

What's happening in the Community?

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June 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6 Lethbridge Farmers Market
7	8	9	10 Lethbridge Jazz Festival	11 Lethbridge Jazz Festival	12 Lethbridge Jazz Festival Street Machine Weekend	13 Lethbridge Farmers Market Lethbridge Relay for Life
14	15	16	17	18 SRSAN Meeting: Taber	19 Bellcrest Days	20 Lethbridge Farmers Market Bellcrest Days
21 Father's Day	22	23	24	25	26	27 Lethbridge Farmers Market
28 100 Mile Bike Ride	29	30				

THE Ripple

June 2015

Tips for Talking to New MLA's



We just had a really big election in Alberta. We now have a new NDP government. It is the first time any party beside Conservatives have been in power in over 40 years. We have lots of new MLA's in the South Region who need to know about who SRSAN is and what we do.

SRSAN's government communications committee is going to meet with all of the MLA's in the South Region to talk about who SRSAN is and what they do. They also plan to set up ongoing meetings with the MLA's so that SRSAN can regularly have an opportunity to speak with them. We think other Self Advocates can show new MLA's the ropes of what we do and why our voice is important too. Here are some tips to use when you are speaking to MLA's about what is important to you:

- The first thing you need to do is set up the meeting. You can call, write or visit them in person to set up a meeting to talk about Self Advocacy.
- Before the meeting you need to think about what you want to say and ask. Write down some ideas so you don't forget what you want to say.
- When you get to the meeting, introduce yourself, say something nice about the work they have done, tell them what you want to say, ask them if they have any questions and make sure they understand what you want and then thank them for the meeting.
- Make sure you are respectful when speaking to MLA's. It is very important not to argue with them if your views are different.

"If you think your too small to have an impact, try going to bed with mosquito in the room" – Anita Roddick

Speak passionately, speak from the heart, speak honestly and knowledgably...and your message will be heard".

What happened at the SRSAN Conference



On May 28th and 29th SRSAN had its 10th Self Advocacy Conference called "Humor Me: Dealing with Everyday Life". The conference had over 120 people from all across the south region. The conference started out with Les Pearson from Medicine Hat talking about mistakes we make and how we can forgive ourselves and learn from those mistakes. That night we had an amazing dinner and dance. People danced all night long and had so much fun. At the banquet SAIPA and SRSAN gave away the SAIPA Ally Recognition Award to Shawna Churchill and the Clarence Marsh Memorial Award to Travis Williams.

On the last day of the conference we listened to Beve Stevenson talk about finding the funny in stressful situations. She showed some really funny pictures and talked about how we can use humour to feel better in stressful situations. We also got to see the CORE puppeteers show us how they teach children about safety and bullying! Then we got to pick some of our own sessions. The choices included: visioning, Right 2 Love, relaxation, internet safety and many more!

The conference MC's, Tom Hopkins and Melody Scout did a great job! The hotel was very nice and some of the people who came to the conference went on the waterslides!

Overall the conference was very fun. We made new friends, learned a lot about self advocacy and had a nice get away! We can't wait for the next Self Advocacy Conference in 2017!



Movie Review: McFarland

The Disney Movie McFarland started with a football coach, he got fired because he threw a shoe at one player when he was very angry. He then had to move to the poor city McFarland to start a new job at a new school. At his new school Coach wanted to start a cross country running team but he needed to ask the principal. The principal agreed and some students wanted to be on the team and some were forced to be on the team to get out of their detention. At first the team didn't have any uniforms or proper running shoes. Some of the boys on the team worked in the fields to help their families make money and have food. The boys working made it hard because they didn't have time in their schedule to practice running. The coach did not want his best runners to quit, so he worked in the fields with them, and switched practice times. The team did not win the first race, or their second race, but they were getting better.

Coach was very focused on his team and started missing out on his family and he forgot about his daughter's birthday. The city of McFarland has a lot of Hispanic people who are very close with their families. Coach wanted to make an apology to his daughter, and so he asked a man to help him throw his daughter a party. Everyone in the neighbourhood came together and helped have a Quinceanera which is a party for a young woman growing up in the Latin American culture. After the party, Coach's daughter went out with the running team and met a gang who had a knife. Coach's daughter was okay because the running team kept her safe, but Coach was still mad. This made Coach realize that McFarland is not a safe city and so he wanted to move away. Coach went to a nice fancy school for an interview and Coach's family was mad about this. Even though McFarland isn't the safest place, they made good friends and have a good family community there.

Next in the movie was the State final race competition. Coach and the team were very nervous but they ran as best as they could. Coach reminded the boys how hard they worked, at school, running, and working for their families. The entire city of McFarland closed shops and took the day off to be there to watch the boys race. The race began and all of the boys did their best and they won the race for McFarland School. Hooray! Coach was very proud of his team and he wanted to stay in McFarland with his family!

SRSAN's Key Message to the new MLA's

Message:

"We cannot live good lives without supports from the government such as AISH and PDD funding. We believe AISH should increase as cost of living increases. We cannot afford cuts to PDD funding as these supports help us to feel safe in our communities, learn new things and get jobs."

What it means:

To SRSAN, this means that we cannot live good lives in the community without the supports that we get from our staff and service providers through PDD and the money we earn through AISH. Making sure the budget has enough money is important to SRSAN because it changes our lives when the money gets cut. SRSAN wants to work towards a better future for people with disabilities and this better future includes making sure the budget is safe for people with disabilities.

