

The Ripple

Summer 2013



Alberta Budget 2013: How it affects Self-Advocates

By Rami Najjar & Sharon Rempel

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.

I am sure by now you have heard about the budget cuts to PDD. Everyone is scared because we hear the stories of what this could mean to us and that we might lose funding. I want to give you the facts and my opinions about PDD's budget for 2013 – 2014.

First of all, PDD has two different things going on right now.

The first thing is a change in their program goals. This does not have anything to do with the changes in the budget but it is something that a lot of people have been focusing on. PDD wants to focus on the needs and strengths of the people it supports. PDD wants the planning for individual supports to focus on goals, outcomes, dreams, how much support you need and how much money there is. PDD wants to make sure the amount of money you get for supports, matches the amount of needs that you have. Right now, some people are getting more than they need and some people are getting less than they need. PDD wants to make the way people get funding more fair. I think this will be a really hard job for them because this means some people will have changes to their funding or to their support, which is what is scaring everyone so much right now. PDD wants us as Self-Advocates to focus more on goals that include:

- College & University
- Employment
- Meaningful roles in the community (being active, finding work, being valued by others)
- Connections to others



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Alberta Budget 2013:

How it affects Self-Advocates continued

Secondly, PDD has a very hard budget to understand this year. When you look at the budget all together, it looks like PDD is getting \$3.5 million dollars more than last year, and they are. The way that the money is split up, is what is causing so much concern for us. The 2013 – 2014 budget gives \$673.4 million to PDD. From that:

- \$45 million is for staff wages
- \$10 million is for closing Michener Center

That leaves \$618.4 million for the money that goes to people with disabilities. This actually means PDD will have \$34.4 million less than last year for money to go towards people with disabilities. I think this means that some of us will lose some of our supports. Maybe instead of getting 1:1 funding we will get grouped funding or maybe there will be less staff to help us in the future.

To me this is very scary and I think we should talk to the Government more to find out how and why this budget cut will happen.

So far, as a group of Self-Advocates we have written letters to Premier Redford, Minister Hancock, Minister Oberle, Brenda Lee Doyle, Jim Menzies, the opposition and to our local PDD representatives. We have asked to get more information about the changes and tell them that we don't like that money is getting cut from the PDD program. We were very



lucky to have PDD come and talk to us a few times, once at city hall in Lethbridge and once at our Self-Advocacy Conference. We also sent two SRSAN members to Calgary to ask questions to Minister Oberle about the budget and emailed a BIG list of questions to him too!

Like I said, I think we should keep asking questions to the government. It sometimes feels like as Self-Advocates, we get the information last, when it affects us the most. We can continue to advocate for information and for more money in the budget by coming together at the SRSAN meeting in June to come up with ideas and by writing letters to our government leaders like MLA's and Ministers!

Benefits of...

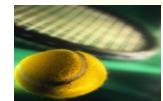
By Kent Pedersen

In this issue I will be talking about the benefits of summer. With the long awaited sunny weather now coming our way there is no better time to appreciate the outdoors. Here is a list to re-fresh your memory on the great activities around Lethbridge and area that are cheap and even free.

- Camping
- Swimming
- Water fights
- Water balloon fights
- Sun tanning
- Fishing
- Golfing
- Baseball
- Go carting
- Paintballing
- Biking
- Roller blading



- Quading
- Dog walking
- Picnics
- River rafting
- Boating
- Garage sales
- Hiking
- BBQ's
- Tennis
- Geo caching
- Disc golfing at Nicholas Sheran Park
- Tubing down the river



Please be safe!!! Wear sun screen, drink lots of water and wear a hat while out in the sun!



Lip Smackin Good Smoothie



- 1 cup of fresh, frozen or canned fruit (drained) 250 ml
- 1/2 cup of yogurt (any flavour) 125 ml
- 1/2 cup of milk 125 ml
- 2 Tbsp frozen fruit juice (optional) 30ml

Place all ingredients into a blender, blend until smooth and pour into glasses and enjoy. Makes 2 servings.

Pink Smoothie



- 3/4 cup of milk 185 ml
- 1/2 cup frozen red berries (raspberry or strawberry) 125 ml
- 1/2 cup of yogurt 125 ml
- 1 frozen banana

Put all of the ingredients in a blender. Cover with a lid. Blend until smooth. For added nutrients you can add ground flax, protein powder or wheat germ.

