

# What's happening in the Community?

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## September 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 The Hat Classic Cruise: Med Hat	3	4 The Park After Dark: Med Hat	5 Fall Festival and Chili Cook-off: Med Hat
6	7 Labour Day	8	9	10	11	12 Snow 'n' Shine: Brooke
13	14	15	16 SRSAN Meeting: Brooks	17	18	19 Game Night: Lethbridge Something for Everyone Market: Med Hat
20 Arts Days: Lethbridge Word On The Street: Lethbridge	21 Arts Days	22 Arts Days	23 Arts Days	24 Arts Days	25 Arts Days Citizen Walk About	26 Arts Days Giant Pumpkin Festival: Lethbridge
27 Arts Days	28	29	30			

# THE Ripple

September 2015

## Federal Election

Written By: Shannon Kehler

There is a Federal Election coming up and we want you to vote! On October 19, 2015 we have the chance to elect a new Prime Minister. Right now Stephen Harper and the Conservative Government are in charge of Canada. Other people running for Prime Minister in this election are:

- Thomas Mulcair for the New Democrats
- Justin Trudeau for the Liberals
- Gilles Duceppe for the Bloc Quebecois
- Elizabeth May for the Green Party



The candidates are going to do debates on TV and talk about their plans for Canada starting August 2nd, making this Canada's longest campaign for a Federal Election.

A federal election means that we will be picking who we want to be our voice at the Canadian Government level. This means we are picking the person we want to take our communities message to a group of government decision makers and who we want to be the Prime Minister.

Locally in Lethbridge, there are 5 people we can choose from to become our new Member of Parliament (MP). There is Kas McMillan for the Green Party, Cheryl Meheden for the NDP, Mike Pyne for the Liberal Party, Rachel Harder for the Conservative Party and Geoffrey Capp for the Christian Heritage Party.

Voting is a right and responsibility of all Canadians. I think that voting is important because it has the power to make things in Canada better. We as Self-Advocates can make things better by voting for the people who have ideas about what makes lives better for people with disabilities. This is your chance to have a real say in what the government does.

You can find out where you vote at [www.elections.ca](http://www.elections.ca).



SAIPA and SRSAN have lots of information about when, where, why and how to vote. They also have lots of information about the people we are voting for and what they stand for. If you want more information call the SAIPA office at (403) 320-1515.

AND remember to vote on October 19, 2015 because YOUR VOTE IS YOUR VOICE!

# What happened at the SRSAN Meeting



Our last SRSAN Meeting was on Thursday June 18 in Taber. First off, we had to announce the passing of our friend Kent Pederson and we talked about healthy ways to deal with our feelings.

We got down to business and went over the SRSAN bank account. Next, we learned that our Government Communications Committee has scheduled regular meetings with all of the new MLA's in Southern Alberta. This is great so that the MLA's know who SRSAN is and what our key issues are.

Chris Rowley and Linda McDonald spoke to us about things that PDD needs to know. They asked us what are the important things from our region they should know, so they can better help us. The people at our meeting believe that these are some important issues:

- Choosing our own staff
- Listen to us and our issues
- PDD staff should come see us at work
- We need more help to get involved in the community
- We want PDD to fund other housing options, not just group homes.



We want to congratulate Travis William on receiving the Clarence Marsh Memorial Award. This award named after Clarence (Butch) is for people who demonstrate great self-advocacy and leadership. We all believe that Travis deserved this award. Travis works hard with the Taber Special Needs Dynamite group and is always smiling.

Coming up, SRSAN is planning their Citizen Walk About for the 5th time! Check out the article below for more information. Lastly, we've decided to change our meeting days from Thursdays to Wednesdays. We hope to see you at our next meeting on Wednesday September 16 in Brooks!

## Walk along to Galt Gardens for the Annual Citizen Walk About with SRSAN and SAIPA!

In the past it was called the "Walk and Roll" but the name was soon changed to the "Citizen Walk About". This walk is about making sure that all people are included in the community and about being good self-advocates, who stand up for important issues. An important message talked about at the Citizen Walk About is that you should never give up, stick together and always keep trying!

The Citizen Walk About starts at City Hall and goes all the way to Galt Gardens. This event even has a van for people who have difficulty walking long distances, because everyone should have the opportunity to participate. Once the group arrives at Galt Gardens there are some fun things planned. There will be some cultural dancers, music, a BBQ and so much more!

We want as many people to attend as possible! This is a great way to talk about inclusion, make new friends and get some exercise along the walk while you're having fun!



# Self-Advocate Cinderella

By: Shannon Kehler

Cinderella starts as a girl who lives with her mother and father. Her father travels for work and comes home with a butterfly statue for Cinderella, he always brings her gifts. In the movie she has some nice friends and is very happy, but then her mother gets sick and before she passes away she tells Cinderella to promise to have courage and be kind.

Cinderella's father marries again and gives Cinderella a stepmother and 2 stepsisters. The father has to leave again for work, but this time he doesn't come back. Cinderella's father gets sick on the road and then her stepmother puts Cinderella in the attic to turn her into a slave.

Next, Cinderella meets a handsome prince in the woods and he wants to see her again. The Prince throws a ball open to everyone, hoping to meet Cinderella again. The mean stepmother doesn't want Cinderella at the ball, but magically Cinderella's fairy godmother arrives to give Cinderella everything to make her happy. Cinderella gets a beautiful dress, a carriage, and glass slippers. The Godmother tells Cinderella that she must leave the ball at 12 midnight when the magic wears off.

At the ball, the Prince and Cinderella dance together and walk in the secret garden. Cinderella's shoe falls off when she runs away at midnight, she leaves the Prince behind and he wants to find her again, but all he has is her shoe. The Prince tries the shoe on every woman in the entire kingdom. Cinderella has to fight her stepmother and stepsisters to finally get to try the shoe on and it is a perfect fit.

The prince knows that he has finally found the woman he was looking for, the beautiful Cinderella. Cinderella goes to the castle to become a Queen with her Prince Charming!

Cinderella is a good self-advocate because she stood up for herself. Her stepmother and stepsisters were not nice to her and they made her do all the chores, she wasn't allowed to leave to go spend time with any friends. Cinderella knew she was being treated wrong and she needed to speak up and be an advocate so that she could be happy. Prince Charming helped Cinderella to be strong and to speak up for herself. Sometimes we need help to do what's right for us but just like Cinderella's mom said, we must have courage and be kind!

