

The Ripple

Fall 2010



Municipal Election Time

October 18th, 2010

Mission

We teach people with disabilities to advocate on behalf of themselves and others. We are a united voice which promotes equality, opportunities, and inclusion for us, by educating the community about our dreams and what we can achieve.

Vision

The vision of the SRSAN is a world where:

Everyone has the opportunity to make informed choices and participate.

We can be leaders in helping people with disabilities achieve their own goals.

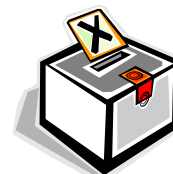
There is respect and equality for all.

We believe in ourselves and we can take pride in our accomplishments.

We work together to succeed in making positive changes in our communities.

Did you know?

Every Canadian Citizen that is at least 18 years of age and has lived in Alberta for at least six months before the polling day can vote!



Voting connects citizens with their political process. It helps choose our leaders (those who share our views or those who may inspire us). The simple act of marking a ballot tells our leaders what we think about decisions that affect our lives, such as how much taxation we think is fair or what issues (such as health care or the environment) we think are most important.

Why should you Vote?

Voting connects us to one another as citizens. By taking part in an election and by expressing our point of view, we help democracy work. By agreeing or disagreeing with our leader we show that the political system can accept differing points of view and can resolve them. By not voting, we break the connection between individual Canadians and their community.



Voting helps to safeguard our freedoms. A democratic community can only survive if its citizens see participation in the political process as a duty and a responsibility.

By voting, each citizen participates in a process that might lead to other forms of involvement, such as working for a political party or even running for office.

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What a song can say...

“We’re not gonna take it” ~Twisted Sister

Oh we’re not gonna take it
No, we ain’t gonna take it
Oh we’re not gonna take it anymore

We’ve got the right to choose and
There Ain’t no way we’ll lose it
This is our life, This is our song
We’ll fight the powers that be just
Don’t pick our destiny, cause
You don’t know us, you don’t belong

Oh we’re not gonna take it
No, we ain’t gonna take it
Oh we’re not gonna take it anymore

Shannon Says: “This song means that we are going to stand up for our rights and privileges and against racism. We aren’t going to take any discrimination and abuse”.

Danielle's Pet Facts

I want to send out a reminder to all of the dog owners out there that your dog needs lots of exercise and attention! Here is a list of Dog Runs in Lethbridge:

Open Spaces for you & you and your dog:

There are designated areas within Teenaquim Park, which is located on Scenic Drive South and Popson park where dog owners can exercise their dogs off leash. Doggy bags are always provided and owners are asked to please make use of them.

No dogs Allowed in the following areas:

There are areas within the city where no dogs are allowed.

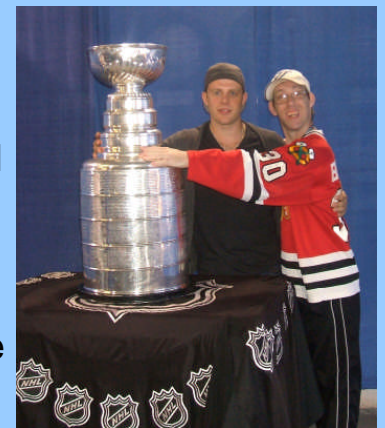
- 1) Nature Reserves, Cottonwood Park, Alexander Wilderness Park, Elizabeth Hall Wetlands.
- 2) All School Grounds
- 3) Within 100 feet (30 meters) of playgrounds
- 4) Cemeteries

*If you do not have a dog you can go to the Animal Shelter and Volunteer to walk a dog. The dogs will really appreciate it and you will enjoy yourself too!

Sports by Kent

The Blackhawks won this years 2010 Stanley cup and Kris Versteeg brought home the Stanley cup to Lethbridge. He played here in Lethbridge for his entire Junior career.

I got my picture taken with the cup when Kris brought it home. I stood in line for over 3 hours . This was Kris's first cup ever in the NHL and then he was traded to the Toronto Maple Leafs. It may have taken 3 hours for me to see the cup and touch it even but it was worth every minute.



- Kent Pedersen

Remember to renew your SRSAN Membership in September

SRSAN memberships are due for renewal!

