

June 13, 2023

Foundation CONNECTION

Newsletter of the University of Ottawa Heart Institute Foundation



**A message from Lianne Laing,
VP Philanthropy UOHI, President UOHIF**

It's me again. We send out our Foundation Connections newsletter monthly, so every few weeks, I give myself time to reflect on the upcoming events, projects, activities, and campaigns we have in the marketplace. You probably noticed a pattern if you've been receiving our correspondence for a while. The buildup and recruitment to ***JUMP IN™***, the lead up to ***February Is Heart Month***, then ***Tamarack Ottawa Race Weekend***, and now, the ***Wilbert Keon Memorial Golf Tournament***.

June's letter is always the hardest for me, but it's not for lack of content. We are busier than ever!

This year marks 21 years since I lost my dad to a heart attack. On June 6th, the anniversary of his passing, I always head to the Stonebridge Golf Club and tee up a golf ball for him, within view of where he died. I always wonder who finds my golf balls the following day. Some years the sun shines, and I listen to happy music, smile, update my dad on life (even though I know he knows), have a snack and continue my day. Some years, like this one, I sit and cry a little longer and a little deeper. As I teed up the ball this year, the winds began to change, the cloud cover thickened, and the skies shifted from blue to smokey grey. The aftermath of the forest fires had arrived. And just like that, plans changed. In the past three years, we have gotten accustomed to having curveballs thrown our way; plans cancelled, events shut down, and finding comfort locked away in our homes.

Even though it wasn't what we wanted, we have learned how to be more resilient and hopefully more appreciative of the things we have. Like clean air, a refreshing walk outside and good health.

As Father's Day approaches, I hope you are nudging your dad to have a health check, as it might be the best gift you can give him. I wish I had. Also, on a much brighter note, a Father's Day card from the Foundation might be a win-win too. He feels the love, and you've helped support the life-saving and innovative patient care at the world-class Heart Institute.

Give With Heart



Your donation will be matched.

With the sappy stuff out of the way, I want to thank everyone who got in the spirit and joined us for our **Inaugural Ottawa Pickleball Classic**. It was a total blast as almost 60 teams hit the courts at the RA Centre for a fun-filled day.

The costumes were fantastic, and the positive energy flowed throughout the day. It was a wonderful mix of former patients, pickleball enthusiasts and supporters of the Heart Institute. Daniel Alfredsson showed up for a celebrity game with some of your favourite media personalities and Heart Institute rock stars. The matches did not disappoint! Look at our social media platforms for a fun-filled highlight of the event!



“How Daniel Alfredsson spent his Saturday afternoon: playing pickleball for the Ottawa Heart Institute
Inaugural Ottawa Pickleball Classic raises more than \$30,000 for University of Ottawa Heart Institute”

[Read more - OBJ](#)

Also, we are in full countdown to our **Wilbert Keon Memorial Golf tournament** on July 10th at the *Royal Ottawa Golf Club*. The event is sold out, but we look forward to sharing all the highlights from the day with you.

In the meantime, we are grateful and excited about your community events and fundraising efforts in support of the Heart Institute. Please remember to let our team know so we can help promote your fun initiatives on our events calendar and social media channels. We are excited to showcase our new website in the coming months.

Enjoy the longer days, the warmer temperatures, and the countdown to vacation. Hoping the school year wraps up on a high note! Thank you once again for your support and generosity to the Heart Institute.

With love,

Lianne



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