



## South PDD Award Winners

The south was well represented at the PDD provincial awards ceremony. Sheri Herselman from Medicine Hat won the self-advocate award in the South Region and the Rowley family, Gwen, Vern, Ben and Chris won the Family Leadership Award. Although the Rowley family did not win provincially, they were asked to co-present at the PDD provincial awards in Leduc. Sheri went on to win the Provincial award called the Norm McLeod award. We would like to congratulate all the people who represented the south region well. Here are their stories.

### 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.

### The feeling of the award - By Sheri Herselman

It was Wednesday night and I was just finishing my book and I was about to get ready for bed and the phone rings. I look over and answer to find out it is a worker from REDI and she says, "You won!"

I was surprised, tired but I was excited at the same time. So after she hung up I told my mom. It took me a while to get it all in I wasn't sure how to feel because I was tired but I started feeling excited and happy.

The next morning I felt happy that I was preparing myself that I may not win because you don't want to disappoint yourself right?



Sheri with her awards

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So I sit drinking my coffee watching The View and the phone rings. It is Medicine Hat News wanting to interview me.

I was really glad my worker phoned me or I would've been, "What are you talking about?" I was excited and I was getting more excited as the week was coming to an end.

I was getting congratulations everywhere, my family, friends, church and even my workplace stuck the newspaper article on the wall in the crew room. I am still being congratulated and it means a lot that I have done so much in the community and continue to do more.



### **Ben and Chris Rowley's Experience**

We felt honored to win the local Family Leadership award. Our family is very involved in the community and within SRSAN. We are part of the board and our parents transport people to SRSAN meetings.

It was great to meet people and mixing and mingling at the awards ceremony in Edmonton.

It was fun to hang out with the minister and co-present the awards. Working with Tom was great. Even if you feel like you don't deserve it, it is a good feeling to be acknowledged.



Photo created by Lars Nodge

# Benefits of..

By Kent Pedersen

Good news folks..... I'm back!!!!

Turns out I can work on my Ripple article AND have my new job. I've taken this opportunity to revise my column to open it up to more topics for self advocacy.

Volunteering is valuable to us by giving us a feeling of purpose. We get to help those who are in need as well as feel good about it. Volunteering positions help give us hands on experience to use towards potential jobs in the future. The people that you volunteer for can often provide valuable references to employers about how well you work or follow directions as well as dedication. Volunteering for organizations dedicated to helping the less fortunate can also help us to appreciate the lives we have.

Supporting causes that you feel passionate about can help to educate others about them as well as continue your own learning path. We show the community the kind of things we're interested in when they see us working/volunteering for a cause we agree with. While volunteering you have a great opportunity to network within your community and broaden your natural supports.

A few places to start for volunteer opportunities in the Lethbridge area would be:

The Chinook Regional Hospital

The Soup Kitchen

The Food Banks (Interfaith & Salvation Army)

Special events in the community like Whoop Up days, bike relays or marathons  
Dragon Boat Festival, Street Wheelers, etc.

You can also contact "Volunteer Lethbridge" @ 403-320-2044

They are located at:

Suite 200 Deveta Place, 410 Stafford Drive South, Lethbridge.

Visit their website [www.volunteerlethbridge.com](http://www.volunteerlethbridge.com)



# Bullying

My name is Shannon and I would like to talk about bullying. There are many forms of bullying and so I will use this column to address each form one or two at a time. The first one I would like to talk about is Cyber Bullying. Cyber Bullying is when people bully you by teasing, name calling, threatening, intimidating and sometimes wrongfully trying to upset you even. When this happens people get emotionally damaged or suffer low self esteem. Sometimes people begin to believe what bullies are saying to them or about them.