SRSAN Membership costs \$5.00 per person and needs to be paid for each year in September. September is here and we will be renewing memberships.

You receive the following:

Come together with other self-advocates and allies.

Have a voice on issues and create positive change.

Have an opportunity to learn leadership skills.

Meeting minutes and information on upcoming training, conferences, and self-advocacy information.

Receive the Ripple Newsletter, put together by self-advocates.

Share your stories of self-advocacy with others.

Meet new people and learn from them.

Your membership will be good for you and SRSAN!

Contact us by email at srsan@saipa.info;

OR by phone at 403-320-1515

or toll free 1-866-1518



October is Community Living Awareness Month

Celebrate the contributions and abilities of people with developmental disabilities which enrich the communities we all live in. Embrace the diversity in your community and take the time to acknowledge one another for your gifts, talents and abilities!



A L I I I e s

Interview with Kevin Chubb

Can you tell us a bit about yourself?

I'm a 27 year old who has lived in Lethbridge for most of my life. I have a marketing diploma from SAIT and am currently working on my bachelors degree in Kinesiology from the University of Lethbridge. Life is quite busy for me these days as I just started my own company with my brother called Chubb Brothers Yardworks. As well I train on the University Track and Field team and am presently employed at Quest Support Services. I love softball, hockey and am an avid runner.

How did you come up with the idea of a fitness program for Quest?

The idea for this program stemmed from two primary factors. One being that I wanted to engage in something in the short term that would allow me to utilize my present schooling in Kinesiology. The second factor being that I noticed a lack in physical activity and wellness services that were being offered to individuals with disabilities. I've realized the amazing impact that physical activity has had on my quality of life and I wanted to share this with others. My employment at Quest Support Services provided the channel and starting platform to do so.

What has the response been like by the individuals involved?

The energy, excitement, and welcome response from individuals has reinforced what I am trying to do and also motivated me to continue to grow the program. I'm told that individuals look forward to the weekly class and I notice this when I am welcomed upon my arrival. Individuals not only seem to want to participate each week but also want to assist in leading the class on some occasions. This opportunity for empowerment and leadership is truly invaluable and is something that I try and strive for.

Why would you say fitness is important?

Fitness is kind of a blanket term which can cover cardio, (heart health) strength, and flexibility. There is greater awareness today of the importance of all of these areas when looking at someone's health. The only way to improve these areas is through targeted physical exercise. The benefits of improving these areas are huge.

Reducing the risk of chronic disease, lengthening life expectancy, improved energy levels, improved moods/sleeping patterns, reduced chance of injury, and improved mental functioning are just some of the benefits of physical exercise.



Although much answers remain to be discovered, there is no doubt that the mind and body are connected and therefore physical fitness has a positive impact on mental health.

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What advice would you give to other agencies thinking of developing a fitness program?

Start small. It doesn't take a major investment of time and money to get people active and involved in physical activity. It can be as simple as a ball game in the park or a group who likes to walk together. As long as you have a leader who is committed to the interests of the group then anything is possible. Our biggest limitations are usually ourselves and when we can get over this and allow the inertia of something to take hold then that is half the battle. Physical activity is one of those things that just makes sense and when people become involved and feel the benefits firsthand then they are more likely to continue. Keep activities fun and be cognizant of all members of the group. Make sure everybody is getting something out of the program by tailoring the activities towards individual interests and abilities. This can be difficult at times especially when you have a wide range of abilities within a group. However it is essential to ensure total inclusion within the community of exercise you are trying to create.



Allies Ally Continued

Interview with Ed Gatzky

Can you tell us a bit about yourself?

Highly enthusiastic, energetic and fitness oriented person that is eternally optimistic and loves life and laughter.

How did you come up with the idea of a fitness program for Peak?

Fitness is important to everyone of us as human beings and assists to enjoy life to the fullest. A healthy mind in a healthy body equates to a healthy outlook to life.



What has the response been like by the individuals involved?

The response has been very humbling, exciting and has been a complete pleasure to have such a positive effect on so many lives.

Why would you say fitness is important?

Goes without saying that it helps us to maintain our health and well-being and it shows in our self confidence and self esteem. It helps to stave off premature illness and disease. Again, a person who is physically fit has more energy and it shows more vibrancy.

