

Life's like a road that you travel on
When there's one day here and the next day gone
Sometimes you bend sometimes you stand
Sometimes you turn your back to the wind
There's a world outside every darkened door
Where blues won't haunt you anymore
Where the brave are free and lovers soar
Come ride with me to the distant shore
We won't hesitate break down the garden gate
There's not much time left today

Life is a highway
I want to ride it all night long
If you're going my way
I want to drive it all night long

Through all these cities and all these towns
It's in my blood and it's all around
I love you now like I loved you then
This is the road and these are the hands
From Mozambique to those Memphis nights
The Khyber pass to Vancouver's lights
Knock me down get back up again
You're in my blood I'm not a lonely man

“Good Vibrations” by the Beach Boys was one of Kent’s favourite songs and it reminds me of him because it’s a fun and happy song just like Kent! This song was playing at the beginning of Kent’s funeral. Another one of Kent’s favourite songs was “Life is a Highway” by Tom Cochrane and he always called to ask the radio to play this song for him! Kent’s other favourite song was “It’s my Life” by Bon Jovi. All 3 of these songs were played at Kent’s funeral and we can think of him when we listen to these songs. Just make sure that “Life is a Highway” is the Tom Cochrane version, not Rascal Flats!

We will miss Kent very much and SAIPA is not the same without him here giving us a hard time and playing jokes on us. We will continue to work hard on The Ripple Newsletter every month so we can make Kent proud!

Go Oilers! Go Stampeders! Go Blue Jays!

THE Ripple

July/ August 2015



The Good Old Hockey Game

Written By: Kent Pedersen

In June, The Ripple lost an important member of our team, Kent Pedersen. Kent has been writing for The Ripple since 2006 and this issue will showcase all of his work over the years. This is the last article Kent wrote for The Ripple and it is a perfect picture of who Kent was!

Hey Guys, the Stanley Cup Play finals are almost over. The Blackhawks eliminated The Wild, The Predators and The Ducks to reach the finals. They are facing the Tampa Bay Lightning in the finals. Tampa Bay had to go through Detroit, Montreal and the New York Rangers to get to the finals. If the Blackhawks win it all #23 Kris Versteeg will be bringing the Stanley Cup to Lethbridge again!

There were some teams hiring new coaches and the teams that got new coaches were the Toronto Maple Leafs, the Edmonton Oilers, the Buffalo Sabres and the New Jersey Devils. The Edmonton Oilers' new coach is Tod McIlean who used to be the coach of the San Jose Sharks. The Toronto Maple Leafs hired Mike Babcock who used to coach the Detroit Red Wings.

The Edmonton Oilers will be picking first overall again in this years NHL Draft. They have picked first over all in 4 out of the 5 past seasons. They will be picking Conner McDavid from the OHL's Errie Otters. He will be good for us. They even said Conner McDavid will become the next Wayne Gretzky. Wayne even agrees on it as well. The Edmonton Oilers will finally end their post-season drought. The last time the Oilers were in the post-season was 2006 and they made it all the way to the finals against the Carolina Hurricanes. The Hurricanes won the cup in 7 games! We can't wait to see what next season will bring!

Benefits of... By Kent Pedersen Written in 2011

“Listening to the radio makes me happy and keeps me informed with what is going on in my community and in the world” - Kent Pedersen

I asked the question “*In your opinion, what information do we receive on Self-Advocacy through your radio station?*” and this was the response from our local radio stations....

107.7 The River & 106.7 Rock — “Radio makes any listener think, it makes them laugh, it informs and it makes them comment on just about anything! Radio stations target groups of listeners in a broad demographic without any bias. It is great in that it treats all listeners equally and can be of value to any listener regardless of their personal situation.” - Terry Voth

98.1 CKVN — “We have a weekly visit with either the Mayor of Lethbridge, Rajko Dodic or one of the city aldermen on my morning show to talk about the issues that are affecting all residents of the city. Our parent company Golden West radio has always been a proponent of local, rather than national issues.” - Mike LeBlanc

