



## Time Line for New President

**St. Clair Beach On. – ap –** Stefan Jaworiwsky can retire from work, will a full pension as of September 30, 2014. Meaning What? Meaning that he can continue playing Tomcat Hockey from this coming September, (2013) to April 2014. Meaning, that, when the season ends in April of 2014 he would only have 5 months left to work. He could play in September of course, then October, November December, but his plan would be then to go to Florida for January, February and March. (2015) "Right now, I don't know what I am going to do". Jaworiwsky said. Sitting poolside, from his home in St. Clair Beach, I may stay at work till April of 2015, which means, I would still have two full seasons with the Tomcats". Jaworiwsky stated. Which means that we may see Jaworiwsky manning the Tomcats for another two years? No?

"No, I want to give up the presidency at the end of this coming year, our 25<sup>th</sup> year together. We need to find a someone that would like to be the new leader". He said. Interestingly enough, younger brother Michael has indicated that he is not interested in being the new president. Hollywood stated this in survey. Andy 'Doc' Brewin was the only one who said he was interested in being the President. The Tomcats at this time, do not have anything in place as to how the next president will be selected. It is believed that at the yearend Board of Directors meeting, held on May 7, the topic was brought up, but Tomcat management is not leaking out any information about how the selection would be made. It was always thought that Michael R. Jaworiwsky would naturally become the new president. "I have said this before and I will say it again, I do not think my brother will ever, ever, ever, give up the Presidency of the Tomcats". He is like Fidel Castro" the Younger Jaworiwsky said, laughing. One thing Older Jaworiwsky does want, is to be around for half a year or so to help the new President settle in. "Whoever it may be, be it that, my Brousshher, or Doc, then I would like to help them, with the day to day operation of the running of the Tomcats. There really is a lot to do, and I want them to feel comfortable with all that they need to do". Jaworiwsky had said.

What about the comments that Michael R. Jaworiwsky made about never giving up the reigns.

"No, this is it, my last year. I am asking that someone step up and take over the operation or I will just assign it to someone come April, but, I will not be the President, May 2014". Stevo Jaworiwsky stated.

Maybe the Tomcats should hold an election, with campaigns by the presidential hopefuls?

Who does Stevo think could be the new president, beside his brother?

" We have a ton of great guys, that would make super leaders If my brousshher does not want the job, Mike Edgar, Chad Comartin, Johnny Salaris, Victor Ferranti, Paul Renaud, Stephan Szcwczuk and Dave Dzibela, just to name a few". President Jaworiwsky said.



**The natural path would be for the Younger Jaworiwsky to take over the operation from the older Jaworiwsky, but that may not be the case and the Board of Directors is very tight lipped about the entire situation.**

**We know, next two pages, lots of reading, but it is valuable information. So please read on...absorb and enjoy!**

# New Rules, Ideas...a Better Place to Be

This year, the Board of Directors consisted of, The Rake, Razor, Rocky, Jingles,, Snowpants, Hollywood and me. Next year it may be different, but for now, this is what we have. One point, right at the 'get go', The Rake's daughter was celebrating a birthday but The Rake still found time to come out to the meeting and be a participant. Solid move by Louis That is commitment and dedication and we at the St. Felix salute Louis Koneigsberger!

Some of the information was provided in a blog, but the St. Felix wishes to elaborate.

**Christmas Party** (for Tomcats and significant other), Friday November 29, 2013, Organizers, Chevy, Sunny and Snowpants. "We will try to make it bigger and better than last year. How? Why don't you just come out and see for yourself." indicated Chevy Szewczuk "I would like to still have DEE JAY Hollywood spin the Tunes as La Bamba loves to dance and Hollywood can get the ladies up dancing". Stated Johnny Salaris.

**Tournament Captains**, will not be presented with a present from Tomcats, starting in this year's tournament. "We just felt that spending the money on a gift was not needed as really, what does the Captain do, he picks his team, that is it. Now for the year end golf party, the host should get something for that, and that is where we decided to spend the money" Indicated Board Member, Louis Koenigsberger

**Delay of Game**, (by shooting/flicking the ball into the player bench) will be a 30 second penalty in Mini and a 1 minute penalty in the Stanley's Cup Tournament. "Play the ball in the corner make a play and don't be a wimp and just shoot it out". Indicated Chad Comartin.

**Past Issues of St. Felix** are to be placed on the Tomcat Web Site. It will be done slowly, but we hope to get the past 5 years up for all to see by the end of the summer. "We may never have every St. Felix up there, but we hope to have the last few years up there, so that all can enjoy" indicated Chad 'Rocky' Comartin

## **3 Minute Tie Breaker (almost like the NHL)**

For all timed games, (mini or regular Tuesday night two team game). The clock will be set to go for 3 minutes of overtime and it will be a 3 on 3 (plus a goalie). If it remains a tie, it will be recorded as a tie. If a goal is scored in OT. Team that wins will get two points, team that loses will get one point. (This is only for Tuesday night) Stanley's Cup Tournament will remain the same. If a tie in the Championship, four on four play...to determine a winner. Sudden death until someone scores. "In a the Stanley's Cup Tournament, we will have a tie breaker too, in the same format, but it will only a 5 minute period and it will be **4 on 4**". indicated President Steven Jaworiwsky.

