



The Ripple

September/October 2016

Mission

We teach people with disabilities to advocate on behalf of themselves and others. We are a united voice which promotes equality, opportunities, and inclusion for us, by educating the community about our dreams and what we can achieve.

Minister Sabir responds to SRSAN about the SIS!

Last edition of the Ripple, we did a special article all about the Supports Intensity Scale (SIS). In June, the Alberta government announced that they would no longer use the SIS to determine support needs for people with developmental disabilities.



Self-advocates were happy with this

decision and decided to use the opportunity to send the government ideas on what could replace SIS. We did this through a focus group with self-advocates from Lethbridge and Medicine Hat. We also sent a letter to newspapers across the south region thanking Human Services Minister Irfan Sabir for listening.

SRSAN's chairperson, Melodie Scout, sent all of this information to Minister Sabir on behalf of self-advocates. Well, guess what? On August 3, the Minister responded to Melodie and SRSAN in a letter! Here's what it said:

Dear Ms. Scout:

Thank you for your letters regarding replacing the Supports Intensity Scale (SIS) assessment. I appreciate the opportunity to respond.

Your comments about ending the use of the SIS are valued. I appreciate the suggestions from the focus group held by the South Region Self-Advocacy Network and will take them into consideration in future discussions about a replacement for SIS. I am pleased that your organization helps so many people with disabilities advocate for themselves and share their ideas. I also commend you on promoting awareness of the needs of people with disabilities with your article in the newspaper and the Ripple newsletter.

Thank you again for taking the time to write and share your thoughts.

Sincerely,

Irfan Sabir, Minister

The Ripple thinks this is awesome! It feels like the government cares about what we have to say. Our advocacy work is opening people's eyes to see what self-advocates are capable of.

To read the article SRSAN sent to the Minister, visit www.saipa.info/srsan/theripple.

Advocates and allies in action!

This past June, SAIPA and SRSAN had the privilege of honouring two awesome people in our community with some very special awards! The Ripple got a chance to sit down with the winners for a one-on-one interview.

Vern Rowley: Winner of SAIPA's Ally Recognition Award

This award recognizes organizations, businesses, families and support staff who help people with disabilities to advocate for themselves to become full members of their community. Vern won the award because he goes out of his way to take people from point A to B and drive them anywhere they need to go.

The Ripple: Did you know you were getting the award?

Vern: I didn't know I was getting the award; my wife said she nominated me. But I don't do what I do to win awards... all advocates are special in my eyes.

The Ripple: How does it feel to win the award?

Vern: It feels good inside, but I feel good helping people anyway.

The Ripple: Have you won any other awards?

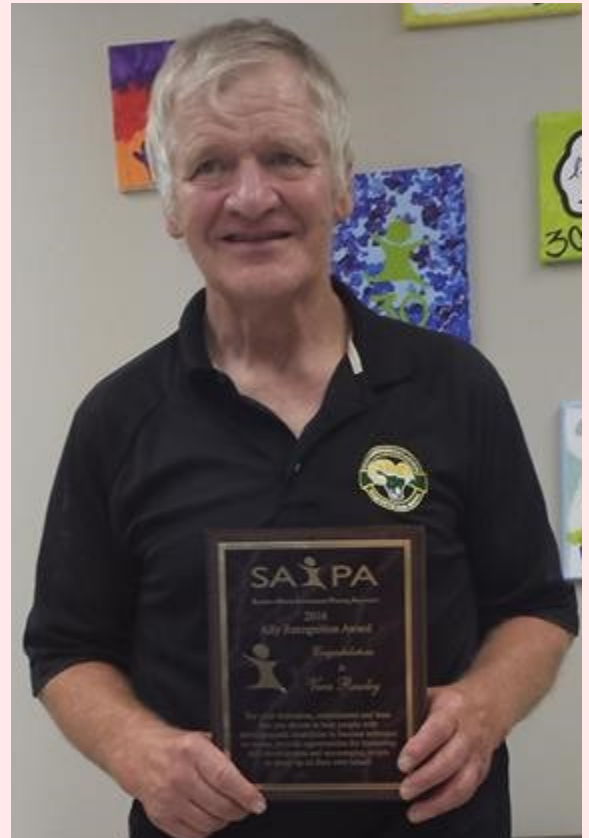
Vern: I won a provincial award for power lifting in my weight class in Calgary in 1976 and 1977. I still power lift for fun and can lift up to 320 pounds!

The Ripple: Why is it important to help people with disabilities?

Vern: It's important because it helps me, my family and people with disabilities. I love to give service.

