

The Ripple

Winter 2011



International Day of Persons with Disabilities

Written by Melody Scout

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.

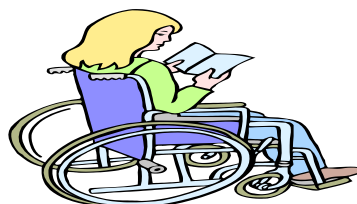
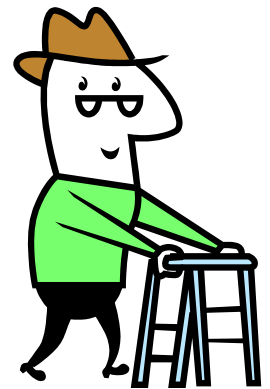
We believe in ourselves and we can take pride in our accomplishments.

We work together to succeed in making positive changes in our communities.

Since 1992 United Nation's (UN) International Day of Persons with Disabilities is annually held on December 3. It also aims to increase the awareness of the gains for everybody if disabled persons are integrated into all aspects of political, social, economic and cultural life and raising money for resources for persons with disabilities. Many events are held on and around the International Day of Persons with Disabilities on December 3 each year. The International Day of Persons with Disabilities is a global observance.

L'Arche Lethbridge is planning an open house on December 6th to celebrate the International Day of People with Disabilities. L'Arche is located at 239-12 B Street North Suite #5 Lethbridge, AB 403-328-3735

There will also be activities at City Hall in Lethbridge, including a flag raising on December 2, 2011. The event starts at 8:30am and goes until 1pm. Check your local communities to see what is going on in your community!!

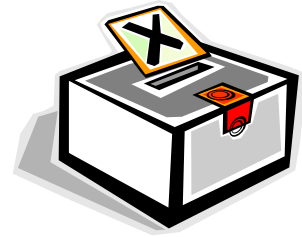


INSIDE THIS ISSUE

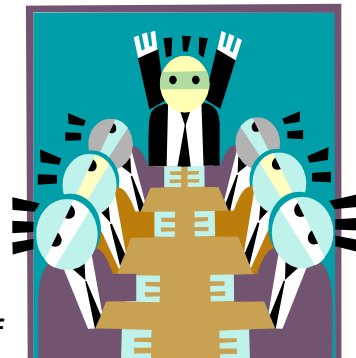
SRSAN election results	Pg 2
In my Opinion	Pg 3
What a song can say	Pg 4
Danielle's Pet facts	Pg 5
Human Rights - Article 1	Pg 6
What Self Advocates say about article 1	Pg 7
Convention on rights of persons with disabilities	Pg 8
Keelae's corner	Pg 9
Ripple Horoscopes	Pg 10 & 11
Benefits of... Snowball Cookies Recipe	Pg 12
Calendar of Events	Pg 13-15

SRSAN Election Results

In November, SRSAN held its annual election and SRSAN members voted in four directors as well as PDD board member representatives for the southeast and southwest. The directors will help the executive make decisions and run SRSAN meetings. This also gives the directors a chance to gain some experience on a board and then if they choose to can run for an executive position in the future. The PDD board member representatives will report at PDD meetings about what SRSAN has been doing and upcoming events. They will also report back to SRSAN about what they learned at the PDD board meetings. Since there was a tie for the backup representative for the southeast, there will be a vote for this position at the SRSAN meeting in January. The two nominees are Chuck MacDonald and Marlene Schafer.



Please welcome the new members to their roles and support them as they learn and grow. Thank you goes out to those members that have been on the various positions for the last two years. SRSAN has grown and continues to do so because of the hard work and dedication of the membership and those who support it. Those that have left their executive roles are Ben Rowley, Jeff Helm and Stefanie King.



PDD board representatives

Southwest

Jeff Helm

Backup

Edmund Zaiser

Southeast

Linda MacDonald

Executive

Juanita Elund

Colleen Handel

Edmund Zaiser

Sandy Layton

New Directors

Stefanie King

Melody Scout

Kelly Tower

Paul Yeoman

In My Opinion....