**7 Minute Periods**; Tuesday night, Mini Tournaments will now be 7 minutes in length, rather than 6 minutes. The score clock will be started up (for 2 Minutes) between periods, and teams will commence play after the two minutes are done. "We want to move the games along, for obvious reasons and we don't want guys just sitting around we want to play some hockey". Stated Michael Jaworiwsky.

**Stanley's Cup Tournament** to be held, Saturday February 22, 2014. Captains for the tournament: Snowpants Snow Squalls, Jingles Jets, Lovieville Flyers and the Stevo Stingrays.

## **Doc Tournament Co-Ordinator Assistant**

Doc has been selected as an assistant to Steve Jaworiwsky for the tournament. He will observe, learn, watch and study how everything is done in preparation for the tournament and will then take over as the Tournament Co-Ordinator for the 2015 Stanley's Cup Tournament. "I am looking forward to the challenge and I will not let Stevo or the Tomcats down", indicated a grinning Brewin

## No Ref (THIS IS A BIG ONE)

For first mini of next year, to see if players can police themselves. Yes no ref, one face off at the start of the period, but that is it. "I think sometimes, the refs are the ones that cause most of the problems, not the players so, let us see if we can police ourselves just like we do with a normal 2 team Tuesday night". Stated Ray MacDonell, "I think it might work". He added.

## You MUST Have An Email Address

Rocky Comartin needs to have every ones email so that He can keep all Tomcats up to date. Reason being. Steve Jaworiwsky was away the week of April 15 and unable to Play on April 16. He sent out a message in a blog (in a nut shell) 'Don't contact me on my cell as I am not around, contact my brother if you cannot make it'. Simple Right? Well, Stevo comes home and checks his cell, and low and behold, there is a message. "Sorry thought I could make it but I can't". And Killer never made it, not to name names. Having updates to Tomcat information on an ongoing basis, is in your best interest, so Rocky needs your best email.

**Tomcat Skipjack Game;** Tomcats not sold on participating in this event for 2014, the game will be put to a vote by all members, instead of just the Board of Directors determining it's faith.

"I think we are looking at having a vote at the end of October, this way Skippy can do what he as to do and we will ask the entire group on stage".  
State Chad Comartin.

**Behind the Net Safety Zone** so, one more time, where is this safety zone and how does it work again? See diagram. Time wise, you have 5 seconds to move the ball, then the Ref will yell "move the ball"!.... so you will have another 3 second, (total of 8 seconds) If you don't move the ball, then the other team will get the ball. Simple...

"It's quite simple, and I think the diagram spells it all out".  
Indicated Kevin Kuprowski.

**Dead Ball Rule, (Reinforced)** if the ball is shot out of play, team that gets it, is to wait for the other team to be in place for play to begin.

**Ball On Net Rule (Reinforced)** You, the player get one wack at the ball if it is on at the back of a net. Simple.



## A Dream that Dave 'Crow' Crawford had:

The sealion was in my dream last night and he was actually a sealion. Weird but cool at the same time. His head was attached to a sealion body and he came out of the sea. Said he was working out. And had a bandana on as well

**This is an actual dream told to the St. Felix by Crow himself.**



## A warning for old-timer hockey players

This article is taken from a local Windsor Paper... something to really think about and the Tomcats should consider buying a defibrillator for the Kow

MONTREAL - Chris Ebsworth, organizes an old-timers hockey team called the Grey Hawks. On Jan. 12, Ebsworth watched one of his closest friends, age 50, suffer a heart attack on the ice while playing in the Dorval Oldtimers Tournament. Two weeks later, another long-time friend and hockey teammate, age 56, suffered a heart attack away from the ice.

The first story has a happy ending. By luck, the referee for the game was Eric Dewar, who is the director of the Pointe-Claire Volunteer Rescue Unit. He performed CPR on the player and an arena defibrillator was also used. The player was rushed to hospital and operated on immediately for an artery that was 90 per cent blocked. He was told if all goes well he could play hockey again in five weeks.

The second story doesn't have a happy ending. That man died, leaving behind three children.

"It's a wake-up call to all of us at that age to realize how fast it can happen and how important it is to know CPR and to be aware of symptoms of a heart attack," said the 56-year-old Ebsworth, who owns Stinger Sport in Pointe-Claire. "When you see that happening to someone you know — a good friend — it's incredibly scary. It really shakes you up."

Ebsworth said that the first player was lucky his heart attack happened during a tournament game, with trained emergency people in the arena, and not in an empty arena late at night during a beer-league game. He added that it's a good idea for every old-timers team to have at least one player who knows CPR (Ebsworth does) and be aware if there's a defibrillator in the arena and know how to use it.

