

July/August 2019

The Ripple



SRSAN
South Region Self-Advocacy Network

HAPPY CANADA DAY

Canada will be 152 years old on July 1, 2019. It was founded on July 1, 1867. There used to be three separate colonies in Canada, the Province of Canada, Nova Scotia, and New Brunswick. They all came together to become Canada under the British Empire. It was originally called Dominion Day, and was changed to Canada Day in 1982 when the Constitution Act was passed, and Canada became fully independent. It is celebrated all over the country in many communities with barbeques, festivals, fireworks, carnivals, and many other activities. It is also celebrated in many other countries around the world.

Some fun facts about Canada, our national symbol is the mighty Beaver. There are 10 provinces and 3 territories. The difference between provinces and territories is that the territories have a bit less power than provinces, and they do not have provincial governments. Canada has two official languages, English and French.

Events around Lethbridge on Canada Day

- Red dress run, 5km charity walk/run. Entry by food donation. Begins at Nikka Yuko Japanese Gardens and goes around Henderson Lake.
- Pancake Breakfast for \$3 for adults, \$2 for children, and Show & Shine from 9am to 3pm at Galt Gardens
- Carnival at Galt Gardens from 1pm to 4pm
- Lethbridge Bulls baseball game at 7:35pm at Spitz Stadium
- Family activities at Fort Whoop Up from 1pm to 4pm, free admission. 12pm to 11pm at Henderson Lake, with live entertainment, food vendors, kids zone, and fireworks at 11pm.



How to Stay Safe in Warm Weather

Each year, over 600 hundred people die from extreme heat related illnesses. This can be caused by a few different heat illnesses including heat stroke, heat exhaustion, heat cramps, sunburn, and heat rash. These are caused by your body not being able to cool off properly. There are two main reasons that people get sick because of extreme heat.



One is high humidity which is a large amount of moisture (or water) in the air around us. Our bodies sweat to help release heat from our bodies. When there is a lot of moisture in the air around us, the sweat on our bodies cannot escape with the extra heat. This can make us very sick.

The second reason people can get sick from heat is due to personal differences. This can include age (young children and older adults), being overweight, not drinking enough water, mental illness (added stress), poor circulation, sunburn, having a bad heart, and drug and alcohol use. The reason these can all make you more likely to get sick from extreme heat is your body is not able to get rid of extra heat as fast.

There are 3 questions you can ask to make sure you do not get sick when in the heat. The first question is “Are you drinking enough water?” This is important because water makes sure that you are able to sweat and cool off. The second question is “Do you need help keeping cool?” Is it too hot outside to be out there for a long time? The third question is “do you have access to air conditioning?” Air conditioning is the number one way to make sure people can stay cool. If you do not have air conditioning you can do the following:

- ⇒ Keeps the curtains and windows closed
- ⇒ Turn your fans on
- ⇒ Open your windows at night (if it cools down)
- ⇒ Use an electric hand fan
- ⇒ Drink cold beverages (NO sugar!)
- ⇒ Use ice cubes and ice packs
- ⇒ Go to places with air conditioning
- ⇒ Go swimming!



How to Stay Safe in Warm Weather Continued

If someone is not able to keep cool in extreme heat, there are warning signs to look out for. If you see any of these signs in someone, call for help!

This includes:

- ⇒ **Tiredness**
- ⇒ **Weakness**
- ⇒ **Fainting**
- ⇒ **Confusion**
- ⇒ **Cold, pale, clammy skin**
- ⇒ **Painful, warm, red skin**
- ⇒ **Dizziness**

The ultimate way to help avoid extreme heat, is to check the weather report each morning!

The newsletter crew wanted to give you some fun things to do to spend some quality time with the outdoors this summer! Here is our list;

- ⇒ Disc Golf at Nicholas Sheeran Park
- ⇒ 4 Outdoor off-leash Dog Runs/Parks at Peenaquim Park, Popson Park, Riverstone and south of Scenic Drive
- ⇒ Henderson Pool
- ⇒ Westminster Outdoor Pool
- ⇒ Legacy Regional Park has paved walking paths, a skate park, outdoor fitness equipment, a group picnic shelter, a playground, and so much more!
- ⇒ Floating/tubing down the Old Man River
- ⇒ Water Balloon fights
- ⇒ Biking
- ⇒ Helen Schuler Nature Centre/Indian Battle Grounds
- ⇒ Geocaching
- ⇒ Paintball at Park Lake
- ⇒ Swimming/Camping at Park Lake
- ⇒ Galt Gardens Rotary Centennial Fountain and Gyro Spray Park by the Nicholas Sheeran Pool

Whoop Up Days 2019

Whoop Up Days is an annual rodeo, festival, and exhibition held in Lethbridge for 5 days from August 20-24. It begins with a 4km parade through downtown, carried on with daily concerts, food fair, farmers market, the Bucking & Barrels Pro CAN AM Challenge and the Westcoast Midway. There is a new and improved saloon this year called the Pendleton "Let 'er Buck" saloon where it will feature new up and coming Canadian country artists. Lethbridge College students & faculty get discounted access, there is also a 'Lethbridge College Day' on Friday, August 23.