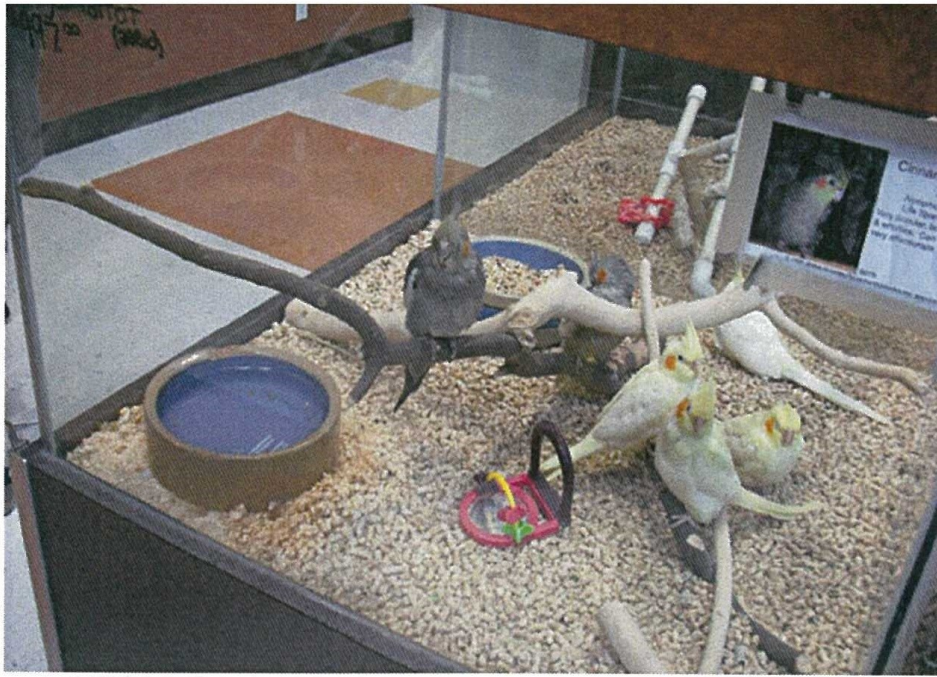
A person can also have hopeless thinking that even telling people wouldn't help because "who can make them stop?!"

The frustration can be overwhelming.

Some tips to avoid or stop Cyber Bullying are:

1. Delete and/or block people who are bullying you on the internet.
2. Do not add people you do not know to your online accounts.
3. If someone you know is being Cyber Bullied, you should speak up and tell someone either someone you know or in authority.
4. Look out and be aware of 'free trips' icons, they may be scams.
5. When using credit cards for online purchasing be aware and double check that it's not a fraud website.
6. Always log off your online accounts when your computers unsupervised.





“LOVEBIRDS” photo taken by Jordan Neary

Hello, my name is Jordan and I like to take photos of nature and animals. Recently I got a digital camera and I am learning about all the camera features. It is fun to go out and take many different pictures. This photo was taken at one of the Medicine Hat Pet Stores.

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!

# Letter to Mother of Disabled

There was a very hateful letter sent to a mother in an Ottawa neighborhood who has an autistic son during the week of August 19th, 2013. We have published this letter here for all to see. Please see the article on the next page.

When we heard about and read this letter we were first outraged as anyone with a head on their shoulders would be. But then we dug further to try and figure out the motives and mind set of the angry woman behind the letter. This is what we came up with....

This woman is not educated on and does not closely know anyone with disabilities and therefore has no personal experience to go off of. She is clearly intimidated by what she does not know. She is scared of her neighbor and knows that this attitude is wrong or she would have proudly signed it. She is a bully.

This letter made us feel sick and sad. We are human beings with the same rights as everybody else and we are proud of who we are! We ARE employable! We DO have skills! We DO have meaningful relationships! We might communicate differently than some people but that doesn't mean that we have different feelings or needs than anyone else.

This attitude towards human beings is unacceptable and we talked about productive ways to change these kinds of prejudices. This is what we came up with...

- Together we can continue to promote community awareness through events and by being visible members of the community
- We should be having information sessions to explain to people who don't understand and inviting members of the community that may be intimidated and not know anyone with a disability
- Promoting more education at younger levels in the school system so they become better educated adults on disability issues and barriers
- Lobby the school system for more inclusion from the beginning. Ask them questions like why separate everyone all the time?
- Stop putting limits on persons with disabilities and promote inclusion and self promotion and reciprocal relationships
- Host events like block parties and concerts that help bridge the gap even more between persons with disabilities and persons who don't understand. Invite them out and promote participation.



To the lady living at this address:

I also live in this neighborhood and have a problem!!!! You have a kid that is mentally handicapped and you consciously decided that it would be a good idea to live in a close proximity neighborhood like this???? You selfishly put your kid outside everyday and let him be a nothing but a nuisance and a problem to everyone else with that noise polluting whaling he constantly makes!!! That noise he makes when he is outside is *DREADFUL!!!!!!!!!!!!* It scares the hell out of my normal children!!!!!!!! When you feel your idiot kid needs fresh air, take him to our park you dope!!! We have a nature trail!! Let him run around those places and make noise!!!!!! Crying babies, music and even barking dogs are normal sounds in a residential neighborhood!!!!!! He is NOT!!!!!!!!!!!!!!!!!!!!!!

