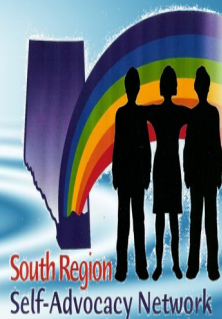


# The Ripple

JULY / AUGUST 2017



## **SRSAN MEMBERS TEACH US ABOUT BLACKFOOT NAMES**

We would like to begin by respecting that the land on which we live is the Treaty 7 territory and the traditional territory of the Niitsitapi (Blackfoot), Nakoda (Stoney), and Tsuut'ina. Our newsletter crew learned about the naming ceremonies of the Blackfoot people and they sound very interesting. We learned that at a naming ceremony, you get your face painted with red and that you have to keep it on until sunset that day. Elders have to give you your name (some people get their names chosen for them at birth). Usually the Elders tell a story about you before they give you your name. For some of our newsletter crew who have watched a naming ceremony before, it seemed like a very special time for the person getting the name.



We talked to Melody (left), who shared her Blackfoot name, Akaitapisskiosisttsaakkii. This means, "City Bird Woman" in English. She shared that she got this name because when she was a baby, she cried like a bird. During Mel's naming ceremony, she received a blanket from the Elders. Mel is very proud of her heritage and is currently learning how to say her name in Blackfoot.

We also talked to Emily (right) who shared that her Blackfoot name means "Kind Woman" in English and that it means very much to her. Emily also had a naming ceremony and she asked to receive her Blackfoot name, which will stay with her for the rest of her life.

We think that it is very important to know these cool traditions about our friends and the people in our community! Especially this year, because it is Canada's 150<sup>th</sup> birthday! We think celebrating each other's cultures and differences are a part of what makes us Canadian! We are glad other Self-Advocates told us about their traditions so we could learn more about their cultures!

# BUDGET DISSAPPOINTMENTS FOR PEOPLE WITH DISABILITIES

***Sandy Layton, is a powerful Self-Advocate who inspires us at The Ripple with her knowledge and courage. Sandy wrote this article for us, giving her opinion on the new budget release. We all agree and support what Sandy has to say!***

As I read a newsletter from Inclusion Alberta, back in March of 2017, I began to wonder and think about what's going to happen to the people with developmental disabilities and the supports and services that they get to help them in their day-to-day lives.

When the government budget is not enough to keep our supports and services coming to us, then individuals with developmental disabilities will have to rely on their family members, move back in with their parents, or go without those supports and services that keep them safe.

Among the developmentally disabled community, AISH has been on every individual's mind. When we receive our AISH checks for the next month, we budget what we need to pay for. We have rent, bills, food, transportation (for those who ride transit), medical (over the counter prescription medications and chiropractors), entertainment, and savings. If people have any pets, they must budget in their pets' care as well.

The cost of living is going up, but for those on AISH, our AISH payments stay the same. There are some months that after we pay rent, bills, transportation and our service dog care; we don't always have enough for savings or food for the month. That leaves us going to the food bank for that month's food or having to ask our families or church for help.

Robin Acton, the President of Inclusion Alberta, a parent and Alberta business owner, stated in the March 2017 Inclusion Alberta e-newsletter, "Words cannot express my disappointment in this government's lack of vision and commitment to sufficiently ensure individuals with disabilities and their families are included in its agenda to make life better through employment and affordability. It's great school fees are being reduced but parents of children with disabilities are still being told there is not enough funding to provide an education to their children. Today we have a government for some Albertans but certainly not for all."

It has been noted by Bruce Uditsky, CEO of Inclusion Alberta and a parent of an adult son with a developmental disability, "Commitments to increase employment and affordability for Albertans, as referenced in government's business and spending plans, makes no reference to Albertans with disabilities. This budget does not make a better life more affordable and possible for children and adults with developmental disabilities and their families."

I agree with what both Mr. Uditsky and Mrs. Acton said, I say, "It's time that we have a government for all Albertans; not for some." Children and adults with developmental disabilities are often missed when it comes to the government's yearly budget. As the cost of living goes up so should the amount that we get for AISH, and that also includes the supplement funds that some of us gets for having and needing a service dog.