What advice would you give to other agencies thinking of developing a fitness program?

Well you need to tailor each program to the individuals physical limitations. Focus on what they can do and not what they cannot do and do the positive "do's" and start off each program with a slow moderate pace as they gain confidence within the program.

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.

John F. Kennedy



Did you know?

Golf was the only sport played on the moon! On February 6, 1971, Alan Shepard hit a golf ball on the moon.



Importance of Social Networks

The treatment of people with developmental disabilities has changed greatly over the last 30 years. There are now many services and well-trained care workers. People with disabilities have rights that are ensured in many countries around the world. What is missing, all too often, is friendship.

Friendship grows out of the natural impulse to care about one another and to have a sense of belonging, something all humans share. In our society, for the first time in history, most of the work of caring is done by professionals. But there is not a lot of genuine caring, in that; would the caring be there if it was not paid to be. More and more, people are starting to see the simple truth that in order to be rewarding, our lives must include the old-fashioned kind of caring and conversation, the kind that comes from the heart. Without it, our lives are poorer, more stressful, no matter how many services we receive.

People who have spent their lives on the edge of society, surrounded by paid workers, often have limited experience in creating friendships so attempting to do so will may not be easy. To make friends we must be open to others, but the pain of past rejections can make it hard to trust.

What we must remember that for people with inclusive lives, friendship come easily and naturally. The first steps out of loneliness feel risky and somewhat uncomfortable. That is because inclusive lives lead naturally to relationships with those around us; isolation does not provide those opportunities so our actions must be intentional and purposeful despite feeling forced.

To start friendships, people who have been isolated may need a push. And people in the community may need to be prodded to reach out and enrich their own lives. The awkward moments soon pass and stories about the friendships that result tell of lives made better by the give and take of heart-felt caring. Organizations like PLAN with their Network of Friends program have developed proven approaches to helping people on the margins create relationships with others.

What people have found is that friends do four things:

1. They make us feel safe.
2. They help us discover who we are and explore the choices in our lives.
3. They help us believe that we matter and develop a sense of self worth
4. They help end isolation and improve our health

Friendship gives us a place where we belong. In this place we can do things as big as exploring our dreams, things as small as figuring out which shoes to buy, and things as important as working through our emotions.

In high school kids are doing what all their peers are doing...going to school. This is a time to be sure to capture the potential for enduring relationships. Beyond graduation people scatter into the breath of opportunity in the big bright world. Social networks must be purposefully maintained and grown.

*Reference: Planned Lifetime Advocacy Network (PLAN)

Self-Advocates Say...

We interviewed Kent Pedersen, Shannon Kehler, and Danielle Petersen on behalf of the SAW Network

Tell us a little bit about your group?

SAW stands for Self-Advocacy Wins. We are a group that meets at Peak on the last Wednesday of every month to discuss activities we can do and topics and solutions for issues with self-advocacy. We support each other in issues that arise in our every day lives.

How do you become a self-advocate?

You learn to speak up for yourself. Find other self-advocates to support you and teach you how to be a self-advocate. Gain self-confidence and self-esteem so that you are not afraid to speak up for yourself. Practise with other advocates so that you become comfortable speaking up.

What do you enjoy most about SAW?

You make friends and learn how to be a better self-advocate. It helps you to gain confidence and learn about yourself.

What would you say is the importance of being a self-advocate?

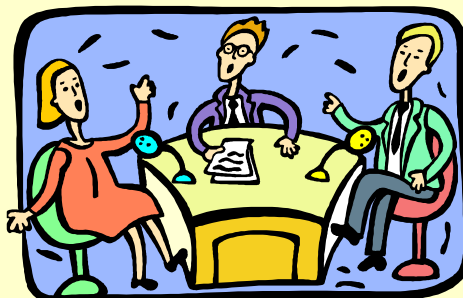
It is important to say what is on your mind and stand up for yourself. It is a right to be able to speak out and be heard. If we don't speak up for ourselves no one will.

What is the biggest thing you have learned through being a self-advocate?

I have more confidence to say something when I have to. I learned that I have rights.

