

# What's happening in the Community?

## NEXT ISSUE:

A recap of International Day of Persons with Disabilities and the Inclusion Awards



Page 1  
Twas the Night Before Christmas



Page 2  
Christmas recipes



Page 3  
Christmas songs and what Christmas means to me



Page 4  
Community Events Calendar

## December 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Festival of lights and trees Medicine Hat	2 Pre-Christmas show Medicine Hat	3 IDPD Sounds of Christmas 7pm-8pm Taber	4 Betty's Christmas market Pincher Creek	5 Christmas craft show Brooks
6	7	8	9	10	11 SAIPA Holiday Party 1pm to 3pm	12 Winter wonderland concert Medicine Hat Holiday Train Lethbridge
13	14	15 City hall Christmas Brooks	16	17	18 Holiday train Medicine Hat	19 Sledge hockey demos Brooks
20 Kotch's exotic international travels and tours	21	22 Last day of festival of lights and trees Medicine Hat	23	24 Christmas Eve	25 Christmas Day	26 Boxing Day
27	28	29	30	31 New Years Eve		

# THE Ripple

December 2015

Twas the night before Christmas  
Twas the night before Christmas, when all through the house.  
Not a creature was stirring not even a mouse.  
The stockings were hung by the chimney with care,  
In hopes that St Nicholas soon would be there.

The children were nestled all snug in their beds,  
While vision of sugar – plums danced in their heads.  
And mamma in her kerchief and I in my cap,  
Had just settled our brain for a long winter's nap.

When out on the lawn there arose such a clatter,  
I sprang from the bed to see what was the matter.  
Away to the window I flew like a flash,

When out on the lawn there arose such a clatter,  
I sprang from the bed to see what was the matter.  
Away to the window I flew like a flash,  
Tore open the shutters and threw up the sash.

The moon on the breast of the new – fallen snow  
Gave the lustre of mid – day to objects below.  
When, what to my wondering eyes should appear  
But a miniature sleigh, and eight tiny reindeer.

With a little old driver, so lively and quick,  
I knew in a moment it must be St. Nick.  
More rapid than eagles his coursers they came,  
And he whistled, and shouted, and called them by name!

“Now Dasher! Now Dancer, now prance and Vixen!  
On Comet! On Cupid, on Donner and Biltzen!  
To the top of the porch! To the top of the wall!  
Now dash away! Dash away Dash away all!”

He sprang to his sleigh. To his team gave a whistle, And away they all like the down of a thistle.  
But I heard him exclaim, ‘ ere he drove of sight, “Happy Christmas to all, and to all a  
goodnight!”

As dry leaves that before the wild hurricane fly,  
When they meet with an obstacle, mount to the sky.  
So up to the house – top the coursers they flew,  
With the sleigh full of Toys and St Nicholas too.

And then in a twinkling, I heard on the roof  
The prancing and pawing of each little hoof.  
As I drew in my head, and was turning around,  
Down the chimney St Nicholas came with a bound.

He was dressed all in fur from his head to his foot,  
And his clothes were all tarnished with ashes and soot.  
A bundle of toys he had flung on his back,  
And he looked like peddler, just opening his pack.

His eyes – how they twinkled his dimple how merry!  
His cheeks were like rose his nose like a cherry!  
His droll little mouth was drawn up like a bow,  
And the beard of his chin was a white as the snow.

The stump of pipe he held tight in his teeth,  
And the smoke it encircled his head like a wreath.  
He had a broad face and a little round belly,  
That shook when he laughed, like a bowlful of jelly!

He was cubby and plump, a right jolly old elf,  
And I laughed when I saw him in spite of myself!  
A wink if his eye and a twist of his head,  
Soon gave me to know I had nothing to dread.

He spoke not word, but went straight to his work,  
And filled all the stocking, then turned with a jerk.  
And laying his finger aside of the nose,  
And giving a nod up the chimney he rose!



## SRSAN meeting

The meeting was held in Lethbridge, AB on Wednesday November 18, 2015 at the Italian Canadian club. We talked about life a little bit and how SRSAN can be better. We also had an election for the positions on the SRSAN board so we got to get experience of how to vote. On December 3rd, 2015, International Day of Persons with Disabilities is being celebrated at CASA from 1pm until 9pm. There be different activities and presentations. International Day of Human Rights is on December 10, 2015. We also talked about the federal election and how accessible voting went. SAIPA is also having an office Christmas party on December 11th from 1pm until 3pm. We had a visit from Leigh Bremner at lunch. We also talked about the newsletter and that others can come and help out with The Ripple. Our next SRSAN meeting is on Thursday January 28, 2016 in the Hillcrest Church in Medicine Hat, AB at 10:30am and remember to take your own lunch.



