

The Ripple

Summer 2012



Alberta Budget 2012: What it means to us

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.

By Ben Rowley

The Alberta 2012 budget came down on February 9, 2012 with some significant changes. I will be discussing these changes and what it means for people on AISH. One of the most significant changes is with the AISH program (Assured Income for the Severely Handicapped). The Alberta government increased the maximum monthly AISH benefit by \$400. It went from \$1,188 to \$1,588 per month. They also increased the monthly employment income exemption thresholds from \$400 to \$800 for single clients and from \$975 to \$1,950 for families. This means that we will have more



freedom to be involved in the community as there is more flexibility. It also means that people who are able to work will be able to earn more and have more freedom to work more without being penalized. The increase means that people who are on AISH will have more opportunity to be able to provide for themselves and their families. Too many people on AISH live well below the poverty line and seek out other supports to make ends meet such as low income housing and food banks. This can also mean that there could be less pressure on the other supports, such as the food banks.



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Alberta Budget 2012:

What it means to us Continued

The second area that I want to discuss is the increase to staff wages and bonus. In a news release from the Alberta government on February 9, 2012 it stated:

“Fulfilling the Premier’s commitment to support contracted agencies with staff retention and recruitment, \$62 million will provide a five per cent wage increase and a \$1,500 lump sum payment to staff who support vulnerable children, youth, families and people with developmental disabilities in 2012-13.” (Government of Alberta news release, 2012)



This means that support agencies will be able to keep their staff and provide them with a wage increase and bonus. This then hopefully will help staff to be able to stay and support people longer. This allows for consistency within a persons life rather than having so many staff in and out of our lives. The wage increase will also help to attract new people to the field and stay in the field. So many people in the field currently work more than one job. This can also mean that the field could be seen more of value rather than being so undervalued.

What a song can say...

By Shannon Kehler

The Circle of Life (The Lion King)

“In the circle of life
It's the wheel of fortune
It's the leap by faith
It's the band of hope
Till, we find our place
On the path unwinding
In the circle
The circle of life”

-Elton John



Shannon Says:

“This song means, everyone is equal as one.

Everyone has a place. Everyone is in the big circle of life and we all play a part”.

PDD moves to Human Resources Ministry

On May 8, 2012, Premier Redford announced the government's Ministries and Ministers. This is called a cabinet shuffle.

The PDD program was in the Seniors Ministry but, on that day, it had been moved to the Ministry of Human Services. The Ministry of Human Services is part of Premier Redford's strategy to take action on Albertans' priorities.

The Human Services Ministry is responsible for programs and services related to:

- ⇒ Children and Youth
- ⇒ Employment and Immigration
- ⇒ Homeless Supports
- ⇒ Assured Income for the Severely Handicapped (AISH)
- ⇒ Office of the Public Guardian
- ⇒ Persons with Developmental Disabilities (PDD)
- ⇒ Premier's Council on the Status of Persons with Disabilities
- ⇒ Alberta Supports

The Human Services Ministry is responsible for creating and carrying out Premier Redford's 10 year plan to end poverty in Alberta. It will also create the province's new Social Policy Framework, which will guide the support and a new shape of social policy and programs in Alberta.

Honorable Dave Hancock is the Minister responsible for Human Services and the **Honorable Frank Oberle** is a new Associate Minister, who will focus on the Persons with Developmental Disabilities program. He will report to Honorable Dave Hancock.

What does this mean?

Under this new Ministry, a person with a disability may have other needs such as housing and they then can get the services within the same Ministry.

The PDD program and the services you receive have not changed. If you have concerns or questions about this change, we suggest that you talk with the local PDD CEO or write Honorable Frank Oberle, the new Associate Minister for Persons with Developmental Disabilities program.



Clarence Marsh

Memorial Award

Clarence (Butch) Marsh was a great man who worked very hard to promote Self-Advocacy and community inclusion. He was a community volunteer and set positive examples for others within the community. Clarence was also the President of the South Region Self-Advocacy Network at the time of his sudden passing on September 22, 2004. He was an excellent leader and role model. Each year, in his honor, the Clarence Marsh Memorial Award is presented to someone who demonstrates many leadership qualities such as good communication skills, community involvement, confidence and advocates for what is right.