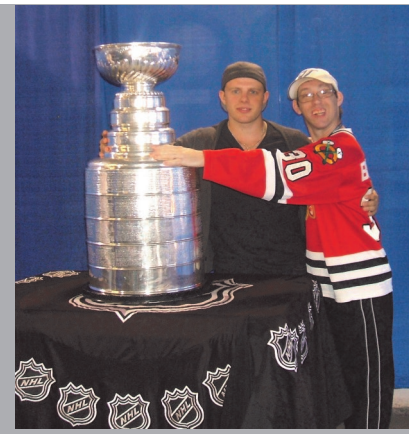
Country 95.5 & B-93/93.3 – “We are ‘committed to advancing the reflection and promotion of talent from diverse backgrounds’—including persons with disabilities. This is done through the music we play, the words we speak, the community outreach, and the way we run our staff and station. We understand that what we say and what we play contributes to a better understanding of just how diverse our listeners are.” - Tony Deys

94.1 CJOC — “Listening to your favourite music is also beneficial for keeping up the personal ‘happy’ factor. Great music makes you feel better. And if you are entertained by radio personalities, that is also a bonus.” - Mark Campbell



Sports By Kent

Kent wrote these short articles from 2008—2010



Q) What NHL team makes the best bread?
A) The Toronto Maple Loafs

Q) What kind of key do you use to open Wayne Gretzky’s mansion?
A) Gretz-key

“I got to know the Hurricanes hockey coach and some players really well by volunteering for the team.”
~Kent Pedersen~



Q: Why is going to sports events important?

A: Going to sports events is important because it’s fun to do and you can support your favorite team at the same time. You can even meet new people while you are there and visit with friends. It also gets you out of the house for the evening, and it’s entertaining.

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.



Team sports can help you stay connected in your community, because it’s fun and you can meet new people and you can enjoy yourself doing it. You get a sense of belonging and you can get a lot of good exercise while having fun with everyone.

Q: What do the leafs and the Titanic have in common?

A: The both look good until they hit the ice.

Kent also loved to develop word searches. He tried to make them as complicated as possible, placing words backwards most of the time!

Sure feels like Spring lately.....

H	S	E	R	F	E	B	I	K	I	N	G	R	Q	D
P	E	A	E	L	A	S	W	O	B	N	I	A	R	L
L	I	Q	C	U	H	R	O	U	Q	Q	A	L	G	Q
L	L	L	L	A	B	T	E	K	S	A	B	N	J	A
Z	F	S	Y	Y	B	L	U	E	J	A	Y	S	H	B
B	R	U	E	S	N	N	F	T	L	F	C	O	L	L
S	E	S	U	L	L	N	S	D	U	B	N	R	X	O
D	T	C	R	S	D	Q	U	C	Z	E	P	E	G	S
R	T	N	D	E	G	D	Y	S	Y	G	S	T	G	S
I	U	W	I	A	W	O	U	B	C	O	Y	S	N	O
B	B	B	R	A	B	O	E	P	X	G	O	A	I	M
N	P	D	T	N	R	E	L	J	K	E	A	E	R	S
O	E	Y	E	J	S	H	T	F	P	O	P	F	P	H
N	B	D	A	P	I	C	N	I	C	S	G	G	S	F
O	G	J	U	C	F	T	Q	G	C	O	L	O	R	S

Basketball
Biking
Birds

Butterflies
Colors
Easter

Honeybees
Picnics
Puddles

Written by Kent in 2015

Benefits of... By Kent

Kent wrote these articles from 2010—2014

SAIPA

In this edition of the newsletter I will be talking about the benefits of Southern Alberta Individualized Planning Association (SAIPA). One of the benefits is that you get to meet a lot new and interesting people and you get to attend South Region Self Advocate Network (SRSAN) meetings all over Southern Alberta. SAIPA helps to support SRSAN in working towards their mission through the different committees that SRSAN has. SAIPA also helps out with working on the Newsletter called "The Ripple" that goes out to people all over Southern Alberta. The newsletter comes out every four months and if you help with it, you get to discuss different topics with the newsletter group that you want to put in the newsletter. You get to work with some very cool people while at the SAIPA office. SAIPA is a place where you can learn about different things such as different disabilities, how to advocate, and how to speak up for yourself.



Exercise

There are many benefits of exercise and staying active. When you exercise you build muscle's which makes you stronger and can help prevent injuries. The best thing to do before exercising is do a good half hour of stretching your limbs and torso. It is also good to build up a good sweat because this will help to clean and detox the pores of the skin.

The emotional benefits of exercise are very important to your body:

- Relieves stress
- Increases endorphins
- Help self confidence and self esteem
- Soothes the body, mind and soul
- Helps build a better lifestyle

Sometimes it is hard to get motivated to exercise. It can help if you have a friend or two that can participate with you. Maybe plan a fun coffee visit or a movie after you are done!

