

# The Ripple

Winter 2014-15



## Chris Rowley, Provincial Community Leadership Award winner

By Dave Lawson

Chris Rowley travelled to Leduc, Alberta on September 25, 2014 to receive a Provincial Community Leadership award.

Chris received the **Norm McLeod Self-Advocacy** award for his hard work in making sure people are fully participating in their communities. His actions and words show a strong belief to build relationships in community. He does so with a good focus and interest in people with developmental disabilities.

Chris is well known in his community as someone who can be counted on to talk about the issues that people with disabilities face. He is an expert on the matter because he is an adult with a developmental disability.

He is on the Persons with Developmental Disabilities Self Advocacy Advisory Committee, the boards of the South Region Self Advocacy Network, The Chinook Autism Society, People First of Alberta and the SAIPA.

Chris chooses to use public transportation because he feels more like a part of the community when he is on the bus. He knows that we cannot make a better community if we are all strangers to each other. He is quick to talk to people that have a disability and takes the time to know them and what they do. He tries to introduce people who might get along with each other.

As well, Chris is always on the lookout for new friends and connections that will make him more independent.

### 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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# Chris Rowley, Provincial Community Leadership Award winner Continued

He has seen his volunteering lead to a job, which led to friends and then to a roommate! The roommate had friends that he could introduce to Chris's friends with disabilities.

Chris says that volunteering is a great step to employment, friendships and natural support because he is gets involved with groups that come together to make better lives for others. He volunteers with the Chinook Autism Society, People First, United Way, Auto Dealers Association, and Lethbridge Association for Community Living.

Chris says that when he is doing good he needs very few paid people (supports) in his life but gives them some credit for his success. He speaks often to people using paid supports and the community about how supports are just part of the success of people with developmental disabilities.

Chris's leadership is powerful in action. It can make many people with developmental disabilities see and act on the role they have in community and teach individuals without disabilities that they do not need a lot of training to be in the life of a person with a disability.

Chris was helped someone on a city bus at night when the person was in trouble. The police were called and because the police and bus driver knew that Chris was a good person, the police were able to do their job and help the other person. We are all safer when we are in the community and caring about others. Chris Rowley reminds us of this always.

## SRSAN Gear

SRSAN has cookbooks, hoodies and t-shirts available to buy. All of the money raised from the sale of these items goes towards the 2015 Self-Advocacy conference "Humor Me: Dealing with Everyday Life".

Cookbooks are \$10 each

Hoodies are \$40 each

T-shirts are \$20 each



If you are interested in purchasing any of these items please call the SAIPA office at 403-320-1515.

Remember that these make great gifts and are also a great way to show your pride in SRSAN!

# Respect at meetings

**By Kassy Heine and Cheryl North Peigan**

We want to talk about being respectful at meetings. It is important for people to remember to take turns while people are trying to talk to the big group. It is hard to hear people speaking when other people are talking at the tables. When a person goes up to talk to the group, others should be silent. It is disrespectful to talk while someone is trying to present. The speaker should take the microphone with them as it can be hard for the group to hear when a speaker is too far away from the microphone.

People should be patient for getting their lunch. People need to be respectful of the process of drawing table numbers so everyone can have a chance to get some lunch. This way there is no confusion and makes sure no-one gets left out. This helps to make sure things go easier for Anna and Sharon. It would be nice if everyone cooperated. That would be greatly appreciated by everyone.

## What a song can say...

### Life Is a Highway



Knock me down get back up again  
You're in my blood  
I'm not a lonely man  
There's no load I can't hold  
Road so rough this I know  
I'll be there when the light comes in  
Just tell 'em we're survivors

The meaning of this song to me is about being a survivor. If somebody knocks you down by being mean to you, you can get back up again, by telling them they have hurt your feelings. Through this we have learnt that we can survive what people say or do to us by getting help from others to deal with the situation, if we are unable to deal with it ourselves. Sometimes people do misunderstand you, and I feel that this is a good self advocacy song. It shows you that you can stand up for yourself when people are mean to you or don't understand you.