The Ripple: Why is providing transportation for people with disabilities important?

Vern: For me, transportation is easy and it makes me happy to help others.



Advocates and allies in action! (continued)

Cheryl North Peigan: Winner of SRSAN's Clarence Marsh Memorial Award

Interview by Shannon Kehler



The Clarence Marsh award was created in memory of Clarence. Clarence was the president of SRSAN; he worked hard to promote self-advocacy and community inclusion. The award is given to a different self-advocate every year.

Cheryl won because she is a good listener, and has great communication skills. Cheryl is understanding and is open to new ideas. Cheryl stands up for what she believes in, gets involved with her community and promotes self-advocacy.

The Ripple: Did you know you were getting the award?

Cheryl: No. It was a surprise to me!

The Ripple: How does it feel to win the award?

Cheryl: I feel great! I feel honoured and privileged. It means so much to me; I have never won an award like this before.

The Ripple: Why is self-advocacy important to you?

Cheryl: I want to help people in the community be aware of self-advocacy and commit to speaking up! That is an important skill to have.

The Ripple: What is your advice to other self-advocates?

Cheryl: Join SRSAN! They can help people learn new skills and make new friends.

My review of The Angry Birds movie By K.S.

In this movie, the red bird is angry because the pigs broke his house and stole the eggs. I liked the movie because it was funny. My favourite part of the movie was when the red bird got angry and would have to calm down. I give this movie a 10 out of 10.



Help for Fort McMurray evacuees *By Nicole Macdonald*

As we all know, Fort McMurray recently dealt with a major fire. The whole city got evacuated, which was hard on everyone.

Sarah-Jane Speers, a friend of mine from Brandon, Manitoba, was able to find a way to help the evacuees. She collected clothes, toys and a lot more to give back to those who lost everything.

She drove all the way from Brandon to the shelters where the evacuees were staying to give them the donations she collected. She made many trips back and forth between Brandon and northern Alberta to help the evacuees.

I asked her: “What inspired you to help the evacuees of the Fort McMurray fire?”

She told me: “When I saw the story on the news, something told me that I should help the evacuees somehow, somehow.”

It was nice to see that people from other provinces are willing to help people in need!



Sarah-Jane Speers (middle) with her trailer full of donations for Fort McMurray. The city had a major wildfire in May.

Taking health to heart *By K.S.*

Girls Club is a group at PEAK where people can work out. There are 5 people in the group. We grocery shop for healthy food and make lunch for our group at PEAK. We make lunch together on Mondays and take turns deciding what to have. We also exercise in the community in different places including the park and Lethbridge College.

I like Girls Club because I get to be outdoors and hang out with friends. Health is important because when we don't eat healthy we don't feel well. Exercise is important because it helps your body build muscles and stay healthy. Girls Club has taught me to drink lots of water and avoid sugary drinks like pop and juice.

The 2016 Paralympic Summer Games: What you need to know

By The Newsletter Crew



The Paralympic Games started in 1948 as the International Wheelchair Games. Over time, the event slowly grew to allow more people with disabilities to play different sports. Today, the summer and winter Paralympic Games are the greatest competition for athletes with disabilities.

The 2016 Paralympic Games will take place in Rio de Janeiro, Brazil from September 7 to 18. Here is a list of sports Team Canada will be competing in!

BOCCIA: 6 athletes

CANOE-KAYAK: 2 athletes

CYCLING : 12 athletes

EQUESTRIAN: 4 athletes

FENCING: 1 athlete

JUDO: 2 athletes

SAILING: 6 athletes

SHOOTING: 1 athlete

SITTING VOLLEYBALL: 12 athletes

SWIMMING: 22 athletes

TABLE TENNIS: 1 athlete

TENNIS: 1 athlete

TRIATHLON: 4 athletes

WHEELCHAIR RUGBY: 12 athletes

WHEELCHAIR BASKETBALL: 24 athletes





In this edition of the Ripple, we interviewed Ed Gatzky, also known as Gothic Knight! He is a professional wrestler and the owner of Pure Power Wrestling in Lethbridge. We talked to Ed about his passion for wrestling and nutrition.

The Ripple: How do you know so much about nutrition?

Gothic: I was fascinated at a young age. I went on to NAIT to study Dietary Technology. I have always had a love for science and how foods affect the body. I have studied nutrition for 27 years.

The Ripple: What is the secret to a healthy diet?

Gothic: It's a process of learning what's appropriate and what's not when eating food. I recommend getting help from a health wellness coach.

