

September/October 2019

The Ripple



SRSAN
South Region Self-Advocacy Network

Federal Election 2019

The next federal election in Canada will be taking place on or before October 21st, 2019. Voting is a fundamental right of all citizens of Canada that enables us to choose the leaders of tomorrow. This not only enables us to be engaged citizens shaping our communities, but also helps reinforce the value of Canadian Citizenship. Many people actually believe that one vote will not make a difference, but many elections have been won by only dozens of votes in favour of one candidate. This is why it is important that we take the time to know who we want to vote for. The Ripple Newsletter Crew felt it is important that people understand their options when it comes time to vote.



In Canada, we have many different parties represented by individuals in what are known as 'Ridings.' Ridings in Canada are areas marked out on a map that represent specific areas and its residents who live there. People from one of the many political parties in Canada run against each other in the federal election to be selected to represent that area and its people. These parties each have their own ideas on how to best run the country and represent its people. The party that currently has the most people elected in ridings across Canada is the Liberal Party of Canada. The Liberal Party is self described as being responsible with money but also championing social issues such as LGBT rights, immigration, and universal healthcare. The Liberal Party also supports a free market in Canada but with some regulation by the government. The Liberal Party's current leader is Justin Trudeau.


Liberal

The current official opposition (the next largest party) in Canada is the Conservative Party of Canada. Also known as the "Tories," the Conservative Party would describe themselves as being in favour of lower taxes, less regulation of the free market in Canada by the government, and being in favour of a strong law and order and traditional values in Canada. The Conservative Party's current leader is Andrew Scheer.



Federal Election 2019 (Cont'd)

The next largest party in Canada after the Conservative Party is the New Democratic Party. Commonly referred to as the “NDP,” the New Democratic Party is somewhat similar in beliefs as the Liberal Party, but with a greater focus on regulating and creating rules for the free market (a “mixed economy”). The NDP also believes in greater taxes on the very wealthy, large businesses, and more environmental protection to help prevent climate change. The NDP are currently lead by Jagmeet Singh.



The next party with the most seats is the Bloc Québécois Party. One of the oldest issues in Canadian politics is whether or not the province of Quebec should separate from the rest of Canada. The Bloc Québécois Party believes that Quebec should separate and largely focuses on this issue. The Bloc Québécois is unique in that it only has representatives to vote on in the province of Quebec. If you live outside of Quebec, you cannot vote for this party at this time. The current party leader is Yves-François Blanchet.



The Green Party of Canada currently only has two elected representatives, but is known across Canada. Their beliefs are similar to the Liberal Party and the NDP but have a much larger focus on the environment and making protections for it leading to the prevention of climate change. For Example, this includes dramatically reducing the use of gas and oil by using different sources of energy and electricity, preventing the destruction of places like Canadian forests through logging and burning, and using less non-recyclable plastics. The Current Green Party leader is Elizabeth May.



The last main party in Canada is the People’s Party of Canada. Also known as the “PPC,” the People’s Party of Canada was created after the current party leader Maxime Bernier resigned from the Conservative Party of Canada in 2018. The PPC are similar to the conservative Party but self describe as being more conservative than the Conservative Party of Canada and focusing largely on reducing immigration and multiculturalism in Canada.



The description of each party in this article is just a small part of what each party stands for. If you want to know more, you can go to the ‘Elections Canada’ website for a lot more information, not only on the different parties, but on how to vote as well. Go out and vote on October 21st, 2019!

Halloween!

One of the Ripple Crew's favorite times of the year, Halloween is right around the corner! The newsletter crew believes in having a fun and safe time, especially if you are helping little one's enjoy the holiday by going out and supervising Trick or Treating! It's important that we help them stay safe with a few tips and Tricks.... Here are some good rules to follow as found by the Newsletter Crew:



1. Make sure costumes being worn do not cause you to trip and fall over. Nothing ends fun faster than tripping on yourself!
2. Try to pick bright reflective costumes so it is easier for cars and people to see you. Also make sure to help your kids cross the street at crosswalks and corners, always making sure to look both ways.
3. Help people pick costumes that are easy to see out of. This includes makeup and goggles.
4. Make sure to help people keep their costumes away from open flames like those found in Jack-o-Lanterns. Some costumes can catch fire more easily than others.
5. When taking people out trick or treating go to neighbourhoods that are well lit with streetlights and house lights. You can also go out earlier in the evening when there is still some sunlight.
6. You do not have to visit every single home on a block. Pick houses with their lights on and Halloween decorations up. This generally means that someone is home and giving out candy.
7. Stay close by to make sure that kids do not go into a stranger's home. Standing on the porch or stairs is the best option. Also, try not to walk on other people's lawns.
8. At the end of the night, before letting people enjoy their hard earned candy, dump the candy out of the bag and inspect each piece. Throw out anything that looks open, homemade or does not appear to be candy.

