

The Ripple

Summer 2014



Employment First

The Employment First program encourages people with disabilities to find work. Employment provides opportunities to increase income, learn new skills, demonstrate abilities, build new relationships, and have a rewarding career.

It can also be fun and you can make new friends as well as learn new skills. It can help you find out what you are good at and what you enjoy doing. It can give a sense of purpose during the day.

Paying the bills is a result of employment, not the meaning of employment.

Volunteering is a great way to learn job skills before heading out into the work force.

When volunteering at places like the food bank, it feels rewarding to be able to help people in need.

Having a boss who encourages you to do your best helps you learn the job. This can make employment possible for all people.

There is a job for everyone, even if you have a walker, are in a wheelchair, blind, deaf or can't speak, you can still get a job.

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.

INSIDE THIS ISSUE

Employment first	Page 1
Shannon's Book Review	Page 2
Favourite Recipes	
Community Gardens	Page 4
Bullying	Page 5
Toastmasters	
Human Rights Article 9	Page 6
What Self-Advocates Say About Article 10	
Life in a Wheelchair	Page 7
Conventions on the Rights of Persons with Disabilities	Page 8
Keelae's Corner	Page 9
What a Song Can Say...	Page 10
Calendars	Page 11-13
Ripple Horoscopes	Page 14-15
Contact Us	Page 16

Summer has Arrived!

By Kelly Tower

Summer wise

Summer light

Camping, hiking, fun

Always on the run

Laying on the beach

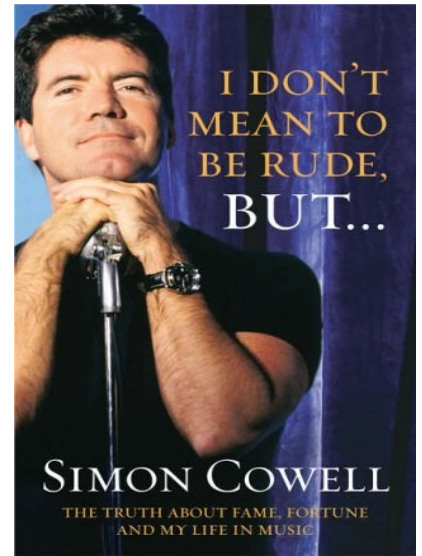
Hoping you don't get a leech!



Shannon's Book Review

Simon Cowell's: "I Don't Mean To Be Rude, But....."

Simon Cowell was on X-Factor and American Idol and was partners with Randy Jackson and Paula Abdul. In this book, Cowell shows the journey that a regular person takes to become a pop star. He reveals the secrets about the show and the rivalries and alliances between contestants. He laughs about the strange makeovers too. I like the book because it tells me things that I did not know about Simon Cowell.



Favourite Recipes

Chicken and Cheese Enchiladas

- 1 medium onion
- 2 tbsp margarine
- 1 1/2 cup finely chopped chicken
- 1 1/2 cups salsa (divided)
- 2 cups grated cheddar cheese
- 1 package (125 g) cream cheese
- 1 tsp. ground cumin
- 8 6" flour tortillas.



Heat oven to 350 degrees. Cook and stir onion in margarine at medium heat for 2 minutes. Stir in chicken, 1/4 cup salsa or more, cream cheese and cumin. Cook until thoroughly heated, then stir in 1 cup cheddar cheese. Spoon about 1/3 mixture onto center of tortilla and roll up. Place seam side down in baking dish and top with remaining cheese and salsa. Bake for 20 minutes.

Just Sayin...

by Kent Pedersen

Relationships are a great way to get connected with the community.

Having people in your life that support you, have your back and want to see you is healthy for you. It builds social skills and communication skills, as well as gets you to do many activities, which leads to building other skills. Most people have two social network groups – family and friends.

Family relationships are important because your family members are people that you can always rely on and who will love you no matter what. You can talk to them about anything and they are there when you need them.

Spending time with them is fun and grows your bond. I have a 21-year-old niece that has 2 boys, and I love spending time with them. We have them over for supper sometimes. I want to be in their life because I love them and I want to be a good role model for them.

Friendships are nice to have when people get along. Friends are people that are like you and have the same interests as you. You like their personality and like to be around them. New friends can open your eyes to new places to go in the community and different things to do. Doing this could put a healthy change in your routine and these new friends might even introduce you to their friends. Broadening your network can help you build a bigger support group of people that can help you reach your personal goals.

