

# The Ripple

Spring 2014



## SAIPA/SRSAN Awards

Each year the South Region Self Advocacy Network and Southern Alberta Individualized Planning Association give out two awards.

**The Clarence Marsh Award** is awarded to a self advocate in the south region who is active in the community and is a good role model for the people around them.

The winner of this award for 2013 is Juanita Elund!

As a strong self advocate in the community, Juanita likes to be involved in many different activities. Juanita is active in the Dynami group at Taber Special Needs and works at the Bottle Depot and Dairy Queen. After holding the president and vice-president positions at SRSAN, it is clear she has remarkable leaderships skills and wants to make a difference.



Juanita with her award

### 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.

*Congratulations!*

The **SAIPA Ally Recognition Award** goes to a dedicated ally that supports self advocates faithfully and wants to make a difference in the community.

The winner of this award for 2013 is Ursula Drover!

By using her community connections, Ursula helps people with disabilities, particularly the Voices group at Quest Support Services, learn leadership skills. It is evident that Ursula wants to see self advocates achieve their goals.

*Congratulations!*

### INSIDE THIS ISSUE

Fundraising	Page 2
Just Sayin...	Page 2
Seth Alexander Story	Page 3
Favorite Recipes	Page 4
Stranger Inspired	Page 5-6
Bullying	Page 7
Human Rights Article 9	Page 8
What Self-Advocates Say About Article 9	Page 8
Success of People with Disabilities in the Workplace	Page 9
Conventions on the Rights of Persons with Disabilities	Page 10
Keelae's Corner	Page 11
Healthy Eating	Page 12
Granola Bar Recipe	Page 13
What a song can say...	Page 14
Calendars	Page 15-17
Ripple Horoscopes	Page 18-19
Contact Us	Page 20

# Just Sayin...

By Kent Pedersen

Karaoke is a fun way to get out of the house. It is fun to do with friends and you can all get up and sing a lot of songs. It is also a great way to meet new people! Karaoke is a great way to get involved in your community. Participating in community activities such as karaoke is a great way to advocate on behalf of yourself because it promotes the inclusion of everyone in having fun in their community.

It takes a lot of guts to get up on stage in front of everyone. It feels great to be able to get up and sing and just have fun! There are many songs you can sing and the choice is completely up to you! If you get up on stage and really "give it," it can also be good exercise.

Going with a group of friends can be a lot of fun too, even if you do not go up and sing. It is just as much fun to cheer on your friends and meet new friends. Karaoke gives you the freedom to choose and the freedom to be who you are.

Some people may be nervous to participate in karaoke, but with encouragement from friends a lot more people may realize how much fun it is!



## SRSAN Fundraisers

SRSAN is proud to organize the tenth conference for the south region and has been busy raising money for the next Self Advocacy Conference planned for 2015.

Some of the fundraisers that SRSAN has been working on: Kitchen Basket displayed at Club Cigar store, Ten Thousand Villages night, iPod Shuffle and \$25 gift card for iTunes Raffle, 2 Baby Baskets and awareness event at Park Place Mall and Centre Village Mall.

SRSAN would like to extend a big thank you to those who have contributed their donations, time and energy to all it's fundraisers so far. And we encourage everyone to keep an eye out for ways you can be involved in future events!

**\*\*Remember\*\*** The SRSAN "Delicious Delights" cookbook is for sale! It has an advocacy theme and it is only \$10. Proceeds go to the Self Advocacy Conference in 2015.

Cookbooks are available at the SAIPA office.



Congratulations to Bea MacNamara from Taber Special Needs for winning SRSAN's kitchen basket!

# Seth Alexander: Getting His Dream

By Sheri Herselman

I am writing this story about a disabled boy who writes a poem and is excited about it. They take a drive to get some gas at Spruce View gas station when his brother crumples his paper and tosses it out the window, "Hey! My poem!" says Seth, who has down syndrome and is crushed. He looks out the window, a man sees what Taylor did. Taylor says, "Ahh forget it Seth! I know you want to put it in for the contest but I am going to win anyways!"

The mother turns her head and yells, "Taylor leave your brother alone!"