Exercising at the gym is great but outdoor fun at places like Henderson Lake and Galt Gardens are good too. Spring is here and it is a great time to get out and get active.

Although Kent wrote specific articles for The Ripple, he also helped out with many additional stories for the newsletter over the years!

Death by Chocolate

Original recipe makes 1 punch bowl

Ingredients:

1 package brownie mix
2 packages instant chocolate pudding mix
1 package frozen whipped topping, thawed
3 bars chocolate covered English toffee

Directions:

1. Prepare brownies according to package directions. Let cool. 2. Mix pudding according to package directions. 3. In a glass punch bowl, layer in the following order: 1/2 of the brownie, crumbled; 1/2 of the pudding; 1 toffee bar, crushed; 1/2 of the whipped topping. 4. Repeat layers in the same order. Save the last toffee bar to crumble and sprinkle on top before serving. 5. Refrigerate. Best if made the day before you serve it.



Christmas is a time to celebrate Jesus's birthday and to visit with family and friends. It is a time to think of other people, exchange gifts, and be helpful. My favorite part about Christmas is presents, turkey dinner, and my Mom's "Death by Chocolate". People like to decorate their houses with lights and Christmas trees, hung with baubles and tinsel. People also decorate the outside of their houses with lights, deer that light up, and blow up decorations like big Santa Clause. Children get excited at Christmas as they know Santa is coming down the chimney. There are little elves you can get, that watch the children for Santa. These elves report back to Santa about if the children have been good or not. My favorite Christmas carol is "Frosty the Snowman"!

United Nations Universal Declaration of Human Rights - Article 12

No one shall be subjected to arbitrary interference with privacy, family, home or correspondence, nor to attacks upon his honour and reputation. Everyone has the right to the protection of the law against such interference or attacks.

This means you have the right to ask for help if someone tries to harm you. No one can enter your house, open your letters, or bother you or your family without a good reason.

What Self Advocates say

Article 12 protects from others and makes sure people respect our property and choices. We can ask to be protected when it comes to bully's, abuse, harassment and asking to be treated fairly. This helps us to recognize our boundaries and to express them to others. Communicating is very important when letting others know if you have an issue or problem with someone in your community or with a peer.

Benefits of... By Kent

Kent wrote these articles from 2010—2014

SRSAN

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!

Bowling

- By being in leagues it can offer friendships and they also offer change in routine.
- They offer different skill levels.
- There's also night bowling, glow bowling and updated music to make you happy to be there bowling.
- You can wear goofy shoes and you can also wear different team jerseys to show your team pride.
- It's also good exercise for the upper body.

Just Sayin'... By Kent

Kent wrote these articles- in 2014 & 2015



Good news folks..... I'm back!!!!

Turns out I can work on my Ripple article AND have my new job. I've taken this opportunity to revise my column to open it up to more topics for self advocacy.

Volunteering is valuable to us by giving us a feeling of purpose. We get to help those who are in need as well as feel good about it. Volunteering positions help give us hands on experience to use towards potential jobs in the future. The people that you volunteer for can often provide valuable references to employers about how well you work or follow directions as well as dedication. Volunteering for organizations dedicated to helping the less fortunate can also help us to appreciate the lives we have.

Supporting causes that you feel passionate about can help to educate others about them as well as continue your own learning path. We show the community the kind of things we're interested in when they see us working/volunteering for a cause we agree with. While volunteering you have a great opportunity to network within your community and broaden your natural supports.

A few places to start for volunteer opportunities in the Lethbridge area would be:

The Chinook Regional Hospital

The Soup Kitchen

The Food Banks (Interfaith & Salvation Army)

Special events in the community like Whoop Up days, bike relays or marathons

Dragon Boat Festival, Street Wheelers, etc.

Relationships are a great way to get connected with the community. Having people in your life that support you, have your back and want to see you is healthy for you. It builds social skills and communication skills, as well as gets you to do many activities, which leads to building other skills.

Most people have two social network groups – family and friends. Family relationships are important because your family members are people that you can always rely on and who will love you no matter what. You can talk to them about anything and they are there when you need them. Spending time with them is fun and grows your bond. I have a 21-year-old niece that has 2 boys, and I love spending time with them. We have them over for supper sometimes. I want to be in their life because I love them and I want to be a good role model for them.