# Christmas Holidays

By Kent Pedersen

Christmas is a time to celebrate Jesus's birthday and to visit with family and friends. It is a time to think of other people, exchange gifts, and be helpful. My favorite part about Christmas is presents, turkey dinner, and my Mom's "Death by Chocolate". People like to decorate their houses with lights and Christmas trees, hung with baubles and tinsel. People also decorate the outside of their houses with lights, deer that light up, and blow up decorations like big Santa Clause.

Children get excited at Christmas as they know Santa is coming down the chimney. There are little elves you can get, that watch the children for Santa. These elves report back to Santa about if the children have been good or not.

My favorite Christmas carol is "Frosty the Snowman"!



Frosty the snowman was a jolly  
happy soul  
With a corn cob pipe and a button  
nose  
And two eyes made out of coal

Frosty the snowman is a fairy tale,  
they say  
He was made out of snow  
But the children know how he  
came to life one day

There must of been some magic in  
That old silk hat they found  
For when they placed it on his  
head  
He began to dance around

Frosty the snowman was alive as  
he could be  
And the children say he could  
laugh and play  
Just the same as you and me



Frosty the snowman knew the  
sun was hot that day  
So he said, Let's run and have  
some fun before I melt away

Down to the village with a  
broomstick in his hand  
Running here and there all  
around the square  
Saying Catch me if you can

He led them down the streets of  
town  
Right to the traffic cop  
And he only paused a moment  
When he heard him holler stop

Frosty the snowman  
Had to hurry on his way  
But he waved goodbye sayin',  
Please don't cry  
I'll be back again some day

# Human Rights

## United Nations Universal Declaration of Human Rights - Article 12

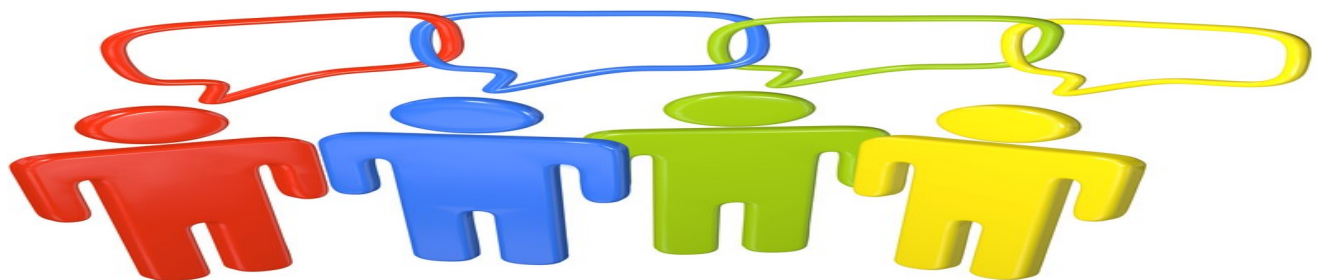
**No one shall be subjected to arbitrary interference with privacy, family, home or correspondence, nor to attacks upon his honour and reputation. Everyone has the right to the protection of the law against such interference or attacks.**

This means you have the right to ask for help if someone tries to harm you. No one can enter your house, open your letters, or bother you or your family without a good reason.



## What Self-Advocates Say about Article 12

Article 12 protects from others and makes sure people respect our property and choices. We can ask to be protected when it comes to bully's, abuse, harassment and asking to be treated fairly. This helps us to recognize our boundaries and to express them to others. Communicating is very important when letting others know if you have an issue or problem with someone in your community or with a peer.



# Conventions on the Rights of Persons with Disabilities

## Article 12: Equal Recognition as a person before the law

The Countries:

1. Agree that people with disabilities have the right to be recognized as people before the law.
2. Agree that people with disabilities are capable like all other people on legal issues in all areas of their lives.
3. Will take action to make sure that people with disabilities can get and use support if they need it to work on legal issues
4. Agree that where people with disabilities need support on legal or financial issues:
  - They will be protected from abuse;
  - Their rights and their choices will be respected;
  - People who give support will not pressure people with disabilities into making a decision;
  - They get the help they need, only for the time they need it and only as much as they need;
  - The courts will review the support received
5. Agree and will make sure that people with disabilities:
  - Have the right to own or get property;
  - Have the right to control their money or financial affairs;
  - Have the same opportunities as other people to get bank loans, mortgages and credit;
  - Cannot have property taken away without reason.

