

The Ripple

Winter 2010



Regional & Provincial Award Winner

In June 2010, Ray Remington was awarded the **Individual Leadership Award** from the Persons with Developmental Disabilities South Alberta Board. The award recognizes an adult with a developmental disability who, through their achievements, has inspired others with developmental disabilities to become community leaders.

On October 15, 2010, Ray was again acknowledged for his many contributions that have influenced his peers and the community to recognize and believe in the equality of adults with developmental disabilities. The Persons with Developmental Disabilities Provincial Community Leadership Awards were presented and Ray was awarded with the Individual Leadership Award.



Ray has been an active member and leader of the South Region Self-Advocacy Network since it began in 2001. Ray's actions influence community members to see individuals with developmental disabilities as equals and nothing less. He has also influenced his fellow SRSAN members to believe in themselves and to take on new challenges.

Thank you Ray for inspiring others to treat all people as contributing members of their society and having communities seeing all that individuals with developmental disabilities have to offer as equally contributing citizens.

Congratulations on winning a regional and provincial award highlighting your contributions!

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.

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2010 PDD South Regional Awards

The PDD South Regional Awards recognize adults 18 years of age and older with a developmental disability, families, businesses and organizations who reside within the South Region for their actions to promote community inclusion and improve the lives of individuals with developmental disabilities.

The ***Self-Advocacy Award*** recognizes an adult with a developmental disability whose actions have made communities a more welcoming place for people with developmental disabilities.

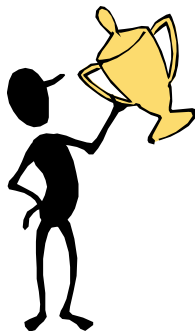
2010 Recipient for the Self-Advocacy Award

Harvey Kimmel - For over 10 years, Harvey Kimmel has been an active advocate for himself as well as others. His personal dedication and responsibility for others and their rights has set him in a position of a community leader. Harvey is making a difference for all people with disabilities by respecting his rights as well as others. Harvey is a member of the REDI's Client Rights Protection Committee, a member of The Advocacy Group as well as a member of the South Region Self-Advocacy Network.

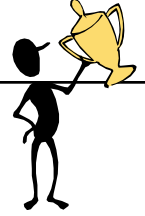
The ***Community Citizenship Award*** recognizes community members, businesses or organizations that have demonstrated leadership in creating communities that welcome adults with developmental disabilities as participating citizens.

2010 Recipient for the Community Citizenship Award

Medicine Hat Family YMCA—The Medicine Hat Family YMCA is a community within a Community that welcomes adults with developmental disabilities as fully participating citizens. The YMCA actions that promote community inclusion improve the lives of individuals with developmental disabilities. All individuals are equal and have access to the same benefits as any other member.



2010 PDD South Regional Awards



The ***Sharon Rowntree Family Leadership Award*** recognizes a family who has demonstrated leadership in developing welcoming communities.

2010 Recipient for the Sharon Rowntree Family Leadership Award

Henriette Piche—Henriette Piche became involved with people with developmental disabilities more than 40 years ago when her son Pierre was born with Down Syndrome. She and her husband Gilles established an organization in Gravelbourg, Saskatchewan, to provide services for children with special needs. They dedicated financial support to the organization for many years until funding was made possible. The family moved to Medicine Hat in 2001. Henriette joined the CORE Association Board and served until September 2009. During her time with CORE, she served as president for two years and past president for an additional two years. She continues to serve the board through fundraising projects and on committees as needed. Henriette authored a book, “POW!” about her son’s journey through life. It provides the reader with much insight into challenges overcome and achievements possible for someone with Down Syndrome.

The ***You Made A Difference Award*** recognizes an individual in the Community Disabilities Service Sector that has introduced innovative or best practice strategies that have improved the delivery of services for adults with developmental disabilities.

2010 Recipient for the You Made A Difference Award

Kevin Chubb—Kevin developed an innovative fitness program at Quest Support Services Inc., one of the PDD South funded service providers. As a result of this program adults with developmental disabilities are engaging in meaningful physical and social activities that not only benefit their health but provide opportunity to engage with others. Kevin shared the success of his program with his university classmates and as a result has influenced other PDD funded service providers within the region to adopt similar programs.