By Jenny Selnes

A good self-advocate helps family and friends who are sick with different types of cancers by showing that you are there for them. A self-advocate will spend time with the person who is ill to show them that you still love them and that you want to be there with them every step of the way. A self-advocate can help others by donating hair to make a wig for a cancer patient. I feel that if I didn't spend time with the person, that I would feel guilty in having missed the opportunity not to miss anything special in that person's last days with me. Make sure that you have a good memory of the person you are supporting who is sick, so you can look back on the memories of what you did have with them. Some things I would do with my family or friends would be to take pictures or make movies and put it together on a computer put to our favourite music, so I could go back and be able to think, "Oh, what good memories I have". That would always make me smile!!!

The Awareness Ribbon Cookie Cutter



The Cookie Cutter Shop.com

What a song can say...

By Shannon Kehler

Will You Be There

“But They Told Me
A Man Should Be Faithful
And Walk When Not Able
And Fight Till The End
But I'm Only Human

Everyone's Taking Control Of Me
Seems That The World's
Got A Role For Me
I'm So Confused
Will You Show To Me
You'll Be There For Me
And Care Enough To Bear Me”

- Michael Jackson

Shannon says:

I can relate to this song because when people ask me to do things that I cannot do, I can say to them that “I’m only human”. I feel like I have to fight for things in my life, like to vote. It’s worth the fight. It is better to fight than to give up. Sometimes I feel like people are trying to control me and make me do things I don’t want to do. I stand up for myself and say “no” and do things my own way. Sometimes I need to ask for help to be able to be me and do the things I want to do.

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!

Danielle's Pet Facts

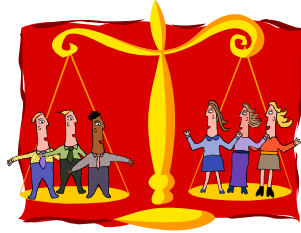
Mangalore Today News Network November 10th, 2011 wrote an article about a dog named Lily who is blind and requires the assistance of a seeing eye dog named Maddison. I really liked this article because it is kind of like a human taking care of a human but instead a dog is able to help out another dog in an area where they need some help. This shows that we can use areas we are strong to help others with areas that they have challenges. Lily has the ability to do all things normal except to see. She has learned to adjust and rely on Maddison to help her and is able to function like any other dog as a result. Sometimes we as self-advocates need to help others in the areas we are strong and learn to accept help from others in areas we aren't as strong, so we can all be the best that we can be.



Human Rights

United Nations Universal Declaration of Human Rights - Article 1

“All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.”



This article talks about the why we need this Declaration. The reasons for this Declaration are that no matter the differences between people, they all have:

- Freedom
- Equality
- Unity

This means that everyone is born free and should be treated the same. The following differences should not change how people are treated:

- Age 
- Cultural background 
- Religion 

People that understand the difference between right and wrong should act towards one another in a friendly manner. The idea of “universal human rights” is that every person has certain rights because of being human. This is what it means for human rights to be considered “inherent rights”.

You can not lose your rights but you can be prevented from exercising your rights by a country or by another individual. An example of this would be if a country did not allow you to vote. You have the right to vote and that can not be taken away from you but the country is not allowing you to exercise your right to vote.

It is important to know your rights and advocate to exercise your rights.

What Self-Advocates Say about Article 1

Question: Why do all humans deserve to be treated equally?

Ripple Newsletter Crew: All humans deserve kindness, friendship and compassion. No one is better than anyone else; we are all born helpless babies and grow from there. We are all equal.

Question: What does it mean to act towards another in the spirit of brotherhood?

Ripple Newsletter Crew: It means to help each other and treat others how you would like to be treated. It is important to look after others as though they were your own brother/sister.

Question: What does it mean to be born free and equal in dignity and rights?

Ripple Newsletter Crew: Being born free means you are able to choose the path of your own life. You are free to make choices for yourself. It means to be treated as no less of a person than anyone else and to live at the best quality of life possible. It is like the circle of life from the Lion King, everyone is born equal and has an important part to play. No part is less important than another part and all are needed for the society as a whole to function at the right level.

Question: What does it mean to have the ability to reason and to have a conscience?