He is a nuisance to everyone and will always be that way!!!! Who the hell is going to care for him?????? No employer will hire him, no normal girl is going to marry/love him and you are not going to live forever!! Personally, they should take whatever non retarded body parts he possesses and donate it to science. What the hell else good is he to anyone!!! You had a retarded kid, deal with it... properly!!!!!! What right do you have to do this to hard working people!!!!!!!!!! I HATE people like you who believe, just because you have a special needs kid, you are entitled to special treatment!!! GOD!!!!!!

Do everyone in our community huge a favor and MOVE!!!! VAMOSE!!! SCRAM!!!! Move away and get out of this type of neighborhood setting!!! Go live in a trailer in the woods or something with your wild animal kid!!! Nobody wants you living here and they don't have the guts to tell you!!!!!!

Do the right thing and move or euthanize him!!! Either way, we are ALL better off!!!

Sincerely,

One pissed off mother!!!!

# What a song can say...

By Shannon Kehler

“Born This Way”~ Lady Gaga

“There’s nothing wrong with loving who you are

She said, Cause he made you perfect, babe

So hold your head up girl and you’ll go far, listen to me when I say

I’m beautiful in my way cause God makes no mistakes

I’m on the right track, baby

I was born this way

Don’t hide yourself in regret, just love yourself and you’re set

I’m on the right track, baby

I was born this way”

I feel that this song talks about no person ever being a mistake. Everyone is valuable and special in their own way. No two people are the same and if they were the same this world would be very boring. I like Lady Gaga because her outfits are always surprising and you never know what she’s going to wear next. She’s always original and unique! Something we could learn from Lady Gaga is to not believe what others may say about you, and the best you can do is just be yourself!





# Sports

We are all so excited about this upcoming hockey season. We love watching the games because of the roar of the crowds and the excitement they all bring to the game. We like to see the new players and who got exchanged on the teams. We look forward to who will be in the playoffs for the Stanley Cup. One of our favorite parts is listening to Don Cherry during the intermissions, hearing what he has to say about how the game went from his point of view. When we watch the games from home we like to dress up in our favorite teams and players jerseys, cheering them on like we are there.



## Favourite Recipe by Allan Jarvis

### CHILI

#### Necessary Ingredients

250gram ground beef or ground chicken

1 can (540mL) of kidney beans

1 can (213mL) tomato sauce

50mL water

1 package of chili seasoning mix

#### Procedure

1. In skillet brown ground beef or ground chicken over medium high heat. Drain off fat.
2. Stir beans, tomatoes sauce, water and seasoning mix.
3. Boil for 10 or 15 minutes, reduce heat to medium heat & stir occasionally.
4. Serve the Chili



# Human Rights

## United Nations Universal Declaration of Human Rights - Article 8

**If your rights under the law are taken away by someone else - (another individual or a member of the police) - you have the right to a fair hearing in front of a judge.**



This means that you should have a fair trial.

It also means that you should have a fair and educated judge to help make sure that the law is obeyed and your rights are safe.

## What Self-Advocates Say about Article 8

It is important that everyone be seen as equal in the eyes of the law and no one is favored above anyone else. Fair treatment needs to be in place even from the top and applied all the way through the legal system.

Without this right in place people would be taking it upon themselves to judge individuals and their situations potentially unfairly and without all the necessary facts made available to them. The risk of innocent people going to jail would be much greater. Every situation is different and many sides to it. This needs to be considered when deciding if an action was wrongly done or mistakenly happened.

# Success of People with Disabilities in the Work Place

By Liz Sera

With today's world some companies like to discredit people with disabilities. They feel that people with disabilities are too slow and will not do their job right. I have a disability myself and I have been through so many jobs that I struggled with due to the fact the boss does not want to take the time to train me properly or help me out if I made a mistake. I have decided to work with my family instead. They were willing to train me and take their time to make sure I know what I'm doing and understand how to do the tasks right. The upside of working is that you earn extra money to do other things then what you were able to do with just your AISH. Another thing that is an upside to earning money is a sense of pride. Working is also a way to learn other life skills to be able to be out in the working field and learn life lessons to be effective in your community and meet people and show them how people with disabilities can be out in the working world and successful.