International Day of Persons with Disabilities - December 3

International Day of Persons with Disabilities is celebrated on December 3 of each year. It is an international disability movement and its motto is “Nothing About Us Without Us”. This day is to help people to recognize that there needs to be a fundamental shift in viewing people with disabilities as people rather than disabled; acknowledging their participation and inclusion in all aspects of life whether it be politically, socially, economically and culturally.

650 million people worldwide have disabilities and all too often others are not aware of the number of people that have disabilities or the challenges they face. This day is also to promote an understanding of disability issues and to secure support from the community for the dignity and rights of persons with disabilities. All people benefit when people with disabilities are fully included in community life. Take this day to let others know the benefits of being fully included in community life and what contributions are made by people with disabilities.

To know what is happening in your community to raise awareness about this day, visit your local town/city website or a supporting agency.



December 10th marks Human Rights Day. This year’s theme is human rights defenders who act to end discrimination. On this day, those that take actions to end discrimination will be recognized and acclaimed. They are recognized for their strength to speak out against abuse and discrimination, often at great personal risk to themselves and their families.

People defend human rights, speak out against the abuse and violations including discrimination, exclusion, oppression and violence. They advocate for justice and to seek protection for victims of human rights violations. They demand accountability for perpetrators and transparency in government action.

Human Rights Day 2010 will highlight and promote the achievements of human right defenders and it will again emphasize the primary role Governments must play in enabling and protecting their role. The day is also intended to inspire a new generation of defenders to speak up and take action to end discrimination in all of its forms whenever and wherever it is manifested.

This does not end after this day, the work of human rights defenders will continue through all of 2011.

Embrace Diversity
END Discrimination

What are Human Rights?

What are Human Rights?

They are the rights each person has because he or she is a human being. With these rights comes a sense of dignity. If you have lost dignity, then your human rights have been taken away.



What are the human rights of Persons with Disabilities?

All members of society have the same human rights. They include:

- Civil rights
- Cultural rights
- Economic rights
- Political rights
- Social rights

Examples of these rights include the following:

- Equality before the law without discrimination
- Right to life, liberty and security of the person
- Equal recognition before the law and legal capacity
- Freedom from torture
- Freedom from exploitation, violence and abuse
- Right to respect physical and mental integrity
- Freedom of movement and nationality
- Right to live in the community
- Freedom of expression and opinion
- Respect for privacy
- Respect for home and the family
- Right to education
- Right to health
- Right to work
- Right to an adequate standard of living
- Right to participate in political and public life
- Right to participate in cultural life



In the next issue of The Ripple, we will focus on one right and talk about what that right means and how you can exercise that right in your everyday life. In addition, we will look at your responsibility with that specific right.

Self-Advocates Say...

Who is a Self-Advocate?

A self-advocate is a person with a developmental disability who speaks out for themselves. They tell people when they are not happy with something. When people do this, they are considered a leader of their life.



Self-advocates work together to make a better life for everyone and to make a difference in their community.

Why is being a Self-Advocacy Important?

People with developmental disabilities are the experts on their lives. You need to speak up about your life and that way you can help make things better. If you do not speak out, you cannot make a difference. Things might change, but they might not be the change you need or want. A self-advocate can tell others what they want in plain words, that way the self-advocate can understand and have their say.

If all self-advocates work together with others, we can make a difference. You have the right to say what is on your mind or how you are feeling in that moment.

Self-advocates want to be accepted for who they are and treated equally in society. A self-advocate needs to take responsibility for what they do and must get involved in their community to have society see that they are contributing citizens of their community. When a self-advocate shows others what they can do, others will acknowledge their contributions.



Go Public with your New Years Resolution!

Don't set yourself up for Failure

We asked self-advocates and allies what New Year's resolutions were not kept and were kept.