What advice would you give to other self-advocates or to people thinking of making an advocacy group?

It gives you a support system and you can talk about anything you need. There is always someone there that you can talk to and that can help to give you advice. Keep the focus of the group positive and always speak of for yourself and stay an active member. If you don't get heard the first time keep trying!



Interview with Ray Remington

Tell us a little bit about yourself:

I am 58 years old and have been with SRSAN for 9 years. I have been chairman for 4 of those years and spent another 4 years as vice-chair. I was also involved with Leadership Today from 2001 until 2009, where I was on the Board for the first 2 years and helped teach courses as a co-facilitator, and then again for 6 months in 2009. I was on the PDD liaison committee from 2007 to 2009.

How do you become a self-advocate?

The first thing you need is to have an interest in helping not only yourself, but others as well. From there it is a matter of finding agencies like SRSAN and Leadership Today and making yourself a part of those organizations and their missions. You don't have to become a board member or take on a position in these groups; you can become a self-advocate just by attending the meetings and taking an active part in the discussions and events that they hold.

How did you get involved in SRSAN?

I became involved with these organizations through one of my staff advisors at Crowsnest Community Support Society. He thought it would be a good fit with my abilities and goals at that time, as another co-worker had been to Leadership Today and found it very interesting and helpful.

What would you say is the importance of being a self-advocate?

The most important thing about being a self-advocate is that it gives you the ability to have a voice in decisions which are made and which directly affect you and others with disabilities. If you don't speak for yourself then you can't speak for others, and if you choose not to speak up at all, then you really can't be disappointed in the results or complain about what happens.

What is the biggest thing you have learned through being a self-advocate?

I have become a leader through my involvement with all of these organizations. Today I don't hesitate to become part of discussions at meetings or to take an active role in organizing events which include not only myself but others at CCSS.

What advice would you give to other self-advocates?

The best advice I can give to anyone else is this: **DON'T HESITATE TO GET INVOLVED AND ONCE YOU DO, BELIEVE IN WHAT YOU ARE DOING AND WORK TO CARRY OUT THE GOALS OF THAT ORGANIZATION.**



Conference Experience

I, Edmund left Taber on June 2, 2010 to go to the Red Deer Self-Advocacy Conference which was a really great time. I learned lots of things that I would love to share with all of you. I had a great time at the “Meet & Greet”. There was lots of music and games and I met many new people from different self-advocacy groups.

The next morning after breakfast we had the opening ceremonies. The mayor of Red Deer was there to welcome all of us. A couple of awards were presented to hard working people and after that our classes began.

Our first class was called, “A Lesson in Grief & Death– A Journey In Healing Your Heart”. Each lesson gave us a chance to identify and understand the grieving process.

1. We learned that feeling sad or being mad is okay and that it is also okay to talk about the dying person as much as we need to.
2. We learned to be honest about death and not be afraid to use words about it such as “death”, “dying”, “funeral”
3. We also learned about planning our own funeral someday.

Later in the day our next class was about being prepared for a fire in our homes or being in a car accident. The class was filled with lots of hands on instruction. I would now like to invite a police officer or a fireman to come and join us sometimes and refresh our memories on good traffic and home safety rules.

On our last day the keynote speaker, Cara Milne, spoke about “Making Choices is Complicated.” Her speech included questions like:

1. Why is choice so important?
2. What do we need to make choices about?
3. How do we make choices?
4. What is an informed issue?
5. What is misuse of choice?



During the morning we also had a question and answer period with PDD. Most everyone knew the functions of PDD so the meeting was very short. After a light lunch we said our goodbyes and headed back home.

~Edmund Zaiser~

Keelae's

In this Keelae's corner I want to raise awareness on obsessive compulsive disorder (OCD).

Obsessive compulsive disorder (OCD) is an anxiety disorder where someone has disturbing thoughts that produce anxiety, by repetitive behaviours aimed at reducing the anxiety. Some symptoms are:

- Repetitive hand-washing or cleaning
- Repeatedly checking things (oven turned off, door locked etc) that they associate with harm or danger
- Afraid that if everything isn't perfect or done just right something terrible will happen or they will be punished
- Have superstitions about certain numbers, colors or arrangements
- Never throw anything away and hoard things that they don't need or use



These symptoms can make people feel isolated and helpless but there is help available. Talk to a supportive person like a family member, friend, or professional like a social worker, psychologist, or psychiatrist. Many treatments and self-help strategies can reduce the symptoms of OCD.

