

# The Ripple

Winter 2012



## Bullying

By Liz Sera

### 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.

Bullying is when a person or group of people keep taking advantage of the power they have to hurt or reject someone else. Some of the ways people bully another person include: calling them names, saying or writing nasty comments about them, leaving them out of activities or not talking to them, threatening them, making them feel uncomfortable or scared, stealing or damaging their things, hitting or kicking them, or making them do things they don't want to do.

Why is bullying harmful? Some people think bullying is just part of growing up and a way for people to learn to stick up for themselves. But bullying can make people feel lonely, unhappy, frightened, unsafe and think that there must be something wrong with them. The effects can be long term such as turning people into bullies themselves causing them to take the frustration out on others, making them shy and reclusive from society, or leaving them with no confidence and sometimes no friends.

Pink Shirt Day is a day that is dedicated to raising awareness of bullying in society. today. February 27th 2013 is the next pink shirt day. The Boys and Girls Club sell pink t-shirts with the anti-bullying logo for approximately \$10 each. Please call the Boys and Girls Club at 403-327-6423 to purchase your shirt. Please consider supporting this great cause that effects us all.



### INSIDE THIS ISSUE

Bullying	Page 1
What a song can say...	Page 2
Benefits of...	Page 3
Human Rights Article 4 and What self-advocates say about article 4	Page 4 and 5
Convention on the rights of persons with disabilities Article 4 Part 2	Page 6 and 7
Keelae's Corner	
Tis the Season	Page 8
Simple Gift Ideas	Page 9
Cinnamon Ginger Cookies	Page 10
Calendar of Events	Page 11, 12 and 13
Ripple Horoscopes	Page 14 and 15
Newsletter Developers Contact us	Page 16

# What a song can say...

By Shannon Kehler

Man In The Mirror by Michael Jackson

“I’m gonna make a change,  
for once in my life  
It’s gonna feel real good,  
gonna make a difference  
gonna make it right...

I’m starting with the man in the mirror,  
and asking him to change his ways  
And no message could have been any clearer.  
If you want to make the world a better place  
Take a look at yourself, and than make a change.”

What this song says to me is that if you want to see a change in the world then you need to start with yourself. You can do this by making sure you are doing everything you can to help your fellow man, like volunteering or just offering a helping hand. We live by example and cannot expect from others something we are not ourselves willing to give.

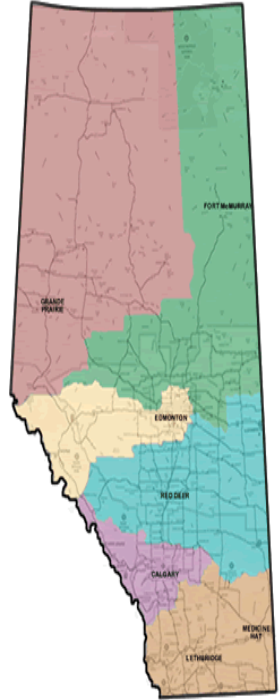
“Be the change you wish to see in the world” ~ Gandhi



# Benefits of...

By Kent Pedersen

In this edition of the newsletter I will be talking about the benefits of Southern Alberta Individualized Planning Association (SAIPA). One of the benefits is that you get to meet a lot new and interesting people and you get to attend South Region Self Advocate Network (SRSAN) meetings all over Southern Alberta. SAIPA helps to support SRSAN in working towards their mission through the different committees that SRSAN has. SAIPA also helps out with working on the Newsletter called "The Ripple" that goes out to people all over Southern Alberta. The newsletter comes out every four months and if you help with it, you get to discuss different topics with the newsletter group that you want to put in the newsletter. You get to work with some very cool people while at the SAIPA office. SAIPA is a place where you can learn about different things such as different disabilities, how to advocate, and how to speak up for yourself.



Southern Alberta Individualized Planning Association

*Assisting individuals with developmental disabilities to grow as valued and participating members of their community.*



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 4

*“No one shall be held in slavery or servitude; slavery and the slave trade shall be prohibited in all their forms.”*



This article says that no one should be a slave. This means one person cannot treat another person as a slave.

Slavery is when one person controls or limits another persons freedom for profit or personal gain.

This article means that a person should not be held or owned by another person as property.



This article reflects the “1927 Slavery Convention” that was created by the League of Nations. This was meant to stop slavery and not allow the slave trade to continue.

We often think that slavery does not exist anymore, but it continues today. Some areas are:

- Forced labour - This means that you have to work, it is not a choice. Someone is making you do it.
- Debt bondage - This means that a person must exchange a personal service because they owe money.