We also thought it would be fun to share the Newsletter Crew's favorite scary movies so that you, the reader, could try them out if you're staying in on Halloween!

Danielle: "My favorite Halloween movie is the Hills Have Eyes! It's my favorite movie for this time of year. I also like Werewolf movies like Van Helsing."

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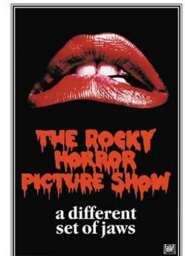
Halloween! (Cont'd)

Scott: "I like less scary, I like to watch the TV show 'Supernatural' around Halloween. It has everything including vampires, ghosts, reapers, werewolves, and demons!"



Tiffany: "I like Ghostbusters 1, 2, and 3! I like Slimer and it's the right level of scary for me around Halloween!"

Shannon: "I like the 'Rocky Horror Picture Show' because it's fun to watch but isn't too scary. I own the DVD and can watch it whenever I want."



Developmental Disabilities & Sexuality Workshop

This 6 week curriculum, the first of its kind, is designed for self-advocates and staff to teach a sexuality education series together as a team.
Starts September 25th, 2019 @1:00pm (Meets Weekly)

Topics Include:

Types of relationships

Affection: Private or Public

Moving from Friend to More

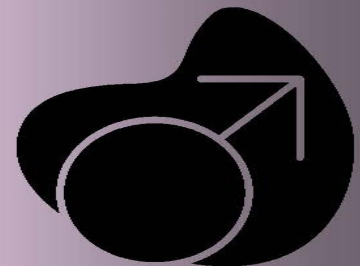
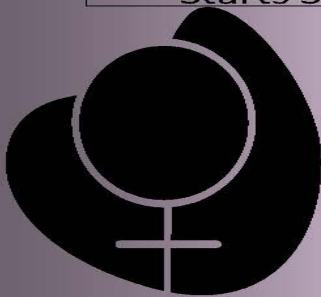
Being in a Relationship

Anatomy

Sexual Feelings, Attractions & Acts

Avoiding Pregnancy & STI's

AND MANY MORE!



If you would like to register for this workshop call the SAIPA office at 403-320-1515 or email mail@saipa.info

Inspiring people with developmental disabilities to drive change in their communities as engaged and empowered citizens

Citizen Walk About 10th Anniversary!

Citizen Walk About (CWA) will be taking place on September 27th, 2019 (Friday) in both Lethbridge and for the first time, Medicine Hat! Citizen Walk About is a peaceful rally planned by the South Region Self Advocacy Network (SRSAN) to help foster disability pride and raise public awareness in the local community. This year is the 10th anniversary of the event, marking an extremely successful milestone for SRSAN. The Ripple Newsletter crew wanted to capture some of why this event is important and it's long history by interviewing Anna Olson, who helps support the event and the SRSAN committee that plans it!



When did the First CWA event take place?

Anna Olson: “The first citizen walk about was in 2009. Before Citizen Walk About, it was called the “Walk and Roll for Fun.” I believe it was started to raise awareness for the then called ‘Handi Bus’ with Rodney Barrows. It hasn’t always been in September either. It has been held on lots of different dates. It’s been in October, June, and most recently in September.”

What was the original idea behind the event?

Anna Olson: “The original idea was by Rodney Barrows and raising awareness for the ‘Handi Bus’ (now called Access-a-Ride). They needed more buses in the city at the time. Over the years it has changed and become a disability pride event later called Citizen Walk About. It has changed a lot. There also used to be a ton of different groups involved including (but not limited to) Lethbridge Immigration Services, LGBTQ groups, and Greensense (environmental group).”

Are there any safety tips that people should follow during the event?

Anna Olson: “Yes, there are safety tips! Because we are using public roads we have to be careful. We must absolutely follow the rules. That’s why we have orange vested people at the beginning, in the middle, and at the end of the walk to make sure the group stays together and ensure we are looking after people’s safety. We noticed in the past not every one followed the rules and would walk in front of cars. When we march it’s also more powerful to march as a group and sends a stronger message.