The Ripple: What should people eat to get enough nutrition during the day?

Gothic: Try to stay away from fast food, chips and cheese slices. Try eating lots of fruits and vegetables. Fresh food from the garden is safe to eat too.

The Ripple: How long have you been the owner of Pure Power Wrestling?

Gothic: I started the company 6 years ago.

The Ripple: How long have you been involved in wrestling?

Gothic: I've been involved in wrestling for 21 years. I had my debut in 1995 in Calgary at the Corral.

The Ripple: How did you get into to wrestling?

Gothic: The professional wrestler Brett Hart saw me while in Lethbridge

A conversation with Gothic Knight (Continued)

and asked me to be his body guard because of my size. From there, he took me to the Hart family mansion to train as a wrestler!

The Ripple: What do you like most about wrestling?

Gothic: Breaking bodies, crushing skulls and hearing my opponents ask for mercy!

The Ripple: How did you get your wrestling name?

Gothic: I was on my honeymoon with my wife and we visited an inn in Victoria, B.C. The gothic theme inspired me; that's when Gothic Knight was born!

The newsletter crew loves Pure Power Wrestling! Wrestling happens every third Saturday of the month at the Boys and Girls Club. Don't miss **Knighmare Before Halloween** on October 22!



At the Ripple, we are proud to share the talents and gifts of self-advocates! This artwork was submitted by Sandy Layton.

Sandy is a strong self-advocate who stands up for what she believes in. Sandy is also a dedicated volunteer for SAIPA and SRSAN. Sandy is always ready to lend a helping hand!

To share your artwork in The Ripple, contact us (see page 12)!

2016 Citizen Walk About By Keelae Blackwood

Guess what? The 7th annual Citizen Walk About is coming up Sept. 22! The Citizen Walk About celebrates all abilities, inclusion and brings awareness to the disability rights movement. The day is about raising awareness of self-advocates with disabilities.



This year's theme is "Celebrate who we are and where we come from." We will have self-advocates and other guest speakers talk about how people with disabilities were treated in the past, where we are today, and where we need to improve in the future. We will also have a talent show with artwork, dancing and singing. There will even be a comic sketch! The event will start at City Hall at 10, then we will walk to Galt Gardens carrying signs with messages that are important to us. When we get to the park, we will have the talent show and a barbeque.

It's an awesome event for people with and without disabilities to attend. It's a nice way to have everyone come together to enjoy a day full of fun, and to be treated as equals, no matter what their ability is. I enjoy going because there is always lots of activity and people to talk to.

The Name Game and more! *By Shannon Kehler*

Have you ever wondered how cities got their name? I know I do! Each newsletter, I am going to explain where cities in Alberta's south region got their name, along with a few facts. The first city I am going to talk about is Crowsnest Pass.

Crowsnest pass is located in the Rocky Mountains. it received its name from a large mountain nearby where crows nested at the top. There were many disasters that happened in Crowsnest Pass, including:



Frank Slide

- A massive rock slide on Turtle Mountain in 1903 that crushed the town of Frank and killed at least 70 people.
- An explosion at the Bellevue mine in 1916 that killed 31 people.
- Another explosion at Hillcrest mine in 1914 killed 189 miners.

Solidance

Inclusive Recreation Society



Community Dance Class CASA Dance Studio

STARTING SEPTEMBER 16TH /2016
COST: \$50.00 FOR 10 Classes

**Wednesdays 7:15pm-8:45pm
AND Fridays 5:00pm-6:30pm**

Need more info? CALL

Lillian @ 403-329-3911 (day time) OR

Rene @ 403-849-1034 (evenings/weekends)

Want to join us? CALL U of L

Recreation Services @ 403-329-2706 or

Online @ www.uleth.ca/sportrec/

AGES 16 AND UP - NO EXPERIENCE NEEDED

Learn to dance in a variety of creative styles in a safe and supportive environment.

We want ALL of our participants to learn, create, and push themselves to try new and exciting things. Come and experience the benefits of inclusive recreation in our community.

Whoop Up Days 2016 *By The Newsletter Crew*

Whoop Up Days happens every summer. The first fair was held on October 5, 1897 at the agricultural grounds in Queen Victoria Park (renamed in 1955 to Gyro Park). It included stage presentations, traveling shows and horse racing.



Some of our favourite things about Whoop Up Days are the: games, music, prizes, rides, parade and fireworks. The newsletter crew was on the scene at this year's celebration for the parade and the food! Flip to the back page to read our favourite things about this year's event!

