

The battle of wounded knee

Damn leaf. Next week when you peruse this space I am told I will be semi-coherent (like I'm ever coherent), flat on my back, connected to a couple machines and feeling a significant amount of pain.

All because of a damn leaf.

Regular readers of this column will recall two months ago I hurt my left knee after stepping on a leaf while doing my best Pete Sampras impression during a lunch hour of tennis with a co-worker.

After some 8,439 visits to doctors, athletic therapists, physiotherapists, osteopaths and orthopedic surgeons (the only health giver I didn't see was our pooches' vet), the conclusion was finally reached that I needed surgery for a torn ACL (anterior cruciate ligament) and a partially torn MCL (medial collateral ligament) and I need the surgery PDQ (pretty damn quick).

Actually, the surgeon said I had a choice about the surgery. I could decline it, but then I'd also have to forget about playing golf again.

There really wasn't any choice.

So, that brings me to next Monday when I get to go under the knife. The operation will be the first for me since I was five years old and had to have me eyes fine-tuned so I didn't look like Marty Feldman.

All I recall from that operation was waking up in the middle of the night to find a beet-red newborn baby in a bassinet next to my bed crying its eyes out. The thing looked like something from movie Aliens and left such an impression on me that, to this day, I do not find small humans who leak from both ends "cute".

Anyway, in our new and improved health care system, I don't get to stay in hospital. Nope, I get sent home that night where

THIS
'N
THAT



John McGhie

I can drive wifey nuts with my fussing and moaning instead of some poor underpaid nurse who has much more important things to do than to listen to a 40-something adolescent whine that he can't reach the remote.

The surgeon has told me I can expect a lot of pain for the first few days, so much so that I get a home care nurse for the first 48 hours who will stop by every four hours to give me a shot for my discomfort.

I kidded wifey that maybe the nurse will be a 22-year-old blonde Swedish girl but she countered it will either be a guy named Sparky or a 74-year-old grandmother named Zelda with a growth on her neck the size of a Volkswagen.

After a week or two at home, with crutches, I am then to begin "working on walking without a limp."

To accomplish this I will require three months of physiotherapy in order to, "work on your extension and flexion and to increase your quadricep and hamstring strength."

That's where someone yells at you to do all kinds of exercises you wouldn't think of doing if you had two good knees. "Physio-terrorists" one friend called them.

This entire episode has been, and will be, one great inconvenience and bother.

Damn leaf.



