

March/April 2019

The Ripple



SRSAN
South Region Self-Advocacy Network

New Years Resolutions

A New Year's Resolution is a special tradition common today in the western part of the world. In this tradition, in the new year, a person decides to accomplish a personal goal to improve the quality of their life. Sometimes this goal may mean changing an unwanted behaviour.

New Year's Resolutions can be traced back to about 4000 years ago to the ancient Babylonians. The Babylonians were a group of people who lived in what is now apart of the modern day middle east. At the start of each new year the Babylonians would promise their Gods that they would return borrowed items and pay off their debts. Experts also believe that Ancient Babylonians were the first to hold celebrations for the new year. Records also show that in the new year, Romans made sacrifices to the God, Janus, who they believed looked into their past and future. They offered Janus sacrifices and promised to better themselves in the new year. For early Christians, the first day in the new year became a day to look at past mistakes and promise to do and be better in the future.



In 2019 some of the most popular New Year's Resolutions were:

- To diet or eat healthier
- To exercise more
- To lose weight
- To save more money and spend less
- To learn a new skill or hobby

Sadly, In a 2007 study, research showed that 88% of people who make New Year's Resolutions do not reach their goals. Experts say that If you want your New Year's Resolution to be successful you should make sure that your goal is realistic and not too big. It is best to start with a small goal and build from there. The Ripple Newsletter Crew wishes everyone a wonderful New Year! We hope you work hard to make your resolutions come true throughout the year.



The Story of The Medicine Hat Tepee

The Medicine Hat tepee, the world's tallest tepee, was built in 1988 for the Calgary Olympics. The Saamis

(SA-AH-UMP-SIN) tepee was built as a tribute to Canada's Native heritage. The tepee was later moved to Medicine Hat in 1991 where it took less than one week to construct. Inside the tepee is 10 large circular story boards that show different parts of Canadian native culture. The structure weighs 200 metric tons and is 20 stories tall. The tepee has 960 bolts holding it together. There are 3 coloured rings on the tepee. The white ring represents purity, the red ring represents the sun, and the blue ring represents water. It is also believed that the surrounding area could have up to 83 million artifacts buried in the coulees. The tepee is also built to withstand 241 kilometer per hour winds.



Amerigo Rick Filanti bought the tepee after the 1988 Calgary Olympic Games. He bought the teepee to give Medicine Hat a new landmark and to help attract business investments in the prairies.

Local legend says that Filanti could not afford to transport the tepee and asked the city to help. The city said yes, but asked that he pay them back afterwards. In case he couldn't pay them back, he gave them a Picasso to hold on too. However the city accidentally let it get damaged by water. Filanti did not design and build the Saamis tepee. Designer Steve Illes originally designed the structure to protect the Olympic flame in McMahon stadium.

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One of the 10 large circular story boards



Amerigo Rick Filanti

Family Day!

Family Day is on February 18th, 2019. This holiday was a bit of a mystery to the newsletter crew and so we decided we wanted to find out how it started! Always celebrated on the 3rd Monday of February. This is not a federal statutory holiday. A Statutory holiday is a day off given to you by either the province or Canada that does not count towards your vacation time at work. It is only observed in New Brunswick, Alberta, Manitoba, Ontario, Saskatchewan and in British Columbia. Family Day is the only day off between New Years and Good Friday in April. Family day was started in 1990 by the then Premiere Don Getty who said “I thought to myself that if we could get some kind of a push back against the family disintegration, we would have families happier and healthier and we would actually start to slow down the process of family break-up, if it worked.” When Premiere Don Getty says disintegration, he means family break up.

Not everyone agreed with starting the holiday. Many thought this was pointless. However, Don Getty believed that this was important to have for families and worked with Alberta advocacy groups which caused a lot of public support. The holiday was a success the first few years due to good weather and public support including fun events, activities, food, and fun! This caused other provinces to take notice and some ended up starting their own family day.

We asked the newsletter crew what they like to do on Family Day:

Danielle: “I like to stay home with my family and my roommate. We sit by the fireplace and have a couple glasses of wine and play card games. It’s pretty fun.”

Shannon: “I like to relax, play on my computer, stay at home with my roommate and have dinner. I also sometimes visit the dog park.”

Scott: “I also like to relax by spending time with my parents and roommate, watch movies, and have a family dinner. If there is a hurricanes game, I will go to that too.”

Tiffany: “Just chillax, play video games, colour, talk to friends, and have dinner. I also like watching movies at home to relax.”



What's the Deal with Cupid?

When you imagine Cupid you usually think of a little baby, but this was not always the case. Before the Romans adopted and renamed him, the Greeks knew him as the god of affection (a feeling of liking or love) named Eros. Legend says that he was so handsome that he could make anyone weak in the knees, even the gods. He had golden arrows that would cause people to fall in love, and leaden arrows (a dull heavy metal) that would cause people to hate one another.



Later in history people began to start describing Cupid/Eros as a chubby and mischievous (trouble making) child, this is the way we know him today. Valentine's day is a time to show love and affection and so it made sense for Cupid to be included in this celebration. So next time you see Cupid you will know that he was not always a baby!

Clarence Marsh Award Nominations 2019



Do you know a self-advocate who is:

- a good listener and communicator?
- understanding and open to new ideas?
- a good friend?
- confident?
- stands up for what they believe in? etc.

