

The Ripple

Fall 2013



Fall has Arrived

By Kelly Tower



The gush of wind blew my hair,
 Straight up to the unforgiving air.
 Fall was peaking around the trees,
 Leaves would pile high,
 Soon up to my knees.
 Hello orange, yellow, and red,
 Goodbye green,
 Bye-bye June, July, and August,
 Hello Halloween.

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.

It's the time of the year when school starts again, the traffic gets busier and the days are getting colder. The leaves are changing their colors; everything is turning red, yellow, and orange. It is getting darker earlier so get your pumpkins ready to put them in front of your house.

Hockey season is starting up, so don't forget to sharpen your skates before going out on the ice rink.

Be prepared for the first snowfall! Take your winter clothes, coats and boots out of the closet and put away your shorts and tank tops from summer.



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Poetry Corner

Summer Is... The five senses

By Sheri Herselman

Smell it... The rain, the sweet breath of air and the food and smoke coming off the barbecue.

Taste it... Taste the fruit, the vegetables and the taste of the buns and burgers and the hot dogs on your tongue.

Feel it... Do you feel it? Can you feel the warmth, the coolness. How about feeling the air as you walk down the street and the sweat off your skin.

Hear it... Hey did you hear that? What do you hear? The sound of people singing around the campfire? Sound of children playing as they run around and ride their bikes. Do you hear the cars, fans and music blaring from the cars?

See it... Do you see it? Can you really see it? The greenery, the flowers of different colors?

Here is what I see, I see Summer can be peaceful, fun. Imaginary and relaxing. A way to get a way to enjoy the fun, the smell, the taste, the feel, and hearing the sounds of summer.

Taco Soup

Ingredients

- 1 LB Ground Beef
- 1 Onion, Chopped
- 1 PKG (35g) Taco Seasoning
- 1 Can (341ml) corn, drained
- 1 Can (796ml) Diced tomatoes
- 1 Can (398ml) Kidney Beans, rinsed and drained
- 1 Can (284ml) Tomato Soup
- 1 1/2 Cups of water

Directions:

1. Brown the ground beef with the onions in a large sauce pan until no longer pink.
2. Add taco seasoning, corn, diced tomatoes, kidney beans, tomato soup, and water.
3. Bring to a boil over medium heat. Reduce heat to medium low and simmer for 20 minutes.
4. Serve with shredded cheddar cheese and taco chips on top if desired.





Benefits of..

By Kent Pedersen



In this issue I will be talking about the benefits of SRSAN meetings and conferences. I'll be taking a few months off to sell calendars supporting Southern Alberta's STARS airlift program, but wanted to get one message out there with the benefits of article. SRSAN meetings & Conferences serve us well in many ways and its important for us to remember all the great points they have.

- * They are great for networking and meeting other people in the community with similar situations
- * They help us to find out what is accessible to us in the community
- * We can talk freely about things that we feel are a problem or challenging for us and discuss options for change or movement
- * It is a great opportunity to socialize, get out and learn new things. It can also help us get out of our shells
- * It is the best way to get new information and share new ideas
- * We get to hear what others are up to in their community, how they feel, how they make changes, and share events such as fundraisers.
- * We vote on important things & learn more about how to run our own communities
- * And if all else fails it is great fun with lots of laughs with old and new friends!



Emily's Top 10 tips to Prepare for the Holidays

1. Buy gifts in advance. Pick up things throughout the year that are on sale and could work for any number of your friends and family. When you see a really good deal, buy a few.
2. Work on decorations that are inexpensive yet classic like: a paper chain with red and green or other festive colors. While sitting at events like sports games or watching TV you could cut out some paper snowflakes and glue glitter on them. Then put them away until you are ready to decorate.
3. Get your baking done early and freeze it until the holidays. There are lots of recipes that freeze well, and can make good homemade gifts when the time comes. (Bake some extra as it may be hard to stay away until Christmas)
4. Buy what you can for your holiday meals now. Things like: canned goods, corn, peas, cranberry sauce, boxes of mashed potatoes or stuffing.
5. If you are trying to save money, preparing your list of friends and family that are getting Christmas cards could be done anytime. Starting those cards is even better. For ideas, check pintrest (craft website). For supplies, hit the dollar store.
6. Homemade gifts have been referred to as "Homemade Miracles" as they could really save you money and at the same time make others happy. If you knit or crochet, now is the time! If you don't, get looking for those great ideas like beautifully framed surprise pictures or scrapbooks. Hot chocolate in a decorated jar is also a great idea.
7. Don't forget to book your holidays in advance. You might not get the time off if you hand in your request late. The earlier the better.
8. Make yourself a Christmas calendar, where you can put all the important dates in it. For example: Christmas parties, family reunions, festivals, Christmas plays and other events happening in the community.
9. Why don't you make your own ornaments this year? You could use paper to cut some things out and decorate them with glitter. Or try something new and use pop cans! You can cut out little stars out of them (see online for ideas and instructions) or leave them in one piece and paint them as snowmen.
10. Start paying attention to your friends and family. Pay attention when they talk about favourite colors, things they like or would like to have. There might be an idea for a Christmas gift.