When you meet someone new that is fun to be around, make sure you get their email address, phone number, or another way to stay in touch with them.

Ways to stay in touch with people:

- Email
- Facebook
- Phone
- Text
- Skype
- Going out for coffee

When you are connected with the community, it makes you feel included and welcome.

“The shortest distance between new friends is a smile.”

Unknown



Kent and his friend Moe

Community Gardens

Summer is right around the corner, so I want to share a unique opportunity to grow your own fruit and vegetables. A community garden allows you to get out in the community and learn how to plant and take care of plants. I have an interest in gardening and learning new things. I interviewed two of my friends, who like to garden. Let me share with you what I learned about community gardens:



1) **What do you like about gardening?**

The fact that you put a seed in the ground, watch it grow, take care of it and then eat the produce.

2) **Why is it important?**

It gives a person good exercise and you get fresh vegetables.

3) **What do you grow in your garden?**

I grow cucumbers, tomatoes, carrots, Swiss chard, beets, onions, and spaghetti squash.

4) **How often do you go to your garden?**

At least twice a week to weed and water, more often if it is really hot.

5) **What is the cost?**

For a 12 foot by 12 foot plot I pay \$22 for the season, \$75 on seeds and plants and \$30 on fertilizer. It is a lot of hard work as well.

6) **What type of fertilizer do you use?**

I use manure and peat moss before I plant anything.

7) **How can I get involved?**

You have to go on a waiting list first then pay a fee to get a plot when it is available and purchase your supplies.

The garden is located at 43rd St and 26th Ave North on the same property as the Lethbridge Animal Shelter.

For more information and availability please call the Grow It! Community Garden Association at 403-328-2761.

If you are interested in other local garden projects that involve volunteers:

- The Friends of the Fairfield Gardens Society volunteers plant and maintain flowerbeds at 'Fairfield Gardens' at the Lethbridge Research Centre just east of 43rd Street and 1st Avenue South.
- The Interfaith Food Bank (in Lethbridge on about 3 Avenue and 11 Street North) has a new garden for edibles that is maintained by clients and volunteers.
- The Galt Museum has a number of garden areas that are maintained by volunteers.

Ask around! Find a Community Garden in near you! This is a great way to have a positive impact where you live, get outside and learn a new skill.

Bullying

By: Shannon Kehler

Physical Bullying is defined as: purposely hurting someone to show you have more power than they do.

Examples include: hair pulling, biting, hitting, kicking, pushing, stealing, and damaging someone's stuff.

Physical bullying is not nice to do to someone. When you bully someone who is weaker than you, they end up feeling helpless, get headaches, and have sleeping problems and heart problems. Being bullied can make you have a low self esteem and have trust issues with people.



A good friend should be someone that can be there for you and is someone that you can trust. It is someone you can always be there for if they need you to help them through something or if they need someone to talk in private about what they are feeling.

Toastmasters

“Toastmasters has helped me with public speaking and finding my voice to state my opinions.”

This program is open to anyone. Come and attend one of the meetings to find out what they are like. They take place every Wednesday at the Ability Resource Center from 11:55am—1:00 pm. If the meeting excites you, you can join. The cost for 6 months of every Wednesday is \$15.00 per 6 month period. It is a great way to meet new people and build friendships around the community.

Toastmasters helps the members to learn how to set up speeches properly. It works on leadership skills while helping people to work together. Mentoring is available to work on leadership and speech skills. We talk about our favourite activities and about things all of us do around the city. It is a lot of fun!

Check your community to see if there is a Toastmaster's Club!

Human Rights

United Nations Universal Declaration of Human Rights - Article 10

Everyone is entitled in full equality to a fair and public hearing by an independent and impartial tribunal, in the determination of his rights and obligations of any criminal charge against him.

This means that if you get blamed for a crime whether you are guilty or not you will get a fair trial with no judgement if you have done something wrong before. They will make it as fair as possible.



What Self-Advocates Say about Article 10

It is important because people can look alike and they may not be the person that did the crime. It is important to go to court and have help and be proven NOT GUILTY!

Sometimes people may be close to a situation or crime and assumed guilty. This right means the opportunity will always be there to prove that there may have been a mistake.

This is important to self advocates because if you are arrested and did not do it, you will still get a fair trial.