Remember that no one has the right to put someone in a position of slavery and no human should be someone else’s slave. All people deserve to be free of slavery!

# What Self-Advocates Say about Article 4

***What does this article make you think about or how does it make you feel?***

This reminds us of the story of Cinderella and when her step sisters were mean to her. Everyone should be treated equally.

***What can we do to end slavery in the future?***

Educate people of their rights, arm them with skills and help to create more job opportunities.

***How would it make you feel if you were a slave/exploited by slavery?***

We would feel inferior or below other people. Not as important. We would have no freedom to live like we wanted and unhappy about being told what to do.

***What did you know about slavery before we talked about it today?***

Some people studied about it in school through social studies class, and others only knew what they have heard on the news or have seen in movies.

***What kinds of slavery can you think of? What things can you think of that are like slavery?***

Being forced to marry someone you do not love chosen for you by someone else is like being a slave. People or children forced to work in clothing factories over seas is slavery.

***Why do you think anyone would participate in slavery, why would a country condone slavery?***

A country that did not care about people's rights and wanted to keep the power in the government would want slavery and work hard to keep the people down.

***Who is at risk of being a slave/ exploited by slavery?***

People in minority groups who are less fortunate, live in poverty, and less educated about their rights and seem powerless are at risk.

# Convention on the Rights of Persons with Disabilities

## Article 4 - General Obligations - Part 2

This section provides you with the obligations or commitments of the Convention. This has been divided into 2 parts. This is Part 2. Last newsletter, we provided Part 1. To review, Part 1 talked about:

*Putting rights in laws and policies*

*Take action to stop discrimination*

*Work on technology that is useful for people with disabilities*

*Provide information about assistance that is available*

*Promote training about rights to individuals and staff*

2. For economic, social and cultural rights, the countries will put in place the rules that related to the rights as much as they can with the resources they have. If needed, countries can cooperate with other countries to put into practice these rights. All other rights must be put into practice right away.



3. When making laws and rules about this Agreement, the countries will talk to and involve people with disabilities, including children with disabilities, through organizations that represent them.



4. This Agreement will not affect any laws or rules that are better for the rights of people with disabilities. Countries must not use this Agreement as an excuse to not use human rights that already exist.



5. The Agreement will apply to the country as a whole.





# KEELAE'S

**For economic, social and cultural rights, the countries will put in place the rules that related to the rights as much as they can with the resources they have. If needed, countries can cooperate with other countries to put into practice these rights. All other rights must be put into practice right away.** - Laws that have to do with culture, money or social rights such as relationships, the government has to do the best it can to ensure these laws are practiced with the money it has. Any rights outside of these three areas the government has to put them into practice.

***When making laws and rules about this Agreement, the countries will talk to and involve people with disabilities, including children with disabilities, through organizations that represent them.***

## ***Keelae's Story of Coming to Adult Services***

When I was coming into services as an adult, I felt services were chosen for me and that I did not truly have a say. I was able to make minimal choices (like where to sit, when to eat) but everything else was chosen for me. I felt like what I wanted wasn't up to me. I was very unhappy! The people who were representing me felt they didn't have the time to assist me to go through the process of making choices that I was happy with. I wish that when/if I came into adults services, the people representing me helped me to experience the adult world and included me in the decision making. I think I would have been more understanding to the services I was receiving. I would have been able to experience all of the opportunities that were out there and make a decision that I was happy with. It is important for people to be involved in decision making so that they can understand the laws or the services that impact their lives.

**This Agreement will not affect any laws or rules that are better for the rights of people with disabilities. Countries must not use this Agreement as an excuse to not use human rights that already exist.** - With the declaration, the government cannot make laws worse. If they have a law that is better than what the declaration says, the country has to keep that law.

C

O

R

N

E

R

# Tis the Season



It's almost time for Christmas and with that comes more opportunities to get out in the community and meet more neighbors and friends. Here is a list of some free local dinners provided over the season for anyone who would like to attend. There is no cost to enjoy so feel free to let others know who may not be as fortunate or just need to meet new people.

Thursday November 29th at 5:30pm

The Evangelical Free Church will be offering dinner with a play to follow for everyone to enjoy! Please call 403-320-8688 and speak to Jeremiah for more info.

Friday November 30th at 5:00pm

The Lethbridge Association for Community Living will be hosting a pot lock dinner to be held at McKillop United Church. All you need bring is a dish of food and yourself. Please call 403-327-2911 and speak to Dave for more info.

