

March/April 2018

# The Ripple



**SRSAN**  
South Region Self-Advocacy Network

## New logo fires up SRSAN

The Ripple interviewed Shawna Howarth and Nathon Crazy Bull. They are a strong part of SRSAN and our good friends who helped create the new SRSAN logo. We interviewed them about this to get more information.

### **Why did SRSAN decide to change the logo?**

**Nathon:** We decided to change the logo because it didn't have the look that we wanted. We wanted our own look to represent SRSAN.

### **Why did you want to help redesign the logo?**

**Shawna:** Change is always good. I wanted to do it because I wanted to show some of my art, and to show the community what I am capable of.

**Nathon:** I also wanted to show my art, and I had a few ideas. I wanted to show who SRSAN is. SRSAN is a place where everyone can speak up for themselves. People with and without disabilities can work together to make things better.

### **Where did your ideas for the logo come from?**

**Nathon:** The flame of the logo shows people. We all have a spark in us, and if we all speak up for each other, one spark will set off others and form a flame.

**Shawna:** I helped choose the colours. It's bright and it will show up well.

### **How did working with a graphic designer help you create the logo?**

**Nathon:** It was really cool working with a graphic designer. We each brought our ideas,



## New logo (continued)

and he worked with them to create three logos people could vote on at the November 2017 SRSAN meeting.

### **Why was it important for you to help create the new logo?**

**Nathon:** It was important to me to have a say in what the logo should look like.

### **How will you be using the logo?**

**Shawna and Nathon:** We will be using the logo on everything to do with SRSAN. We made sure the logo could easily be printed on T-shirts and anything else SRSAN wants to order.

### **How do you feel knowing your work is going to represent SRSAN?**

**Nathon:** I know representing SRSAN is a good idea. We all have feelings about what we can and can't do. It was very important to me to create a logo that represented everyone, and I'm very proud it will be used.

**Shawna:** I feel great that I was able to participate in creating the new logo. I love drawing, and I think the logo fits for SRSAN because we all have a spark inside us.

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## Exploring Easter: where did the bunny come from?

Some people believe the idea of the Easter bunny came from German immigrants who moved to America in the 1700s. The Germans brought the tradition of an egg-laying bunny, called "Osterhase" or "Oschter Haws."

Eventually, the tradition spread across the United States and the rabbit's Easter morning deliveries grew to include chocolate and other types of candy and gifts.

Children often left out carrots for the bunny in case he got hungry from all his hopping.

### **Did You Know?**

The largest Easter egg ever made was more than 25 feet high and weighed more than 8,000 pounds. It was built out of chocolate and marshmallow and supported by an internal steel frame.

*Information for this article was found on:*



# Fitness makes a big splash at Aqua Jog

**By Shannon Kehler**

## ***Fritz Sick pool in Lethbridge***

I go to Aqua Jog at Fritz Sick pool Tuesday and Thursday evenings from 7 to 8 p.m. I started going after the doctor told me it was important to do physiotherapy to make my knee stronger. My knee is a lot better, but after a while, I learned that there are lots of benefits to exercising in the water.

Aqua Jog has helped me lose weight. I learned about new exercises that are a lot of fun! These exercises involve using pool noodles and barbells, and they have made my arms stronger too!

It has helped me meet new people. It is important for me to do this to grow my circle of friends to see new people other than those at SRSAN or PEAK. I know the exercises, so I love teaching them to new people.

It also helps to get me out of the house! Exercising in the pool is very relaxing. The good thing about Aqua Jog is that everyone can go at their own pace.

I would recommend that everyone try it! You can drop in any time for \$6 per person. If you would like to join or find out more, call Fritz Sick pool at 403-320-3109.



## Pride of culture inspire aboriginal jewellers



We often see aboriginal jewellery out in the community. We think it's beautiful and wanted to learn more about it. We talked to Jayme Steele and Virginia Yellow Wings, staff at Ability Resource Centre and aboriginal jewellery experts.

### **How long have you been making jewellery and why did you start?**

**Virginia:** I've been making jewellery since I was in my mid-teens. The skill is handed down in aboriginal families and my mom handed it down to me. I learned from watching and helping her.

**Jayme:** I started 10 years ago. For me, it was a part of my culture as part of my dancing. I was a Fancy Dancer and I had to make my own jewellery and regalia. (Regalia is the word for the outfits that aboriginal dancers wear).

### **What kind of jewellery do you make and what kind of beading do you use?**

**Virginia:** We do earrings, different styles of necklaces, bracelets and

## Aboriginal jewellers (continued)

barrettes. Normally, we use very small beads for this. In the past, we taught a Blackfoot creations class at Ability Resource Centre where we taught people to make aboriginal crafts, and we used larger beads because it was easier for people to learn. People enjoyed learning from us. Creating jewellery teaches patience and fine hand-eye coordination.