Life In A Wheelchair

By Dennis Sakatch



Hi my name is Dennis and I drive a motorized wheelchair and I want to tell you about some of the struggles I face when I go out in the community in my wheelchair.

One thing I have noticed is that sometimes the ramps going into buildings are not level. I wish the city could fix the pavement on them to make it even.

Sometimes it is difficult to reach the PUSH buttons to open doors automatically from my wheelchair. Sometimes they don't have buttons at all. Not only is this hard for people with wheelchairs, this is hard for people with walkers too, or mothers with strollers.

I like sliding doors, like at the mall, which make them a lot easier to go through.

Another frustrating part about being in a wheelchair is when you are trying to cross on the crosswalk, the cars don't stop for you, which is very scary.

On a positive note, I have noticed that the ramps on the city transit buses in Lethbridge are very good and the bus drivers are very kind to people in wheelchairs and walkers.

I encourage you all to have more respect for people in wheelchairs, as it is not easy.



The UpStart group poses after performing at the January SRSAN meeting in Lethbridge. The group has performed at the CMARD Conference in March and at the University of Lethbridge. Their act focuses on discrimination and overcoming barriers. UpStart explores living with disabilities using theatre, dance, and the arts to create social change.

Special thanks to Professor Lisa Doolittle from the University of Lethbridge for all the time and energy that was put in to the theatre workshops and performances.

Conventions on the Rights of Persons with Disabilities

Article 10: Right To Life

The countries agree that all people with disabilities have the right to life and will take action to make sure people with disabilities can use this right.



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!



KEELAE'S

By Keelae Blackwood

Article 10: Right To Life

C

O

R

N

E

R

Some people think that another's life is not valuable just because they are different in many ways. Some people talk in a way we are not used to, or look unusual, but people have the right to be part of the community and to be included.

To me, Article 10 means that everyone has the right to be born. Even though they would be born with a disability, they can learn to thrive in the community just the way they are. When a disability is developed later in life, this person can adapt to his or her surroundings. Anyone has the right to have assistance to live with their disability, whatever that may look like, as it is different for everyone.

Each life is valuable and has a purpose. Everyone has specific gifts or talents. You might be good with children, creative and like to make crafts, or have a positive attitude and always greet others with a bright smile. I challenge you to find out what your special gifts are and use them for job or volunteer opportunities that give meaning to your life in a positive way.

People with disabilities, just like everyone else, have the right to make their own decisions about what they want to do, where they want to live, and how they spend their time.

“In life, finding a voice is speaking and living the truth. Each of you is an original. Each of you has a distinctive voice. When you find it, your story will be told. You will be heard.”

— John Grisham

What a song can say...

Never Say Never—Justin Bieber

I will never say never (I will fight)
I will fight till forever (make it right)
Whenever you knock me down
I will not stay on the ground
Pick it up, pick it up
Pick it up, pick it up (up up up...)
And never say never (never say never x3)

I never thought that I could feel this power
I never thought that I could feel this free
I'm strong enough to climb the highest tower
And I'm fast enough to run across the sea



Shannon Says: “This song means that when someone tells you you cannot do something, prove them wrong and do it, because nothing in life is impossible. Never give up, keep trying to do what you have always wanted to do and to always keep dreaming”.

Thank You!

This month we are sending out a big thank you to London Road Market in Lethbridge!

London Road Market selected SAIPA and SRSAN as their Community Rewards Program recipients!

In May they had two Hot Dog Lunches in their parking lot, and all the proceeds were donated! They also hosted a charity BBQ at the Citizen Walk About, with 100% of the proceeds going to benefit the work of SAIPA and the Self Advocacy Conference in 2015!

London Road is a great local business that we are proud to have in the Lethbridge community and their food is always incredible!



June 2014

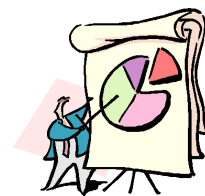
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 Brooks Kinsmen Rodeo	7 Brooks Kinsmen Rodeo
8	9	10 Government Workshop	11	12	13 Self Advocacy Summit in Edmonton	14 Self Advocacy Summit in Edmonton
15 Self Advocacy Summit in Edmonton/ Fathers Day	16	17	18	19 SRSAN Retreat	20 World Refugee Day	21 First Day of Summer
22	23	24 Government Workshop	25	26	27 Canadian Multiculturalism Day	28
29	30					

SELF ADVOCACY SUMMIT—June 13-15

Attend the provincial summit at MacEwan University in Edmonton! This is a conference for self advocates, and anyone else who is interested in learning new skills, get information, and have a chance to give PDD feedback.