"What? It's true!" Then they drive away as Seth looks back and sees the man picking up the paper. "Ah ha! He is going to throw it out!" Seth pouts as he thinks his dreams have been shattered.

The next evening it is Canada Day and everyone is at the arena in Innisfail for the contest. Seth is so sad and the lady comes and announces the winner. And first place Seth is shocked! The lady said his name. Seth is in shock and he sees the man from the gas station with a lady came up beside him and says, "I am John and this is Vicky. We were so touched by your story we wanted it here. I hope you don't let your brother think you are nothing because this is great!"

Seth is shocked, "Thanks so much!"

Taylor is shocked too! "What? You know he is handicapped right?"

Vicky is disgusted, "Yes so what! It doesn't matter! Seth you keep writing ok?"

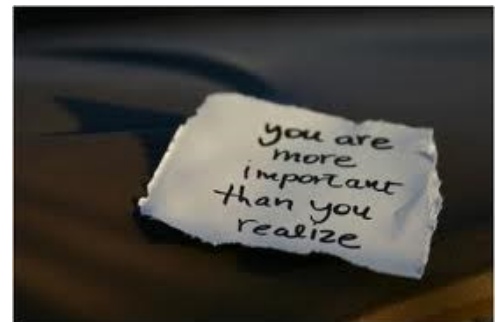
Seth choked, "I will! And I won't let Taylor touch it!"

Vicky laughs, "Good!"

They all leave with Seth, who is so happy that two people made his dream come true.

***Moral of this story?***

**NEVER run down handicaps!**



# Favourite Recipes

By Allan Jarvis

## Taco Salad

### Ingredients:

- 1 lb ground beef
- 1 package of taco seasoning
- 1 head iceberg lettuce chopped
- 2-3 tomatoes chopped
- 6 green onions chopped
- 1 can of red kidney beans or black beans drained
- 15 ounce can of black olives sliced
- 1 cup of shredded cheese
- 1 (16 ounce) bottle of catalina dressing
- 1 bag of plain Doritos, crumbled in big chunks



### Directions:

- Brown ground beef in pan on medium-high heat, drain grease and add taco seasoning. Mix well. Allow to chill in fridge for 15-20 minutes. Once ground beef is chilled, place in large bowl and mix all ingredients together. Serve.

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!

# Stranger Inspired

Last issue we brought an opinionated letter from one Ontario Mother to another regarding her autistic child and his behavior.

This issue we would like to bring a happier story on a similar topic about a flight trip and a total stranger's patience and understanding for a young autistic girl.



Shanell Moulard from Saint John, New Brunswick, was expecting a bumpy plane ride, but was pleasantly surprised when the man sitting next to her daughter Kate, engaged the girl in conversation throughout the flight.

“We were worried because when you have a child with autism and you’re flying, it’s a no-escape scenario,” she told CTV Atlantic.

When the family boarded the plane in Philadelphia, there was an empty seat next to Kate, making for a stressful wait for Moulard, who was anxious to see who would be sitting next to her daughter.

“As the people walked by, I saw some grandmotherly-type people and I thought, ‘Please sit down,’” she said.

“And then I saw a businessman coming and I thought, ‘Oh don’t sit down,’ because he had an iPad, he had everything, and I thought ‘That’s probably not the guy.’”

But as soon as he took the seat next to Kate, the girl began rubbing his arm and calling him “daddy,” which Moulard says is a compliment.

“That means you’re safe, you’re comfortable, I like you,” Moulard said.

Moulard says Kate and the businessman spent most of the flight talking. “I even shut my eyes for a few minutes, which is really rare, so the flight went really well.”

*Continued on page 6...*

*Continued from page 5...*

The stranger's kindness inspired Mouland to write the post, titled "Dear 'Daddy' in Seat 16 C Flight 1850 from Philly," on her blog "Go Team Kate."

"You could have shifted uncomfortably in your seat. You could have ignored her. You could have given me that 'smile' that I despise because it means; 'manage your child please.' You did none of that. You engaged Kate in conversation and you asked her questions about her turtles," Mouland wrote.

Don't judge a book  
by its cover  
it's what's inside  
that counts!