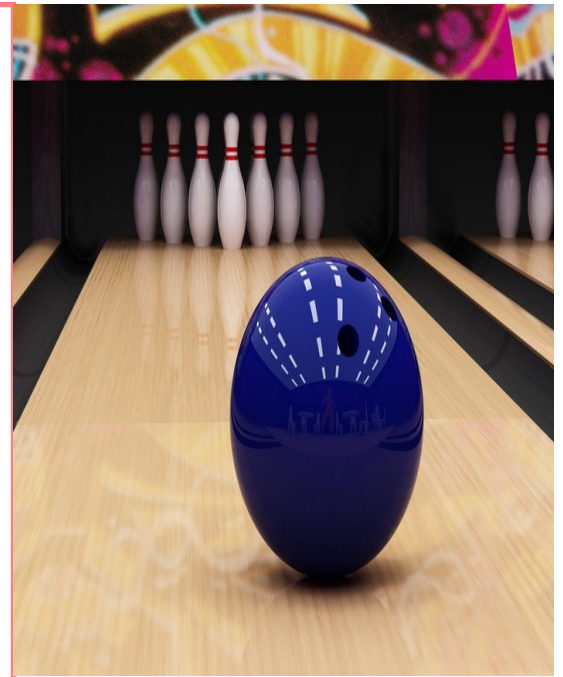
Inclusive League Bowling

It's that time of year again! Inclusive League bowling has started. Thursday bowling began Sept. 1, 2016. Friday bowling began Aug. 26, 2016.

This happens at Holiday Bowl from 6:30 to 10 p.m. for 32 weeks. Fees for either night are: \$400 per year, \$200 for half a year, \$50 a month or \$11.75 a night.

Due to minimum wages, fees have increased. Cheques can be made out to Integrated League or Holiday Bowl.

To register, call Lillian at 403-894-0622 or 403-381-9171. You can also phone Holiday Bowl at 403-328-2855 to make sure they have your name.



Calling all self-advocates!

The International Day of Persons With Disabilities committee is looking for self-advocates to join the committee and help plan our celebration, happening December 1 at CASA. You can help make this the best year yet!

If you are interested in joining this committee, please contact Christina the SAIPA office at 403-320-1515 or christina.scott@saipa.info.

International Day of Persons with Disabilities

FILM STARS NEEDED

The IDPD Committee would like you to submit a personal short film about "A day in the life..." to show us how you access your community by getting around potential barriers!

The videos will be shown at CASA during the International Day of Persons with Disabilities on December 1

We are looking for a short film, up to 10 minutes in length. Please upload your videos to Youtube and email the link to ipdlethbridge@gmail.com by November 1.

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!



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

NOMINATIONS WILL BE ACCEPTED UNTIL OCTOBER 31, 2016

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

THURSDAY DECEMBER 1, 2016 FOR THE INTERNATIONAL DAY OF PERSONS WITH DISABILITIES.

COME TO THIS FREE EVENT FILLED WITH FUN, FOOD, & FILM WHERE THE AWARDS WILL BE CELEBRATED

FOR NOMINATIONS & MORE INFORMATION VISIT:



-  IDPDLETHBRIDGE.COM/LETHBRIDGE-INCLUSION-AWARDS
-  WWW.FACEBOOK.COM/LETHBRIDGEINCLUSIONAWARDS
-  [@INCLUSIONAWARDS #LETHBRIDGEINCLUSIONAWARDS2016](https://twitter.com/INCLUSIONAWARDS)



Whoop Up Days 2016 (Continued from page 9)

The Whoop Up Days parade happened on Tuesday, August 23. Some of our favourite things were: the haunted mansion; Cinderella and Belle; the marching band; the bathtub car and the steel drums.

New to the parade this year was a tree float, a curling rock float from the Lethbridge Curling Club and the Korean drummers.

Other things we liked about Whoop Up Days was the dog show; the dogs performed some pretty cool tricks! We also liked all the different booths and displays.

There was lots of different food at Whoop up Days. There were:

Jumbo ears: \$4 each, 2 for \$7 or 3 for \$10

The big taco: \$8

Drinks: \$2

Chips: \$1

Deluxe ribbon fries: \$10

Regular ribbon fries: \$6

This was the first year for ribbon fries, and of course we tried them! They were great!



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



Write:

#200 Deveta Place
410 Stafford Drive South
Lethbridge, AB T1J 2L2

Phone: 403-320-1515

Toll Free: 1-866-320-1518

Fax: (403) 320-7054

Email:

christina.scott@saipa.info