Continued on following page

Citizen Walk About 10th Anniversary! (Cont'd)

Cont'd Please listen to the people guiding the group. We are using public sidewalks and we also cannot interrupt regular pedestrian traffic to businesses.”

Is the SRSAN planning committee doing anything special for the 10th anniversary?



Anna Olson: “Yes, they are! They are planning a cake at the end of the walk which is not typically at the event . They are also going back through history and finding people who have been part of the event in the past and inviting those people to see what it has become. This includes former Executive Directors of SAIPA, Lethbridge Immigration services, LGBTQ groups, Greensense, etc. We are also making sure that everyone in the community who has supported SRSAN is involved in the other

events such as the talent show this year. There will be a variety of talent including singing, comedy, a couple performing guitar and singing together as a duet, as well as indigenous dancers doing an extended set compared to previous years. These are just some of the things they are doing for the 10th anniversary. This will also be the first year that this event will be taking place in Medicine Hat as well as Lethbridge.”

Can we make signs to bring to support the event?

Anna Olson: “Ya, you can, you can totally make your own signs. SRSAN members have made some before that others can use. But we actually encourage different groups to bring their own signs. We encourage everyone to do so.”

What’s your favorite part of Citizen Walk About personally?

Anna Olson: “I really like the fact that it is organized by self advocates. It’s hard for me to pick what I find most cool about it because there are so many things. I love that it is 10 years and SRSAN can show that off. I like watching people show off all their gifts, abilities, and talents. That’s what I really like about it and definitely that it is 10 years for CWA.”

The Ripple Newsletter Crew hopes to see everyone out at Citizen Walk About 2019 and encourages everyone to invite friends and family. See you out there!

Check SAIPA’s Facebook and Twitter (@SAIPA1986) for information on upcoming events

Upcoming Events!

SRSAN

-SRSAN Meeting, September 18th, 2019

Medicine Hat 10:30-2pm, Dream Centre



Community Events

Lethbridge:

September 6th: Galt Beer Tasting Soiree (5:00-10:00pm)

September 6th: Portrait Project CASA (6:00pm-7:00pm)

September 14th: Comic, Pop Culture and Cosplay Expo (10:00am-3:00pm)

September 27th: Citizen Walk About (Galt Gardens)

September 27-28th: Oktoberfest YQL 2019 (exhibition grounds)

October 17th: Rock the Rink (Enmax centre)

October 31st: Halloween!



Medicine Hat:

September 6th-8th: Ribfest! (Medicine Hat Mall)

September 27th: Citizen Walk About

October 8th: Romeo & Juliet (Esplanade Arts Centre, 7:00pm)

October 31st: Halloween!

To see the full calendar visit <https://www.southernalberta.com/content-events.asp>

Meet your Newsletter Crew!

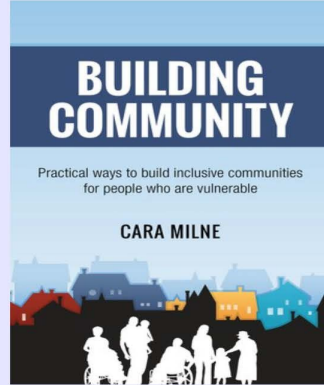
Your bi-monthly newsletter is brought to you by the newsletter crew. This group is made up of members of SRSAN who meet once a week to bring you the latest in local news for self-advocates. If you are a member of SRSAN and would like to help create the next newsletter please contact the SAIPA office by calling 403-320-1515 or by emailing mark.davids@saipa.info

This newsletter was brought to you by:

Randy Chandler
Shannon Kehler
Scott Nickel
Danielle Petersen
Tiffany Preete



Resource of the Month: September 2019 Building Community: Practical ways to build inclusive communities for people who are vulnerable



Cara Milne is the award winning owner of M-Powered Planning Ltd, a Calgary business that promotes positive and valuable roles for people with disabilities. Cara has had an enormous impact in her line of work and continues to enrich the lives of those she teaches and meets.

Contact the SAIPA office to borrow and purchase your own copy of

Building Community



403-320-1515 or
mail@saipa.info

In this book, Cara Milne shares stories and ideas that remind us of the importance of belonging and community. She offers specific and practical direction on how anyone can begin to build community!

Specifically focused on people with developmental disabilities.

Building Community was published by Blitz Print in March 2017 and has already sold over 450 copies without even being available online yet!



FOLLOW US ON:  

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 SAIPA at 403-320-1515 or mail@saipa.info