SRSAN RETREAT IN LETHBRIDGE—June 19

- Review SRSAN goals and develop new goals
- Examine SRSAN's challenges and solutions



The meeting is 10:00a.m.—3:00p.m. at the River of Life Church in Lethbridge. Lunch will be provided! Please contact Eline or Anna at the SAIPA office at 403-320-1515 by **June 11** if you wish to attend.

“HOW TO HAVE A SAY IN GOVERNMENT” WORKSHOP—June 10 and 24

Let Eline know if you want to participate in this workshop by **June 3rd**.

****More workshops can be offered in communities around the region! Give us a call!****

July 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Canada Day	2	3	4	5
Southern Alberta Summer Games						
6	7	8	9	10	11	1
13	14	15	16	17	18 SRSAN Event in Crownsnest Pass	19
20	21	22	23 Medicine Hat Exhibition and Stampede	24 Medicine Hat Exhibition and Stampede	25 Medicine Hat Exhibition and Stampede	26 Medicine Hat Exhibition and Stampede
27	28	29	30 International Day of Friendship	31		

Canada Day Festivities:

In July there are a lot of things to do...

- you can have water fights and picnics
- attend baseball games
- watch fireworks after the game
- attend local concerts at Galt Gardens
- if you live by a swimming pool you can jump into it if you want



August 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 14th Annual Crownsnest Country Market
3	4 Heritage Day	5	6	7	8	9
10	11	12 International Youth Day	13	14	15	16
17	18	19 Whoop Up Parade (Lethbridge)	20 Whoop Up Days (Lethbridge)		22	23 Taber Cornfest
24	25	26	27	28	29	30
31	**Your SRSAN membership expires at the end of August! Remember to get your new membership forms in! **					

SUMMER!!

Summer is great because there are so many different activities to do in beautiful weather! Most communities have heritage days or rodeos in the summer. Find out what is near you!

Find a local farmer's market to get fresh fruits and vegetables and so much more!

Try golfing, go swimming in an outdoor pool or go camping!

Going to the beach, fishing and hiking are also fun and active outdoor activities.

Ripple Horoscopes

This month we decided to give a description of the type of person you are depending on when you were born. Check it out and see if it sounds like you!



Capricorn (December 22-January 19): Nice, sassy, intelligent. Grouchy at times and annoying to some. Lazy and loves to take it easy, but when they find a job or something they like to do, they put their all into it. Proud, understanding and sweet.



Aquarius (January 20-February 18): Trustworthy, one of a kind. Will take on any project. Proud of themselves in what ever they do. Messy and unorganized. Loves their pets usually more than their family; can be very irritating to others when they try to tell a story.



Pisces (February 19-March 20): Caring and kind, smart, likes to be the center of attention. Very organized, likes to have the last word. Good to find but hard to keep. Too trusting at times and gets hurt easily. Good sense of humor and fun to be around. Extremely weird but in a good way.



Aries (March 21-April 19): Outgoing, lovable, not one to mess with. Known for being generous and giving. Family is very important to Aries. Some of the most wonderful people in the world; will argue their point for hours and hours.



Taurus (April 20-May 20): Aggressive, likes to give a good fights. Fight for what they want. Loves to help people in times of need and are the most attractive people on earth. They are stubborn.



Gemini (May 21-June 20): Love is one of a kind. Great listeners but very good at confusing people. Lover not a fighter but will still knock you out. They are great at losing things and are forgetful. Trustworthy, always happy and very LOUD. Talkative and has a beautiful smile.

Ripple Horoscopes



Cancer (June 21-July 22): The most caring person you will ever meet in your life. Very creative and most are good artists. Someone you should hold onto. Very funny and usually the life of the party. Will take you under their wing and into their hearts, where you will remain forever.



Leo (July 23– August 22): Usually happy, but when unhappy tend to be grouchy and childish. Knows how to have fun. Is really good at almost anything. Very predictable and down to earth. Loud. A Leo's problem becomes everyone's problem.



Virgo (August 23– September 22): Dominant in relationships. Someone loves them right now. Loyal, everything you ever wanted. They think they know everything and usually do. Needs to have the last say in everything.