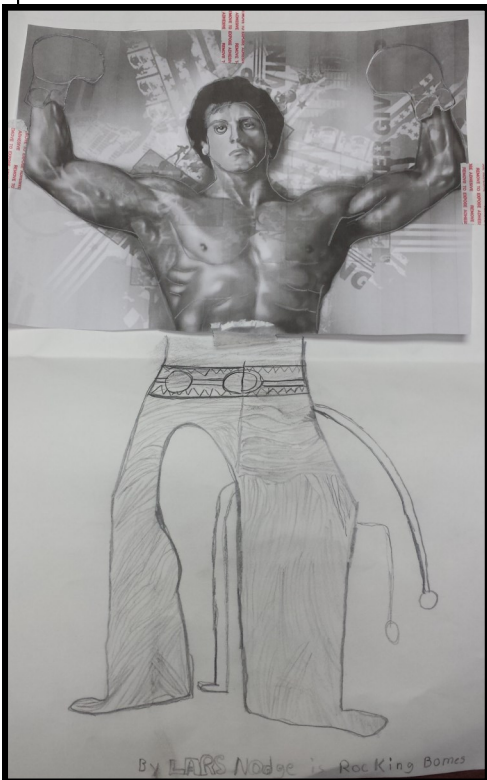
The friendly airplane passenger, Eric from New Jersey, was one of the many people to respond to the blog post.

"Since I was sitting next to her, I can honestly say I wish I can be as good of a parent as she is," wrote Eric. "I learned more from Kate and her mom than I could have on my iPad!"

This is the kind of understanding and acceptance that is needed and very appreciated within the disabled community members.

Eric did not ask questions about Kate's behavior and just interacted with her as he would have anyone else. For this, Kate and her mothers flight was an enjoyable success and Kate was left feeling that she had made a new friend.

**\*\*If you have any happy stories to report please feel free to submit them to The Ripple.**



### **Artwork by Lars Nodge**

"I wanted to enter this picture in the newsletter because I wanted to see how it turned out. I love Rocky Balboa movies and own them. I drew his legs and his ponytail."

# Bullying

By Shannon Kehler

This issue I would like to talk about **Social Bullying**. Social bullying includes behaviors such as mobbing, scapegoating, excluding others from a group, humiliating others with public gestures or graffiti to put others down.

Some examples of social bullying are:

- Leaving someone out on purpose  
When people do this they may be leaving other people out of certain activities for mean reasons not because they are worried about someone's safety or care.
- Telling other people not to be friends with someone  
It is everyone's right to choose their own friends even if some people think they might not be the best friends for them. It is their right to find that out on their own. It is considered social bullying when a someone tells other people to be mean and to isolate others.
- Spreading rumors about someone  
Telling stories that you do not know for a fact or that are none of your business. This will damage peoples reputation or change they way others look at them, without good reason.
- Embarrassing someone in public  
An example of this could be when someone purposely trips another person. Although they may not want to genuinely see them hurt which may happen, they do want to see them embarrassed in front of peers. Before playing practical jokes you should always think about how you would feel if someone did it to you.



We should all try to keep an eye out for each other and speak up when we see someone being bullied. If you don't, remember it could be you next.

# Human Rights

## United Nations Universal Declaration of Human Rights - Article 9

**No one shall be subjected to arbitrary arrest, detention or exile.**

This means that nobody has the right to arrest you, put you in prison or to force you out of your country without good reasons.



## What Self-Advocates Say about Article 9

It is important to have this right, because it allows us as citizens to have the right to be able to speak freely, and express our opinions without getting into trouble. Without this right in place, we would not have the freedoms we have today.

This right should be in place all over the world as there are some places which people get in trouble for speaking freely and that is not acceptable. Everyone should have the right to voice their opinions/take action without getting into trouble unless it is something which is against the law.