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Ken's Movie Reviews



I recently watched OBLIVION that wasn't worth the price of admission. Tom cruise needs to be stopped, because his acting truly is... Mission Impossible.

1 Star



I just watched ESCAPE FROM PLANET EARTH a pretty good movie. It did not insult my intelligence.

I give this movie three out of five stars

The best part about this movie was the irrelevant humor

3 Stars



I just watched ADMISSION. A movie with Tina Fey and Paul Rudd with a guest appearance by Lily Tomlin

It was about 2 hours in length. It was a very good movie, but I wouldn't see it again.

2 Stars



Human Rights

United Nations Universal Declaration of Human Rights - Article 7

“The law is the same for everyone; it should be applied in the same way to all”

This means that all the laws in our society should be the same for everyone no matter who they are.



This means no one should be discriminated against because they are different.



It also means that we should all be protected equally by our laws.

What Self-Advocates Say about Article 7



United Nations Universal Declaration of Human Rights ~ Article 7

“The law is the same for everyone; it should be applied in the same way to all”

This is important to ensure that everyone has the same rights for protection by the police and laws that govern all of us. No one is treated differently because of how they may look or discriminated against for any reason. If we didn't have this right people would be facing charges unjustly while others who may be doing the same thing would be getting away with it. We all have the right to have the same rules for living.

New Connections Dances 2013 - 2014 Schedule



New Connections dances start at 6:30 p.m. and end at 8:30 p.m. If you want to attend the New Connections dances you can buy a membership for \$25.00 per year or pay \$5.00 per dance. The dances always happen at Norbridge Seniors Hall on the following dates:



September 13/12

October 4/13

November 8/13

December 13/13

January 10/14

February 7/14

March 7/14

April 11/14

May 9/14

June 6/14

If you need more information you can call:

Dawna (403) 331-7524

Karin (403) 381-2914

Pam (403) 380-2089

Conventions on the Rights of Persons with Disabilities

Children with Disabilities

1. The countries will make sure that children with disabilities have the same rights as other children.



2. The countries will make sure that what is best for the child is a priority whenever they do anything that concerns children.

3. The countries will make sure that children with disabilities have the right to tell their opinion and that their opinion is taken into account. The countries will also make sure that children with disabilities get the help they need to tell their opinion.



The purpose of this newsletter is to raise awareness about Self-Advocacy, the contributions of people with developmental disabilities, inclusion and community living. It is also to provide educational information on how a person can be a better self-advocate, how to speak up for one's self, how to help Self-Advocacy groups and their allies. If you have information, events or ideas you would like to share or see in the newsletter, please contact us as we will help you get the message out.



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!



KEELAE'S

By Keelae Blackwood

1. The countries will make sure that children with disabilities have the same rights as other children.

What this means to me is that to make sure that all children have the possibilities as other children as a whole such as learning, travelling and friends.

2. The countries will make sure that what is best for the child is a priority whenever they do anything that concerns children.

Priorities are a main aspect of life, such as play, daycare (or support) and schooling. Teachers need to understand where the child and family is coming from. The government aspect of funding through change over, such as welfare to AISH, would be a lot harder to manage through government paperwork.

3. The countries will make sure that children with disabilities have the right to tell their opinion and that their opinion is taken into account. The countries will also make sure that children with disabilities get the help they need to tell their opinion.

Programs are needed for support of families and individuals of children with disabilities for the training and practice of those people that need support. Every country should have meetings such as the ones SRSAN has. There is no difference in how you do it, just get together!



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What a song can say...

By Shannon Kehler

“They Don’t Care About Us”

Micheal Jackson

“Tell me what has become of my right
Am I invisible because you ignore me?
Your proclamation promised me free liberty, now
I’m tired of bein’ the victim of shame
They’re throwing me in a class with bad name
I can’t believe this is the land from which I came
You know I really do hate to say it
The government don’t wanna see
But if Roosevelt was livin’
He wouldn’t let this be, no, no”



What this song means to me is that nobody listens to me when I speak. Some people I have talked to feel the same way about PDD and the funding cuts. They are moving very fast with something that people need time to adjust to, make decisions and put into place. I feel like they are not listening to me because I don’t see them stopping it, slowing down or thinking harder about this budget cut that will affect a lot of us.

Our Trip to Brooks for the SRSAN Meeting

By Linda McDonald and Raven Stamm

We had two vans go to Brooks for the SRSAN meeting. One of the vans had left the city before the other. The van that had to leave late had to go pick-up a person so they were behind.

We were about five minutes out of Suffield when we heard a funny noise. So we pulled over and found out we had a flat tire. Our Ally called REDI to see what the procedure was for a vehicle having a flat tire. We all waited in the vehicle. Our ally then called the service number on the sheet from the rental company to see what to do. They sent a tow truck to come change the tire. After the tire was changed we made a quick stop for the bathroom and continued to Brooks.

We arrived at Brooks at lunch time so we had the afternoon of meetings. We made it home safe and sound after the meetings.