Ebsworth isn't a medical expert, but Dr. Paul MacDonald of Sydney, N.S., is. He is the author of a study titled Hockey Takes Heart: Cardiac Disease Associated with Adult Hockey that was published in the Canadian Medical Association Journal. MacDonald gathered data during the 2006-07 season by putting heart monitors on 113 players between the age of 30 and 70.

"What brought me to do the study was seeing men who were middle-aged, but looked to be very healthy and not have a lot of risk factors, coming in after playing gentlemen's hockey with heart attacks and major complications," MacDonald said in a phone interview. "That's what got us to undertake the study, "Hockey is obviously very popular for both watching and also participation and people are playing older and older. The concern we found was that 100 per cent of the people we monitored had heart rates above the recommended target heart rate for exercise."

In his report, MacDonald wrote: "The physical activity pattern that occurred during recreational hockey caused cardiac responses that might be dangerous to players' health. More specifically, the players exceeded target and maximum heart rates, had poor heart rate recovery after exercise, and had episodes of non sustained ventricular tachycardia and ST-segment depression of uncertain clinical significance."

"As an example, the Montreal Canadiens know that you can perform at that level, but it's a burst of 40 or 50 or 60 or 70 seconds, maybe. But they're not going to have two- and three-minute shifts. The amateur crowd out there tends to just carry on. If you have an extended shift you go from aerobic exercise that's healthy with oxygen to anaerobic exercise and it becomes more dangerous.

"The other concern is that there are people middle-aged and older who may have some heart disease and aren't aware of it. Our concern is that people who don't do regular physical exercise ... **if your only exercise is hockey ... that's a fairly vigorous exercise to undertake.**



Read this in stages if you need to.

**“You shouldn’t play hockey to get in shape, you should get in shape to play hockey.”**

MacDonald says it’s also important to know the warning signs of a heart attack. “Certainly central chest pain, heaviness, tightness, squeezing are the most common ones,” MacDonald said. “If you have trouble catching your breath after stopping and resting for a few minutes ... those are things to be concerned about. Things like excessive sweating ... nausea and vomiting are often other concerns with heart disease as well.

“If you have concerns ... arm pains, chest pains ... if you’re not feeling well you shouldn’t play hockey. And while you’re playing hockey if you develop symptoms you need to stop right away and tell people. Beyond that, people shouldn’t be smoking ... diabetics are at higher risk, people should know what their blood pressure is and have that checked.

“That’s one of the problems ... middle-aged men typically won’t go to see the doctor for anything. If your blood pressure is high normally ... if it’s 150, when you’re on the ice it’s going to be 200, 220. If you start adding up exertion, severe blood pressure, high heart rates ... you’re getting into a very dangerous place to be.”

And the ending might not be a happy one.

**Tomcats are thinking of using some of the money that is paid out, (\$40 at start of season) to purchase a defibrillator for Tuesday night hockey. What are your thoughts. Email Steven Jaworiwsky at [sjaworiwsky@cogeco.ca](mailto:sjaworiwsky@cogeco.ca) and let him know what think about doing that.**

**An ounce of prevention, is worth a pound of cure!**

## Bearcat Looks At Making Return

La Salle –AP- Dean ‘Bearcat’ Meloche a onetime main stay of the Windsor Tomcats is looking at making a return into the Tomcat fold. Injuries have plagued the crafty goaltender and he now feels, with the injuries behind him, he is ready to return ...almost. “My latest injury has not 100% settled down, as yet”, Bearcat says, from his home in LaSalle Ontario, “I want to take the summer to rehab it and try to get ready for, if not the start of the season, then shortly after the season begins”. Dean Meloche says.

Tomcats who are very loyal to their brethren, would welcome Bearcat back in a heartbeat, but they now hold a glut of goalies and prospects. Ray MacDonell, Mike Menzel, Shane Renaud, Farm Hands, Rob Daniesh and prospects, Aaron White and Joe Costa. Throw in Michael Jaworiwsky, Dave Hann and Matty Youssef and you have a ranch full of goaltenders. Bearcat Meloche knows it will not be an easy road. “Oh I know what they have, ‘goaltending wise ”. Bearcat Meloche says, sipping on a protein shake and then adds, “put I am willing to take what ever playing time they (Tomcats) give me and go from there. They have not reassigned, my number 33 so I figure, they must still have some plans for me, and I would love to play in the main tournament”. an enthusiastic Meloche concludes .

## TOMCAT GOLF A SUCCESS

**Seven Lakes LaSalle -AP-** The sun shone brightly and there was not a cloud in the sky as the Tomcats teed it up in their annual Golf Outing. "It's a great deal of fun". indicated organizer, Snowpants Ferranti who added "it's fun but sad too, as I won't see most of these guys now till September". Ferranti Concluded with a tear in his eye. Tomcats raised over 6 million dollars at the tournament for Women Who Want Bigger Breasts. "Breast enlargement is something every women should be able to afford, for those who cannot, we try to help. That is why this is great event". indicated David 'Crow' Crawford.



**Junior, Sparky and the Bundura**