

The Ripple

Spring 2013



Spring is Here

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.

Vision

The vision of the SRSAN is a world where:

Everyone has the opportunity to make informed choices and participate.

We can be leaders in helping people with disabilities achieve their own goals.

There is respect and equality for all.

We believe in ourselves and we can take pride in our accomplishments.

We work together to succeed in making positive changes in our communities.

It is that time of year again! Spring has sprung, birds are chirping, flowers are blooming and trees are blossoming. Most of us start to think about planting gardens and cleaning our yard and homes. Besides the cleaning and yard work there are many things to look forward to and activities to participate in such as:

- Sign up for a sport
- Have a garage sale
- See the birds of prey
- Visit the petting zoo
- Take a walk in the coulees
- Enjoy the parks in your area
- Roller blading



Did you know you can geocache in City of Lethbridge public parks? There are 356 registered caches (capsule) within a 10 mile radius of the Helen Schuler Nature Centre! Geocaching is a real-world outdoor treasure hunting game. Players try to locate hidden containers, called geocaches, using GPS-enabled devices (including some smart phones). It is a great outdoor activity for all ages.



Helen Schuler is located in Indian Battle Park in Lethbridge, AB. Its current hours of operation are 1pm to 4pm. There are different levels of geocaching such as easy, medium or difficult. A GPS unit is free with collateral, such as keys or identification. In addition to geocaching Helen Schuler also offers nature walks and exhibits with insects and animals. The exhibits at the center change every 4 months. Check your local parks to see if geocaching is available where you live!

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Tips on Relationships



By Liz Sera

Common Law is: Living with your partner for 6 months without being married.

Relationship Needs (what does love include)

- communication
- trust
- patience
- even distribution of responsibilities
- caring for your partner
- taking turns
- being supportive
- giving and receiving
- respect
- faithfulness
- encouragement
- working as a team
- don't expect things in return
- time to get to know the person

Arguments

- agree to disagree
- listen to your partner
- say your part
- walk away if you need to
- you can not take back what you say

Financial decisions

Planning together with any financial decision is important when you are in a relationship. Every decision that affects you both has to be made together between you and your partner.

Improvements that you can make

Things that you can do to improve your relationship can be counseling. Do not force things on people. Take time to calm down, then revisit the situation.

How does love make you feel

It builds a foundation with others. Being with your common law partner should make you feel safe and secure about your emotions. It also improves your self confidence, self esteem and helps you learn to gain trust with your partner. Every relationship takes work, it takes both partners to make healthy decisions to grow together.

Benefits of...

By Kent Pedersen

There are many benefits of exercise and staying active. When you exercise you build muscle's which makes you stronger and can help prevent injuries. The best thing to do before exercising is do a good half hour of stretching your limbs and torso. It is also good to build up a good sweat because this will help to clean and detox the pores of the skin.

The emotional benefits of exercise are very important to your body:

- Relieves stress
- Increases endorphins
- Help self confidence and self esteem
- Soothes the body, mind and soul
- Helps build a better lifestyle

Sometimes it is hard to get motivated to exercise. It can help if you have a friend or two that can participate with you. Maybe plan a fun coffee visit or a movie after you are done!

Exercising at the gym is great but outdoor fun at places like Henderson Lake and Galt Gardens are good too. Spring is here and it is a great time to get out and get active.



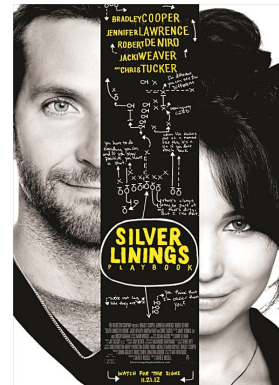
The purpose of this newsletter is to raise awareness about self-advocacy, the contributions of people with developmental disabilities, inclusion and community living. It is also to provide educational information on how a person can be a better self-advocate, how to speak up for one's self, how to help self-advocacy groups and their allies. If you have information, events or ideas you would like to share or see in the newsletter, please contact us as we will help you get the message out.