Ripple Newsletter Crew: A good visualization of having a conscience is to picture the Fred Flintstone cartoon with the devil on one shoulder and an angel on the other and being able to decide between the two options. Your conscience is the angel on your shoulder encouraging you to do right. Having the ability to reason means to connect the dots in your head and come up with a result. It means to resolve issues and come up with solutions.

Written by, Kent Pedersen, Shannon Kehler, April Schoff, Alison Napper.

Convention on the Rights of Persons with Disabilities

What is the Convention on the Rights of Persons with Disabilities?

It is another paper which protects and promotes the human rights of smaller groups of people such as women, children, refugees and/or people with disabilities. These groups come across many physical and social barriers that prevent them from having:

✎ An education



✎ Proper health care



✎ A job, even when they have skills



✎ Freedom to move around



✎ Access to information



✎ Acceptance from society



This convention does not create new rights but helps to guarantee the rights of persons with disabilities worldwide.



How will this new convention help persons with disabilities?

Throughout history, people with disabilities have been viewed as needing sympathy and that society needs to protect them. This convention is taking a step to change the society's view of needing sympathy and protection to that of respect and opportunities to live life in the community to everyone's fullest potential, whatever that may be.



When will the new convention take effect?

The new convention needed twenty (20) countries to sign before it can take effect. On May 3, 2008 twenty (20) countries did sign the convention and it is now in effect. Canada signed the Convention on the Rights of Persons with Disabilities on March 30, 2008 and approved it on March 11, 2010.



As of July 2011, there are 149 countries that have signed. The Convention is monitored by the United Nation's Committee on the Rights of Persons with Disabilities.



KEELAE'S

What does this convention mean for people with developmental disabilities?





This convention helps to protect and promote human rights of people with disabilities. It defines what people with developmental disabilities need from society. It means taking off the "disabled" labels, being recognized as a fellow citizen or neighbour and accessing all of the rights and opportunities that **EVERYONE** has.



C
O

What can we do to help people understand the convention?

SRSAN can help people to understand the convention in many ways. Here are a few:

-  We can have guest speakers at SRSAN meetings to talk about the convention.
-  We can talk about the convention to people in the community.
-  We can work with the City of Medicine Hat and Lethbridge Inclusion Coordinators to help them to understand the barriers within community that people with disabilities face and what can be done to overcome them.
-  We will have articles in the Ripple to talk about a right within the convention to help people understand what it means.



R
N
E

We will be writing about different parts of the convention in the next upcoming newsletters. Keep reading and get informed about your human rights!

Ripple Horoscopes



Capricorn (December 22-January 19th): Have a snowball fight with a friend this month and enjoy the weather. Make sure you dress warm!



Aquarius (January 20-February 18): Be adventurous and meet a new friend this month! Smile and be friendly! Smiles go a long way!



Pisces (February 19-March 20): Try a new activity this month. Go ice fishing and catch the big one!



Aries (March 21-April 19): Expand your musical horizons. Find a new band to listen to this month or pick up a kazoo to play.

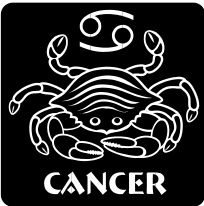


Taurus (April 20-May 20): Clean up your act. Start your spring cleaning early and simplify your life.



Gemini (May 21-June 20): Make a plan and set some goals for the coming year. Challenge yourself.

Ripple Horoscopes



Cancer (June 21-July 22): Meet a friend for coffee and make some community connections.



Leo (July 23– August 22): Do something nice for a friend without them knowing. They will appreciate it and you will feel good about helping out a friend.



Virgo (August 23– September 22): Learn something you don't know. Go to the library and read a book on something you don't know anything about.



Libra (September 23– October 22): Take care of yourself. Eat healthy and make sure you get your sleep.



Scorpio (October 23– November 21): Try cooking with hot sauce. Spice up your life!



Sagittarius (November 22– December 21): Put on some good music and dance around your house while no one is looking.

Benefits of..