# Conventions on the Rights of Persons with Disabilities

## Article 8 Awareness-Raising

1. The countries agree that, without delay, they will:
  - a. Help families and all people in society be more aware of the issues facing people with disabilities. They will work to make sure rights and dignity of people with disabilities are respected;
  - b. Fight against stereotypes and prejudices about people with disabilities; stereotypes are general and incorrect beliefs that some people have about people with disabilities. These beliefs are often damaging which leads to discrimination against people with disabilities.
  - c. Help people in society be aware of the capabilities of people with disabilities and how they can help the country grow.
2. The countries will also:
  - a. Make public campaigns about the rights of people with disabilities that: show that people with disabilities have the same rights as all people, highlight disability in the community and change misunderstandings about disability, and show how people with disabilities improve the workplace.
  - b. Make sure that schools and other places of learning teach respect for the rights of people with disabilities;
  - c. Encourage media (i.e. radio, television, newspapers and magazines) to show images of people with disabilities that promote the rights of people with disabilities;
  - d. Promote training programmes that will help people be aware of rights of people with disabilities.



# KEELAE'S

## Article 8 Awareness-Raising

In this edition I will talk about Article 8 on the Convention of the rights of Persons with Disabilities. I have broken it down into two sections:

### **Section 1:**

This means that countries will teach their citizens to understand what a person with a disability goes through. No body should judge one another upon their differences. Often judging someone upon their differences or lack of ability can be offensive to the person or hurtful which can cause discrimination and judgement. Some ideas of what people with disabilities can do are getting long term jobs, volunteering, helping out in the community, being family oriented, doing group activities and being part of community committees.

### **Section 2:**

This means that people with disabilities will have meaningful employment for as long as they want. Employers should want to hire people with disabilities because all people with disabilities have something to offer. Employers should be prepared to take on that person or persons with disabilities (have training). Teachers, teachers aids and other faculty should know that people with disabilities have the same rights as other students. There should be no difference between a student with a disability and a student without a disability. Media should show people with disabilities in a good light. They should show equal opportunity for people with disabilities. Organizations, service providers and government should create more learning DVD's and opportunities to teach the rights and responsibilities of people with disabilities.



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# Tips for Winter Health!

During the winter season people seem to hibernate...stay inside away from the cold, snacking on whatever food is around the because what else is there to do?? It's so cold outside! We seclude ourselves to our homes, losing contact with the people in our lives leaving us depressed. Well we thought of some great ideas to cure the winter blues and to keep us active and healthy!

## 1. Drink healthy fluids!

- Water
- Herbal tea

## 2. Get enough sleep!

## 3. Avoid added sugars!

- Candy
- Pop

## 4. Exercise!

- Yoga
- Go to the gym

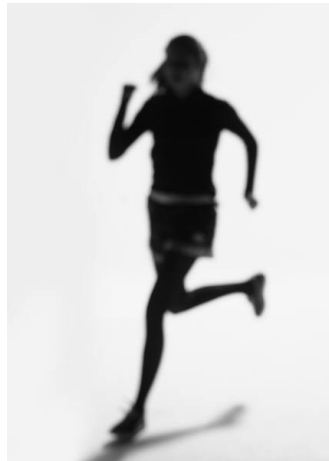
## 5. Eat your fruits and vegetables!!

## 6. Dress appropriately for the chilled weather!

- Layers
- Toques, mittens, heavy jackets

## 7. Talk to and spend time with family and friends!

- Call them on the phone
- Go for coffee or tea





# December 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 International Day of Persons with Disabilities	4 Coaldale Farmers Market at Coaldale Curling Rink	5 Our History, My future Workshop	6	7
8	9	10	11	12 Ten Thousand Villages Fundraiser	13 Draw for Kitchen Basket	14
15	16	17	18	19	20 SAIPA and LACL office Christmas Potluck	21
22	23	24 Christmas Eve	25 Christmas Day	26 Boxing Day	27	28
29	30	31 New Years Eve				

## Schedule of Events

**December 13** - We will be drawing the winner for the Kitchen Basket. Purchase your tickets at Club Cigar for \$2.00/ticket. You might be the lucky winner!