AVOID



Pregnancy, Disability, Racial & Age

DISCRIMINATION



# KEELAE'S

By Keelae Blackwood

## Article 12: Equal Recognition as a person before the law

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R

1. This means that people with disabilities should be respected by the law just like everyone else.
2. People with disabilities are able to make their own decisions just like anyone else. No one should force a person with a disability to change their mind on a decision made.
3. This means that everyone has the right to have a lawyer. People with disabilities have the right to have support with legal issues.
4. If people with disabilities need support it has to be free from abuse, they need to be respected, be allowed to make decisions and not be pressured to make decisions to benefit other people.
5. This means that people with disabilities have the right to own or get property, can control their money and housing, have the same chances to get loans, credit and mortgages and cannot have their housing taken away.



# Christmas Reflection

By Edmund Zaiser

Christmas is a great time of year to spend time with family. I remember last Christmas when my whole family was able to spend the day together, before my mom and dad both passed away. It was a special time and now I look back and remember the good times with them. Now this year it will be hard times, but I hope that I will keep busy at my jobs to keep my mind off of thinking about them.

I hope that some of the Christmas traditions we shared will continue with the family, like eating a lot of turkey and baking. Another activity I like doing around Christmas time is going on the hay rides in Taber and looking at all the cool Christmas lights hung up around town.

I hope everyone has a Merry Christmas!



## Poetry Corner

“Who Am I?”

Who am I?

Who are you?

Where do I go from here?

I want to help and wish to be understood, but my cries go unheard and my health goes unaided.

Till a kind stranger offered aid, but she was too late, the damage was done, and now I lay broken, bruised and abused on death's door.

Mum, dad, I can't see you.

Where are you?

Are you still sitting by me?

Mummy, daddy, I'm not mad at you for leaving me in a place that hurt me all the time. Mummy, daddy, please bury me near a tall oak tree with my favorite doll and stuffy, and don't be mad that I passed on without you.

Written by Sandy Layton After seeing the video “The “R” Word”. It was what I was feeling all during the conference, but the words are not my words, but someone else's.



# My Movie Picks

By Shannon Kehler

## Muppets Most Wanted

I like this movie because it's funny. There is a lot of singing in it and a lot of action. There was a bank robbery and there was a wedding in it. I did not like it when Kermit got his identity taken away. I would recommend this movie for everyone because it's funny. This movie is a comedy action movie. I have rated this movie 10 out of 10.



## Maleficent

I watched Maleficent and it was amazing. It is about a good fairy named Maleficent who turns into an angry fairy from being betrayed by her love. It also has a prince and it's about princess Aurora and how she pricks her finger and falls asleep. There are also kings, queens, animals and magic in the movie.



## Planes Fire and Rescue

This film is about planes. It is about Dusty Crophopper going in an annual hometown race. It is a movie I am interested in seeing. I really enjoyed the first one and I think I would really enjoy this one too. I hope to see it soon.



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!

# Favorite Recipes



## Death by Chocolate

Original recipe makes 1 punch bowl

### Ingredients

1 (19.8 ounce) package brownie mix

2 (3.9 ounce) packages instant chocolate pudding mix

1 (16 ounce) package frozen whipped topping, thawed

3 (1.4 ounce) bars chocolate covered English toffee

### Directions

1. Prepare brownies according to package directions. Let cool.
2. Mix pudding according to package directions.
3. In a glass punch bowl, layer in the following order: 1/2 of the brownie, crumbled; 1/2 of the pudding; 1 toffee bar, crushed; 1/2 of the whipped topping.
4. Repeat layers in the same order. Save the last toffee bar to crumble and sprinkle on top before serving.
5. Refrigerate. Best if made the day before you serve it.