There are many bands coming to play on the Gas King Stage held at Whoop Up Days;

August 20 – Corb Lund, Aaron Goodvin, Alee

August 21 – Sam Roberts Band, Nuela Charles, Mariel Buckley

August 22 – Walk of the Earth, Scenic Route to Alaska, Julian Taylor Band

August 23 – Arkells, Dear Rouge, The Dirt Nil

August 24 – Lil Jon, Notorious YEG, Harman B

MIDWAY ATTRACTIONS

A poster for the midway attractions at Whoop-Up Days. The background shows a Ferris wheel at night. The text is arranged in two columns on the left and right, with a large graphic on the right side. The graphic includes the text "35 RIDES" and "4 NEW RIDES" in large white letters, and a colorful logo for "WCA" (Westcoast Amusement) featuring a tiger's head.

Ferris Wheel	Super Shot
Raiders	Tornado
Alien Abduction	Cliff Hanger
Carousel	Rock Town
Choo Choo Charlie	Reverse Bungee
Convoy	Zipper
Ducks	Wacky Worm
Bumble Bee Bop (New)	The Ring of Fire
Kite Flyer	Bulgy the Whale
Mini Jets	Hurricane
Spin the Berries (New)	Yo-Yo
Monster Trucks	Spider
Motorcycles	Tilt a Whirl
Sizzler	Zero Gravity (New)
Sooper Jet Coaster	Ghost Party (New)
Spin Out	SR2
Spring Ride	Bungee Jump
Superslide	Sling Shot

SRSAN Meeting/Retreat in Brooks

The Newsletter crew interviewed Randy Chandler about the SRSAN meeting that happened in Brooks on May 8, 2019;

1. How many people were there?

There were 87 people there.

2. Who was facilitating?

Angie Irvine, based in Medicine Hat

3. What did the group do to break the ice?

Each table was given a bag of supplies to create their own version of a time machine. Each person had an opportunity to add something to the time machine to make it unique. The time machine was related to the theme of the meeting. The theme was looking into the past, present, and future of SRSAN. This also gave each table a chance to get to know one another.

4. What did the group talk about during the retreat.

The facilitator Angie Irvine asked the group to look into the past 18 year history of SRSAN. Angie asked three specific questions about SRSAN's past. This includes what has SRSAN done right? What has SRSAN done that you want to change? What do you want SRSAN to stop doing? Angie also asked the group who their allies are? What allies and friends would you like to get involved? SRSAN will use this information to grow as a group and continue to bring awareness to the community about the importance of self-advocacy.



Ribfest 2019

The 4th Annual Ribfest brings the best BBQ pulled pork, beef and pork ribs, and BBQ chicken to communities all across Canada. It runs in Lethbridge from August 30th to September 2nd, 2019 at Exhibition Park. In addition to an amazing BBQ Experience, Ribfest will feature a Best Rack Competition, Fresh Lemonade, Mini Donuts, Ice cream, Kids Fun Zone, Live Music, BBQ Sauce Wrestling and more! Admission is free and you only pay for what you eat.

What is AACT?

Albertans Advocating for Change Together (AACT) is an Alberta self-advocacy network of people with developmental disabilities and their allies. They are a network that learns about issues and advocates passionately for a positive change in society.



What does AACT do?

They talk with the government to make sure self-advocate voices are heard, and how they can work together. AACT representatives are part of a PDD self-advocate advisory group.

They also write letters about issues that are important to them and its members. Transportation is one of those issues. They sent letters to the Alberta Minister of Transportation to say how cuts to bus service in Alberta affect people who do not drive or have a car. This affects people with disabilities, seniors and other Albertans.

Who runs AACT?

They have a Council made up of two self-advocate representatives from each region. Each region decides how it picks its representatives. At least six representatives and three regions must be at a meeting for decisions to be made. Anyone can come to Council meetings, but only the representatives can vote.

The representatives must talk to groups and self-advocates in their region to find out what is happening and what they think. They must be prepared for meetings.

AACT may have committees work on activities like communication and workshops. Sometimes members volunteer to work on an action together. They also use their meetings to take action. They also hold self-advocacy summits that teach advocates how to take action in their own communities.