Our contact information is on the back of this newsletter if you want to send us your information to share with others. We look forward to hearing from you!

MOVIE REVIEWS

By Ken Goodman



I just watched this really great movie called **PARENTAL GUIDANCE** with Billy Crystal and Bette Midler

I give this film three stars out of a possible five stars. ★ ★ ★

The best thing about this movie was that Artie tried to be a Father but he was a Grandfather. It had moments where Artie started treating the kids like his children. I liked this because it showed the irrelevance of his style of grand parenting. He didn't treat them as regular people because he didn't know better.

This was a comedy about the irrelevant humour of a grandparent.

I just watched **SILVER LININGS PLAYBOOK** and it was a petty good movie. The movie starred Bradley Cooper and Jennifer Lawrence.

I give this movie a 4 ½ out of 5 stars. ★ ★ ★ ★ ★

My favourite part of this movie was the dancing. Bradley Cooper's character and his buddy made a bet with Robert DeNiro's character on whether or not they could score 5/10 in a dance competition. Bradley Cooper did a great job of acting. Jennifer Lawrence did pretty well also. This was a comedy but was dark, as he was taking medication and dealing with being in a mental hospital. There was a love story between Bradley Cooper and Jennifer Lawrence's characters.

I would recommend this movie to people and their friends.

What a song can say...

By Shannon Kehler

“Waving Flag” by K’naan

“When I get older, I will be stronger,
They'll call me freedom, just like a Waving Flag,
And then it goes back, and then it goes back,
And then it goes back

Born to a throne, stronger than Rome
But Violent prone, poor people zone,
But it's my home, all I have known,
Where I got grown, streets we would roam.
But out of the darkness, I came the farthest,
Among the hardest survival.
Learn from these streets, it can be bleak,
Except no defeat, surrender retreat, So we struggling, fighting to eat
and We wondering when we'll be free”

This song is a tribute to a man named K’naan from Magadishu, Somalia (Africa). While in his youth, living in war torn Africa, K’naan and 3 friends were playing when they were attacked. Sadly his friends died.

K’naan focused on a life of freedom and no war or poverty. He spreads the word of survival and continually keeping hope in a better future.

The message of this song is to never give up regardless of how difficult things feel. Instead we should focus on what could be learned and how it could help us in the future.



Human Rights

United Nations Universal Declaration of Human Rights: Article 5

“No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment”

Torture is any act that causes severe pain or suffering. It can be physical, mental or emotional. No one is allowed to torture another person.



Torture was one of the first issues dealt with by the UN because it is such a serious violation of Human Rights. In the past, people believed torture was a good way to deal with criminals. Today, the UN Declaration of Human Rights says that it is not ok to torture anyone.

Although torture has been outlawed, it is being reported that torture is something that is still happening in most countries in the world. People who are caught torturing others can go to jail.



Remember that your right to be free from torture is one of your most basic human rights. All people deserve to be safe!



What Self-Advocates Say about Article 5

We feel that torture should be stopped around the world. We feel that there should be more awareness about torture, if there is less torture there will be more freedom. The countries that torture is an issue. We need to stay loud and make sure other countries are aware about torture. We hope that in turn countries will help by relief efforts to that country to help fight against oppressive environments that are not honoring peoples human rights.

Torture is no longer tolerated and punishable by law. It is an extreme form of abuse. People that experience torture are affected for life. They sometimes have low self esteem, problems trusting others and are sometimes withdrawn from society. They suffer periods of depression even recalling the bad events. Sleep can be difficult for them. There could be physical effects like reoccurring pain, aches and nightmares.

If you think a person or animal is being tortured you should talk to local authorities like the police or humane society.

Survivors of torture, including animals, need our patience, support, empathy and time to heal.

If you have been through anything traumatizing like torture, physical or mental, or know anyone who has, there is help in our area. There are many counsellors in Lethbridge specially trained to help people get through bad experiences of all kinds. Please encourage people who may need help getting through their experiences to seek the professional help of counsellors.



