

November/December 2018

# The Ripple



**SRSAN**  
South Region Self-Advocacy Network

## Remembrance Day 2018



**Remembrance day** takes place on Sunday, November 11th, 2018. Remembrance day is important for many reasons, the biggest being is that it provides a time for us to remember the soldiers who fought for the freedoms we enjoy today. The Ripple Newsletter Crew took some time to discuss why this day is important to them. Scott Nickel said “It’s to remember those who fought in the war. There have been a lot including World War I, World War II, and the Korean War. It’s also to remember those who are currently serving too.”

# Remembrance Day 2018 (continued)

Keelae Blackwood interviewed a veteran (Rae Pontarollo) on the behalf of The Ripple in 2016 about what it was like in the military and why remembrance day is important to them. Here are some highlights from that interview:



**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?**

**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.



# Remembrance Day 2018 (continued)

## 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. Read the poem on page 8!

---

## Notice: Upcoming Events!

Just a reminder, there are a few events coming up that you might want to be aware of!

1. **SRSAN** will be holding it's next meeting on November 8th, 2018. The meeting will be held in Taber. If you want more information, please contact Anna Olson at SAIPA (403-320-1515).
2. SAIPA will be holding a **Holiday open house pot luck** on December 14th, 2018. The time is still to be determined. If you would like more information, please contact Mark Davids or Alexandra Long at SAIPA (403-320-1515).
3. SAIPA will be **closed** for the holidays from December 21st to January 1st, 2019. SAIPA will **re-open on January 2nd, 2019** for the new year!



# Lethbridge Inclusion Awards!

## ABOUT THE AWARDS

The Lethbridge Inclusion Awards is an initiative of the local International Day of Persons with Disabilities (IDPD) committee. This has been a longstanding group of volunteers dedicated to celebrating the contributions and talents of persons with disabilities possess to make our community a better place.

These awards will highlight the individuals, businesses and groups that break barriers to create a more open and accepting community for those with disabilities. Lethbridge is a great place to live, work and play. Every day, ordinary citizens are achieving extraordinary things to inspire change and understanding, touching lives along the way. We want to recognize these leaders, and the impact their actions make in transforming our city into a home that can be enjoyed by all.

The committee will present the Community Compassion Award to a chosen local citizen who has made a substantial difference in the lives of others through caring, acceptance and giving back. This award, along with four others, will be presented Dec. 3, 2018 at CASA during the annual IDPD celebration.

For more information or to nominate someone for an award, contact:

Dylan Adkins,

Committee member, International Day of Persons with Disabilities

[dylan.adkins@sci-ab.ca](mailto:dylan.adkins@sci-ab.ca)



**International Day of  
Persons with Disabilities -  
Alberta**

# Lethbridge Inclusion Awards!

NOMINATE SOMEONE TODAY FOR THE  
**LETHBRIDGE INCLUSION AWARD!**

TELL US WHICH BUSINESSES, INDIVIDUALS & GROUPS ARE  
ROCKING IT FOR THOSE WHO ROLL, RIDE & REACH HIGHER.  
NOW IT IS UP TO YOU TO DECIDE!

WHO IS?

<b>the CHAMPION</b>  THE ONE WHO INSPIRES	<b>the INNOVATOR</b>  THE ONE WHO STEPS UP	<b>the SUPPORTER</b>  THE ONE WHO'S GOT YOUR BACK	<b>the COLLABORATOR</b>  THE ONE WHO EVENS THE ODDS
---	--	--	---

NOMINATIONS  
WILL BE  
ACCEPTED  
UNTIL  
OCTOBER 26,  
2018

JOIN US AT **CASA**  
230 8TH STREET, SOUTH

MONDAY DECEMBER 3,  
2018 FOR THE  
INTERNATIONAL DAY OF  
PERSONS WITH  
disABILITIES.

COME TO THIS FREE EVENT FILLED WHERE THE  
AWARDS WILL BE CELEBRATED

FOR NOMINATIONS & MORE INFORMATION VISIT:

  [IDPDLETHBRIDGE.COM/LETHBRIDGE-INCLUSION-AWARDS](http://IDPDLETHBRIDGE.COM/LETHBRIDGE-INCLUSION-AWARDS)  
 [WWW.FACEBOOK.COM/LETHBRIDGEINCLUSIONAWARDS](http://WWW.FACEBOOK.COM/LETHBRIDGEINCLUSIONAWARDS)  
 [@INCLUSIONAWARDS#LETHBRIDGEINCLUSIONAWARDS2018](https://twitter.com/INCLUSIONAWARDS#LETHBRIDGEINCLUSIONAWARDS2018)



## Holiday History



**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.



---

## How Do Buses Work?

A popular question asked at SRSAN meetings is “How do the buses work?” If you live in a place with public transportation, it’s a good way to get around. However, it can seem scary if you don’t know how to use the buses. Fortunately, The Ripple researched the local buses to help provide some answers and this is what we found!



1. Buses usually run from 6am to 11pm and picks up people every 20 to 30 minutes at marked bus stops. The cost to ride a bus can vary but in Lethbridge, it costs 3 dollars per a ride. They will only accept change or a bus pass. They will not take paper money.

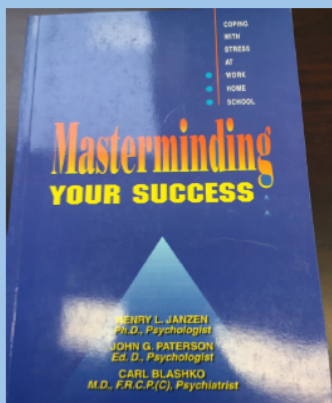


## How do Buses Work (Cont'd)

2. A bus pass costs will change from place to place, but in Lethbridge it costs \$77.00 for one month. In Medicine Hat, it costs \$70.50. This is cheaper than spending 3 dollars per a bus ride if you use the buses often.
3. When you get on a bus, you have to get on through the front door. Any other door on the bus is for exit only!
4. You can take things onto the bus, but you have to be able to carry it. If you have something like a skateboard or roller blades, you cannot use them on the bus.
5. Buses have a no swearing policy!
6. If you see someone who has trouble walking or is pregnant, make sure to make room for them if you are able so they can sit.
7. If you don't know what buses to take or you are lost, you can always ask a bus driver to help you.
8. The bus routes are also online! For example, if you are in Lethbridge, you can look up the bus you need using [myride.lethbridge.ca](http://myride.lethbridge.ca)
9. There are buses between towns too! If you need to go somewhere, you can take the Red Arrow bus or a Greyhound bus if available.

---

### Resource of the Month: November 2018



#### Masterminding Your Success

##### What is it?

*Masterminding Success* gives it's readers ways to cope with stress and to find success.

##### Key Benefits:

##### Simple Steps:

This book gives it's readers clear and simple steps to deal with stress.

##### Hands-on Activities:

Activities in the book encourage readers to take action.

This book is **FREE** to borrow!

For more Information contact  
Alex at 403-320-1515 or  
[alexandra.long@saipa.info](mailto:alexandra.long@saipa.info)

## ***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



---

## **September 2018 SRSAN Meeting**

“Voices group would like to apologise for some of our members disrupting the SRSAN meeting in Brooks. We have discussed as a group about what our behaviour will be at future meetings. Voices will continue to support SRSAN in a positive way in the future. Voice is going to continue educating our members on proper meeting protocols and manners.”

***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 SRSAN at 403-320-1515***