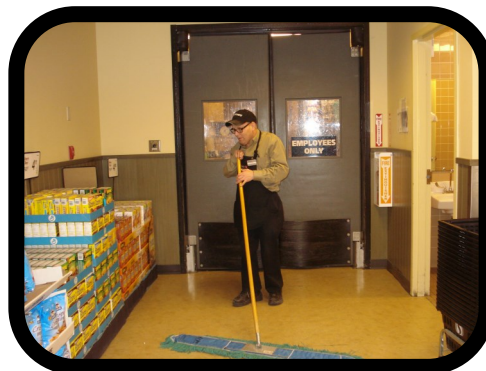
# Success of People with Disabilities in the Work Place

By Edmund Zaiser

My name is Edmund Zaiser and I am part of the Taber Special Needs Society. I came to Taber Special Needs in 1997. I was the president of the Dynami Self Advocacy group for 6 years.

I work in the workshop at Taber Special Needs and in recycling. There I do the contract work for UniFirst. For the recycling, we sort the paper out in the different bins. When we are done with it, the paper gets baled and shipped away. I got hired at IGA washing the windows for about a month until a job came open at Safeway in Taber. Now I am a courtesy clerk at Safeway. There I get the carts, do lots of cleaning, and I usually get the baskets together. I really like it because the people are nice and I get along with them really well. Because I am an efficient worker and a hard worker, I do not need a lot of supervision. I complete my jobs and do them well. I am always willing to help when someone needs assistance.

In my spare time I work on my computer and I really like watching the Edmonton Oilers hockey team. When football season is on, I like to watch the Edmonton Eskimos.



# Conventions on the Rights of Persons with Disabilities

## Article 9 Accessibility

1. The countries will eliminate barriers that people with disabilities face in buildings, the outdoors, transport, information, communication and services, in both cities and the countryside. This way people with disabilities can live independently and fully live their lives. They will make rules and put them into practice for:

- a) Buildings, roads, transportation, indoor and outdoor objects, for example, schools, housing, hospitals, health centers, and workplaces;
- b) Information, communications, and other things, for example, electronic services and emergency services.



2. The countries will also take action to:

- a) Make, put in place, and oversee minimum standards for accessibility for places and services that are open to public;
- b) Make sure that private businesses and organizations that are open to the public are accessible for people with disabilities;
- c) Train people who are involved in accessibility issues on what people with disabilities need when it comes to accessibility;
- d) Have Braille signs and easy to read and understand information in buildings open to the public;
- e) Provide help, such as readers, sign language interpreters and guides, so people with disabilities can access buildings open to the public;
- f) Provide other types of help as needed so people with disabilities can get access to information;
- g) Promote access to new technologies for people with disabilities;
- h) When looking for, and creating new technology, make sure that accessibility is taken into account early on, so that this technology can be made accessible at the smallest cost.





# KEELAE'S

## Article 9 Accessibility

### What is Accessibility?

Accessibility is being able to do things or go places without any barriers so all people are able to use, participate in, and belong to the community.

Accessibility may mean something different for everybody, so it is important to have all the various needs met to help build a stronger community.

### Some barriers that self advocates face in Southern Alberta:

- Paths not big enough to fit a wheelchair and a person walking beside them
- Buildings with stairs—no ramp or elevator
- Some sidewalks do not have wheelchair ramps
- Bathrooms or narrow hallways too small for wheelchairs or walkers
- Not very many Braille signs or plain language information around town
- Awareness about the needs of people with disabilities i.e.. Bus drivers
- How to get to activities if you live in the country



### Accessibility is important to self advocates because:

- It makes it easier to find a job or volunteer placement
- Learning life skills—being more independent and not relying on others to provide transportation
- Doing fun activities with friends
- Being safe on roads and in buildings
- Increases self worth



It is the responsibility of each city or town to make sure all needs concerning accessibility are met. Businesses have rules that they need to follow to make the community as friendly as possible for all citizens.

As self advocates, accessibility is very important to us. It is our responsibility to fight for accessibility at all times and to stand up for what we need to live independently.

C

O

R

N

E

R

# Healthy Eating

Eating healthy is essential for looking good and feeling even better. Eating vegetables, fruits, and healthy fats puts you in a better mood, can clear up your skin, boosts your energy and fights diseases.

