

What's happening in the Community?

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Events Calendar

October 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Halloween		1	2	3 Everything Hand Made Market (Brooks)
4 CIBC Run for the Cure	5	6	7	8	9	10
11	12	13	14 Immigrant Achievement Awards (Lethbridge)	15	16 Fall into Xmas (Medicine Hat)	17 Marty's Market (Crownsnest Pass)
18 Marty's Market (Crownsnest Pass)	19 Election Day	20	21	22	23 Great West Home &Leisure Show (Medicine Hat)	24 Tara Jeans Dance W.S. (Lethbridge) Halloween Fun Run (Crownsnest Pass)
25 Gun Show (Brooks) Great West Home & Leisure Show (Medicine Hat)	26	27	28	29	30 Skate Canada International (Lethbridge)	31 Halloween Spooktacular (Crownsnest Pass)

THE Ripple

April 2015

South Region Self-Advocacy Network



SRSAN MEETING - The most recent SRSAN meeting happened on September 16th in Brooks. There were about 90 people in attendance and we got a lot of great work done. The first thing that we talked about was accessible voting in the federal election. Chris Rowley made a presentation about the support that is available at voting stations, how to find out where you vote and showed a video about accessible voting. There is a PowerPoint of this presentation created by Elections Canada and People First of Canada if you would like to learn more. After the federal election, SRSAN will be giving information back to Elections Canada about how it was to vote and if there is anything that will make it easier next time.

At the SRSAN meeting we also talked about some of the work that the Alberta Disability Workers Association (ADWA) is doing to talk about what a good support staff is. SRSAN looked at some of the ideas ADWA has about what makes a good staff and wrote down their feedback. All of this information will be sent to ADWA so they can think about it when they write these very important standards.

We also had reports from all of the SRSAN Committees and all of the partner advocacy groups. Some of the exciting things that SRSAN is doing over the next few months is meeting with MLA's from across the region, looking at some new education opportunities, hosting the Citizen Walk About and starting to prepare for the 2017 conference.

NEXT SRSAN MEETING

WEDNESDAY NOVEMBER 18, 2015 IN LETHBRIDGE

ELECTIONS WILL BE HAPPENING!!!

Think about if you want to run for a position now and write a speech!

The Action Group



When I first started TAG, the group seemed to be quiet and hesitant. Not having long enough meetings because there would be hardly anything to talk about. There were members slowly leaving and not showing interest anymore and that made TAG have a low number of members. Issues weren't addressed out loud so nothing was done about them.

The Action Group has changed drastically in a positive way. Now, TAG is energized with new light! People feel comfortable about having a voice in the group, ideas are flowing from our members. Our group has grown and old members are returning as they see the progress that the members are achieving. Members have more confidence, they feel that their voices are heard and issues are put into a plan of action.

Now The Action Group is being recognized by not just REDI Enterprises and The City Of Medicine Hat but to the South Region Self Advocacy Network. We participate in all the meetings that are out of town. We volunteer for Canada Day with a table and a "swag bag" to show what we are all about. We are advocates helping other advocates have a voice in the community as an equal citizen as they can do the same thing as a person without a disability.

I personally feel proud to be a chair person of TAG for two years now. To see it grow and the members be so committed brings me joy to see the excitement in their faces. I am happy every time I walk into the room and about to start the meeting. Ideas start flowing and the brainstorming begins.

Sometimes we go overtime on our meetings because we are so passionate about certain subjects we talk about. I love the change and I hope it continues to stay this way for a very long time.

Citizen Walk About



More than 75 local residents came out in support of persons with disabilities and more inclusive communities Friday during the sixth annual Citizen Walk About.

"The Citizen Walk About is an opportunity for people from all different backgrounds, cultures, ways of life, and sources of income, to walk for equity and inclusion in the city," Sharon Rempel, executive director of the Southern Alberta Individualized Planning Association, told those in attendance.

The event included speeches before and after the walk from city hall to Galt Gardens. There was also entertainment and a barbecue planned following the event. The walk is hosted by the South Region Self Advocacy Network in partnership with the SAIPA.

Anna Olson, advocacy co-ordinator for SAIPA, said the event is an important way for local residents to support community inclusiveness regarding people with disabilities.

"It's progressed from what it used to be," she said. "It used to be the Walk and Roll for Fun, and it was a way for people to raise money for HandiBus. It's progressed to what it is now, where we partner with several different groups."

"There are many different people that make up that fabric of what a community is," she added. "It brings people together for a common cause."

"I'm so glad to be here and doing this," said Melody Scout, South Region Self-Advocacy Network chairperson.

"The Citizen Walk About is one of the events we do to show who we are and to advocate for each other and the community." (continued on page 3)

THE HISTORY OF HALLOWEEN

This month brings the night that many children, and adults, have been looking forward to. It's a time to get dressed up, carve a pumpkin, eat lots of candy and party it up! Halloween, as we know it, has changed over time and like many of our traditions, it has its roots in the distant past. There are many theories about which traditions or ancient festivals are at the heart of our modern Halloween or, All Hallows' Eve.



Some maintain that it's a Christian festival linked to All Saints' Day on November first, and All Souls' Day on November second. Historically, during these two Christian festivals, 'soul-cakes' would be made and handed out to the poor who would go door-to-door. However, when it comes to Halloween the most likely candidate for its origins still seems to be the ancient Celtic festival of Samhain. This was a sacred time of year for the ancient Celts of Gaul, Britain, Scotland and Ireland – the time of the death of summer.

Even if you don't celebrate Halloween in some way, shape or form, it is interesting how ancient traditions survive thousands of years, from the feeding of the dead in ancient Egypt and Greece, to the Roman and Celtic festivals of the harvest. Halloween seems to be a melding of many different aspects of various cultural traditions. So, whether you are lighting a candle, carving a pumpkin, handing out candy or going all out with your "tricking", take a moment to remember that Halloween has a lot of history. Remember that you're taking part in a sacred time of year for many cultures, and that maybe, just maybe, you are being watched from the other side of the veil between this world and the next...

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"We believe everyone has goals and dreams," she added. "(Everyone) should be allowed to achieve them."

Olson said the issues faced by people with disabilities are larger than many people might realize.

"When you are talking about making communities inclusive for a person with disabilities, you're making that community inclusive for everyone," said Olson. Nobody knows when they might end up with a disability."

While there is a lot of focus toward making the community more physically accessible to people with disabilities, Olson said being inclusive goes beyond curb cuts and accessible buildings.

"(It's about) being truly included in your community," she said. "What does that look like for each person?"

"People quite often don't know how to support or even be friends with someone who has a disability," she added. "There's a perception out there that it's something you need to be trained to do, but that's not necessarily true."

Roy Pogorzelski, inclusion consultant for the City of Lethbridge, told those in attendance that social activism is a pillar of any strong community.

"This is one of those very 'activist' movements that's coming here to promote inclusion," he said. "The best part about it is that we're here today because we have a common belief that we want a welcoming, safe, and inclusive community for all our citizens." - Taken from The Lethbridge Herald