

Great Human Racing 2006!!!



HEROS WANTED! was the theme of the 2006 United Way Great Human Race and Heros aplenty rose to the occasion Saturday, May 6 for NABIS! Staff member extraordinaire and NABIS' GHR organizer, **Mary Pfeffer**, was thrilled with a registration count of at least 65 participants and their associated sponsors who provide support to NABIS. For the first time in many years, Board President, Patrick Hirschi, was unable to attend so sent spouse, **Jan Wilson**, with daughters in tow, in his place. Jan had so much fun that she has decided she will be back again next year! Staff member, Louise Jensen's university student son **Karl** convinced three of his YMCA Lifeguard buddies to train and race the 8 km. Staff member, Michael Pyska enticed the **Young Adult Group** to put in a team and next year, they want even more young adults to join them! Another great team was Logan and Logan: **Logan Beaulieu** of Edmonton, a survivor and extreme marathoner teamed up with La Crete Staff member, **Barbe Holick's** seven-year old son, **Logan**, even before the race via email and then they met in person at the race. Edmonton Logan presented La Crete Logan with a special hat, vest, etc. Both the **James Rae** and **Alan Fossen** families were out in full force. And we can't forget the special contributions of volunteers, **Bob Thoman**, **Vanessa Pillay** and **Eang Than** who sat at the NABIS table at the GHR and watched over our belongings. **What a special race! Thank you one & all!**

Logan Holick's 1st Great Human Race

By Logan's Mom and NABIS La Crete Service Coordinator, Barbe Holick

Logan Holick ran, walked, and jogged his first Great Human Race on Saturday May 6th, 2006. He chose to get sponsors to donate to the Northern Alberta Brain Injury Society. He raised \$120.00 and hopes to increase this amount for next year.

Logan was diagnosed with a mild brain injury in November of 2005. Logan went biking and ramping at the local "big hill" in La Crete. He got on a bike that was too big for him and started down the "big hill." Half way down he got scared and tried to brake. The brakes on this bike were on the handle bars instead of on the pedals. The next thing that happened was he and the bike hit the first little hill at the bottom; both bike and boy flew 17 feet into the air towards the second little hill. The bike landed first on top of the second hill. Then Logan landed on the bike with his head and he rolled. Logan was unconscious for a few minutes. He lay still, not moving. All his cousins ran towards him to see if he was okay. One cousin ran to the nearest building to get help. A few minutes later his aunt, and grandparents arrived to find that Logan was walking around by now, shook up. He said he was "OK."

Once everything was stable again, Logan was told by his cousins that he had at least worn a helmet and had "landed" that ride properly and it was cool.

Logan's school has been a wonderful strong hold for Logan and myself, his Mom. They took care of the assessments, tests, and adapting his school program to fit his needs. And even though I have worked with persons with disabilities for many years, when it hit my family, I was still very emotional and had to go through the anger, acceptance, loss, adaptation and trying to deal with the denial that others in the family expressed. Logan started saying that because of his brain injury he wouldn't have to try in school. I stopped that thought



(Continued on page 9)

Logan Runs with Logan *cont'd*

Celebrating Sparkle!

(Continued from page 8)

in its tracks. I went on-line to find a person who had survived a brain injury and had gone on to not only survive but thrive and accomplish many things in life - someone who had beat the odds.

That person was a young man by the name of **Logan Beaulieu**. I introduced him to my son



Logan and read to him all about this new Logan. Right away my son was impressed that this man not only had his name, had a brain injury but that this Logan had showed the doctors that "he could" instead

of "would never."

Both Logans e-mailed each other a few times and then both entered the Great Human Race. They met at the race, got pictures taken, and ran, walked and jogged the race.

My son Logan took Logan Beaulieu's biography to school to show his friends, teachers and fellow school mates all about what you can overcome when you try.

Logan said, "Logan Beaulieu is a great runner"

and that he wants to run with Logan again next year. He was amazed that Logan Beaulieu gave so much stuff to him such as a shirt, a hat, tattoos, some energy gels, a cape and so much more. Logan Holick really thinks Logan Beaulieu is "cool."

Until next year, *Barbe & Logan Holick*

By Gioia Sallustio-Jarvis, NABIS Director

It was blowing and snowing one of those March storms Alberta is so well known for! And all the while, a wonderful event was being nurtured and planned. An evening to cherish and to remember! A truly delightful treat... a gift to the senses... a treasure for the heart... a song to the soul!

The theme for the evening was "**Celebrating Sparkle and Incinerating Guilt.**" The special event was the NABIS Caregiver Appreciation Evening, and it took place on Saturday, March 18th, 2006. The guests of honour were a group of Caregivers who have been meeting regularly over the past years at the NABIS Caregiver Support Group. The organizer of this memorable night was Randy Hirsch, Support Facilitator at NABIS. Unfortunately, Randy could not be in attendance to witness and partake in the celebration. He did however leave us in excellent hands with *Flek the Fool* as our host for the evening. Odd resemblance there between Flek and Randy!

As the guests arrived, the extravaganza began. We were all greeted at the door where we were freed of our winter gear, and adorned with a beautiful flower corsage. Then, we were escorted and invited into the exquisitely decorated dining room for the evening celebration. And upon entering the room, the magic began! *Flek* was the perfect host and saw to our every need. We dined to a scrumptious three-course meal while we savoured every sight and sound. Emotions and feelings were at the height of sensitivities. It was good! We were together and we were OK! We shared, laughed, reminisced, pondered, cried a little, wished, prayed, hoped, thanked, reflected, supported, hugged, and on and on! And the highlight of the evening was when *Flek* lead us through a very meaningful ceremony where we were in fact able to

"Celebrate the Sparkle in our Lives and Incinerate the Guilt." All of us in attendance wished every other caregiver was there with us to experience the kinship and love. It was memorable. It was a celebration. Thank you!

P.S. To all the NABIS staff who partook in this incredible evening, thank you from the bottom of our hearts. We felt loved, cared for and nurtured.