## Easy Tips for Portion Control:

- Eat 3 small main meals rather 3 big meals
- Healthy snacking in between meals increases your metabolism (how fast you burn calories) and stabilizes your blood sugars
- It takes about 20 minutes for you to feel full, so do not eat more than the recommended portion on the label.

Recommended Amount: Depending on your age, body type, and health concerns refer to the Canada Food Guide Chart (see below).

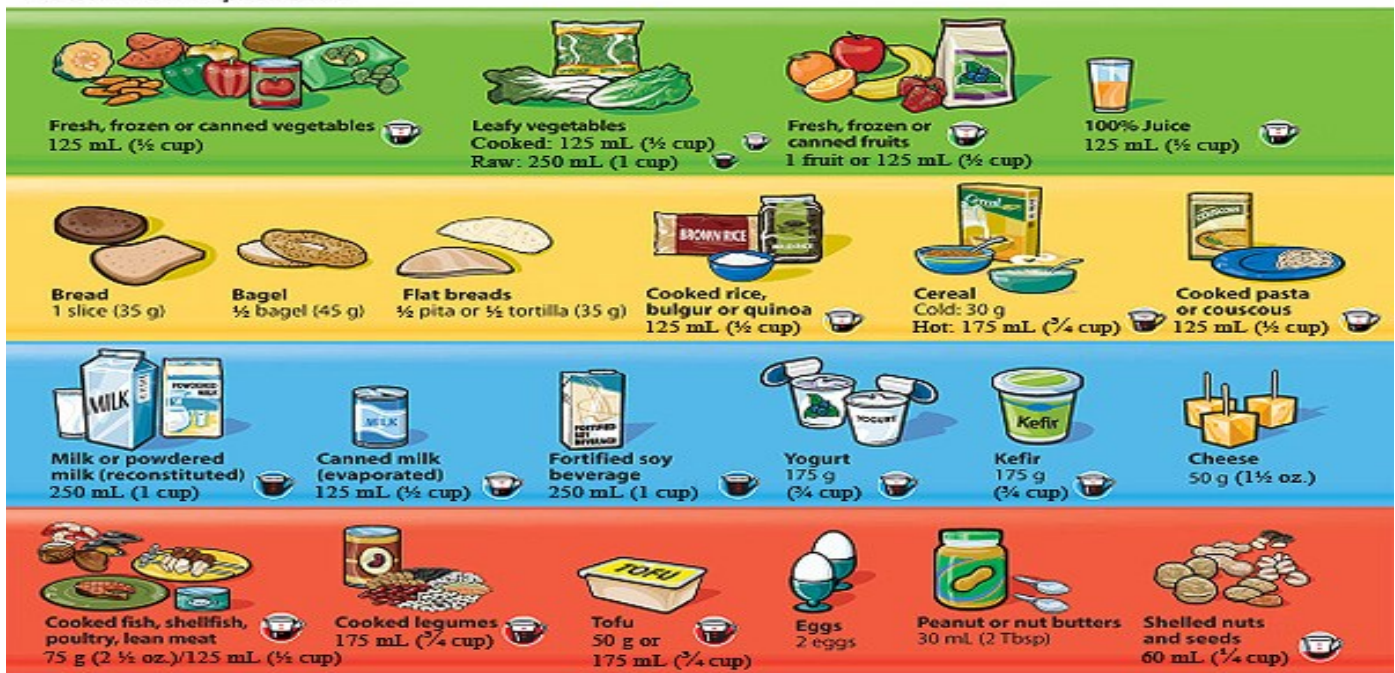
## Importance of Water

- Drink 6-8 cups a day: roughly 64oz.
- Remember to increase your water consumption when you increase in fibre (whole-grains, seeds, etc.)
- Cut out pop— a single can of pop contains the equivalent of 10 teaspoons of sugar and has no nutritional value.

## Little Changes You Can Try:

- Substitute white flour with whole wheat flour
- Keep healthy snack options in sight

### **What is One Food Guide Serving?** Look at the examples below.



### **Oils and Fats**

- Include a small amount - 30 to 45 mL (2 to 3 Tbsp) - of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.