Kens Movie Reviews



I just watched JACK, THE GIANT SLAYER it was a visually stunning movie

I give this movie 5 out of 5 stars ★ ★ ★ ★ ★

Actors: Nicholas Hoult, Ewan McGregor, Stanley Tucci

Director: Bryan Singer

Length: 1 hour 54 minutes

I recently watched IDENTITY THIEF a pretty good movie. It chronicles the movements of this one guy whose IDENTITY was stolen by this really bad lady who has no moral compass.

I give these movie 4 stars out 5 stars ★ ★ ★ ★

Actors: Jason Bateman, Melissa McCarthy, Amanda Peet

Director: Seth Gordon

Length: 1 hour 51 minutes

I just watched OZ THE GREAT & POWERFULL a movie just like the Wizard of oz but not quite. But you don't need to see the original to enjoy this one.

I give this movie 5 out of 5 stars ★ ★ ★ ★ ★

Actors: James Franco, Mila Kunis, Rachel Weisz

Director: Sam Raimi

Length: 2 hours 10 minutes

I recently watched JACK REACHER, a movie with a star that I don't like, Tom Cruise. Yes, the initial plot was really good, except I don't like the main actor.

I give this movie 3 out of 5 stars ★ ★ ★

Actors: Tom Cruise, Rosamund Pike, Richard Jenkins

Director: Christopher McQuarrie

Length: 2 hours 10 minutes

What a song can say...

By Shannon Kehler

Will You Be There (Free Willy) - Michael Jackson

“Everyone taking control of me

Seems that the worlds, got a role for me

I’m so confused will you show to me, will you be there for me

And care enough to bear me!”

This song relates to self advocacy in different ways depending how the listener understands the song. To me, its about being in control of yourself and making your own choices. Following your own dreams and doing what you want, not necessarily what others have in mind for you. It is also about being there for others, standing up for what is right and having people be there for you!



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.



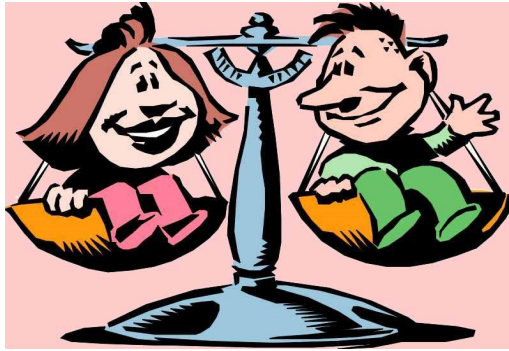
Our contact information is on the back of this newsletter if you want to send us your information to share with others. We look forward to hearing from you!

Human Rights

United Nations Universal Declaration of Human Rights – Article 6

“Everyone has the right to recognition everywhere as a person before the law.”

A person before the law is someone who is entitled to the protection offered by the legal system and the responsibilities required by it.



This article says that you should be legally protected in the same way everywhere, and like everyone else.

This means you have the right to have a fair trial.



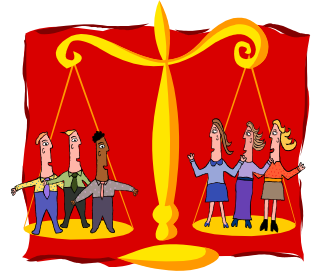
This article also means no one should be arrested without a legal reason; no one should be put in jail unless they have broken the law and you cannot be forced to leave the country if you have broken the law.



What Self-Advocates Say about Article 6

Human Rights: The Right to be Equal Before The Law

Being equal means to be the same. Each and everyone of us may look different but each of our opinions matter even if some of us have lower income. It is important to realize that everyone deserves to have their story heard no matter what their race. It is also important to know that each person has their right to legal aid to ensure that everyone is represented by a lawyer. If you were ever to be arrested it is important that you understand your personal rights. These rights include to be informed promptly of the reasons you are being arrested, to contact a lawyer without delay and they must inform you that anything you say could be used against you in the court of law and that staying silent could be the best choice until someone is with you to advocate (like a lawyer).



