



The Ripple

November/December

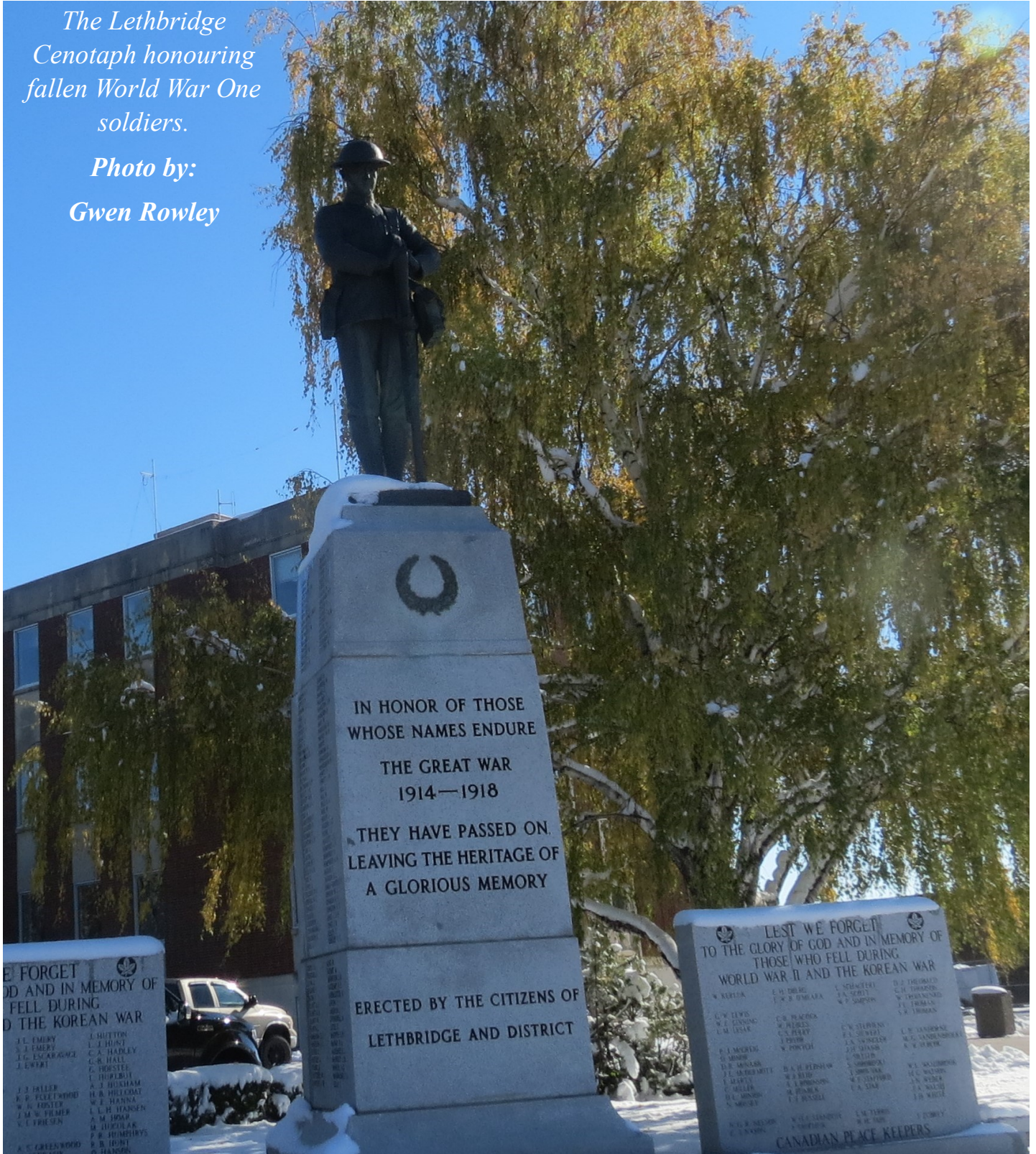


We Remember...



*The Lethbridge
Cenotaph honouring
fallen World War One
soldiers.*

*Photo by:
Gwen Rowley*



IN HONOR OF THOSE
WHOSE NAMES ENDURE
THE GREAT WAR
1914—1918

THEY HAVE PASSED ON.
LEAVING THE HERITAGE OF
A GLORIOUS MEMORY

ERECTED BY THE CITIZENS OF
LETHBRIDGE AND DISTRICT

LEST WE FORGET
AND IN MEMORY OF
THOSE WHO FELL DURING
THE GREAT WAR
AND THE KOREAN WAR

J. L. EMERY	J. SMITH
S. J. EMERY	L. J. HUNT
J. K. ESCOBAR	C. A. HADLEY
J. EWERT	G. R. HALL
	G. HESTER
	I. HOPKIN
J. J. MILLER	A. J. BURHAM
K. P. FOLEY	H. B. HICKMAN
W. R. FOSTER	W. E. HAYNA
J. M. W. TAYLOR	L. L. H. THORSEN
J. I. VIBERTSON	A. M. HOGAR
	M. HOGELAR
A. C. GREENWOOD	P. B. HUMPHREYS
	R. B. HOBBS
	P. HANSON