The deadline for
nominations is March
31st 2019

They might be a candidate to receive the Clarence Marsh Memorial Award 2019! Please review our website for more information and to fill out the form.

www.saipa.info/clarencemarshmemorialaward/

Questions can be answered by phoning the SAIPA office at 403-320-1515 or emailing alexandra.long@saipa.info

The New Lethbridge YMCA

The current Lethbridge YMCA in its downtown location will begin closing February 28th, 2019. The new building named the Cor Van Raay YMCA at ATB Centre will be located on the far west side of Lethbridge at 74 Mauretania Rd W. In August 2015 the YMCA was picked to be the manager of the new ATB Centre. When the YMCA was looking for donations to help build the new building, they received one of the largest donations in the history of the YMCA at 3.75 million dollars from businessman Cor Van Raay. The downtown location will be closed down in pieces. The Pool and all YMCA programs will shut down on February 28th, 2019. However, the fitness centre will remain open but the hours will change as of March 1st, 2019. The hours will be 5am-9pm Monday-Friday, 8am-8pm Saturday, 10am-6pm Sunday.

The new YMCA centre is due to open sometime in March 2019. Once completed it will have:

- 2 NHL sized hockey rinks
- 10 Curling lanes
- Dimmable glass that changes based off sunlight
- Large field house that includes 3 gymnasium areas that can be divided into 6 smaller areas
- Full running track with lane space for wheel chairs and walkers
- Fitness Centre
- Waterslides with wave pool
- Lazy river pool
- Teaching pool
- Whirl pool (hot tub)
- 6 lane lap pool
- Surf simulator
- Indoor playground space
- Outdoor playground space
- Squash and racquetball courts
- Childcare space
- Store fronts



All the old staff from the downtown location will be transferred to the new location. Membership prices have changed as well. For adults 26 years and older the basic membership will cost \$55 plus tax. This includes access to all the above listed options. If you pay \$80 plus tax for the plus membership you get everything included in the basic membership, plus access to the steam room, towel service (get a fresh towel each visit), and the TV lounge.

March/April

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 or by emailing mark.davids@saipa.info

This newsletter was brought to you by:

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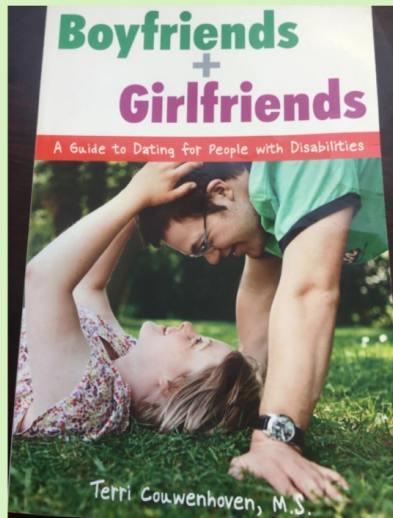
Danielle Petersen

Tiffany Preete

Melody Scout



Resource of the Month: March 2019



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

What is it?

Boyfriends and Girlfriends is a guide to dating for people with disabilities. It can be used as a tool to navigate the dating world no matter what your sexual orientation is.

Benefits:

- Plain language
- Large clear writing
- Lots of information

This book can help you decide if you...

- are ready to date
- are ready to take the next step
- need to breakup
- ect.

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

March/April

Upcoming Events!

SRSAN

-SRSAN Meeting, March 7th, 2019

Crowsnest Pass 10:30am-2pm



Community Events

Lethbridge:

March 1st: Make "Spring Paintings" at the Galt Museum (1:30-3:00pm)

March 9th: Snowed In Comedy Tour at the Yates Memorial Theatre (8:00pm)

March 12th-16th: Dada Does Not Mean Anything at the University Theatre (7:30pm)

March 16th: Battle of the Bands 2019 at The Slice (7:00pm)

March 21st-24th: Lethbridge Gem & Mineral Show at the Sandman Hotel

April 10th: Easter Decorations at the Galt Museum (10:30am-12:00pm)

April 26th: Spring Market at the SAAG (4:00-9:00pm)

April 26th: Travel Adventures: Safari with Joanna Fraser (2:00-3:00pm)



Medicine Hat:

Feb 15th-March 2nd– Mamma Mia (Medicine Hat Musical Theatre Society)

March 5th: INDULGE: a celebration of women through song and story at Canalta Centre (6:00-9:00pm)

March 19th: Tom Cochrane and Red Rider at Esplanade Arts & Heritage Center (8:00pm)

April 18th: Celtic Tenors at the Esplanade Arts & Heritage Centre (7:30pm)

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

March/April

Proudly Sponsored by:



Wyrostok Law



Community Cabaret with Hippodrome March 2, 2019

Connecting Community, Cultivating Relationships,
Affordable Fun!

Featuring Polkaholix and Jigging with Roy



**Saturday,
March 2, 2019**

Doors 6:30 pm
Entertainment
7:00 pm

**Italian Canadian
Cultural Club**

1511 St. Edward Blvd N.
The Hall is accessible

Adults \$20

Includes Finger Foods
Cash Bar

*Access-A-Ride bus
for free safe rides home*

Tickets available at
SACLA

401 21A Street North

403-329-1525

Street Legal Records,
The Yellow Door &
Geomatic Attic

www.geomaticattic.ca
communitycabaret.ca

Visit us on
facebook-community

The Ripple Newsletter raises awareness about SRSAN, self-advocacy and inclusion. We welcome comments, questions and ideas! If you have something to share with us, contact SAIPA at 403-320-1515 or mail@saipa.info