Sunday December 9th at 5:00pm

The Lethbridge Regional Police will be hosting a free turkey dinner at the Bill Kergan Centre - 207 13th St North

Friday December 14, 2012 at 1:00pm

Southern Alberta Individualized Planning Association and the Lethbridge Association for Community living will be holding their annual potluck. All you need to do is bring your favorite dish. Please call 403-320-1515 if you would like more information and ask for Sharon or Anna.

Monday December 24th at 12:00 noon

The Lethbridge Soup Kitchen - 802 2nd A Ave North will host a Christmas meal. Everyone is welcome and it starts at noon.



Tuesday December 25th from 11:00am to 3:00pm

Streets Alive will be serving Christmas dinner at Swiss Chalet. There is no cost and people will be transported to and from the Streets Alive downtown location.



# Simple Gift Ideas

A fantastic inexpensive gift idea is single or double serving hot cocoa in a jar with a personalized note. Here are some directions.....

## Peppermint Hot Cocoa in a Jar

### Ingredients~

- 1/2 cup of Hot cocoa mix
- 2 Tablespoons crushed mints (or candy cane!)
- 2 Tablespoons semi-sweet chocolate chips
- 1/2 Cup of mini marshmallows

Layer ingredients one at a time in a clean 1 1/2 cup jar with a lid. Seal jar and attach instructions listed below on a tag to make it. Garnish the jar with ribbon and a candy cane or bow.

Instructions: Empty contents into heat proof pitcher and add 2 1/4 cups of hot water or hot milk and stir until mix is dissolved. Pour into 3 mugs and enjoy!



A few other ideas for gift giving on a budget are picking names from a hat and buy for one friend or family member instead of a whole group. You could make someone personalized coupons like “free hugs” or “coffee for two” for that special someone to cash in on all year around! You can make book marks out of old paints swatches from a local paint store by punching a hole in the top and tying a ribbon to it. You can personalize it with their names or a favorite saying they have.

Christmas is a great time for giving of your self as is all year around.



# Cinnamon Ginger Cookies

By Emily Willms



1/4 cup brown sugar

3 tbsp margarine, melted

2 tbsp molasses

2 tbsp 2% yogurt

1 tsp vanilla

1 cup all-purpose flour

1/2 tsp baking soda

1/2 tsp ginger

1/2 tsp cinnamon

pinch nutmeg

1 1/2 tsp brown sugar

1. In a bowl, combine 1/4 cup brown sugar, margarine, molasses, yogurt and vanilla until well mixed.
2. Combine flour, baking soda, ginger, cinnamon, and nutmeg; stir into bowl just until combined.
3. Using teaspoon, form dough into small balls and place on baking sheet. Press flat with fork; sprinkle with 1 1/2 tsp brown sugar. Bake for 10 to 12 minutes at 350 degrees Celsius.

**Merry Christmas  
from the News  
Letter Crew!!**



# Calendar of Events

# December 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Look at your local town or city website or paper for more localized events.						1
2	3 International Day of People with Disabilities	4	5	6	7 "A Christmas Carol" (see below)	8 Holiday Train in Medicine Hat - 5 pm Brooks - 8:45 pm
9	10 Human Rights Day	11	12 PDD Board meeting - Lethbridge	13	14 SAIPA/ LACL Christmas Party (pm)	15 Support LFCA at "Historic Annandale House"
16 Support LFCA at "Historic Annandale House"	17	18	19	20	21	22
23	24	25 Christmas Day	26 Boxing Day	27	28	29

## Schedule of Events

**November 30th** - Lethbridge celebrates "International Day of people with Disabilities early this year! Although the actual day is December 3rd, Lethbridge will be holding the event at City Hall on November 30th. The event will include a trade show, experiential learning, public speakers and lunch!

**December 7th (7:30 pm)** - Lethbridge Sunrise Rotary Club presents a dramatic reading of the Dickens classic "A Christmas Carol" with proceeds going to the Interfaith Food Bank and the Lethbridge Food Bank. Tickets \$10. Call or visit the City of Lethbridge ticket centre (403-329-7328) or purchase online <http://www.lethbridge.ca/events>

**December 12** - PDD Board meeting in Lethbridge - Location to be announced

**December 15th & 16th** - Join LFCA for a tour of the Annandale House and property as it is decorated for the holidays. Then warm up with hot chocolate or cider. 6:00 - 8:30 p.m. Admission through donation. Really want to get involved? Contact the SAIPA office to volunteer!