The Charter of Human Rights says that everyone should be informed of their rights upon arrest. Each person has the right to a translator if they have troubles understanding their rights. This could include someone who is deaf, speaks in a different language, or someone who is blind. Authorities have to provide someone if you have troubles understanding your rights. A person also has human rights in court that say everyone is innocent until proven guilty. Judges have to hear both sides of the story without judging people and you can question the judges decision if you do not agree with them. Most people on AISH are eligible for legal aid. Legal aid can help someone with:

- Criminal charges
- Family law
- Child law
- Civil laws (employment, tenant and income support)
- Immigration (refugee claims)

If you are going to apply for legal aid you will need photo identification, documentation verifying income, and any court papers relating to your case. Legal aid can be contacted at:

#244-200 4th Avenue South, Lethbridge, AB

Fax# - 403-382-4460

The office is open Monday -Thursday from 8am-5pm and Friday 8am-4pm



Convention on the Rights of Persons with Disabilities

Article 6: Women with Disabilities

The countries agree that women and girls with disabilities face all types of discrimination. Countries will make sure girls and women enjoy full and equal human rights and freedoms.



The countries will take action to support the growth and empowerment of women and make sure that women with disabilities enjoy their rights.



Keelae's Corner

Most women in countries around the world have had little or no rights because of laws in place, men, human nature and centuries of abuse of all kinds. All women have the right to freewill, to advocate for their rights and the right to feel safe and secure. There are training opportunities for women and girls so they can be what they want to be, such as a nurse, welder and doctor. It is important that women and girls get paid the same amount as men and boys for the same work. Women and girls have lots to contribute to this world and we have the right to advocate for ourselves!

Memories of Art

By: Lars Nodge

Hello, my name is Lars. I'm an artist. I love art, because it helps me to relax, and to remember the beautiful things I see in nature.

I like to draw waterfalls, trees, sunsets, and mountains.

I like painting and drawing, and working with clay, but I also like music, because music is art too. I play guitar and organ. I like to record stories through art, and express my feelings through the music I write.

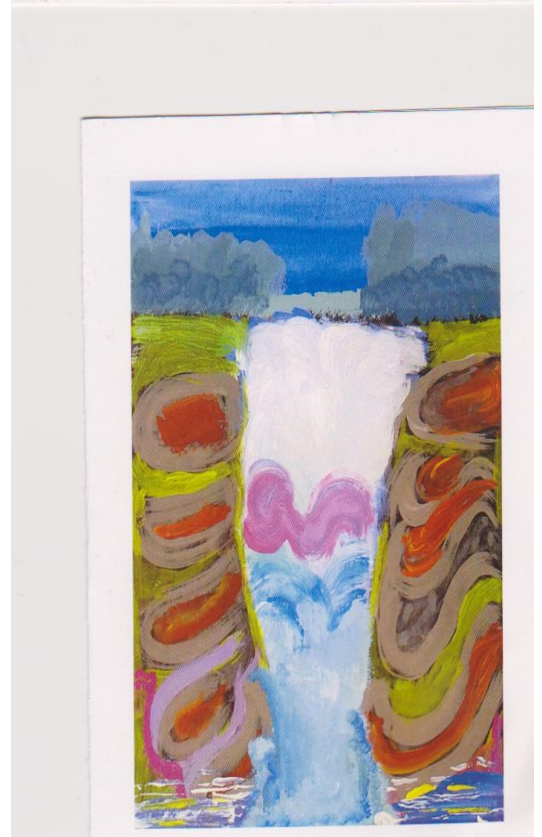
"Tropical trees" 2011

These trees look beautiful in the sunset. Below the trees, you'll see a waterfall. This is a picture that inspires me to live by the water; a dream come true.

"Waterfall" 2011

You'll see shadowy trees at the top of this painting. Below the trees is a beautiful, colorful rock face. There is a waterfall in the middle of the painting. I added white and blue at the bottom of the waterfall, and some yellow, to make the water shimmer, to show a reflection of the rocks.

For our next newsletter, please send in your art. I want to show art by many different people, young and old.



Danielle's Pet Facts

By: Danielle Petersen

Local Veterinary Clinics

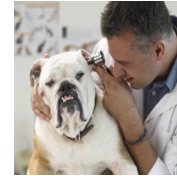
Family Pet Hospital:

Part of providing top quality veterinary care for your pet means being available in case of an emergency. Emergencies always take precedence at our hospital.

