no exception. "Most everyone starting out in this sport has concerns and is a bit nervous," Murao explains. "They are learning. Then they get comfortable with their bodies and their chairs and the sport... and their real personalities emerge. It is super cool to see people get back to being their real self. Who they really are. This sport is a great avenue for that."

The sport, surprisingly, has an excellent safety record. Murao shares that because of the range of function and the fact that it's a mixed sport as well as a contact sport, people can feel hesitant about playing against someone who is significantly less disabled, or with female athletes who are smaller or guys who are much bigger. "The chairs absorb a vast majority of the impact of collisions, and the rules are set up to keep players safe," he says.

And importantly, like most physical sports, wheelchair rugby is based on a culture of respect. "We don't tolerate any dangerous behaviour or recklessness in this community," he assures. "It is a safe sport. You wouldn't think so, but the rate of injuries is incredibly low. If wheelchair rugby was as dangerous as it looked, we would all be forced to wear helmets!" he laughs.

Interested? Find a local club to join at wheelchairrugby.ca or at ONPARA.ca.





**ONTARIO
PARA
NETWORK**
Excellence in Adaptive Sport

onpara.ca
info@onpara.ca

   @onparanetwork

Our mission at the **Ontario Para Network (ONPARA)** is to grow opportunities for participation in adaptive sports.

As the governing body for **wheelchair basketball**, **wheelchair rugby** and **wheelchair tennis** in the province, we offer:

- School Programs
- Sport Wheelchair Loans Program
- GEAR (Girls Enabled and Ready)
- Education and Outreach Programs
- Leagues and Tournaments
- Team Ontario Development
- Quest for Gold
- And so much more!



**PARASPORT
ONTARIO**
Resource Hub

Sections and Info:

- Clubs by Sport
- Sport Research
- Sports & Activities by location
- Clubs by disabilities served
- Ontario Parasport Collective
- Coaching Resources



ParaSportOntario.ca

**JOIN US.
MEMBERSHIP
IS FREE.**



**There is a
sport for
everyBODY!**



A photograph of two rowers in a double scull on a calm body of water. In the background, a city skyline with several tall skyscrapers is visible under a clear blue sky. The water reflects the city and the sky. The rowers are wearing athletic gear and are in the middle of a stroke.

Argonaut Rowing Club

Para-Rowing's Seat in a Toronto Tradition

By Layla Guse Salah

Founded in 1872, Toronto's Argonaut Rowing Club (ARC) is one of Canada's oldest rowing groups. Not to be confused with the city's Canadian Football League (CFL) team by the same name, but the shared Argonaut name is no coincidence. The club has long been used as cross-training grounds for the Toronto Argonauts football team, with ties to the CFL dating back to the 1890s.

More recent history saw the addition of adaptive rowing to the venerable club. For over twenty years, ARC has had an active para-rowing program welcoming rowers with a wide variety of disabilities and unique needs, and nurturing their love of the sport.

"It's a very fringe sport; not a lot of people know about it," says Rebecca Orr, ARC's para-rowing coordinator. Because the sport is adapted to the individual in the boat, there were what Orr calls "factions" of para-rowing for years before its Paralympic debut in 2008. Conducive to a diverse range of abilities and ages, rowing is considered a late-entry sport for even those in pursuit of a high-performance career.

Para-rowing has both sliding seats and fixed seats. Athletes are classified into one of three levels, or classes, based on functional ability associated with their disability. PR1 is fixed-seat rowing for athletes using their arms and shoulders, but unable to use their trunk or legs to move a sliding seat. PR2 is fixed-seat rowing as well, for athletes using their trunk, arms and shoulders but unable to use their legs to move a sliding seat – straps around their legs provide stability. And PR3 is sliding-seat rowing for athletes who are able to use their trunk and arms, along with their legs, to push a sliding seat.

Classifications have a medical and a technical component, the former concerned with coordination and range-of-motion and the latter taking place on a rowing machine to measure the effect of fatigue on the medical findings.

Safety is paramount, along with comfort. Seats can be modified with cushions and pads added or subtracted. In some cases, a beginner's entire first rowing season can be spent identifying their classification. The new rower will work on rowing machines and go through trial and error with their seating setup to gain the confidence needed before venturing out on the water for the first time.

ARC offers free "Try It" sessions on a rowing machine. If newcomers like that, the next step is the "Learn to Row" course – five one-on-one, hour-long sessions. An instructor joins the para-rower in a wide-bottom double boat. The instructor sits in the bow seat at the back and takes charge of steering (bow at the back as athletes always row backwards). The para-rower sits in the stroke seat and takes instruction.

A double boat is much more stable than a single. Moving forward in ARC's

para-rowing program for a full season means getting out on the water twice a week. Rowers and volunteers mingle and strengthen their connection to the club's entire community. There are also one-on-one training sessions.

While the para-rowing program is recreational, the club does work with high-performance athletes, or sometimes para-athletes will come to ARC looking to participate in a sport other than the one in which they are already competing.

Orr says that the avenues for athletes to get into competitive para-rowing are "not great right now." The system is currently not set up to support that pathway properly. Athletes that show competitive promise tend to make the jump from local clubs directly to high-performance training. "There needs to be an intermediate step in the transition to ensure success for these athletes," Orr explains. As such, ARC is working with Row Ontario to create better pathways for rowers with disabilities to enter the sport.