Eight years has gone by since Clarence has passed and one person that took on his role was Ray Remington. Ray was the Vice President at that time and without hesitation, Ray stepped into that role and honored what Clarence wanted for SRSAN, to grow and flourish. In addition, Ray has been very committed to the Self-Advocacy movement and encouraging others to get involved in whatever capacity they can and challenges people to focus on abilities. Ray is involved with his local advocacy group in the Crowsnest Pass and is still very involved with SRSAN. He is a leader and has worked towards change in his community, in the south region and provincially. Ray won the PDD South Individual Leadership Award and went on to win the PDD provincial Individual Leadership Award.

Congratulations to Ray Remington for being awarded the Clarence Marsh Memorial Award and for being a true champion of Self-Advocacy and SRSAN. Clarence would be so proud of you for continuing on with his vision of “Anyone can learn, at any age, and people just need a chance”.



Benefits of...

By Kent Pedersen
AS THE SAYING GOES “ THERE IS NO I IN TEAM”

Words of a Champion

There are many positive attributes to sports. Whether learning new skills, making new friends, or taking on the role of a team leader. There are many experiences and lots of fun that can be had.

So what made the greats so great in sports. You might think its because they are the best at scoring goals, slam dunks, or slugging home runs for their team . But there is more to a great athlete than just the game that they play.

What makes a great player is their ability to work well with their teammates. It is not thinking of themselves that makes them great, but thinking of the other players on their team. And doing the best they can with what they have.

So maybe next time you are playing a game, or on a team, remember if you can think of how to help each other out. You will be thinking like a great player.



DEREK JETER

“There may be people that have More talent than you. But there excuse for anyone to work harder than you do”

Human Rights

United Nations Universal Declaration of Human Rights - Article 3

“Everyone has the right to life, liberty and security of person”

This article says that everyone has the right to life. This means that it is a right not be killed and to be provided with water, food and shelter.



This article also means that you have liberty or freedom to move around, express yourself and believe in what you want to believe in (religion).



The “security of person” means that you have the right to be safe from violence and abuse.



Remember your responsibilities! With all rights, you have a responsibility to respect that other people have the same rights as you. You must remember that what you do may affect another person. Another article that we will talk about later on addresses the fact that you can have your rights but you must also recognize the rights of others as well. This means that when you exercise your rights it should not negatively impact another person’s rights or his/her self-worth.



What Self-Advocates Say about Article 3

As our group looked at the topic of Right to Life, Right to Believe and a Right to be protected from harm, we learn that we are truly blessed to be Canadian, and in this write up we share why. The Canadian government looks after all of us, whether it involves our shelter, food, clothing, what we believe, or even our protection. The government has implemented programs to make sure each person is cared for. When it comes to our well being, we have food banks, housing and clothing readily for people in need, and the funding we get from AISH, and other quality of life programs. Canada is also a country that gives you the freedom to believe what you want, to go to the church we choose, vote for your favorite political party, and even teach others your beliefs. This nation has also put in place many measures for our protection, Police, Firemen, and Social Services. So whether you are caught in a fire, you are stolen from, or even if you feel threatened by something or someone, you can trust there are people watching out for you, to keep you safe from harm.

So let's look at the contrast, does everyone have the kind of support, and sadly the answer to this is NO. In many nations around the world, things are much harder. There countries where there is no food, shelter, or clothing to be given out to those who need it, because they cannot afford it. One person in our group pointed out that in many places you cannot choose who you will marry, another shared you cannot even decide what church you go to and can be hurt if you go to the wrong one. Even your safety is not promised in many nations, as some places around the world, you do not even have police to protect you, or Firemen to put out fires. One person in our group spoke about bullying and how some terrorist groups kill many people and there is no one in their countries to stop them.