Friendships are nice to have when people get along. Friends are people that are like you and have the same interests as you. You like their personality and like to be around them. New friends can open your eyes to new places to go in the community and different things to do. Doing this could put a healthy change in your routine and these new friends might even introduce you to their friends. Broadening your network can help you build a bigger support group of people that can help you reach your personal goals. When you meet someone new that is fun to be around, make sure you get their email address, phone number, or another way to stay in touch with them.

When you are connected with the community, it makes you feel included and welcome. "The shortest distance between new friends is a smile." Unknown

Since January 2015, Kent has been working with another Self Advocate to write “The Ripple’s” main articles around advocacy, community and politics.

Unlimited

Original. Unexpected. Possible. Moving from physical theatre, to storytelling, to dance - actors and dancers of all kinds of abilities mix it up in a spirited and provocative performance. In partnership with local organizations supporting people living with disabilities, *Unlimited* gives us a chance to push the limits of our imagination to ask - "what would happen if...?"

Our Ripple team was lucky enough to interview Lisa Doolittle, one of the creators for the upcoming “Unlimited” Play. Unlimited is a mixed abilities play that includes people of all abilities but it is not about disabilities. Lisa told us that the play is fun and will have lots of dancing, singing, and mischief. What is really fun about the play is that each person in the cast made up their own character, so the play is custom made. Bill Blair plays a character he created who is a mean landlord, and Randy Chandler plays a character he dreamed up - a homeless person. All of these characters end up acting out their scenes in a big party that happens in the play! It sounds really fun and exciting to us!

We asked Lisa why a mixed ability performance was important to her and she told us that we need to see inclusion on stage the same way we expect to see it in everyday life. Lisa pointed out that you hardly ever see actors with disabilities on stage. She hopes that “Unlimited” plays a part in ending stigma and building inclusion in our community and at the University of Lethbridge. This play “Unlimited” is the result of the first ever inclusive class at the University of Lethbridge, a drama class that was taught by Lisa Doolittle. Lisa explained that this inclusive class allowed people to gain confidence, make new friends, and to be creative. Lisa hopes there will be more opportunities for inclusive classes at the University of Lethbridge in the future and we do too! On that note, our Ripple team wanted to know how people with disabilities could get involved in something like this in the future. Lisa told us to keep our eyes open for other opportunities coming up in the fall of 2015.

It was great to hear Lisa talk about how much fun all the actors are having putting on this play. “Unlimited” has been more than just a play. It is just one part of a lot of work Lisa has been doing about social change through art. In addition to the inclusive drama class and the “Unlimited” play, Lisa has done research about how the arts for people with disabilities create a change. She also started the “UpStart” group that our readers might remember from a presentation at a SRSAN meeting last year. Lisa is also making a film to document creation of the “Unlimited” show. “Unlimited” will be playing at the University Theatre from March 17 through March 21 at 7pm. Tickets can be purchased by calling the box office at the University or going online. Some free tickets will be given away to people who need them through SAIPA and LACL. Lisa said that there are a lot of efforts going into helping with transportation costs for those who need assistance.

Be sure to stick around after the show because there will be opportunities to “meet and greet” the cast and ask cast members questions. After this interview our newsletter team decided that there really is “no business like show business”.

SELF-ADVOCACY

What it mean to be a Self-Advocate?

Speaking up for yourself

Speaking out

Learning about your Rights

You can make your own choices

You are not told what to do

Making a difference for others

Self-Advocacy is for everyone

Helping other people be self-advocates

Learning about the community

Getting involved

Learn new things



The South Region Self-Advocacy Network (SRSAN) is one self-advocacy group that can help you learn to be a self-advocate. SRSAN works to create change in the community by coming together to discuss issues that affect everyone and to create positive change in communities. SRSAN meets five times in a year across the south region and meetings rotate between communities – Lethbridge, Taber, Medicine Hat, Brooks and Crowsnest Pass. SRSAN is a group you could get involved with to change your life or your community. If any workshop participants want to learn more about SRSAN they can call: 403-320-1515, email: mail@saipa.info or go to the website: www.saipa.info

Baseball Season is Here!

Baseball season is right around the corner. This means peanuts and popcorn and lots of winning! If you can't watch Baseball live then there's always the T.V. Baseball is a fun sport to play because there are so many teams to play against. So many teams, that there are 162 games in a season!! This year the Blue Jays have decided to use more younger players than older ones. The younger players could be fit and in good shape, but also could be less experienced. Last year, the San Francisco Giants won the World Series but our newsletter crew hopes that the Toronto Blue Jays will win this year!