If you are interested in how you can help the relief efforts abroad to protect peoples basic human rights please check out the “Amnesty International” website or look them up at the library.

**AMNESTY
INTERNATIONAL**

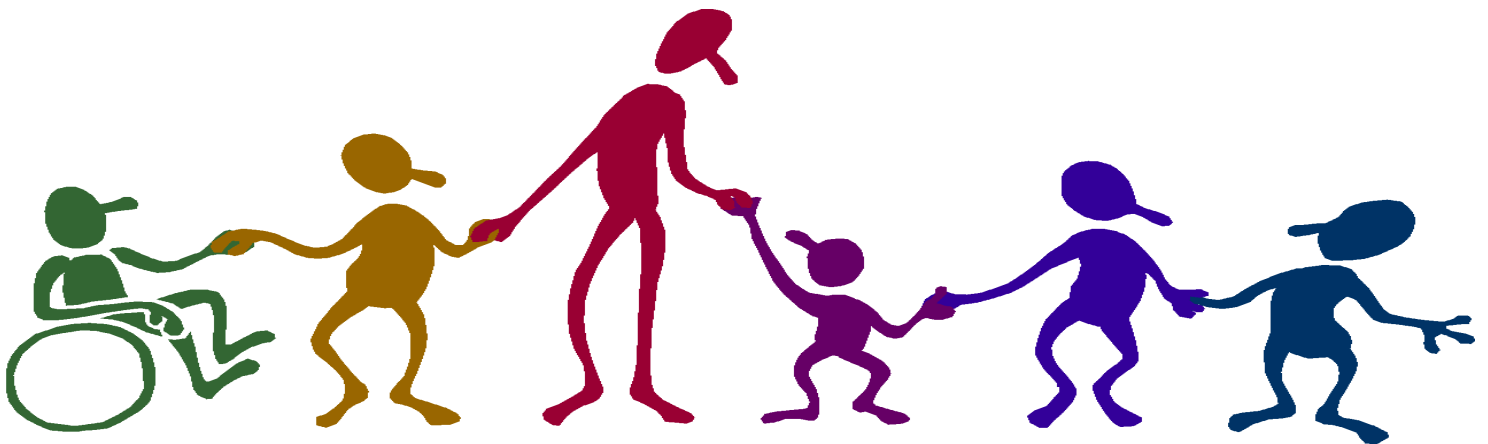


Conventions on the Rights of Persons with Disabilities

Article 5 – Equality and Non-Discrimination



1. The countries agree that all people with disabilities are equal before the law and protected by the law without any discrimination.
2. The countries agree that discrimination because of disability will not be allowed and that people will be protected if there is such discrimination.
3. The countries will take action to make sure that if a person with a disability needs changes made to his/her environment, to enjoy his/her rights, then those changes will be made.
4. Special actions, or actions that are needed for people with disabilities to become equal to others, are allowed. This type of special treatment is not discriminatory to people without disabilities.





Keelae's Corner

1. **People with disabilities are equal before the law.** The law cannot judge a person with a disability any different than they would judge someone else. No one should assume that a person with a disability would do something that a person without a disability would not do. If someone with a disability did have to defend themselves in court, they would be able to receive the same legal support, like a lawyer, as anyone else.
2. **Discrimination because of disability is not allowed.** If you are not treated fairly (under the law) you can talk to someone you trust to make sure that you are protected and to make sure that you will be treated fairly in the future.
3. **Environment changes can be made to help you enjoy your rights.** People with or without disabilities should be allowed to access all services in our community. You cannot be discriminated against because of the support you need to enjoy that environment. For example, if you have a guide, seizure or alert dog, it should be allowed in a restaurant, where other dogs would not be allowed.
4. **Special actions can be taken to help you enjoy your rights.** Examples of special actions to assist people with disabilities to be equal to others are AISH, Access-A-Ride, assistance by agencies that help people with disabilities or work modifications. This is not meant to be a judgement by the people making the special actions. This is a way to help people to be included in the community in the same way as everyone else.