## 2015 Federal Election Results

The results are in, our new Prime Minister is Justin Trudeau. Liberal won the most seats with 184, Conservative Party with 99 seats, NDP with 44 seats, Bloc Quebecois with 10 seats and the Green Party with 1 seat. This has been the highest voter turnout in almost a quarter of a century with more than 17 million Canadian casting a ballot, which is more than 68% of eligible voters coming out to vote. Alberta remains mostly Conservative. In the Lethbridge riding, Rachael Harder won more than half of the vote. During Justin Trudeau's victory speech he says "This my friends is what positive politics can do" and "It's time for a change in this country, my friends."



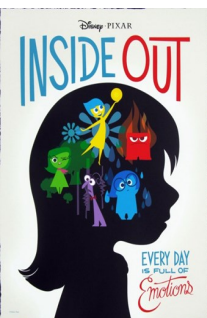
## MOVIE REVIEWS BY KEN

### Ant Man

I just went to see the movie "ANT MAN", which is based on the comic book series created by Marvel comics. This film starred Paul Rudd, Michael Douglas, and Corey Stoll. I found this movie to be incredible and really engaging. This film shows us just how small the world really is, from a different perspective of how we view our own world. I give this movie 5 out of 5 stars.



### Inside out



The name of the film that I saw was "INSIDE OUT". This animated film, was created by Disney and Pixar Studios. This movie was about our emotions, and the importance of family. The main character of the story was an 11 year old girl named Rylan. I give this movie 4 out of 5 stars. I loved the storyline and the wide range of emotions entailed.



## Come join us at the Ripple

Every Thursday I write the newsletter for the Ripple and the articles I do are what songs can say, the movie review and the awards. I like coming to do the newsletter because I like to tell people about the events and I hope you come and help with the newsletter. I learn new things and meet new people.

## Advocacy

Advocacy is a political process by an individual or a group which helps out in the community. For a self-advocate that is exactly what we are doing we are making sure that we have a say in our community, province and our country. Advocacy is also a way to get your voice heard and you are able to stand up to someone such as a bully or even someone that doesn't want you to succeed. You can easily tell those people that "you know you can and you don't need anyone to tell you what you can and can't do."

## Crossings Leisure Complex

Crossings multi purpose leisure centre will be located in the heart of west Lethbridge at the intersection of whoop up drive and corner of Benton drive west.

- Set to be built in 2019
- Funding for the centre project includes the original \$54.75 million for the aquatic centre plus \$51.3 million in new borrowing capacity and \$3.5 million from the Alberta community partnership grant.
- Aquatic Centre will include waterslides, whirlpools, and a lazy river.
- It will also include an Expanded Fitness centre; Indoor field area; running track, an indoor playground and child-minding area; multi-purpose rooms; and commercial lease spaces.
- It will be on the corner of Britannia Blvd west and Mauretania Road west.

## Holiday Cheesecake Cups

### Ingredients:

- 1 1/4 cups Graham cracker crumbs
- 1/4 cup butter, melted
- 3 pkgs Cream cheese, softened
- 1 cup sugar
- 3 eggs
- 2 tsp vanilla extract
- 1 1/2 cups sour cream
- 3 tbsp sugar
- Fresh fruits or berries

### Preparation:

Double line 24 muffin cups with paper liners.

In small bowl, combine cracker crumbs and butter. Press about 1 tbsp of mixture onto bottom of each cup.

In large mixer bowl, beat Cream cheese until light and fluffy; gradually beat in the 1 cup of sugar. Add eggs, one at a time, beating well after each addition. Stir in 1 tsp of the vanilla extract and 1/2 cup of the sour cream. Divide mixture among prepared muffin cups. Bake in 325 °F oven for 30 minutes.

Combine remaining 1 cup sour cream, the 3 tbsp of sugar and remaining 1 tsp vanilla extract; spread over cheesecake cups. Bake 5 minutes. longer. Cool in pan on wire rack. Chill.

To serve, remove cheesecakes from cups and top with fresh fruits or berries.



## What Christmas Cheer means to me! By Nicole MacDonald

When it comes to Christmas cheer it is about thinking about one another and not thinking about ourselves.

When it comes to my Christmas cheer I love showing it by helping others because it puts a smile on my face especially when I was younger. The reason why I say "when I was younger" is because at that point in time I was helping out with the Christmas cheer board where I am originally from. If you're not sure what the Christmas cheer board does here is a little bit of a summary of what they do. Basically the Christmas cheer board puts together Christmas hampers for families or even people that really need the extra help during the Christmas season. I felt honoured to help out because I knew I was helping others in an area. The Christmas cheer board also helped me when it came to my community service in the Guiding World. The Christmas cheer board was a huge part of my life and I really enjoyed it. So that is what Christmas cheer means to me: it is about helping one another and not thinking about ourselves.