Wow isn't it exciting to live in a Country where we are protected. Where we have freedoms, where we have rights. Not everybody can say this. So I think we need to be thankful to our country, and our Government for caring. So how can we continue the good works, that Canadian kindness that we are known around the world for? Our group has thought hard about this and this is what we have come up with. Encourage those around you, don't look for what they are doing that is wrong but celebrate what they do right. Don't judge people for what they believe, instead be excited for them that they believe in something that gives them Joy. And lastly, don't hurt people with words because words hurt just like as much as fists, instead find ways to encourage them, they may see things differently than you but this is what makes our Country so diverse and powerful. That we can love one another despite our differences. This is why many nations around the world LOVE CANADA. Be a proud Canadian!



Convention on the Rights of Persons with Disabilities

Article 3 - General Principles

This section provides you with the principles or values of the Convention. Those principles or values are:

- a. Respect for inherent dignity, individual autonomy including the freedom to make one's own choices, and independence of persons;



- b. Non discrimination;



- c. Full and effective participation and inclusion in society;

- d. Respect for difference and acceptance of persons with disabilities as part of human diversity and humanity;



- e. Equality of opportunity;



- f. Accessibility;

- g. Equality between men and women;

- h. Respect for the evolving capacities of children with disabilities and respect for the right of children with disabilities to preserve their identities.





KEELAE'S

Article 3 has good values for all people to follow.

Respect for inherent dignity, individual autonomy including the freedom to make one's own choices, and independence of persons - To me, this means that you are free to make your own decisions. For example when to get up when to eat, what clothes to wear.



C

Non discrimination - This means that a person with a disability will not have others judge them by their disability.

O



Full and effective participation and inclusion in society - This means that you feel like you belong and that you are a valued member of society. Society values people that contribute in many ways such as having a job, volunteering, having friends and family, paying taxes. Being involved in community is not forced.

R

Respect for difference and acceptance of persons with disabilities as part of human diversity and humanity - This means accepting everyone for who they are as human beings.

Equality of opportunity - Everyone should have the same rights and responsibilities.

N

Accessibility - Every service should be made easy to use for all people. This means bathrooms, elevators, walkways, language and services.



Equality between men and women - Making sure that for the same job, same pay for men and women as well as the same treatment. This means breaking down the stereotypes of it's women's or men's work.

E

Respect for the evolving capacities of children with disabilities and respect for the right of children with disabilities to preserve their identities - This means that children with disabilities are seen as having many abilities, they are protected and heard.



R

Voices Self Advocacy Group Cook Books \$10

Quest 1st CookBook has been developed and designed by our Voices committee. The proceeds of the sale goes towards funding trips for our group to attend self-advocacy meetings in our community. These meetings teach the individuals to find their voice, stand up for their rights, and be empowered in our community. We also support on a monthly basis one new adventure. This would include Carnival day, a float in the parade, pancake breakfast and our fashion show. If you would like to pick up a copy of our cookbook and help support us!

Please contact Ursula @ the Community Access Program 403-381-9515 Monday -Friday 8:30-4:30



Voices of Food

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!

Dragon Boat Races



By Denis Sakatch

There are many ways in which people can contribute to community. One of these very important areas is through volunteerism. Many people volunteer in their communities in different ways and to best of their ability. Many events would not be able to happen if it were not for the many volunteers. I would like to talk about some of the ways that I volunteer in my community.



One of the ways in which I volunteer is for the Dragon Boat races in Lethbridge. I have been doing this for two years and this year will be my third year. I have volunteered in the beer gardens where I have been responsible for ensuring that people do not leave the beer gardens with beer. This is important so that the organizers do not lose their license. I have also volunteered at the docks ensuring that people

have their life jackets on before getting in the boat. This is important for the participant's safety. This is a great way to meet people and be involved in the community.

The dragon Boat races raise money for cancer. This is important to me because I have had family that had cancer and this is a way for me to give back and raise awareness. The dragon boat races are a great way to get involved in your community whether you are a volunteer, participant or a spectator. There are many benefits to volunteering. So find what you like and contribute to your community.



If you would like to check out the dragon boat festival it will be July 6, 7, and 8, 2012 at Henderson Lake.