Who can be a part of AACT?

Self-advocates and self-advocacy groups can be part of AACT. It costs \$15/year to get everything in the mail (Paper member) or only \$5/year to get everything by email (Email member). Members get a membership card, newsletters and personal invitations to AACT events, such as the Self-Advocacy Summits and annual general meetings.

Meet your Newsletter Crew!

Your bi-monthly newsletter is brought to you by the newsletter crew. This group is made up of members of SRSAN who meet once a week to bring you the latest in local news for self-advocates. If you are a member of SRSAN and would like to help create the next newsletter please contact the SAIPA office by calling 403-320-1515!

This newsletter was brought to you by:

Randy Chandler

Shannon Kehler

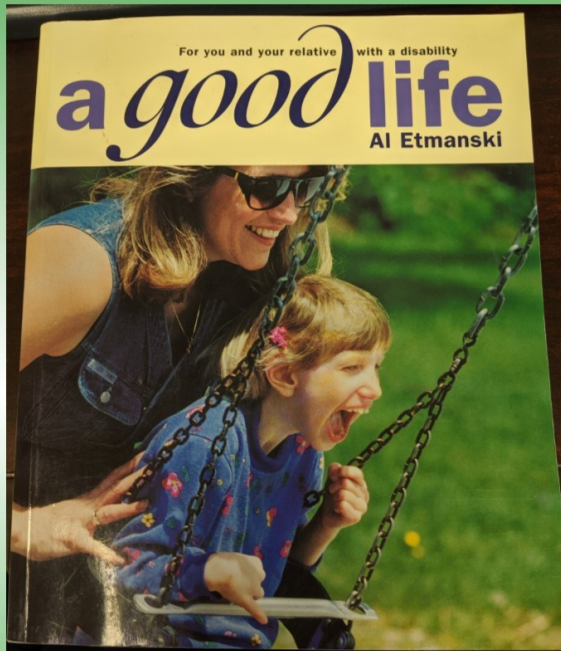
Scott Nickel

Danielle Petersen

Tiffany Preete



Resource of the Month: July 2019



You can borrow this book for FREE by contacting the SAIPA office at 403-320-1515

A Good Life

This is not your typical book about people with disabilities, it offers a different perspective about what is truly important when thinking about the future of people with disabilities.

It talks about how families and friends can begin a new conversation about what will provide for the well being, safety & security of our loved ones who have a disability.

It is a book about discovering a good life for ourselves and our loved ones. It is a great book for those who want to provide their family member or friend with a disability a better life that does not solely rely on social supports and programs. It is full of stories and experiences from other families.

Check SAIPA's Facebook and Twitter (@SAIPA1986) for information on upcoming workshops

Upcoming Events!

SRSAN

- SRSAN Meeting September 2019 to be determined
- Citizen Walk About September 27, 2019



Community Events

Lethbridge:

- ⇒ **July 4, 5, 11, August 1, 2, 8, 9** - Shakespeare in the Park “Macbeth”, from 7pm - 8:30pm at Galt Museum
- ⇒ **July 6** - 5th annual Latin festival at Galt Gardens from 12pm - 9pm
- ⇒ **July 23** - Garden Gnomes from 1pm - 3pm at the Galt Museum
- ⇒ **July 29 to August 2** - Junior Girls Golf Championship at Lethbridge Country Club
- ⇒ **July 30** - Ice Cream Social from 1pm - 3pm at Galt Museum
- ⇒ **August 3** - 2019 CariBridge: Lethbridge Caribbean Carnival at Galt Gardens from 11am - 10pm
- ⇒ **August 17**- Lethbridge Electronic Music Festival from 11am - 11pm at Galt Museum
- ⇒ **August 20** - Scenic Plaza Whoop Up Days Block Party from 11:30am - 1:30pm at the Galt Museum

Medicine Hat:

- ⇒ **July 6** - Blue Rodeo at the Canalta Centre
- ⇒ **July 6, 13, 20, Aug 3, 10, 17** - Farmers Market at Medicine Hat Exhibition from 9am-1pm
- ⇒ **July 14** - Travis Tritt at the Canalta Centre
- ⇒ **Every Sunday Except for Stampede Week** - Food Truck Frenzy at the Visitor Information Centre
- ⇒ **July 29** - Michael Jackson HIStory Tour at the Esplanade Arts & Heritage Centre
- ⇒ **August 16 & 17** - Cars and Guitars August 16 @ 8pm and August 17 at 11am

Taber:

- ⇒ **August 22-24** - Cornfest

To see the full calendar visit <https://www.southernalberta.com/content-events.asp>