New Years Resolutions that were NOT kept



- Lose weight
- Quit smoking
- Stop eating unhealthy foods
- Stop Biting fingernails
- Quit drinking Coffee
- Go on a Vacation
- Save Money



New Years Resolutions that WERE kept

All eight of us have NEVER kept a new years resolution!

Why are we unable to keep our New Years Resolutions? Do we set ourselves up for failure by making a resolution that is just too big to stick too? Maybe we should make smaller resolutions and take small steps towards our ultimate goal!

Instead of This goal

- Lose weight
- Stop eating unhealthy foods
- Quit drinking coffee
- Save Money



Do this goal

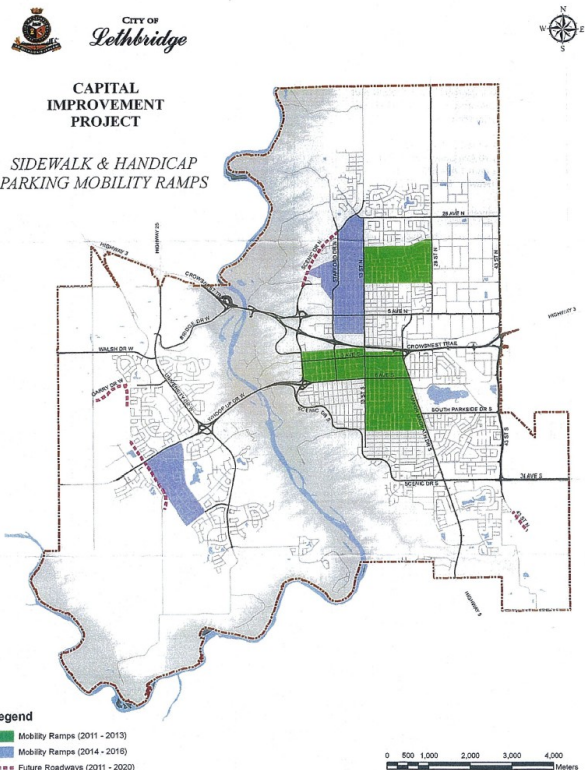
- Join a gym/Go for a walk twice a week/ Join a sports team
- Choose a side salad instead of fries when you go out /Keep a journal of what you eat
- Drink only one cup of coffee a day
- Put all of your change (coins) into a jar when making purchases and take it to the bank once the jar is

Did You Know?

The City of Lethbridge is undertaking a Community Improvements Program from 2011 to 2020.

The program involves construction of mobility ramps. All intersections (curb cuts for sidewalks) and handicap parking areas in the Downtown area which are not currently constructed to standard will soon be reconstructed. This involves 25 intersections and 25 handicapped parking stalls per year will be reconstructed for the next 6 years.

The picture to the right shows when areas will be completed. This means a big difference for people getting around in wheelchairs and walkers. Thank you City of Lethbridge!



New SRSAN Board

On November 3, 2010, the membership of SRSAN elected new Board members. They are elected for two years. The first year they learn their job from the acting Board member and then in the second year they are acting members.

The acting Board members for 2010-2011 are:

- Jeffrey Helm, Chairperson
- Edmund Zaiser, Treasurer
- Ben Rowley, Vice Chairperson
- Stefanie King, Secretary

The "in training" Board members for 2010-2011 are:

- Juanita Elund, Chairperson
- Edmund Zaiser, Treasurer
- Colleen Handel, Vice Chairperson
- Sandy Layton, Secretary

In 2011, the "in training" Board members will become the acting Board members. The Board's responsibilities are to listen to the SRSAN membership, participate in SRSAN committee's and events, and report back to the SRSAN membership.

SRSAN Committees & Goals

The SRSAN Board presented the 2010-2012 Committees and their goals on November 3, 2010. Over the next two years, SRSAN membership will work to achieve these goals and will need some help. Please contact us if you are interested in helping SRSAN in achieving their goals and want to join a committee.

Membership Committee

To increase the membership in two (2) years by promoting SRSAN, their mission and vision, and creating community awareness.