Here are some other things you can do:

1. Educate yourself on OCD
2. Practise skills from a therapy group
3. Stay connected with family /friends
4. Join an OCD support group
5. Practise relation techniques

Remember, it is okay to ask for help!

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We are always looking for events or activities to put into the calendar of events. Share your information with us and we will help you get the message out.

Remember, together we are stronger!



Our contact information is on the back of this newsletter if you want to send us your information to share with others. We look forward to hearing from you!

The History of Canadian Thanksgiving

In Canada Thanksgiving is celebrated on the second Monday in October. Unlike the American tradition of remembering Pilgrims and settling in the New World, Canadians give thanks for a successful harvest. The harvest season falls earlier in Canada compared to the United States due to the simple fact that Canada is further north.

The history of Thanksgiving in Canada goes back to an English explorer, Martin Frobisher, who had been trying to find a northern passage to the Orient. He did not succeed but he did establish a settlement in North America. In the year 1578, he held a formal ceremony, in what is now called Newfoundland, to give thanks for surviving the long journey. This is considered the first Canadian Thanksgiving.

Remembrance Day

Thank you to all the soldiers who serve our country and keep us safe, giving us the freedom that we know today. We need to remember all those who fought and died to protect us and those who still fight to protect us today. The freedoms that we have we owe to those men and women who took a stand. This November 11th take some time to think about and show respect for those who fought for our rights.



In Flanders Fields

by John McCrae, May 1915



In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

Calendar of Events

September 2010

Schedule of Events

- September 6 - GWG Piece by Piece Video Ballad Concert & Lecture. 7:00 pm @ Galt Museum & Archives. Join folk singer Maria Dunn and Historina Catherine C. Cole in a musical, historical, multi media labour history presentation. Contact Leslie Hall phone 403-320-4700 email leslie.hall@galtmuseum.com
- September 9 - FASD Day. It is a day to promote and increase awareness in your community about fetal alcohol syndrome.
- September 11 - Parkinson Super Walk Fundraiser 10:00 am registration at Indian Battle Park. Contact Brenda Sutherland phone 403-381-7716 email bsutherland@parkinsons-society.org
- September 13 - Family Circle Association Annual General Meeting 12:00 pm @ City Hall Cuiver City Board Room. Contact Tara Yagos phone 403-381-4676 email info@thefamilyvillage.ca
- September 15 - SRSAN meeting 10:00 am - 3:00 pm Medicine Hat. Please send your attendance to Anna Olson by September 8th. Call 403-320-1515; toll free 1-866-320-1518 or email anna.olson@saipa.info
- September 19 - Terry Fox Run 12:00 pm - 3:00 pm @ Henderson Lake. Contact Jo-Anne Wilson @ 403-345-4547 or email jowilson@live.ca
- September 23 - Persons with Developmental Disabilities South Alberta Board Open Meeting. 1:00 pm-3:00 pm Medicine Hat Public Library. If you are planning to attend, please call 403-381-5458 or email Leah Bruder leah.bruder@gov.ab.ca to confirm date, location and time.
- September 24 - Citizen Walk About. 10:00 am - 1:00 pm starting at City Hall with speakers then walking to Galt Gardens and ending up with speakers as well as a BBQ by M&M Meatshop. Hamburgers & pop \$4.00. Contact Anna Olson phone 403-320-1515; toll free 1-866-320-1518 or email anna.olson@saipa.info
- September 24 - Charity Dinner & Silent Auction @ Italian Canadian Club. Contact Interfaith Food Bank phone 403-320-8779 or email info@interfaithfoodbank.ca
- September 28 - SAIPA AGM 7:00 pm - 9:00 pm in Lethbridge. Please send your attendance to Judy by September 17, 2010. Call 403-320-1515; toll free 1-866-320-1518 or email judy.brown@saipa.info