# January 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 New Years Day	2	3	4 World Braille Day	5
6	7	8	9	10	11	12
13	14	15	16 PDD Board meeting	17 SRSAN meeting	18	19
20	21	22	23	24	25	26
National Non-Smoking Week						
27	28	29	30	31	Look at your local town or city website or paper for more localized events.	

## Schedule of Events

### January is Alzheimer Awareness Month



**January 14 - 18** - "National Non-Smoking Week". Try quitting for a week - See how it goes from there!

**January 16** - PDD Board meeting - Location and time to be announced

**January 17** - SRSAN Meeting in Crowsnest Pass. 10:00 a.m. - 3:00 p.m. Call the SAIPA office to confirm your attendance.



# February 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Look at your local town or city website or paper for more localized events.</p>					1	2 Saturday Stitching at the Lethbridge Library 1:00 - 3:00
3	4 World Cancer Day	5	6	7	8	9
10	11	12	13	14 Valentine's Day	15	16
17	18 Family Day	19	20 World Day of Social Justice PDD Board meeting	21	22	23
24	Freedom to Read Week!		27 Pink Shirt Day	28		

## Schedule of Events

February is "I love to Read" Month and Psychology Month. Make sure to get involved with some of the events at the Public Library this month! Some are listed here but go to:

<http://www.lethlib.ca/adult/2013-02> (Lethbridge)

<http://www.mhpl.info/>  
(Medicine Hat)

<http://www.crowsnestpasslibrary.ca/upcoming-events>  
(Crowsnest Pass)

<http://www.shortgrass.ca/bpl/> (Brooks)

<http://www.taberlibrary.ca/>  
(Taber)

to see more events in February!

**February 20** - PDD Board meeting - Time and location to be announced

# Ripple Horoscopes



**Capricorn (December 22-January 19th):** Gather your dearest loved ones and do some spontaneous carolling. It's a break from your routine and puts a smile on the face of others. Some lonely four legged friends at your local pet shelter could use your loyal nature and a nice walk.



**Aquarius (January 20-February 18):** Find your voice and speak up for a cause that sparks your passion. Maybe coats for kids or donating you bottle money to Toys For Tots.



**Pisces (February 19-March 20):** Be careful not to burn yourself out. Enjoy the Christmas festivities put on by others. Enjoy a good movie and a cup of hot cocoa. Volunteer in your community to serve meals and/or Christmas hampers at the food bank.



**Aries (March 21-April 19):** Slow down, work on unfinished projects and have patience for this busy season to come.

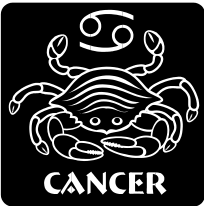


**Taurus (April 20-May 20):** Break your routine and try something new and shovel your neighbors walkway. Go ahead and make their day!



**Gemini (May 21-June 20):** Saddle up with your social side all season long. Pick a mission and stick with it. Visit your local food bank they sure could use your positive side.

# Ripple Horoscopes



**Cancer (June 21-July 22):** Take a step back and remember all the things that really matter. Friends family and health. Volunteer at the salvation Army



**Leo (July 23– August 22):** Put your radiance and natural ability to good use and dress up as Santa, putting a smile on someone's face.



**Virgo (August 23– September 22):** Indulge yourself, plan ahead and ask others for help. Don't try to do everything. Instead of buying gifts for everyone, draw from a hat.



**Libra (September 23– October 22):** Host a holiday gathering and show off your fair judgement for keeping the peace. There are a number of organizations that use your social skills when serving dinner to the less fortunate.



**Scorpio (October 23– November 21):** Emotions can run high during the holidays, take a step back in order to keep your cool under pressure. The Seniors Centre could use your magnetic and brave personality.

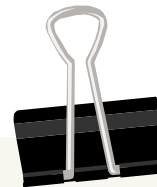


**Sagittarius (November 22– December 21):** Tis the season to plant your feet firmly. Steady your gaze and dedicate your enthusiasm to a solid cause such as Shoe Box for kids or your time to Big Brothers or Sisters as some children could use your boundless energy.



“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!



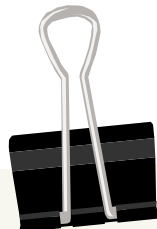
Write:  
527 - 6 Street South  
Lethbridge, Alberta T1J 2E1



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



Email:  
[srsan@saipa.info](mailto:srsan@saipa.info) or  
[newsletter@saipa.info](mailto:newsletter@saipa.info)



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

- Kent Pederson
- Liz Sera
- Emily Willms
- Shannon Kehler
- Keelae Blackwood
- Kelly Tower
- Danielle Peterson