Teaching Community Committee

To reach out to and teach the community about self-advocacy by having self-advocates speak at agencies, schools, colleges, universities and government groups.



Developing Workshops Committee

To develop and present workshops identified by SRSAN members.
#1 Objective – Self-Advocacy Workshop to be completed.



Social Events Committee

To plan open social events which raise community awareness on SRSAN and self-advocacy.



Fundraising Committee

To raise funds for events or activities which promote SRSAN's mission and vision.



Conference Planning Committee

To plan and coordinate a Self-Advocacy Conference.



Government Communications Committee

To teach SRSAN members about government, inform the different levels of government about SRSAN and the issues that affect individuals with developmental disabilities.



Random Acts of Kindness

- Open a door for someone



- Complimenting someone



- Assist someone with something they are unable to do



- Share something with someone



- Give your seat on the bus to someone that needs it



- Give some groceries to the food bank



- Cheer someone up that is sad



- Volunteer somewhere



- Walk someone's dog for them



- Put others before yourself



- Make supper for someone



- Go visit with someone that doesn't have many visitors



- Donate clothes/furniture for people in need



- Send a Christmas gift to someone in need (present/food)



- Sponsor a Child



- Adopt a pet



- Be a friend to someone



- Shovel the sidewalk for your neighbour for free



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!



Remember, together we are stronger!

Christmas Cards For Sale

Virginia Fawcett has created four beautiful Christmas Cards for sale. They express the spirit of the season and help you to wish your friends and family a festive holiday season.

You can purchase 10 cards for \$7.00. Here is a sample of the cards:

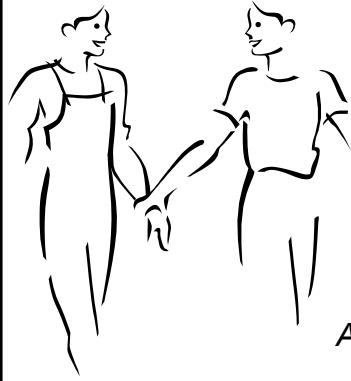


For more information on purchasing, contact Virginia Fawcett at 403-380-6462 or by email at virginiafawcett@yahoo.com

What a song can say...

By Shannon Kehler

Stand By Me—by Ben E. King



*When the night has come
And the land is dark
And the moon is the only light we'll see
No I won't be afraid, no I won't be afraid
Just as long as you stand, stand by me
And darlin', darlin', stand by me, oh now now stand by me
Stand by me, stand by me*

*If the sky that we look upon
Should tumble and fall
And the mountains should crumble to the sea
I won't cry, I won't cry, no I won't shed a tear
Just as long as you stand, stand by me
And darlin', darlin', stand by me, oh stand by me
Stand by me, stand by me, stand by me-e, yeah*

*Whenever you're in trouble won't you stand by me, oh now now stand by me
Oh stand by me, stand by me, stand by me
Darlin', darlin', stand by me-e, stand by me
Oh stand by me, stand by me, stand by me*

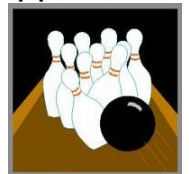
This song means that you can stand by me if you have any problem. If you are not strong enough, you can stand by me and I will help you. I would ask if the person needs some help, and they would know that I would always be there for them, when they need me. I feel proud to stand by others and help them. When I stand by someone who needs me, they feel happy.

They always will know that I will be there for them. They can count on me.

Benefits of Bowling

by Kent Pederson

- By being in leagues it can offer friendships and they also offer change in routine.
- They offer different skill levels.
- There's also night bowling, glow bowling and updated music to make you happy to be there bowling.
- You can wear goofy shoes and you can also wear different team jerseys to show your team pride.
- It's also good exercise for the upper body.



Calendar of Events

Schedule of Events

December
2010

◆ **December 10-12** - Lethbridge Family Circle Association presents Celebrate Christmas at 'Historic Annandale'. Join them for a tour of the Annandale house and property as it is decorated for the holidays. See the Victorian Village and 12 foot Christmas Tree, then warm up with a hot chocolate or cider. 1280 - 4th Avenue South, Lethbridge 6:30 pm - 8:30 pm. Admission by donation.

