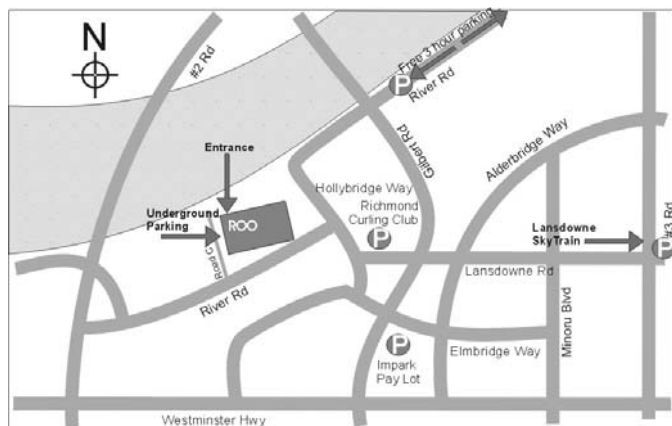


## REE - Richmond, BC

The annual Rehab Equipment Expo (REE) will be held on Tuesday September 9 2014 8am - 4pm at the Richmond Olympic Oval 6111 River Rd, Richmond, BC, V7C 0A2.

Free Parking and Free Shuttle Service - Park at Lansdowne Mall (Sky Train Station) - Shuttle to and from REE every 10 - 15 minutes. A limited amount of pay parking is available at the Oval. Admission \$2 (Car poolers, cyclists, and transit users free) Free food and drinks (including a hot buffet lunch – 11:30 to 1pm).



The purpose of REE is to give **clinicians** and **consumers** in the community and health facilities access to information needed to make educated decisions regarding the purchase of assistive technology. The event features manufacturers and retailers who provide equipment, as well as displays by non profit organizations serving the needs of people with a disability.

Throughout the day not only will you be able to visit the exhibit booths; you will also have access to sixteen people who are experts in their field to answer questions related to providing the best service to people with a disability.

The lunch time panel has representatives from most of the major funding sources to answer your questions.

There will also be a presentation by the **Home Medical Equipment Dealers Association** outlining changes that will affect your practice.

It is also an excellent opportunity to discover support groups who provide services to people with a disability.

Many people use the event as an opportunity to network and get back in touch with professional colleagues.

The Bearer of this voucher is invited to attend and is entitled to - FREE ADMISSION – and a chance to win a – WHEELCHAIRS CAN JUMP – book! Present this form at the registration desk already filled in:

CUT HERE

Name \_\_\_\_\_

Email \_\_\_\_\_

Info will only be used to inform you of future REE's.

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CUT HERE

## Kenda Kontestor



The **Kenda Kontestor** at \$40.00 Retail is a great quality, high pressure tire that comes in either red, blue or black. These tires were developed for sport by Kenda after several years of research. Dual rubber compounds provide a durable longer life for the tire, while thicker side walls and motorcycle type fabric construction gives much greater puncture protection from both sidewall impacts and tread incursions. Kenda developed this tire with Rugby players in mind, which makes it one of the best on the market for daily use! Another great product for every day wheelchair users from the sport community.

## News from the Studio



Every day I come to the shop I get inspired by people I come in contact with whether it is someone that we have worked with to get into one of our products, a supplier of our products, a prescriber who goes the extra mile for the person they are working with, or the ones most often overlooked, the people around me everyday!

The "Caprice Fine Art & Company" news letter came in today and Caprice (picture above) echoed my thoughts in writing, "Wow! Hard to believe the summer is almost over." Caprice is in southern BC and would be a Rick Hansen **Difference Maker** if anyone blew her horn for her. She has painted some fantastic pieces and here is one that I like, Kananaskis Country oil on canvas 36"X24", unframed \$2550.00. Check out [capriceartstudio.com](http://capriceartstudio.com). Thank you for the inspiration **Caprice** and best of health!



## HP101 Revisited

Since Ian Denison has had quite a bit of experience and published many articles on tire pressure, rolling resistance, etc., we take this opportunity to republish the article on High Pressure 101. Like Alan before her, Nikki, has had her share of putting wheels together and in particular, changing tires. She has provided her version of changing tires 101. She starts out by stressing how much easier high pressure tires make life for everyday wheelchair users, but is quick to point out that you better make sure you have good rim tape or you will end up with flat tires (most HP flats occur from the inside due to the tube being compromised by one of the non-bevelled holes in the rim to accommodate spokes and push rims). Tubes are not PSI rated as tires, but when you get up over 55 PSI the vast majority of straight rubber liners to protect the tube from inside damage are not strong enough to do the job and the user is well advised to use the high pressure liners or rim tape on the market or simply put a couple wraps of electrical tape over the rubber liner to

avoid issues. 1. Deflate the tube, then work one side of the tire off with three tire levers (use composite as per the black Kenda ones unless you are not concerned about marking your rims). 2. Remove the tube then pull the old tire off the rim. 3. Check the liner or rim tape and replace it if necessary as per the note above. 4. Check the sidewall of the new tire for directional placement and put half the tire on the rim opposite the push rim. 5. Put the stem of the tube in and place the tube inside the tire. (Some people like to put a little air in the tube at this point and others like to use a non-messy lubricant to ensure that the tube slides into the tire well and is less likely to be pinched in the final assembly). 6. Using your hands and starting with the tire near the valve, put the tire on the rim, massaging it all the way around making sure that the tube is not being pinched anywhere. The more massaging and positioning of the tire in the deepest part of the rim you do, the easier it will be to get the whole tire on the rim. 7. If you are not able



to put the tire all the way on, we recommend the use of a tire bead jack for the final few inches of tire placement. 8. Inflate the tire to the PSI recommended on the sidewall of the tire (prior to confirming that the wheel is rated to that pressure) and inspect the tire for proper seating. 9. Completely deflate the tire and check around the rim to ensure that the tube is not seated anywhere underneath the bead of the tire and then reinflate the tire to the proper PSI and put the cap on top of the valve stem and you are good to go!

## Bits and Bytes

- 49 Rehab Equipment Expo September 9 Richmond, BC;
- 49 OSOT Conf. Richmond Hill, ON September 19-20;
- 49 Rehacare September 24-27 Dusseldorf, Germany;
- 49 RGK Factory Burntwood, UK September 29-30;
- 49 10<sup>th</sup> Annual Rolling Rampage Ottawa, ON October 9;
- 49 TO2015 Parapan Sport Conf. Oct. 27-30 Toronto, ON.

**BESPOKE PLUS** markets/promotes **RGK Wheelchairs**, **VARILITE®** Seating and Positioning Systems, **KENDA**, and **Ki Mobility** products, along with Spinergy, Glance, Spintek, Frog Legs, Schwalbe, Sun Components, Natural Fit, Blax, etc.

**Comments are welcome; contact the editor Reg McClellan in the manner you wish below.**