For more information <http://www.lethbridgedragonfest.ca/>

For volunteer opportunities in Lethbridge <http://www.volunteerlethbridge.com/>

For volunteer opportunities across Alberta <http://volunteeraberta.ab.ca/>

Calendar of Events

JUNE 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
June is ALS, Brain Injury, Child Passenger Safety, National Spina Bifida and Hydrocephalus, Deaf/Blindness, recreation and Parks, Seniors' and Thyroid Awareness Month.					1 Hunger Awareness Day	2
3	4	5 World Environment Day Save on Foods BBQ	6 PDD Award Celebration	7	8 Rick Hansen Wheels In Motion	9
10	11	12	13	14	15 World Elder Abuse Awareness Day	16
17	18	19	20	21 National Aboriginal Day	22 Citizen Walk About	23
24	25	26	27 Canadian Multiculturalism	28	29	30

Schedule of Events

- **June 5** - Save-on-Foods BBQ Lethbridge from 11-2 pm; \$2:00 hot dog; \$3.00 Smokie and it includes a pop!
- **June 6** - Persons with Developmental Disabilities South Alberta Award Celebration. 5:00 pm - 6:30 pm Courtyard Room, Medicine Hat College. If you are planning to attend, please call 403-381-5458 or email Leah Roedler leah.roedler@gov.ab.ca to confirm your attendance by Wednesday, May 30, 2012.
- **June 22** - Citizen Walk About in Lethbridge from 10:00 am - 1:00 pm. Show your pride as a citizen and walk with others celebrating your right to be included in your community! Speeches to begin at Lethbridge City Hall and the walk to end at Galt Gardens. Please send your attendance to Anna Olson by June 15. BBQ fundraiser to follow at Galt Gardens. Call 403-320-1515; toll free 1-866-320-1518 or email anna.olson@saipa.info

Calendar of Events

JULY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Canada Day	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

AUGUST 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 Civic Holiday	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Ripple Horoscopes



Capricorn (December 22-January 19th): Never express yourself more clearly than you are able to think.



Aquarius (January 20-February 18): I don't regret the things I have done. I just regret the things I didn't do when I had the chance...



Pisces (February 19-March 20): Work on your confidence this month and find something you are really good at. Look in the mirror and say "you rock"!



Aries (March 21-April 19): Leadership can be thought of capacity to define oneself to others that clarifies and expands a vision of the future.

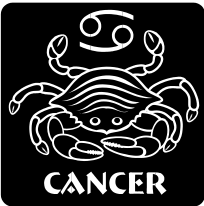


Taurus (April 20-May 20): faith family & friends are keys to true happiness.



Gemini (May 21-June 20): Find a quiet spot to enjoy nature and stop the madness of the busy world. Enjoy spending time with yourself!

Ripple Horoscopes



Cancer (June 21-July 22): Do something nice for others this month. Donate money, time or something you don't use anymore for a good cause you believe in.



Leo (July 23– August 22): Spend time with family and friends that are closest to you. Host a potluck supper this month and enjoy some food and laughs.



Virgo (August 23– September 22): Home is where you treat your friends like family and your family like friends.



Libra (September 23– October 22): Deal with the faults of others as gently as with your own.



Scorpio (October 23– November 21): You will be informed with detailed information about future events related to different facets of life so that you can prevent the negative.



Sagittarius (November 22– December 21): A true friend laughs at your stories even when they're not so good, and sympathizes with your troubles even when they're not so bad.

“First there must be order and harmony within your mind. Then this order will spread to your family, then to your community and finally to your entire kingdom. Only then can you have peace and harmony” -Unknown

SRSAN GEAR SALE

 1 T-Shirt for \$15
or
2 T-Shirts for \$10

Hoodies for \$25

Don't be afraid
to change.
You may lose
something good,
but you may
gain something
even better.

Tell Us What You Think!

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

Call Me!
Phone: (403) 320-1515
Toll Free: 1-866-320-1518

E-mail Me!
Email:
srsan@saipa.info or
newsletter@saipa.info



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

Kent Pederson
Shannon Kehler
Keelae Blackwood
Kelly Tower
Ben Rowley
Voices Self-Advocacy group
Denis Sakatch