# Lethbridge Transit Advocacy Group

SRSAN members have been working on advocating to make bussing better in the City of Lethbridge. We discovered that the biggest problems that Self-Advocates have with bussing is safety on city busses, how busy Access-A-Ride is and being treated fairly and kindly on busses. Our advocacy group met with Lethbridge Transit to talk about these problems. Here is what we found out:

## WHAT WE LEARNED AT LETHBRIDGE TRANSIT SRSAN TRANSIT FOCUS GROUP

### SAFETY

- You can request travel training if you want to learn how to ride the bus - someone will ride the bus with you until you feel safe enough to do it on your own.
- Sitting closer to the front can help you be safer
- You can request a bus to stop closer to your house than the bus stop
- There are on street people that are there to help if you have a problem - a bus driver can "call" for them
- Busses have emergency call buttons for safety
- Lethbridge is too small to have security guards downtown
- SRSAN could do a downtown mapping to tell everyone where safe places to go are in an emergency
- The new downtown bus terminal will be indoors and will be a safer place for people to wait.

### SENSITIVITY

- It is very hard for Lethbridge Transit to have bus drivers go through sensitivity training. It means they would have to shut down bus routes to have bus drivers go to training.
- They are working on an "Accessible Bus Stop Project" that will start on the westside.
- If a bus drivers treats you badly, you can call the complaint line at 403-320-3885.
- If someone else on the bus treats you badly, tell the bus driver and they will record it with the security cameras and tell the person to stop.

### ACCESS-A-RIDE

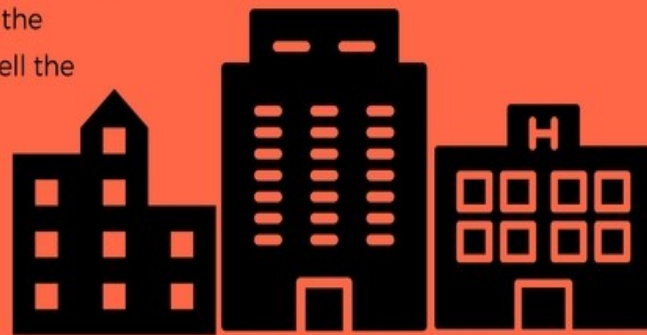
Web bookings will be starting soon

You can ask the bus driver to text or call when they are 10 minutes away so that you don't accidentally miss your bus.

Access-A-Ride is going to make all people re-apply for Access-A-Ride because they need to make sure everyone is properly assessed.

They want people who can use the city bus to do that.

Access-A-Ride gave 112000 rides last year - that is 30000 MORE than the closest community after us.





# GETTING INVOLVED WITH GOVERNMENT

*The Ripple Crew interviewed Ben & Chris Rowley about their recent trip to Edmonton, where they had the opportunity to sit down with members of our government to represent and advocate for individuals with disabilities.*

## **Why did you go to Edmonton?**

We went for the budget release.

## **How did you get invited to go?**

We were invited by Maria Fitzpatrick, MLA Lethbridge East.

## **Was it a long trip? Was it fun?**

We flew with Integra so it wasn't too long. Ben got sick on the flight up there because of turbulence. Yes, it was a long day but we had fun. We ended up sharing a cab with Mayor Spearman and talking politics.

## **Did you stay overnight?**

Yes. Chris stayed overnight for meetings with Inclusion Alberta, Ben came back the same day.

## **Who did you meet?**

We met Maria Fitzpatrick's family, Marie Renaud from Alberta's NDP party and Greg Clark, the leader of the Alberta party.

## **Why was this trip important?**

This trip was important to have self-advocates involved with government. It was really interesting and helpful for us to see the path the MLA's take.



*Chris Rowley, Marie Renaud and Ben Rowley at the budget release in Edmonton.*

# HAPPY BIRTHDAY CANADA!



## Did you know Canada is turning 150 years old?

Canada became a country on July 1, 1867 with only four provinces: Ontario, Quebec, Nova Scotia and New Brunswick. The first Prime Minister of Canada was John A. MacDonald. The Ripple newsletter crew decided to make a list of reasons why we like living in Canada.

- It is a safe country to live in
- There is opportunity to meet new people
- We have the right to do stuff that people in other countries do not have the right to do. This includes voting, working, choosing what we want to wear, choosing who we want to marry and if we want to get married
- The color of the flag and the image
- We have the opportunity to celebrate Canada's birthday and do stuff we don't get to do everyday
- We can go to school