LEST WE FORGET
TO THE GLORY OF GOD AND IN MEMORY OF
THOSE WHO FELL DURING
WORLD WAR II AND THE KOREAN WAR

W. KURTJA	E. H. DREHL	L. SPENCER	D. J. THORNTON
	T. R. FURBER	J. A. SERTI	C. H. THORNTON
		W. P. SUTTON	W. THORNTON
			J. E. THORNTON
			S. A. THORNTON
G. W. LEWIS	C. R. PLACOCK	E. W. STEPHEN	L. W. CLARKE
W. E. CONNOR	W. P. REED	E. J. STEWART	M. G. SANDERSON
G. M. LEAR	C. J. PERRY	J. S. WELCH	R. W. HARRIS
	J. PERRY	J. E. SHAW	
	W. PONTI	C. SMITH	
R. LANGRISH		S. SIMMONDS	
D. R. GUNLASS		J. SMITH	
J. E. SHERIDAN	W. S. SUD	J. SMITH	
J. SHERIDAN	R. I. SIMMONS	W. I. STAFFORD	
C. HELLER	M. SIMON	C. A. STAE	
D. E. SIMON	M. SIMON	J. SULLIVAN	
S. SIMON	J. SULLIVAN		
S. R. SIMON	W. I. SIMMONS	L. W. SIMON	J. SIMON
E. SIMON	W. I. SIMMONS	W. E. SIMON	

CANADIAN PEACE KEEPERS

Interview with a Veteran *By Keelae Blackwood*



In honour of Remembrance Day, I interviewed retired veteran Rae Pontarollo on her years of service, and the importance of Remembrance Day. This is my conversation with her.

Keelae: What made you want to enlist?

Rae: I enlisted when I was 18. I had a teacher who would tell stories and share pictures of all the places that they had travelled and I wanted to see those places as well. I had to go through basic training at CFB Cornwallis in Nova Scotia.

Keelae: What war did you fight in?

Rae: I didn't fight in any wars. I served in Bosnia on a NATO peacekeeping tour. My daughter, who is a Sergeant, is currently in St. Jean training recruits. I also have another daughter and a son who live here with their families.

Keelae: How many years were you in service and what did you do?

Rae: I was in the regular force for six and a half years and in the Reserve Force for 24 years.

I was an air traffic control assistant in Lahr, West Germany as part of the First Canadian Air Group. Some of my duties included making sure all airplanes left and arrived back on time. I also had to get emergency vehicles and take pictures of accidents that occurred.

In the Reserve Force I was a finance and administration clerk. My job was to make sure that the people who were being deployed had what they needed, like travelling papers, reimbursements, and to make sure they got their payroll.

Keelae: Can you tell me a story about what life was like as a soldier?

Interview with a Veteran (*Continued*)

Rae: I can tell you a story about being a mom and being enlisted. In the army, they have a rule that says “one man, one pack.” So, whenever we went on family trips I would say, “one man, one pack” and my kids would put anything they wanted in these packs, including games and stuffed animals. Whenever my kids would have friends spend the night, the other kids would ask if my kids would help them with their stuff. My kids would say “one man, one pack.” It didn’t take long for that to go around the school!

Keelae: Why is it important to keep Remembrance Day alive?

Rae: When you go to a crazy place and you come home and see what a wonderful life we have here, you really get a feeling of peace as a Canadian. We are so lucky to have so much freedom and so many rights.

When you see that they don’t have that in other countries, it makes you appreciate everything you have.

I would like to express my dearest thanks for this interview, Rae! I appreciate your service to our country.

In Flanders Fields: where did the poem come from?

"In Flanders Fields" is a war poem written during the First World War by Canadian doctor, poet and soldier Lieutenant-Colonel John McCrae. At the age of 41, McCrae enrolled with the Canadian Expeditionary Force after the start of the First World War.

McCrae fought in the second battle of Ypres in the Flanders region of Belgium, where the German army attacked the Canadians with chlorine gas on April 22, 1915. In a letter written to his mother, McCrae described the battle as a "nightmare."

Alexis Helmer, a close friend, was killed during the battle on May 2. McCrae performed the burial service and he realized how poppies quickly grew around the graves of those who died. The next day, he wrote the poem while sitting in the back of an ambulance.

"In Flanders Fields" is one of the most popular poems from the war. The poem and poppy are popular Remembrance Day symbols in many nations, including Canada. Read the poem on page 8!

How to protect yourself from being tricked this Christmas

With Christmas coming up, The Ripple talked to Constable Steven Baker from the Lethbridge Regional Police Service about how people can protect themselves from being tricked by scams this season. The fraud unit in Lethbridge works on 15 to 20 cases a year.

The Ripple: What frauds and scams are common during the Christmas season in Lethbridge?