When asked about the positive impact that para-rowing has on its athletes and novices alike, Orr wastes no time highlighting inclusivity and a sense of community. "The great thing is, because it's an inclusive sport – with the doubles for the para-rower and a non-disabled rower – everyone at the club is aware of the para program, and may even be part of it."

Orr adds that the fitness needed to participate is so wide-ranging too. "You [don't have to] be really fit to get in a boat, get on the water and get a row in. Whatever effort you put in is what you get out the other end. Because of that, I think it's more approachable and accessible for some people who might not be able to get their toe into other sports," Orr suggests. "It's a huge confidence booster."

Learn more about the Argonaut Rowing Club and its para-rowing program at argonautrowingclub.org/Para-Rowing.



Volleyball Ontario *Leads the Way* in Welcoming Everybody

By Joe Millage



For decades, the Ontario Volleyball Association (OVA) has been a national, and even international, leader in building programs for beginners to world-class players.

In Ontario, there are more than 40,000 active players and the participant base continues to broaden. Almost a decade ago, the OVA embraced the challenge of developing sitting volleyball, a version of the traditional sport which was being played around the world and highlighted in the Summer Paralympic Games.

Ontario has also been the North American leader in hosting sitting volleyball (SV) in both the ParaPan Am Games and the Invictus Games. From the excitement generated during those events, the OVA committed to making SV a regular offering.

In building its SV program, the OVA began by working with ParaSport® Ontario to create community-based programs, Try-It sessions and opportunities for tournament play. Through those efforts, Scarborough's Variety Village began hosting regular Friday evening sessions and Durham College and Ontario Tech University launched extramural (travel) SV teams for their students.

In the past five years, more than 4,000 participants have been introduced to the sport. SV has become an integral part of the Ontario Parasport Games and last year the OVA served up a provincial program of excellence that just completed its second camp.

From introduction to excellence, the groundwork for sitting volleyball has been done and a foundation constructed for plenty of opportunities to try it, play it and excel at it. Learn more at the ParaSport Ontario Resource Centre (parasportontario.ca) and on the Ontario Volleyball Association's dedicated webpage (ontariovolleyball.org/sitting-volleyball).



One-Name Wonders

In the world of sitting volleyball in Ontario, development happens because passionate people in leadership roles truly believe that volleyball can be Ontario's most inclusive sport.

You only have to mention their first name or initials and others in this sport will sit tall and salute them. Jo-Anne, Alishia, L.P., Kerish, George, Defne, Joe, Jolan, Brock and Darek have delivered in every way possible to not only provide opportunities to play, but to support the athletes who seek excellence in the sport as well.

There are plenty of people with special stories doing great things in sitting volleyball. One of those stories surrounds a coach who is helping to build a sport which she found out about while helping others rebuild their bodies.

MQ Huangfu is a physiotherapist. She works with Neurocore Physiotherapy and Pilates and specializes in rehabilitation for those with traumatic injuries or life-altering illnesses.

With her love of volleyball, MQ explored the sitting version of the game out of interest for her clients, many of whom were asking: "Will I ever be able to play sports again?" She found sitting volleyball, and in the process became a regular player herself. She has since introduced many clients to the game and other parasports as well.

MQ has become a student of the sport, playing, coaching, and organizing a community team. She led her "Venom" squad to the first OVA Sitting Volleyball Championship at Toronto's Enercare Centre where the sport was played in front of thousands of avid volleyball enthusiasts.

And so it grows. For sitting volleyball in Ontario and for MQ, maybe the newest equation for growth for this parasport is E=MQ3 (E = Energy from MQ for three important results: recreation, rehabilitation and excellence).





She works as the Accessibility Coordinator for the City of St. Catharines but still finds time to train at least twice a week at the city's Kiwanis Aquatics Centre with Edge Sport, and competes in rivers, canals and lakes whenever she can.

An above-knee amputee since childhood, now 62 and a masters swimmer, Nicholson loves the longer-distance open water swims, particularly Lake Ontario's 3.8K at Toronto Island. She nearly froze to death in that one's 61-degree Fahrenheit water she jokes. More importantly, "I finished with a great time," she emphasizes.



Margaret (right), at 16, at 1980 Olympics for the Disabled in Holland.

MARGARET NICHOLSON

Trailblazer Takes the Plunge

By Jeff Tiessen, PLY

Always a trailblazer, Paralympic swimmer Margaret Nicholson continues to take new plunges. Competing for Canada at just 16 years old – a three-time medallist at the 1980 Games in Holland – the Niagara Region resident still finds joy and reward in the water, now as a competitive open water swimmer.

Competing in Canada's largest open water swim in Okanagan Lake, British Columbia, with 900 other swimmers is another post-Paralympic athletic crown jewel. She's proud of her 5K swims too, most notably the King Wolf Swim, a five-kilometre swim from Kingston to Wolfe Island across the St. Lawrence River.

Back to her teenage years, Nicholson remembers thinking: "If can't go to the Olympics for disabled athletes, I'll swim across Lake Ontario," one plunge that she has not yet taken.

HELPING YOU BRING **Your A-Game**

**22 Certified Prosthetists and Orthotists
in 7 Ontario Clinics**

Make PBO Group Part of Your Mobility Team



**Toronto | Niagara | Kawartha | Barrie |
Owen Sound | Kitchener-Waterloo**

www.pbogroup.ca

PBO
GROUP

PROSTHETICS
BRACING
ORTHOTICS



Proud Supporter Of



IMPROVING PEOPLE'S LIVES

www.SunriseMedical.ca