Spending time with family and friends

By Kent Pedersen

Winter and Christmas are good times to spend time with your family and friends and catch up on life. When everybody is stuck indoors looking at the Christmas tree and presents it's a good time to let your friends know how they can support you this coming year. Try to avoid ripping open your presents early and angering your family and friends. You want to keep them on your side not against you! Not only can you get a full belly at Christmas and a pile of presents, you can also make memories and advocate for your future. Enjoy the winter season!



Kent's Winter Joke

Knock! Knock!
Who's there?
Emma!
Emma who?
Emma bit cold out here - let me in!



Snowball Cookies

1/2 c. butter
1/2 c. milk
1 1/2 c. sugar
3 c. rolled oats
1/2 c. coconut
4 tbsp. cocoa



Add butter, milk and sugar together. Boil in saucepan. Remove from heat. Then add rolled oats and cocoa to the heated mixture. Form into balls and roll them in coconut. Place in refrigerator.

Calendar of Events

Winter 2011

Schedule of Events

- December 2 - International Day of Persons with Disabilities Lethbridge celebration**
 8:30 am - 1:30 pm at Lethbridge City Hall. Join us as we celebrate inclusion in our community! Festivities include greetings from Mayor Rajko Dodic, guest speaker BJ Shaw, a tradeshow featuring 14 organizations and more! For more information contact Christina Boese 403-320-2044 or email christina.boese@volunteerlethbridge.com
- December 15 - Persons with Developmental Disabilities South Alberta Board Open Meeting. 1:00 pm—3:00 pm, location to be announced. 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.**

SAIPA and SRSAN wish you a very Merry Christmas and a joyous holiday season with family and friends!



December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Look at your local town or city website or paper for more localized events.	1 World Aids Day	2 International day to end slavery IDPD Lethbridge celebration	3 International Day of Persons with Disabilities (IDPD)
4	5 International Volunteer Day	6 National Day of Remembrance and Action on Violence Against Women	7	8	9	10 Human Rights Day
11	12	13	14	15 PDD Board Meeting	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January 2012

Schedule of Events

- January 18 - SRSAN Meeting 10:00 am - 3:00 pm** in Taber. Please send your attendance to Anna Olson by January 11. Lunch will be provided. Call 403-320-1515; toll free 1-866-320-1518 or email anna.olson@saipa.info
- January - Persons with Developmental Disabilities South Alberta Board Open Meeting. 1:00 pm—3:00 pm**, date and location to be announced. 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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 World Braille Day	5	6	7
8	9	10	11 Sir John A. Macdonald Day	12	13	14
15	16	17	18 SRSAN meeting 10-3 pm Taber	19	20	21
National Non-Smoking Week						
22	23	24	25	26	27 Family Literacy Day	28
29	30	31	<p>January is awareness month for Alzheimer Disease. Look at your local town or city website or paper for more localized events.</p> <p>The United Nations observes 2012 is the year for sustainable energy for all.</p>			

**A HAPPY
NEW YEAR**

Schedule of Events

- February- Persons with Developmental Disabilities South Alberta Board Open Meeting. 1:00 pm—3:00 pm, date and location to be announced. 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 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Look at your local town or city website or paper for more localized events.						4 World Cancer Day
	Eating Disorder Awareness Week; International Development Week; National Therapeutic Recreation Week; White Cane Week					
5	6	7	8 Safer Internet Day	9	10	11
	World Orphan Week					
12 Sexual and Reproductive Health Awareness Day	13	14 Congenital Heart Defect Awareness Day	15 International Childhood Cancer Day	16	17 Heritage Day	18
International Day of Women's Health		Flanny Valentine's Day	National Flag of Canada Day			
19	Scout-Guide Week; Brotherhood/Sisterhood Week					
	20 Family Day	21	22 Thinking Day	23	24	25
	World Day of Social Justice					
	Freedom to Read Week					
26	27	28	29 Pink Shirt Day			




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

Take a look at the:

- Local newspaper
- Internet
- Local T.V. 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!



“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



“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



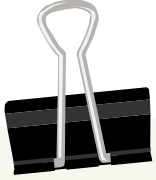
Call Me!

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



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
Keelae Blackwood
Jenny Selnes
Melody Scout