Steven: Mainly, there is an increase in credit and debit card fraud. With lots of people buying from stores and on the internet, there is greater opportunity for people to steal your information. They can use that information to buy things that they charge to your account.

The Ripple: What kinds of scams do the Lethbridge police service usually deal with?

Steven: The most common ones are phone and email scams. A common phone scam is one where scammers claim to be from the Canadian Revenue Agency and demand that you pay so much money to avoid being punished. Email scams can include a virus spreading when you open an email. The virus then takes over your computer and sends your personal and financial information back to the scammer.

The Ripple: Why do people fall for scams?

Steven: People want to trust each other and scammers do their research to make their scams seem true so that people will give them money.

The Ripple: How can people protect themselves?

Steven: Be suspicious. Ask yourself if what the person is asking is real or not. Take your time to look into the situation. Don't respond to the pressure to act right away. Involve others you trust and ask for their opinion. This can be friends or family.

He also told us that scammers could be charged and sent to prison depending on the seriousness of the crime.



Holiday History *By Shannon Kehler and K.S.*



The Christmas Candy Cane came from Germany about 250 years ago. They started as straight white sugar sticks. A story says that a choirmaster, in 1670, was worried about the children being noisy through the Christmas service, so he gave them something to eat to keep them quiet! He made the candy into a 'J' shape like a shepherd's crook. Sometime around 1900, the red stripes were added and they were flavored with peppermint or wintergreen.

Christmas carols were first sung in Europe thousands of years ago, but these were not Christmas Carols. They were pagan songs, sung at the beginning of winter. The word Carol actually means dance or a song of praise and joy. Carols used to be written and sung during all four seasons, but only the tradition of singing them at Christmas has survived.

Fir trees were first used as Christmas trees about 1,000 years ago in Northern Europe. Many early Christmas trees seem to have been hung upside down from the ceiling using chains, hanging from chandeliers and lighting hooks.



Tinsel was also created in Germany, where it was originally made from thin strips of beaten silver. Eventually, people found other ways to make tinsel which were cheaper and lighter than silver.

The SRSAN meeting *By Shannon Kehler*

The SRSAN meeting took place in Brooks on September 14th. We watched a video called "Where is Home?" It was about homelessness in Lethbridge.

We had a celebration for getting rid of the Safety Standards and the SIS. We got to celebrate with candy and a speech. Mel talked about the letter she got from Minister of Human Services, Irfan Sabir, congratulating us for all of our work.



Interview with an Advocate *By Keelae Blackwood*

I interviewed The Ripple's own Nicole MacDonald because she has been nominated for a Stars of Alberta Volunteer Award!

The Ripple: What is the Stars of Alberta Award?

Nicole: The Stars of Alberta Volunteer Award recognizes extraordinary Albertans whose volunteer efforts have contributed to the wellbeing of their community.

The Ripple: How did it feel when you found out you were nominated?

Nicole: I was excited and happy that I got nominated for the award.

The Ripple: Where do you volunteer?

Nicole: I have been a leader for Girl Guides of Canada for 4 years. I also volunteer at the hospital. I work as a cashier at the gift shop and various other areas of the hospital. I also volunteer at church. I have volunteered 1,000 hours over the past two years.

The Ripple: Why is it important for you to volunteer? What kind of satisfaction do you get from volunteering?

Nicole: It's very important for me to volunteer as it gets me out into the community and it gives me the satisfaction of knowing that my work is making people smile.

The Ripple: What will it mean to you if you win the award?

Nicole: It would mean a lot if I won, because I do a lot of work within the community.

The Ripple: When will you find out about the award?

Nicole: The nominees will find out in November and awards will be handed out in December

The Ripple: How long do you think you will be a volunteer?

Nicole: I will probably be volunteering for the rest of my life.

Everyone at The Ripple would like to wish Nicole the very best and will be cheering her on!



Citizen Walk About 2016



It may have rained, but self-advocates shone for the community September 22 for the 7th annual Citizen Walk About! Under the theme, "Celebrate Who We Are and Where We Come From", self-advocates talked about the past, present and future of the disability rights movement. These are some of the pictures!

Clockwise, from top: mother and son Gwen and Ben Rowley kick off the celebration; SRSAN chairperson Melodie Scout; self-advocate Randy Chandler; Ernie Berghout and Kelly Tower; Emily Willms.

In Flanders Fields By John McCrae

In Flanders fields the poppies blow
between the crosses, row on row,
that mark our place; and in the sky
the larks, still bravely singing, fly
scarce heard amid the guns below.

We are the Dead; short days ago
we lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders Fields.

Take up our quarrel with the foe:
To you from failing hands we throw
the torch; be yours to hold it high.
If ye break faith with us who die
we shall not sleep, though poppies grow
In Flanders Fields.



John McCrae



This newsletter raises awareness about self-advocacy, inclusion and community. It also provides information on how to be a better self-advocate, how to speak up and how to help other advocacy groups and their friends. If you have information, events or ideas you would like to see in the newsletter, please contact us!

The Ripple is also online! www.saipa.info

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