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 Labor Day Holiday GWG Piece by Piece	7	8 International Literacy Day	9 FASD DAY	10	11 Parkinson Super Walk
12	13 Family Circle Assoc. AGM	14	15 SRSAN Meeting	16 International Ozone Day	17	18 Alzheimer Coffee Break Day
19 Terry Fox Run	20	21 World Alzheimer's Day International Day of Peace	22	23 Autumn Begins PDD Board Meeting	24 Citizen Walk About Friends of Interfaith	25
26	27	28 SAIPA AGM	29	30		

September is the month to raise awareness on: Arthritis, Big Brothers Big Sisters, Breakfast for Learning, Childhood Cancer Awareness, Muscular Dystrophy, Ovarian Cancer Awareness

Schedule of Events

October is Community Living Awareness Month! Celebrate the abilities and achievements of people with developmental disabilities.

October is the month to raise awareness on Autism, learning disabilities, women's history and healthy workplace.

- *October 5 - SAIPA/SRSAN fundraising BBQ. SAVE-ON-FOODS (1112 - 2 A Avenue North, Lethbridge) 11:00 am - 2:00 pm; hot dog & pop \$2.00; smokie & pop \$3.00. All proceeds go to help SAIPA and SRSAN.*
- *October 19 - The South Region Service Providers Council Community and Council Communications Committee are pleased to share this inspiring event with you! Preventing Bullying - Break the cycle of hurt people hurting other people and themselves. Presented by Karen Howe, Lethbridge Family Services Counseling Services. 10:00 am - 12:00 pm @ the Lethbridge Public Library Theatre. If attending, please RSVP by September 20, 2010 by Judy Brown @ 403-320-1515; judy.brown@saipa.info or Paige McCann Sauter @ 403-3293911; paige@rehab.ab.ca*

October 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Fundraising BBQ	6	7	8	9
Mental Illness Awareness Week						
10	11 Thanksgiving	12	13	14	15	16 World Food Day
Citizenship Week; National Family Week; Fire Prevention Week; World Space Week						
17 International Day for the Eradication of Poverty	18 Persons Day	19 Prevent Bullying Session	20	21	22	23
National Cooperative Week; YWCA Week Without Violence						
24 United Nations Day	25	26	27	28	29	30
Waste Reduction Week						
31 Halloween						

Schedule of Events


November is the month to raise awareness on the following:

- ★ Adoption
- ★ Cardio Pulmonary Resuscitation (CPR)
- ★ Crohn's Disease and Colitis
- ★ Diabetes
- ★ Family Violence Prevention
- ★ National Community Safety and Crime Prevention Campaign
- ★ Osteoporosis
- ★ Pulmonary Hypertension
- ★ Christmas Seal Campaign
- ★ Woman Abuse Prevention

- November 3 - SRSAN Meeting & Elections
10:00 am - 3:00 pm in Taber. Please send your attendance to Anna Olson by October 27.
Call 403-320-1515;
toll free 1-866-320-1518 or email anna.olson@saipa.info

November 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 All Saints Day	2	3 SRSAN Meeting	4	5	6
National Down Syndrome Awareness Week						
7 Fall Back	8	9	10	11 Remembrance Day	12	13
14 World Diabetes Day	15	16 International Day of Tolerance	17	18	19	20 Universal Children's Day
Bullying Awareness Week; Drug Awareness Week; Restorative Justice Week						
21	22	23	24	25 International Day for the Elimination of Violence Against Women	26	27
28	29	30				



If we have no peace, it is because we have forgotten that we belong to each other.

Mother Teresa




SRSAN GEAR



1 T-Shirt for \$15
or
2 T-Shirts for \$25

Hoodies for \$35

Lots of colors and sizes!



All you need is love. But a little chocolate now and then doesn't hurt.

Charles M. Schulz



Tell Us What You Think!



UPDATE

Write:
527 - 6 Street South
Lethbridge, Alberta T1J




Call Me!

Phone: (403) 320-1515
Toll Free: 1-866-320-1518
Fax: (403) 320-7054



E-mail Me

Email:
srsan@saipa.info or
newsletter@saipa.info



The Ripple was created with pride for you by the following Self-Advocates:

Kent Pederson
Shannon Kehler
Danielle Petersen
Keelae Blackwood