# Healthy 5 Ingredient Granola Bars

Prep Time: 10 minutes

Cook Time: 5 minutes

Total Time: 15 minutes

Serves: 10

## Ingredients

- 1 cup packed dates, pitted
- 1/4 cup honey (maple syrup or agave nectar)
- 1/4 cup creamy salted natural peanut butter/almond butter
- 1 cup roasted unsalted almonds, loosely chopped
- 1 1/2 cups rolled oats
- OPTIONAL: chocolate chips, dried fruit, nuts, etc.

## Instructions

- Process dates in a food processor until small bits remain (about 1 minute). Should form “dough” like consistency.
- Optional: Toasted oats. 350° for 15 minutes/slightly golden brown. Or leave raw.
- Place oats, almonds and dates in bowl.
- Warm honey and peanut butter in a small saucepan over low heat. Stir and pour oat mixture and then mix, breaking up the dates to disperse throughout.

- Once thoroughly mixed, transfer to an 8x8 dish, line with plastic wrap/parchment paper.
- Press down until flattened. Cover with parchment/plastic wrap, and let set in fridge/freezer for 15-20 minutes to harden.
- Remove bars from pan and cut into 10 even bars. Store in an airtight container. Store in freezer to keep them fresher for longer.

## Notes

- If dates do not feel sticky/moist, soak in water for 10 minutes then drain.

## Nutrition Information

- Serving Size: 1 bar
- Calories: 217
- Fat: 8 g
- Saturated Fat: 1 g
- Carbohydrates: 31 g
- Sugar: 19 g
- Fiber: 4 g
- Protein: 6 g



# What A Song Can Say...

By Shannon Kehler

## “We Are The Champions”

By Queen



I've paid my dues  
Time after time  
I've done my sentence  
But committed no crime  
And bad mistakes  
I've made a few  
and I've had my share of sand  
Kicked in my face  
But I've come through  
And I need to go on and on and on and on

We are the champions - my friends  
And we'll keep on fightin' till the end

We are the champions  
We are the champions  
No time for losers  
'Cause we are the champions of the world



I feel that this is a good self advocacy song as we are all continually fighting for our rights and to be treated the same as everyone else.

Sometimes people may feel boxed in by their disabilities and that they are being held back by what others may believe that they can't do. Feeling hopeless but the truth is we need to keep fighting for our cause which is to have people treat us the same and have the same faith in our capabilities as their own.

There is work to be done and we will continue to work towards our goal.  
For doing that ..... **“We Are The Companions”** !

# March 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6 SRSAN meeting in Brooks	7	8 International Women's Day
9 Daylight Savings Time Starts	10	11	12-15 Home and Garden Show (Lethbridge) @ Exhibition			
16	17 St.Patricks Day	18	19	20 International Day of Happiness	21 "Raise the Woof" Comedy in Brooks	22
23	24	25	26 SRSAN Presentation at CDAH in Cardston	27	28	29
30	31					

Where do you find out what current events are happening in your area?

Take a look at the:

- Local newspaper
- Internet
- Local TV stations

By reading the paper and watching the news, you know the issues going on in your community and this helps you to be a better advocate for you and others.

For easy access to events, tape the calendar of events to your fridge!



# April 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 April Fools Day	2 World Autism Awareness Day	3	4	5
6	7	8	9	10	11 AACL Family Conference	12
National Volunteer Week						
13	14	15	16	17	18 Good Friday	19
20 Easter Sunday 	21 World Down Syndrome Day	22 Earth Day	23	24	25	26 Brooks Trade Show and Sale
27	28	29	30			



This month, take the time to volunteer at an organization that interests you! Volunteering can be a way for you to meet new people, learn new skills, and it could lead to a job! Helping others is not only a nice thing to do, it is also good for your own mental and physical health!

**GET INVOLVED**  
Be a volunteer and reap the rewards



# May 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
					Crowsnest Pass Lifestyle Show	
4	5	6	7	8	9	10
	Southern Alberta Energy Expo (Medicine Hat)			SRSAN Meeting Medicine Hat		
11	12	13	14	15	16	17
Mother's Day			ACDS Conference			
18	19	20	21	22	23	24
	Victoria Day				Citizen Walk About (Lethbridge and Medicine Hat)	
25	26	27	28	29	30	31

**May 8:** Let Eline know if you can make it to the SRSAN meeting by May 1, 2014.  
Phone 403-320-1515 or email [eline.vanderkooij@saipa.info](mailto:eline.vanderkooij@saipa.info).