Danielle's Pet Facts

For people who are considering the idea of getting a cat, there are two main ways to get one: adoption or purchasing. In my opinion I believe it is better to adopt a cat and these are the reasons why:

- It keeps cats off the streets
- It gives them a sense of stability
- Adoption money goes back into the shelter
- It gives unwanted cats a home
- It is cheaper to get cats at an animal shelter than a pet store
- Adult cats are usually litter trained
- Discourages breeding by making sure cats are spayed or neutered
- The main thing is that adopting a cat gives that animal a second chance at a happy life!

Once you have decided where you are going to get your cat from, you need to make sure you have certain things such as:


- Litter and litter box
- Food and cat dishes
- Scratching post
- Cat toys/cat bed
- TIME— to love, play and cuddle your new friend

Make sure to put a lot of time and thought into your decision before you get your cat. Once you get one, they should be your forever friend. Pets are great companions, often for therapeutic reasons, lowering your stress level and soothing to you soul!



Calendar of Events

March 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>DID YOU KNOW.....</p> <p>March is National Epilepsy Month and Easter Seals Month!</p>					<p>1</p> <p>Home & Garden Show (M. Hat) @ CYPRESS CENTER</p> <p>PBR @ ENMAX 7:30 p.m.</p>	<p>2</p> <p>PBR @ ENMAX 7:30 p.m.</p>
3	4	5	6	<p>7</p> <p>SRSAN Meeting Lethbridge</p>	8	9
<p>10</p> <p>Daylight Savings Time</p>	<p>11</p> <p>Price is Right Stage Show @ ENMAX 7:30 p.m.</p>	<p>Kiwanis Music Festival (Lethbridge) @ YATES</p>				16
						<p>Home & Garden Show (Lethbridge) @ EXHIBITION</p>
<p>17</p> <p>St. Patrick's Day</p>	18	19	20	21	22	23
24	25	26	27	28	<p>29</p> <p>Good Friday</p>	30
<p>31</p> <p>Easter Sunday</p>	<p>Happy Easter!</p> 					

SRSAN MEETING: MARCH 7, 2013

This month's SRSAN meeting will be held in Lethbridge, at the Lethbridge Public Library (Theatre Room). Please remember to bring a bagged lunch to this meeting as lunch will not be provided.

Did you know.....

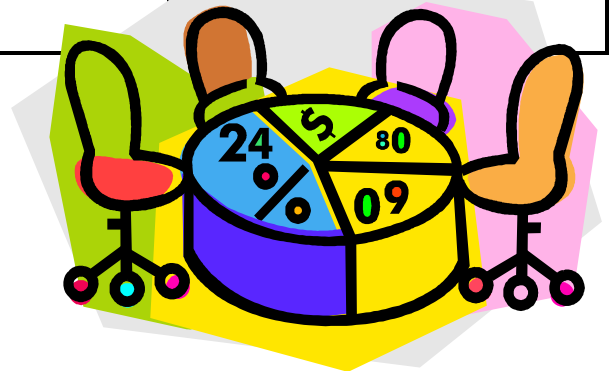
April 2013

Is Community Living Awareness month....

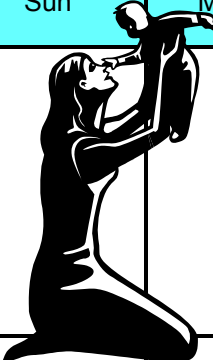
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 April Fool's Day	2 World Autism Day	3	4	5 AACL Family Conference	6 AACL Family Conference
7	8 Regular Meeting of Council: Council Chambers Taber	9	10	11	12 Lifestyle Show: Crownsnest Pass Sports Complex	13 Evolution of Extreme: ENMAX Lethbridge
14 Sunshine Skillet & Food Fair: Medicine Hat Stampede Grounds	15	National Volunteer Week			19	20 Brooks Chamber Annual Trade Show: Lakeside Leisure
21	22 EARTH DAY!	23 Aggie Days: Lethbridge Exhibition	24	25 Opening Doors in Community Conference	26 Opening Doors in Community Conference	27 4H Rodeo: Taber Agri-plex
28	29	30	31			