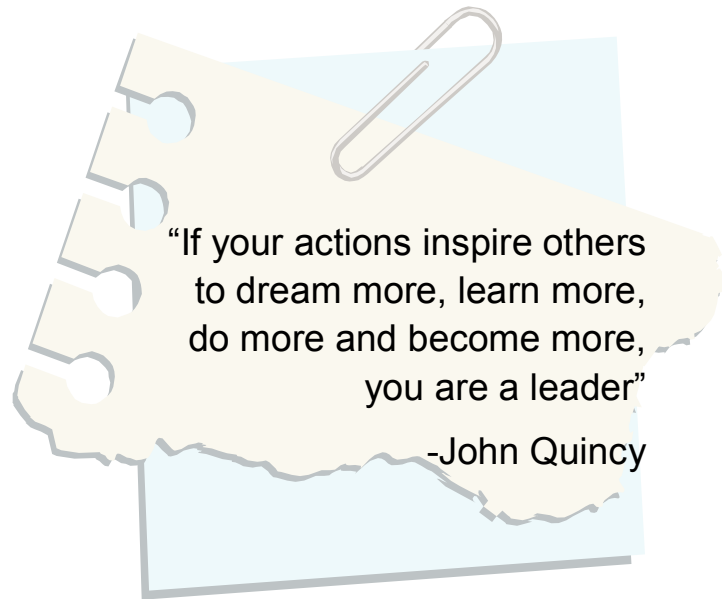
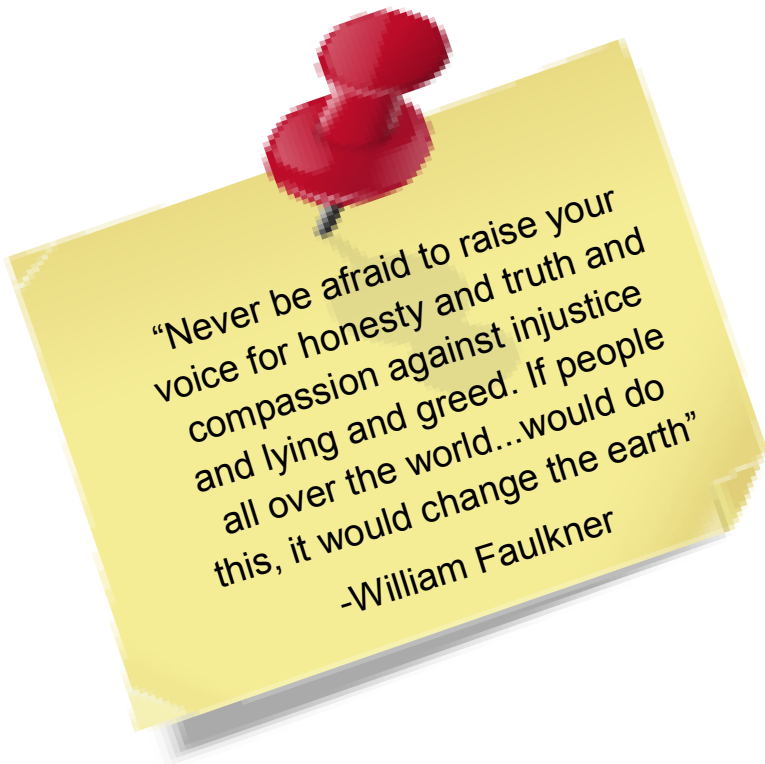
Libra (September 23– October 22): Nice to everyone they meet, silly, funny and sweet. However not the kind of person you want to mess with, you might end up crying. Faithful friends to the end. Usually great at sports and are extreme sports fanatics. Hopeless romantics.



Scorpio (October 23– November 21): Loves to joke. Will try almost anything once, energetic. Loves the smell and feeling of money and is usually good at making it but just as good at spending it. Always get what they want.



Sagittarius (November 22– December 21): Spontaneous, rare to find but great to find. If in a bad mood stay FAR AWAY. Defends loved ones with all their abilities. Has many fears but will not show it. Very pretty.



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 or
newsletter@saipa.info

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

Shannon Kehler
Kent Petersen
Kelly Tower
Keelae Blackwood
Dennis Sakatch
Allan Jarvis
Shawna Jorgensen
Naomi Yamada