**May 14—16:** ACDS Spring Conference Edmonton. For more information please take a look at the ACDS website [www.acds.ca](http://www.acds.ca).

**May 23:** Citizen Walk About: This year held in Lethbridge and Medicine Hat, we walk to raise awareness in our communities about misunderstood people and promoting inclusion for everyone.

# Ripple Horoscopes



**Capricorn (December 22-January 19):** Take your love of family and tradition and head to the parks for a nice picnic afternoon with your loved ones. If you feel like controlling the environment, plan some games for the day.



**Aquarius (January 20-February 18):** Spring has sprung and so have many fantastic causes. Your love of helping others and brainstorming with a group is needed in the community to help raise awareness for some worthy causes. Get out there and find them!



**Pisces (February 19-March 20):** Check out any park with water as the fish are swimming around again. Maybe take a canvas and some paint with brushes, create a master piece for all to see and enjoy. Keep your ear to the ground for movie in the park (Galt Gardens) as it will start soon.



**Aries (March 21-April 19):** With spring comes spring sport leagues. Your competitive nature will do well to sign up and get active in a league of sorts. Your team spirit skills can always use practice.

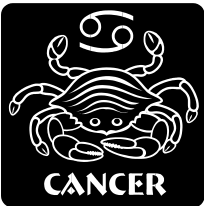


**Taurus (April 20-May 20):** It's finally here! Your green thumb has been waiting all year to get down and dirty with your spade and seeds, get out there and get plant your heart out. Share your awesomeness with the world when it sprouts in a few weeks.



**Gemini (May 21-June 20):** You've been inside all winter, it's finally time to get the fresh air and wide open space you need. Some great conversations with people around town are just waiting to be had! Feed your social side.

# Ripple Horoscopes



**Cancer (June 21-July 22):** Your incredibly intense compassion could be used for local fundraising events, especially ones being held for the less fortunate. Take some loved ones with you and help them grow as individuals.



**Leo (July 23– August 22):** Get out there and volunteer for a great cause, maybe a bike rally or a city hall march. Stick with a cause you feel in your heart and before long you'll be running the show, just the way you like it.



**Virgo (August 23– September 22):** Get in touch with your inner pet lover and take someone's dog for a walk, even better would be to spread some hugs and love at the humane society. There's a lot of thankful pooches and kitties down there!



**Libra (September 23– October 22):** Gather your friends and take a picnic, start a heated debate and get people thinking. To lighten things up again you can start planning your summer activities.



**Scorpio (October 23– November 21):** Take your resourceful nature on a geo caching trip along with friends. Be sure to bring your own treasures to leave behind for the next explorers. Your competitive streak will more than likely find your mark first.



**Sagittarius (November 22– December 21):** Start up a neighborhood soccer or football game. Have some great laughs with your amazing humor but don't too upset about little things, as sometimes you get carried away.



“Do not follow where the path may lead. Go instead where there is no path and leave a trail”

Harold R. McAlindon



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

Gandhi



**Tell Us What You Think!**



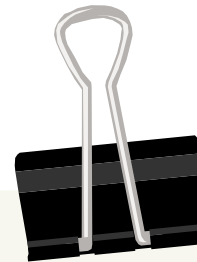
Write:  
527 - 6 Street South  
Lethbridge, Alberta T1J 2E1



Phone: (403) 320-1515  
Toll Free: 1-866-320-1518  
Fax: (403) 320-7054



Email:  
[srsan@saipa.info](mailto:srsan@saipa.info) or  
[newsletter@saipa.info](mailto:newsletter@saipa.info)



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

- Shannon Kehler
- Kent Petersen
- Kelly Tower
- Sauna Jorgenson
- Allan Jarvis
- Keelae Blackwood
- Lars Nodge
- Edmund Zaiser
- Sheri Herselman