◆ **December 16** - Persons with Developmental Disabilities South Alberta Board Open Meeting. 1:00 pm—3:00 pm Lethbridge City Hall Culver Room. If you are planning to attend, please call 403-381-5458 or email Leah Bruder leah.bruder@gov.ab.ca to confirm date, location and time.

To learn more about the international days of awareness type in the title of the date into the "Google" search area to find out more information or how you can help to raise awareness about that cause.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 World AIDS Day	2 International Day for the abolition of Slavery (UN)	3 International Day of Persons with Disabilities (IDPD)	4
5 International Volunteer Day	6 National Day of Remembrance & Action on violence against women	7	8	9	10 Human Rights Day LFCA Annandale House Tour 6:30 pm - 8:30	11 LFCA Annandale House Tour 6:30 pm - 8:30
12 LFCA Annandale House Tour 6:30 pm - 8:30	13	14	15	16 PDD Board Meeting 1-3 pm	17	18
19	20	21	22	23	24	25 Christmas Day
26 Boxing Day	27	28	29	30	31	

January 2011

Schedule of Events

- ◆ January 12 - SRSAN Meeting 10:00 am - 3:00 pm in Lethbridge. Please send your attendance to Anna Olson by January 5. Call 403-320-1515; toll free 1-866-320-1518 or email anna.olson@saipa.info
- ◆ January 12 - SAIPA 25th Anniversary Celebration 12:00 - 1:30 pm in Lethbridge. SAIPA will be celebrating their 25th anniversary at the SRSAN meeting during the lunch hour. We will have speeches, awards as well as an opportunity for people to mix and mingle. If you wish to attend please call Judy Brown by January 5. Call 403-320-1515; toll free 1-866-320-1518 or email judy.brown@saipa.info
- ◆ January 27 - Persons with Developmental Disabilities South Alberta Board Open Meeting. 1:00 pm—3:00 pm Lethbridge City Hall Culver Room. If you are planning to attend, please call 403-381-5458 or email [Leah Bruder leah.bruder@gov.ab.ca](mailto:Leah.Bruder.leah.bruder@gov.ab.ca) to confirm date, location and time.


January is Alzheimer Awareness Month						
For more information go to alzheimer.ca/english/newsevents/awareness.htm						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 New Year's Day
2	3	4 World Braille Day	5	6	7	8
9	10	11	12 SRSAN Meeting SAIPA's 25th Celebration	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27 PDD Board Meeting 1-3 pm	28	29
30	31					

February 2011

Schedule of Events

- ◆ February 23 - Pink Shirt Day - Boys & Girls Club of Lethbridge & District. This day helps to provide bullying awareness and prevention. For more information on activities call 403-327-6423
- ◆ February 24 - Persons with Developmental Disabilities South Alberta Board Open Meeting. 1:00 pm—3:00 pm Lethbridge City Hall Culver Room. If you are planning to attend, please call 403-381-5458 or email Leah Bruder leah.bruder@gov.ab.ca to confirm date, location and time.
- ◆ February 26 - McMan Community Services presents Theo Fleury “Don’t Quit Before the Miracle!” & Silent Auction. Tickets \$100 each. Proceeds go to McMan’s FASD Lifespan Programs! For tickets call 403-328-2488 ext. 223

February is Black History Month & Heart & Stroke Month						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10 Safer Internet Day	11	12
13	14 Valentine's Day	15 National Flag of Canada Day	16	17 Heritage Day	18	19
20 World Day of Social Jus- tice	21 Family Day	22	23 Pink Shirt Day	24 PDD Board Meeting 1-3 pm	25	26 Theo Fleury “Don’t Quit Before the Miracle!”
27	28					



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

Harold R. McAlindon




SRSAN GEAR SALE



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

Hoodies for \$25

Lots of colors and sizes!



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

Gandhi



Tell Us What You Think!



UPDATE

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




Call
Me!

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



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
Danielle Petersen
Emily Willms
Jeremy Lozano