**December 12** - SAIPA and SRSAN will be having a fundraising event with Ten Thousand Villages. Come over and do some of your Christmas shopping between 5-8pm and some of the sale will go directly to support the 2015 self-advocacy conference.

**December 20** - SAIPA and LACL will be having their annual office Christmas potluck. Come between 12-4 to visit and don't forget to bring some treats to share!

**December 23 - January 2, 2014** - Office Closed. Merry Christmas and Happy New Year!

# January 2014

Sunday	Monday	Tuesday	Wednes-	Thursday	Friday	Saturday
			1 New Years Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15 Park Place Mall Awareness event	16 Park Place Mall Awareness Event	17	18
19	20	21	22	23 SRSAN meeting in Lethbridge	24	25 Inclusion Series - Filipino
26	27	28	29	30	31	

## Schedule of Events

**January 23** - The SRSAN meeting will be at the Lethbridge Legion from 10-3pm. Please RSVP by January 16. Don't forget we will be drawing for an iPod shuffle and iTunes gift card so purchase your raffle tickets before then. Come by the office to purchase tickets.

**January 25 - Inclusion Series** - This month the Filipino Association will be sharing aspects of their culture with the community at large. Come out and learn about a new culture while meeting new people. It will run from 3-5pm at Southern Alberta Ethnic Associations gym.

**January 15 and 16** - SRSAN will be at Park Place Mall from open till close both days bringing awareness to who SRSAN is. Come out and say hi and while you're there enter to win a baby basket or purchase a cookbook developed by SRSAN and their network. All proceeds are going to the 2015 Self-Advocacy Conference in Medicine Hat!

# February 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 World Cancer Day	5	6	7	8
9	10	11	12	13	14 Valentines Day	15
16 SAIPA Casino	17 SAIPA Casino	18	19	20 World Day of Social Justice	21	22
23	24	25	26	27	28 SRSAN fundraiser	

## Schedule of Events

**February 28** - The Social events committee is hosting a Hawaiian Luau Spring Fever Dance. This event is intended to raise money for the 2015 Self-Advocacy conference while having fun. Come on out and support SRSAN and connect with friends new and old from across the region.





# Ripple Horoscopes



**Capricorn (December 22-January 19th):** Get out of your shell, your family needs you. Not just for Christmas but for after the holidays too. You will need to sharpen your listening skill and be open to the ideas of others.



**Aquarius (January 20-February 18):** Take a little more time this season and deepen your friendships. Spend time over a hot chocolate or two learning more than you did before.



**Pisces (February 19-March 20):** Get your head out of the clouds, there's a lot to be done. Large holiday gatherings could use your calm and rational attitude. Just be sure to keep a level head in those crowds.



**Aries (March 21-April 19):** Your confidence may be needed to help fend off bullies this stressful season. Have patience with those that don't handle the hustle and bustle as well as you do.

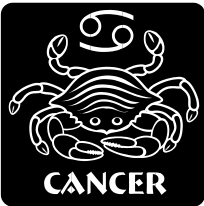


**Taurus (April 20-May 20):** Be careful not to direct holiday frustrations onto others. Focus on expressing your feelings in a positive way before they blow up. Keep being a good listener and good friend when others are stressed.



**Gemini (May 21-June 20):** Be sure to focus on others this holiday season instead of just thinking about yourself. Keep busy but be sure to finish what you start.

# Ripple Horoscopes



**Cancer (June 21-July 22):** Your sense of humor will come in handy when dealing with holiday stress. Work on getting Christmas shopping done early this year! Don't forget to take time for yourself to keep your emotions stable.



**Leo (July 23– August 22):** Enjoy being with friends and family this holiday season but make good use of your time. Plan activities to keep you and family members engaged.



**Virgo (August 23– September 22):** Lighten up! Not everything has to be perfect. Take time to enjoy friends and family as well as yourself. Life is supposed to be fun.



**Libra (September 23– October 22):** People will enjoy being around you this holiday season as you are a happy enjoyable person even in times of stress. Make sure to listen to others ideas though and let them help to make decisions.



**Scorpio (October 23– November 21):** Don't sweat the small stuff! It's okay to leave some tasks undone during the holiday season in order to spend more time with friends and family. Ensure to be kind when asked your opinions.



**Sagittarius (November 22– December 21):** Watch your tongue this season when speaking with friends and family. It's good to be honest but don't forget to be nice. Volunteering at an animal shelter would be a great activity.