## COMMUNITY EVENTS CALENDAR

Lethbridge	Medicine Hat	Crowsnest Pass	Brooks	Taber
<p><b>July 1:</b> Canada Day @ Henderson Lake</p> <p><b>July 7-9:</b> Street Machine Weekend</p> <p><b>July 22:</b> Fun City Sliders</p> <p><b>Aug 3-4 &amp; 10-11:</b> Shakespeare at the Park (Galt Gardens)</p> <p><b>Aug 22-26:</b> Whoop Up Days</p>	<p><b>July 13:</b> Market @ Medalta every Thursday 4:30-8:30</p> <p><b>July 22:</b> Great Big Paddle @ South Saskatchewan River</p> <p><b>August 18-19:</b> 2nd Annual Cars &amp; Guitars - Classic Rock Festival</p> <p><b>Aug 19:</b> Conquer the Valley</p> <p><b>Aug 20:</b> Discover Dinosaur Provincial Park</p>	<p><b>July 1:</b> Parade Day in Coleman</p> <p><b>July 2:</b> Alberta Provincial Police Barracks Grand Opening</p> <p><b>July 15:</b> Sole Survivor Foot Race</p> <p><b>Aug 5-7:</b> Heritage Festival</p>	<p><b>July 5-8:</b> 47th Annual Southern Alberta Summer Games</p> <p><b>July 29:</b> Bassano Downtown Street Fair and Car Show</p> <p><b>Aug 5:</b> Duchess Days 2017</p> <p><b>Aug 11-13:</b> Corn Maze Opening</p> <p><b>Aug 12-13:</b> Medieval Fair</p>	<p><b>July 1:</b> Pancake Breakfast 8:30-11:30</p> <p>BBQ &amp; Fun in the Park starts at 11:30 with LIVE entertainment until 3:30</p> <p>Out door music and fireworks at 10pm.</p> <p><b>August 25-26:</b> Taber Corn Festival</p>

# Shannon's Best of the Best

***Ripple Writer, Shannon Kehler, has always been interested in the Lethbridge Best of the Best. Shannon did some research of her own to let you know some of her favorite places in Lethbridge!***



## Sports - Bowling

Bowling is great for having fun with your friends and you can buy food or drinks while bowling. You can also buy bowling balls and shoes! In Lethbridge, Galaxy Bowling is best for 10 pin bowling and Holiday Bowl is best for 5 pin.

## Physical Activities - Walking

Walking is a great way to get some exercise as well as some fresh air and enjoy the beauty of nature. Also, a great way to socialize with friends. Henderson Lake and the River Bottom are two of the best places to go walking.



## Car Care - Subway Automotive



Subway Automotive has received awards for their services and is ranked among the best. They are helpful, friendly and good at what they do.

## Dining - Piggy Back Pouterie

Piggy Back Pouterie has great, fast service. Everyone who works there is friendly and nice. The food is really good! The location is nice because you can sit by the window and watch everyone downtown while eating.



## Home Décor - Canadian Tire



There are so many selections at Canadian Tire for everything that you need for your home. The staff there always know how to help you find what you are looking for.

# Shannon's Best of the Best



## Electronics - Best Buy

Best Buy has everything you need. The staff are always very helpful. You can also get a membership with Geek Squad to fix products.



## Health Food Store - Nutter's

Nutter's has reasonable prices and a lot of choices. You can always find what you are looking for.



## Pharmacy - Walmart



Walmart Pharmacy has knowledgeable staff and are very helpful. They have the best prices as well. You can find everything you need for health and wellness at Walmart.

## Retail Store - Toys R US

Toys R Us doesn't just have toys, you can find movies, board games, everything for baby, bikes, music, craft supplies and video games. Staff at Toys R Us are helpful, friendly and always smiling.



## Pet Store - Petland



At Petland, you are allowed to touch most of the animals which makes it a really fun store. The people who work at Petland have a lot of information and are very helpful when you have pet questions.

# ASK THE RIPPLE



The Ripple Newsletter raises awareness about self-advocacy, inclusion and community. We are self-advocates who try to speak up for ourselves and help others to do the same.

**We want to answer your questions!**

If you have a question that you would like us to answer please contact us.

## How can I keep safe outside in the summer heat and sun?

*Here are some tips from The Ripple Crew about sun and heat safety:*

- Sunscreen should be applied every 3-4 hours.
- 15 SPF is the best unless you are looking for full coverage then it is 80 SPF.
- Drink at least 3 litres of water per day.
- You will stay cooler if you wear cotton fabric and lighter colors like white, beige and yellow.
- Loose clothing will also keep you cooler.

**ENJOY YOUR SUMMER!**

**Do YOU want to write for the Ripple? Or have ideas for us?**

**PLEASE let us know!**

**We have featured other writers in the past and would love to feature**

**CONTACT US AT:**

**403-320-1515 or via email at [jenn.hyggen@saipa.info](mailto:jenn.hyggen@saipa.info)**

*you.*