Family Pet Hospital & 24 Hour Pet Emergency Centre offers overnight, direct observation, continuous care and monitoring of hospitalized patients 7 days a week. In other words, a veterinarian, and/or a trained veterinary assistant will be observing, monitoring, and caring for hospitalized pets 24 hours a day.

Address: 2303 - 6th Avenue South, Lethbridge, AB

Phone & Emergency: (403) 320 – 5200



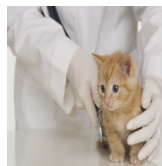
Lethbridge Veterinary House call Service

Lethbridge Veterinary House Call Service is a mobile veterinary clinic providing compassionate and knowledgeable care for your pets in the comfort and safety of your home. Since we come to your home your pets receive the vet's undivided attention, we may be able to gather additional information on their well being and give you more concise recommendations. We know that your dogs and cats are more than just pets; they are part of your family. We are dedicated to providing excellence in veterinary care. We do not have an office that you can come into; however we do have facilities available for surgical and other procedures.

By examining your pet in their own environment, they are more relaxed and there is a lower risk of exposure to diseases.

Address: 4013 Nipigon Rd South

Phone number: 403-331-8811



Highlands Pet Hospital

- **Services:** Wellness and Preventive Medicine, Animal Behaviour Consultations, Dentistry, Physical Examinations, Nutritional Consultations and Pet Foods, Radiology, Medical Diagnostics and Hospitalized Treatment, Small Animal Day Boarding.

2550 Highlands Road West

highlandspethospital@shaw.ca

Phone number: 403-327-0351



June 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7 Metal Fest (Medicine Hat)	8 Metal Fest (Medicine Hat)
9 Walk for Mental Illness (Crowsnest Pass)	10	11 LSCO Rocks the Block (Lethbridge)	12	13 Lethbridge Jazz Festival	14 Lethbridge Jazz Festival	15
16 FATHERS DAY	17	18	19 SRSAN Meeting: Brooks	20	21	22 SRSAN at the Lethbridge Farmers Market
23	24	25 SRSAN Committee Meetings	26	27	28	29
30						

SRSAN METTING IN BROOKS

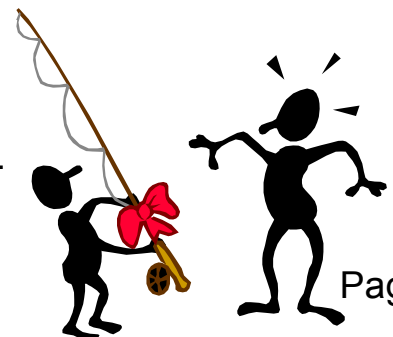
Meeting is 10 a.m.—3:00 p.m and lunch will be provided! Please contact Anna or Sharon at the SAIPA office if you wish to attend!

SRSAN COMMITTEE MEETINGS

Developing Workshops Committee 10:30 a.m.—12:00 p.m.

Teaching Community Committee 1:30 p.m.—2:30 p.m.

Summer 2013

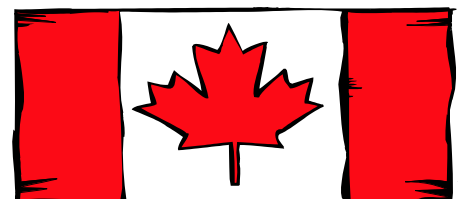


July 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 CANADA DAY!	2	3 Southern Alberta Summer Games (Taber)	4 Southern Alberta Summer Games (Taber)	5 Southern Alberta Summer Games (Taber)	6 Southern Alberta Summer Games (Taber)
7 Dragon Boat Races (Lethbridge)	8	9	10	11	12 Street Wheelers Weekend (Lethbridge)	13 Street Wheelers Weekend (Lethbridge)
14 Street Wheelers Weekend (Lethbridge)	15	16	17	18 Rum Runner Days (Crownsnest Pass)	19 Rum Runner Days (Crownsnest Pass)	20 Rum Runner Days (Crownsnest Pass)
21	22 Medicine Hat Stampede	23 Medicine Hat Stampede	24 Medicine Hat Stampede	25 Medicine Hat Stampede	26 Medicine Hat Stampede	27 Medicine Hat Stampede
28	29	30	31			

CANADA DAY

Canada Day is an important day to most Canadians! Make sure to check you local newspaper to find out how you can celebrate in your community! Some things you can do at your own home is decorate your house (or yourself) in red or invite some friends over for a Canada Day BBQ!