Opening Doors in Community Conference

Come join us in a conference to promote Self-Advocacy! Various sessions including finances, dance, bullying, healthy lifestyle and how to become the change you want to see! Also, a fantastic opportunity to meet new people and network! Registration only \$20! Contact the SAIPA office for more information!



May 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 ACDS Conference	2 ACDS Conference	3 ACDS Conference	4 Chinook Rodeo: Taber Agri-Plex All Day
	5	6	7 Drop in Computer Sessions: Medicine Hat Library 1 pm	8	9 Wise Owls Pub Quiz: Lethbridge Public Library 8 – 10 pm	10
12 Mother's Day	13	14	15	16 SRSAN Meeting: Brooks 10 am – 3 pm	17	18
Canada Wide Science Fair: University of Lethbridge						
19	20 Victoria Day	21	22	23	24	25
Aboriginal Awareness Week						
26 Crowsnest Pass Spring Bird Count	27 Crowsnest Pass Spring Bird Count	28	29	30	31 World No Tobacco Day	

My Mother

My Mother, my friend so dear
 Throughout my life you're always near.
 A tender smile to guide my way
 You're the sunshine to light my day.



Ripple Horoscopes



Capricorn (December 22-January 19th): Try new things such as a sport of your choice. Try not to be over controlling, everything does not have to be black or white. Go for a walk and meet new people.



Aquarius (January 20-February 18): Make more time to spend with friends, love ones and family.



Pisces (February 19-March 20): Keep an open mind to the new people you meet though out your adventures. A new person in your life could become a great friend.



Aries (March 21-April 19): Step back and let someone else lead! It is time to relax and try and not to be impulsive. Remain optimistic, you do not have to be in control to have things work out. Take up a hobby such as biking.

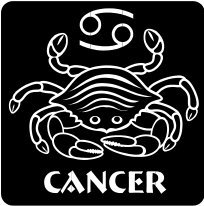


Taurus (April 20-May 20): Stop procrastinating! Having your own opinion is good but make sure it is in a respectful manner in order to resolve a conflict just agree to disagree.



Gemini (May 21-June 20): Relax your mind and broaden your horizons. Try yoga, meditation or tai chi.

Ripple Horoscopes



Cancer (June 21-July 22): Celebrate the beauty in life. Get out there and enjoy your community.



Leo (July 23– August 22): Enjoy the sun and have fun! This is your time to share an activity with a friend.



Virgo (August 23– September 22): Give back to your community. Volunteer or donate to your local food bank. You will feel good about helping and your community will benefit.




Libra (September 23– October 22): Learn a new craft, recipe or hobby. Don't give up and follow through.



Scorpio (October 23– November 21): Plan ahead...busy times are upon us. There isn't much time left to make sure your name is on the "Nice List". Do something nice for someone.



Sagittarius (November 22– December 21): Create your memories and reflect on the year through words and pictures. Get ready for next year.



“Do not follow where the path may lead. Go instead where there is not path and leave a trail”

Harold R. McAlindon




SRSAN GEAR SALE



T-Shirts for \$5

Hoodies for \$25

Lots of colors and sizes!



“Freedom is not worth having if it does not include the freedom to make mistakes. “

Gandhi



Tell Us What You Think!



UPDATE

Write:
527 - 6 Street South
Lethbridge, Alberta T1J 2E1



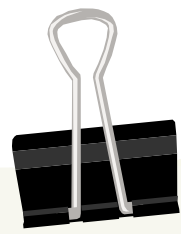
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E-mail
→ Me ←

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The Ripple was created with pride for you by the following self-advocates:

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