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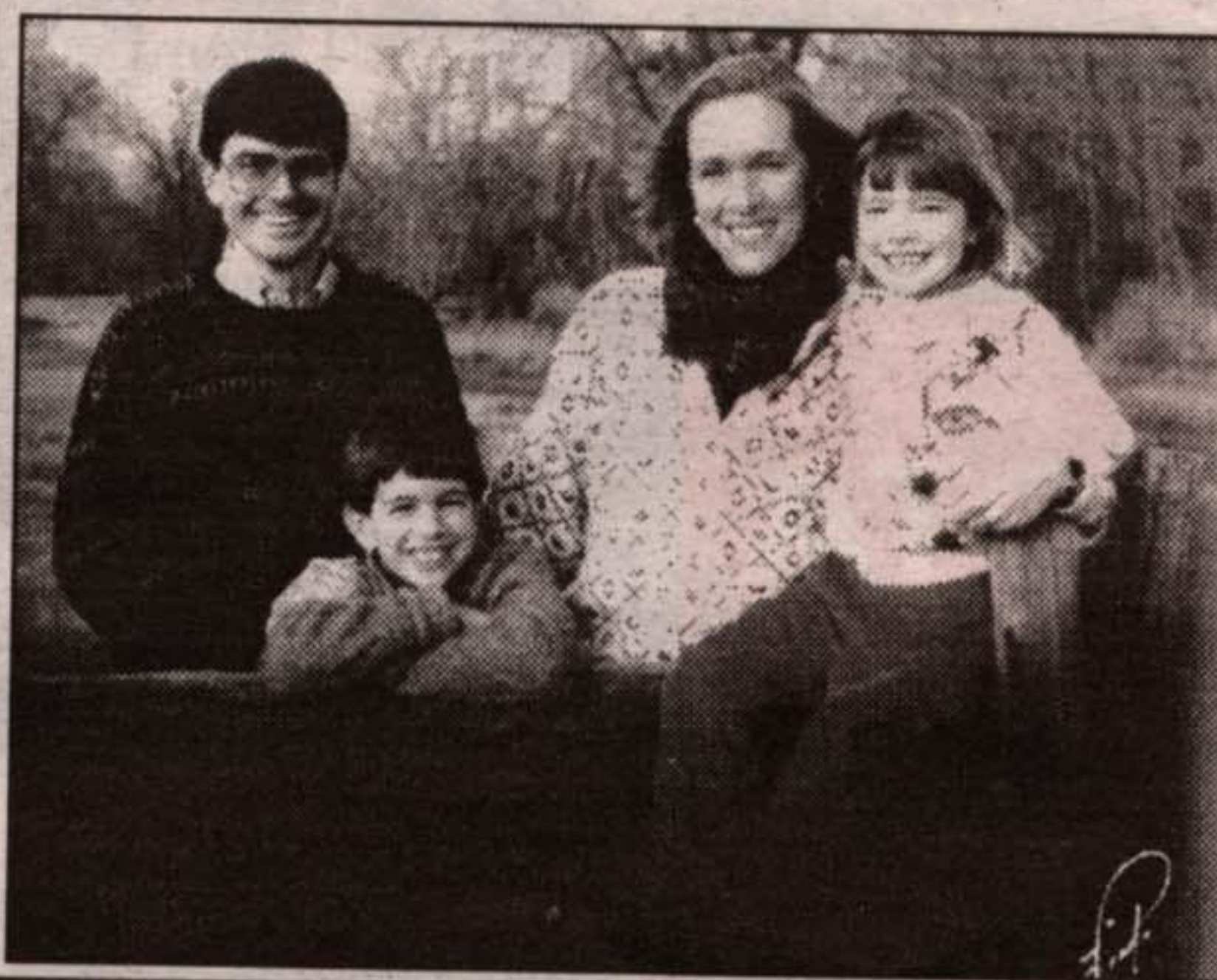
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The Remembrance Park Millennium Project has a volunteer committee consisting of members of the community and representatives from various organizations who are currently planning and fundraising to revitalize the Georgetown Remembrance Park, located on James Street, downtown Georgetown.

MISSION STATEMENT

- To improve and enhance Remembrance Park through a community based millennium project.
- To serve as a lasting tribute to those who served Canada in the Armed Forces and on the homefront during conflict or peace.
- And to foster continued understanding, peace, friendship and goodwill amongst nations, peoples and communities.

Our Information package may have already arrived at your home with a donation envelope attached. If you have already contributed we thank you for supporting our millennium project.

ALL DONATIONS ARE WELCOME

For further information call
Martin Boomsma, 877-5843
Rein Pater, 877-0660
Tom Schenk, 877-6839

PROJECT SUPPORT

The project has been endorsed by Town Council, The Royal Canadian Legion Branch 120, and various community organizations.

Part of the funding is being requested from special millennium funding agencies at three levels of government.

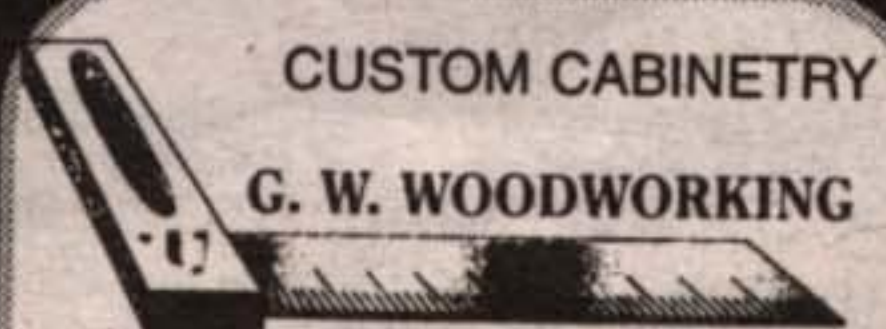
Your participation and support as a community organization or private citizen is an essential part of the funding of this project.