### **How long does it take to make one piece of jewellery from start to finish?**

**Jayne:** It depends on what you're making. If you are making a necklace with bigger beads, probably two hours. A necklace with smaller beads takes about three hours. We work on them in our spare time and don't usually finish a project in one sitting.

### **Do you ever sell your jewellery?**

**Virginia:** Yes. Many times, people see us wearing the jewellery and ask if they can order it. We get many requests.

### **Do you follow a design or make your own?**

**Virginia:** We usually make our own design. You can bead by hand or use a loom.

**Jayne:** The eagle medallion has special meaning because my nephew's aboriginal name is Eagle Boy. To create it, I printed off the picture and beaded on top.

### **Do you feel proud that you can make this jewellery from scratch?**

**Jayne:** Yes, very proud. It's part of our culture and it is a skill that we can pass on to others.

**Virginia:** It's important to pass on this on to future generations because it's a skill we don't want to lose.

Jayne and Virginia, thank you so much for taking the time to talk to us about this. We appreciate it and learned a lot!



*Weaving Your Own Path:*

*SRSAN conference*

*paves the way*

*for a brighter future*

We interviewed Nathan Crazy Bull and Anna Olson about the SRSAN conference happening in Lethbridge May 29 and 30. Nathan is the chair of the conference planning committee and Anna supports the committee.

**When did the committee start planning the conference?**

**Anna:** We started planning the conference in March 2017.

**When will conference registration open?**

**Anna:** It is our goal to open registration at the end of February.

**How much will the conference cost?**

**Anna:** We are still working that out, but we make it low cost so people can attend. In the past, the cost has been \$20 per person, and if there is an increase, it will be small. SAIPA and SRSAN have worked hard to get grants and fundraise so that people can afford to go.

**What time will the conference start and end?**

**Anna:** The conference will start May 29 at 1 p.m. and end May 30 between 3:30 and 4 p.m.

**Nathon, why did you want to be the chairperson for the committee and how did you feel about it?**

I wanted to be part of the committee to see how the conference is planned. I wanted to be chairperson to get my feet wet because I wanted to do something for the committee. I was nominated for the position, I got it and I'm loving it!



# SRSAN conference (continued)

## **Who will the conference speakers be?**

**Anna:** People are going to have a chance to learn different things so there will be different speakers. We asked for speakers, and we got lots of people who were interested. We will have lots of self-advocate speakers from Lethbridge and around Alberta. We will have about eight speakers along with our closer and our keynote speaker.

## **How did you get Dave Hingsburger to be the keynote speaker and why did you choose him?**

**Anna:** Dave has worked in the disability field for a long time and is an expert on relationships and sexuality. We felt like it would be a good fit for the conference because anyone can learn from him. We try to include something for everyone, not just people with disabilities. He will challenge everyone in that room, and if you're not being challenged, you don't grow.

## **The theme of the conference is *Weaving Your Own Path*. Why did you pick that theme?**

**Nathon:** We picked the theme because everyone has a different path in life. Everyone has different barriers, but we wanted to make sure to give people confidence and the idea that you can do whatever you set your mind to.

## **Why is it important to SRSAN to have a conference like this?**

**Nathon:** We have a lot of speakers that will encourage people to see there is more to life than roadblocks and barriers. People with and without disabilities can learn from each other.

**Anna:** People with disabilities don't often get to go to conferences or workshops, and this gives them the same learning opportunities as everyone else.

## **How has the conference helped you learn new skills?**

**Nathon:** Interacting with and meeting new people has helped learn new skills. One of the biggest things I get out of the conference is memories and friendships.

***To find out more about the conference, call SAIPA at 403-320-1515.***

# Call for nominations!!



SAIPA and SRSAN want to hear from you! We are now accepting nominations for SRSAN's Clarence Marsh Memorial Award and SAIPA's Ally Recognition Award.

Do you know an amazing ally or self-advocate? Nominate them by March 30, 2018!

## ALLY RECOGNITION AWARD

Recognizing exceptional organizations, businesses, families or support staff who assist individuals with disabilities to advocate for themselves to become full members of their community.



### Nominate someone who:

- Stands up for what they believe in
- Has good listening and communication skills
- Is understanding of new ideas, and is open to ideas from others
- Motivates, encourages, and respects others
- Promotes self-advocacy and sets an example for others to follow



### Nominate someone who:

- Is an approachable support system to people with disabilities
- Motivates and encourages people with disabilities to learn leadership skills
- Listens to people with disabilities and respects different choices
- Treats people with disabilities as adults and with respect

**Pick up the nomination forms at the SAIPA office:  
210, 410 Stafford Drive South, or download them  
off the SAIPA website:**

**[saipa.info/allyrecognitionaward](http://saipa.info/allyrecognitionaward)**

**[saipa.info/clarencemarshmemorialaward](http://saipa.info/clarencemarshmemorialaward)**