# December 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Budgeting for Beginners at Hilcrest Church Medicine Hat	2	3 International Day of Persons with Disabilities	4 Christmas Gala at Taber Public Library	5 Celebration of IDPD in Lethbridge	6 Christmas in the Mountains in Crowsnest Pass
7 Lethbridge NDP Christmas Celebration and AGM Downtown Library 2pm	8	9	10 Human Rights Day	11	12	13 Lethbridge Mayors Annual Mayors Christmas Concert Southminster Church at 7:30pm
14	15	16	17	18	19 SAIPA/LACL Christmas Potluck	20
21	22 SAIPA Office Closed	23	24 Christmas Eve	25 Christmas Day Free Turkey Dinner at LSCO 11am-1pm	26 Boxing Day	27
28	29 SAIPA Office Closed	30	31 New Years Eve			

IDPD - Lethbridge celebration being held at LSCO on December 5th.

SAIPA/LACL Office Christmas Potluck - The annual SAIPA/LACL Christmas Potluck is December 19, 2014. Bring your favorite dish and enjoy some great company. This is a come and go from 12pm-4pm.

Human Rights Day - Celebrate Human Rights Day on December 10th at City Hall from 5-7:30pm. There will be entertainment, snacks and a surprise!

Office Closed - The SAIPA office will be closed from December 22 to January 5.

# January 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 New Years Day	2	3
4	5 SAIPA Re-opens	6	7	8	9	10
11	12	13	14	15	16	17 Lethbridge Antique and Toy show at Exhibition Park
18	19	20	21	22	23	24
25	26	27	28	29	30	31

A HAPPY  
NEW YEAR

Remember that the SAIPA office is closed on January 1st and 2nd and will be open again for regular business on January 5th, 2015.

# February 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 World Cancer Day	5	6	7
8 Lethbridge Gun and Hobby show at Exhibition Park	9	10	11	12 SRSAN Meeting Brooks	13	14 Valentine's Day
15	16	17	18	19	20 World Day of Social Justice	21
22	23	24	25 Pink Shirt Day	26 ← Ag Expo →	27	28 Wintervention in Crowsnet Pass

SRSAN meeting - The SRSAN meeting will be in Brooks, AB. Confirm your attendance by February 5, 2015. Email Anna at [anna.olson@saipa.info](mailto:anna.olson@saipa.info) or phone 403-320-1515



# Ripple Horoscopes



**Capricorn (December 22-January 19th):** Connecting with your community should be a strong focus. Friends can leave or enter your life. Stay strong.



**Aquarius (January 20-February 18):** Keep your eyes to the sky Aquarius. You may find an amazing new group of friends. Accept supports when you need them.



**Pisces (February 19-March 20):** Grow, explore and expand beyond your "regular" routine. There may be opportunities to travel, learn something new or have an adventure.



**Aries (March 21-April 19):** You are very open and honest. Try harder than ever and put your mind to your goals. Look to the stars.

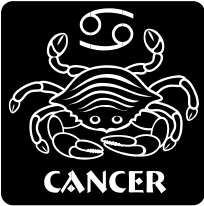


**Taurus (April 20-May 20):** Be grateful for your system of supports in place. Open your mind and stay focused and positive.



**Gemini (May 21-June 20):** Make sure to make time to think about current events in your life. Take time with your family and show them how much you care.

# Ripple Horoscopes



**Cancer (June 21-July 22):** Take some time for friends or get out and meet new ones. Do something you enjoy and be creative.



**Leo (July 23– August 22):** Let go of the things that are bothering you. Family and activities in your home can be of great importance to you. Smile.



**Virgo (August 23– September 22):** Connect with people through your words. Keep your stress under control. Talk it out or take time for yourself.



**Libra (September 23– October 22):** Be open to new ideas and express yours. Stay happy and positive in your life. Take care of yourself by being active and healthy.



**Scorpio (October 23– November 21):** Don't hold grudges and stay close with friends. Spend a lot of time planning your next goal to make sure you succeed.



**Sagittarius (November 22– December 21):** Quiet times alone can be important for solving a problem. Family members may be busy with their own things. Take time for yourself and treat yourself to a movie.



“Do not follow where the path may lead. Go instead where there is no path and leave a trail”

Harold R. McAlindon



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

Gandhi



**Tell Us What You Think!**



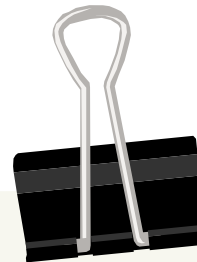
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The Ripple was created with pride for you by the following self-advocates:

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