September 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 World Cerebral Palsy Day	5	6	7
8	9	10	11	12	13	14 Love & Records Festival Lethbridge
15 International Day of Democracy	16	17	18 SRSAN Meeting 10 am - 3 pm Taber	19	20	21 Pig & Pumpkin Festival Lethbridge
22	23	24	25 Picture this...on the Road (Medicine Hat)	26 Picture this...on the Road (Lethbridge)	27	28
29	30 SAIPA AGM					

SRSAN METTING IN TABER

Meeting is 10 a.m.—3:00 p.m and lunch will be provided! This meeting will have a special presentation by AISH! Please contact Anna at the SAIPA office if you wish to attend!

Picture This...On the Road!

Come see some amazing films created, produced, starring or written by people with disabilities!



October 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 World Smile Day	4	5
6	7	8	9	10	11	1
13	14 Thanksgiving	15	16	17	18	19 Giant Pumpkin Festival Lethbridge
20 Taber Pheasant Festival	21 Municipal Elections	22	23	24 United Nations Day	25 Great West Home & Leisure Show (Medicine Hat)	26
27	28	29	30	31 HALLOWEEN		

Voting Tips:

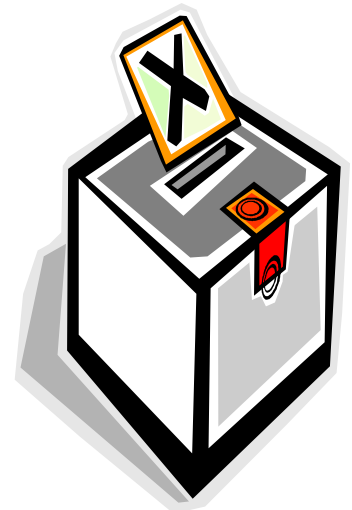
Make sure you understand the material (pamphlets, speeches) that the person running for the position has given to you.

You can have a support person gather and read information to you. Their role is to help you understand what is being said. A staff or any other person should not influence or push you to vote one way or the other. Remember, this is your vote – not anybody else's.


If you don't understand who or what you are voting for you can leave your ballot blank.

It is your right to ask questions or ask for help if you are unsure.

Make sure you find out what each candidate stands for.



November 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Pumpkins in the Park Crowsnest Pass	2 Lethbridge Comic Con
3	4	5	6	7 SRSAN Meeting (Elections) Crowsnest Pass	8	9
10	11 Remembrance Day	12	13 World Kindness Day	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

SRSAN Elections

Interested in being on the SRSAN Executive? Nominate yourself at elections and see if you have what SRSAN is looking for in a leader!!

November is MOVEMBER!!



For the month of November selfless and generous men, known as Mo Bros, groom, trim and wax their way into the records of fine moustachery. Mo Bros effectively become walking, talking billboards for the 30 days of November. Through their actions and words, they raise awareness by prompting private and public conversation around the often ignored issue of men's health.

Ripple Horoscopes



Capricorn (December 22-January 19th): Enjoy going to the movies with your buddy.



Aquarius (January 20-February 18): Love is in the air, plan a romantic evening out with your loved one.



Pisces (February 19-March 20): Look out for a friend when you just need that hug to make you feel better.



Aries (March 21-April 19): You have many varied centers of interest. Even if you will be slightly nervous, you will find the energy to fight off anxiety.



Taurus (April 20-May 20): You will bounce back and continue to move forward in love. You will be active and creative in the workplace, where you will also be a lot more concentrated, even if you could end up feeling tired.



Gemini (May 21-June 20): You will have conflicts to resolve within your family. You will not have the same opinions as the people around you and you will struggle to find middle ground. A few administrative issues will be just around the corner and force you to spend a huge amount of money. Look after your budget.

Ripple Horoscopes



Cancer (June 21-July 22): You will continue to make great progress and anything you will do will bear its fruits. In your love life, stability, harmony, and happy moments spent together will be on the menu.



Leo (July 23– August 22): You will meet someone very charming while on a trip. Here you are questioning everything again. Your professional life will be positive too and you will have the chance to grab an unusual opportunity. Weigh up the pros and cons before you make your mind up.



Virgo (August 23– September 22): You will progressively feel better mentally thanks to the outings that will get you out of your shell.



Libra (September 23– October 22): You are on top of your game in every domain. You will be unbeatable. It will only be a matter of time before your budget receives a considerable boost.



Scorpio (October 23– November 21): You will spend delightful moments with a partner. Your colleagues will enjoy having you around the office. You will be pleased and on top of your game; always ready to party.



Sagittarius (November 22– December 21): Money will come from an unexpected source. This will help you prepare for the holidays and give you time to enjoy with your family.



“Do not follow where the path may lead. Go instead where there is not path and leave a trail”

Harold R. McAlindon



“Freedom is not worth having if it does not include the freedom to make mistakes. “

Gandhi



Tell Us What You Think!



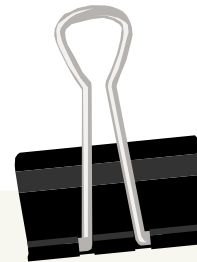
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The Ripple was created with pride for you by the following self-advocates:

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