August 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 International Friendship Day
4	5 Heritage Day	6	7	8	9	10
11	12	13	14 International Nagging Day	15	16	17
18	19	20 Whoop Up Days (Lethbridge)	21 Whoop Up Days (Lethbridge)	22 Whoop Up Days (Lethbridge)	23 Whoop Up Days (Lethbridge)	24 Taber Corn Fest
25 Taber Corn Fest	26	27	28	29	30	31

EVENTS TO REMEMBER!

Even though SRSAN takes a little break during the summer when everyone goes on holidays, there are lots of events that are being worked on for September! Here are a few of the events coming up in September that SRSAN members can look forward to:

September 19, 2013—SRSAN Meeting (Taber)

September 24, 2013—Picture this...On the Road (Lethbridge)

September 25, 2013—Picture this...On the Road (Medicine Hat)

September 27, 2013—Citizen Walk About (Lethbridge & Medicine Hat)



CONTACT ANNA OR SHARON AT THE SAIPA OFFICE IF YOU WANT TO GET INVOLVED IN PLANNING THESE EVENTS!

Summer 2013

Ripple Horoscopes



Capricorn (December 22-January 19th): Enjoy your time with family while doing some high energy go-carting. Extend the already great day with a BBQ at the park. The Taber Corn Fest is a fun way to help out and get involved in the community. Call to volunteer today.



Aquarius (January 20-February 18): Take your laid back self down to the river and spend a nice afternoon floating on a tube with relaxing thoughts. The Show' N Shine is a great spot to have some leisurely walks and enjoy the views. Head to Galt Gardens on July 14th for this event.



Pisces (February 19-March 20): You are someone who needs to relax in the fresh air under a tree or throw your feet in the water and lean on the bank. Think about volunteering your compassionate side to the arts for Art Walk this year.



Aries (March 21-April 19): It is summer time Aries! No time for relaxation, get up and get going. Maybe join a baseball team, volunteer for the Dragon Boat Races or become a leader for the Boys and Girls Club. What ever you do, use you talent to help others excel, just like you!!

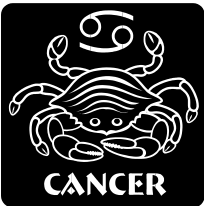


Taurus (April 20-May 20): Do you feel over worked? Maybe a little stressed from your daily activities? Take time for yourself. Go for a walk in the coulees, read a book under a tree or take some time to reunite with loved ones. Enjoy the sunshine. Vitamin D is a good way to relieve your worries.



Gemini (May 21-June 20): Summer is a great time to channel your energy and focus on a regular swim at any of the indoor/ outdoor pools that your community has to offer. Feed your inner night owl geek by star gazing in our wide open sky. On June 11th take your social side over to the "LSCO Rocks the Block" at the Civic Center Field.

Ripple Horoscopes



Cancer (June 21-July 22): Take time to nurture your creative energy by checking out Shakespeare in the Park. This opens July 6th. Local garage sales are calling your name every weekend. Celebrate your new found treasures by having a picnic with friends and family.



Leo (July 23– August 22): Its time to get out of your stubborn ways, take a step out of the shell, gather your friends and go paintballing. Summer is a great time to go to Henderson grab your water balloons and toss away your stress.



Virgo (August 23– September 22): Pack up your practicality and take it down to City Hall September 27th for Citizens Walk About to support our disabled community raising awareness of equality and access. Spend an afternoon down by the river and go rafting.



Libra (September 23– October 22): Return to your tranquility with a camping trip at any of our local campsites and relax over a evening campfire. Help to spread the word on our many fabulous resources offered in Lethbridge at Party in the Park on July 5th. Maybe volunteer to supervise a bouncy castle there.



Scorpio (October 23– November 21): Absorb the positive energy that Pavan Park has to offer, while catching the views from your roller blades. Hike the coulees and release grudges and tension on your journey with your new found balance of life. Relax and watch the Street Wheelers on July 12, 13, and 14.



Sagittarius (November 22– December 21): Entertain your wandering soul with Whoop Up Days many events and venues from August 20th to 24th. Spend an afternoon exploring some fields on a quad runner and finish your day processing thoughts while fishing on a river bank.

