

**Subject: FW: Ron Andrews Rec Centre Staff**

**Date:** Fri, 15 Aug 2003 18:23:42 -0700

**From:** "Ernie Crist" <ernie\_crist@dnv.org>

**To:** "FONVCA (E-mail)" <fonvca@fonvca.org>, <cagebc@yahoo.com>

**CC:** "Mayor and Council - DNV" <Council@dnv.org>, "Senior Management Committee" <managecomm@dnv.org>

> -----Original Message-----

> From: Ernie Crist

> Sent: Friday, August 15, 2003 6:20 PM

> To: Janet Wallace

> Subject: RE: Ron Andrews Rec Centre Staff

>

> Hello Perry and Janet:

>

> Please convey my heartfelt appreciation to staff for their professional and kind assistance following my nasty fall in the R.A. steam room at the price of three broken ribs. As you can appreciate I was in great pain and, at the same time, angry with myself for having allowed myself to slip.

>

> It may be of interest to you that after I drove home I tried to tough it out but later in the evening as I was sitting on my chesterfield I had to cough - there was a loud crack coming from the general vicinity of my rib cage and the pain became truly excruciating. I suppose one of the three ribs was only cracked and had now broken. The pressure of the cough was the final straw. It was then that I realized that I was beaten.

>

> I went to Lions Gate Hospital by Ambulance only to find out that two and most likely three ribs were actually broken. It was reminder that like the rest of the species I am not only mortal but also fragile. I had suspected that all along but now I knew for sure. I had to wait several hours before the emergency staff was able to attend to me and take x-rays.

>

> As I said I was truly impressed with the R.A. Staff especially with Dawn Huber and Diana Nakada who were right on the job.

>

> The Doctor said it might take up to 5 or 6 weeks before it would heal but who knows.

>

> Please put this little note of appreciation in the appropriate files and also pass it on to the rest of the Rec Staff including Heather.

>

> Thank you,

>

> Ernie Crist,

>

> -----Original Message-----

> From: Janet Wallace

> Sent: Friday, August 15, 2003 10:12 AM

> To: Ernie Crist

> Subject: Ron Andrews Rec Centre Staff

>

> Hello Ernie, I'm sorry to hear about your fall yesterday and your broken ribs. I hope you will recover quickly. Please give us a call when you are back on your feet, and Paula Coburn our Weightroom Supervisor can meet with you and give you some exercises to strengthen your back and core muscles. We would like to help you in anyway we can to get back to your regular workout routine.

>

> You wanted the names of the staff who assisted you yesterday in the pool. The lifeguards were Dawn Huber and Diane Nakada, and the programmer who took down your accident information was Darcie Montgomery.

>


> Take care Ernie,

>

> Janet Wallace

> *Recreation Programmer*  
> *Ron Andrews RecCentre*  
> *604.983.6509*  
> *wallacej@northvanrec.com*  
>  
> *Recreation builds strong families and healthy communities.*  
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