Donations are appreciated in the form of services, supplies or monies and should be forwarded to:

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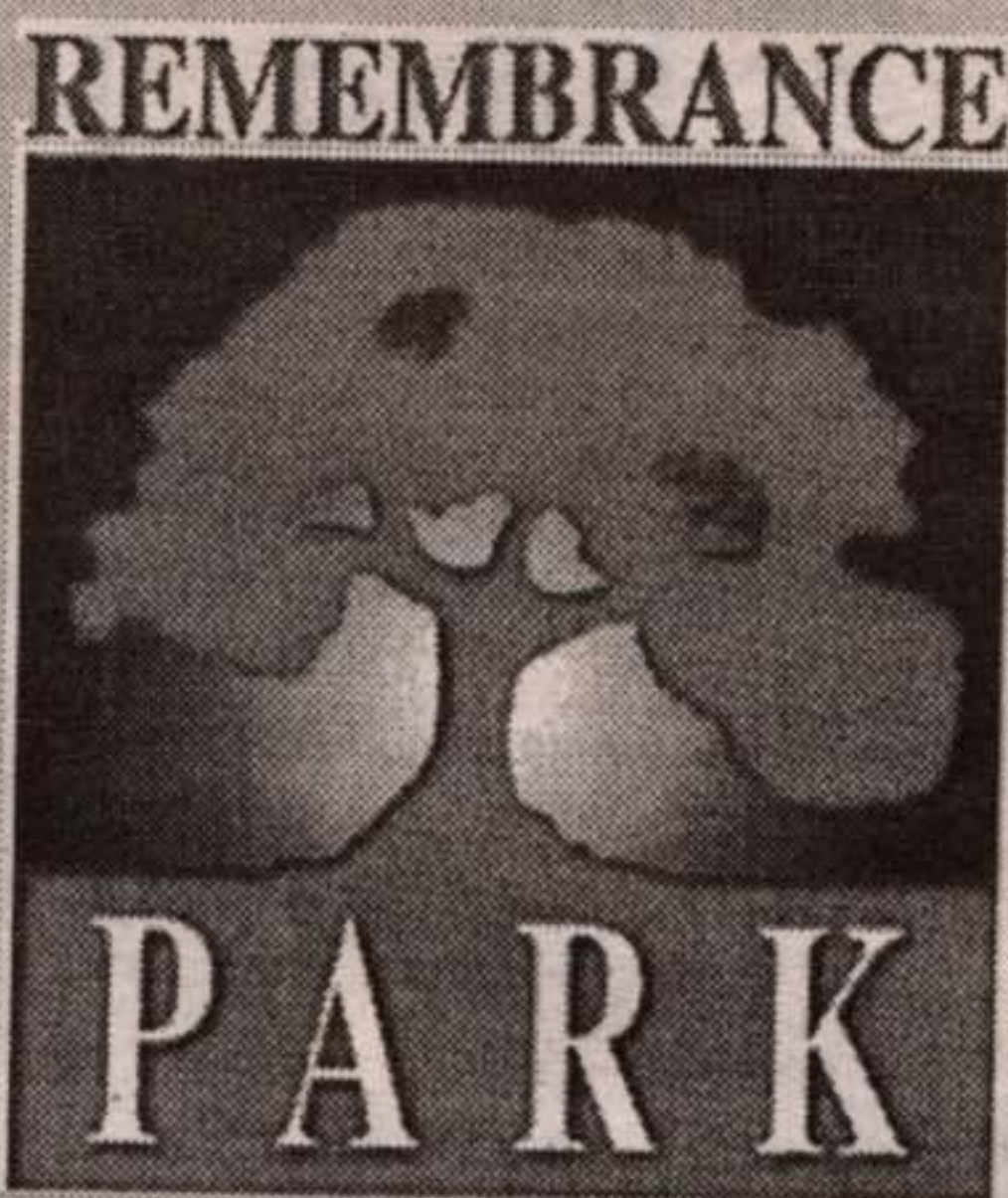
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