



Canadian Paraplegic Association
(Alberta)
Also Serving NWT & Nunavut

Association canadienne des
paraplégiques

Wheel-E

A quality monthly supplement to your prescribed amount of Spinal Columns.

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Welcome to the December 2005 issue of the *Wheel-E* bringing you news, events and announcements to your inbox every month.

Holiday Greetings - 10 Reflections

from Teren Clarke, CPA Alberta Executive Director

As 2005 draws to a close, I would like to share my top 10 reflections of CPA as I have come to know it.

1. Deeply committed and compassionate provincial staff team who value each other like family.
2. Amazing group of dedicated volunteers who stick by us through the successes and the challenges.
3. Families, who come to us for support but give back to us so much more through their stories of struggle, personal growth, success and contribution back to CPA.
4. An organization whose brand and messages are strong because of our staff and volunteers who demonstrate the amazing capacity of persons after SCI.
5. Inspiration to do more comes on a daily basis.
6. Help from team members when time crunches occur.
7. Flexibility in the work environment.
8. A wide range in sense of humor which makes everyday fun.
9. Great food.
10. Many reasons and occasions to celebrate.

On that note, I wish to thank all the staff and volunteers who have made 2005 such a positive year for me! I wish you and your loved ones a happy holiday season and a new year filled with good health, safety, and success in all your endeavors.



Teren Clarke, Executive Director

Canadian Paraplegic Association (Alberta)

Edmonton E-news

Calling All Volunteers- Edmonton

Over the years, CPA has been fortunate to have dedicated and happy volunteers to help in fundraising activities, in CPA administrative offices and at special events like golf tournaments. CPA continues to sponsor bingos at the Allendale Bingo Hall in Edmonton (Calgary Trail and 61 Avenue) and although there are enough volunteers for most events, we still have a need for more volunteers to replace those that cannot participate on some nights. Some people will be happy to know that bingo halls in the Edmonton area are now completely smoke free.

Because the bingo schedule at Allendale runs from 5 PM to 12 midnight, there is a new plan to have some volunteers work from 5 PM to 9:30 PM and others from 9:00 PM to 12 midnight. CPA also sponsors afternoon bingos at Castledowns Bingo Hall (12222 – 37 Avenue) from 11:00 AM to 4 PM. If you are interested in helping raise funds for CPA services by volunteering at bingo events or in other areas, please contact Susan or Marc at CPA (780) 424-6312 or email susan.cullen@cpa-ab.org.

Jim Bigelow Volunteer Award Created and Presented

At the annual CPA Volunteer Appreciation Christmas party held in Edmonton, the newly created Jim Bigelow award was given out to a volunteer who has shown years of commitment to the organization by volunteering without being asked, providing leadership and guidance for other volunteers and gave unselfishly of his time.



Jim Bigelow was one of the first volunteers who came to the Association to help at their monthly bingos. That was 12 years ago. He could always be counted on to volunteer at many of CPA's functions. He held those values that exemplify a great volunteer and so the Jim Bigelow award was created in his memory. Jim passed away this past fall.

Jim Gow was presented with the first Jim Bigelow volunteer award because of the example he has set for other volunteers and his long-term commitment to CPA. Like Jim Bigelow, Jim Gow started volunteering with the Association nearly 12 years ago. Over the years the two 'Jims' could be seen at nearly every CPA bingo and other functions that CPA held. We are deeply indebted to these two fine gentlemen and are proud to honour our volunteers with this aptly named award.

"When we do the best that we can, we never know what miracle is wrought in our life, or in the life of another."- Helen Keller

Red Carpet Affair Edmonton Making Gains We are pleased to announce that the Red Carpet Affair of Northern Alberta – CPA's major gala fundraiser on March 9th in Edmonton – has "sold" its highest level of sponsorship, the Platinum Sponsorship, to **Dominion of Canada General Insurance**. This is exciting news indeed as the campaign to attract sponsors and table buyers continues over the holidays and into the New Year. Dominion of Canada has been a constant source of support for the Canadian Paraplegic Association.

On a provincial level, the company has supported the golf tournaments in Calgary, Red Deer and Edmonton and nationally, the CPA has received large amounts from this industry leader to support the many programs of CPA.

The company is also supporting the Southern Alberta Red Carpet Affair in Calgary with a Silver Sponsorship. Our heartfelt thanks go to Dominion of Canada General Insurance for their support and belief in our work. For more information about the RCA, check out the website www.canparaplegic.org/ab/redcarpetaffair or call Marc Quinn in Edmonton (780) 424-6312. See you on the red carpet!

Edmonton- Disabled Curling. Still looking for people to come out and give it a try! Call Duanne Shupac 886-6992 for details.



Calgary E-news

Red Carpet Affair – Calgary It is said that those who are successful will do the things that those who are not, won't do. Many of the activities of success are not draped in drama and glamour but rather come down to good practices and hard work. With two (2) months to go before our big event, (February 09, 2006) the Calgary committee and staff have sold over 200 tickets to our annual fundraising gala, the Red Carpet Affair. We have been fortunate with a concerted effort with our ticket/sponsorship sales. We are pleased to announce that **Rodin Law Firm** has continued their support of our organization through becoming our Gold Medal Sponsor. Rodin has supported both the Calgary Charity Golf Classic and Calgary Red Carpet Affairs in the past. With the support of previous major supporters, we also have 3 Silver Medal Sponsors.

CPA Calgary has been very fortunate to have many tickets donated back to our organization. These tickets will be used to allow some of our clients/members to join us for this inspiring evening. Whatever the special event, it is crucial to focus on sponsorships and ticket sales. Without the financial support of sponsors and donors, our events would not raise the funds we need to further our programs and services and reach out to as much of the spinal cord injured community as possible. Calgary is looking forward to an inspiring, successful, and sold out event. For more information about the RCA, check out the website www.canparaplegic.org/ab/redcarpetaffair or call Quinn Page in Calgary (403) 228-7419.

Peer Support Christmas Party – Calgary On December 14th, the Peer Support Christmas Party – Calgary was held at the Blackfoot Inn. We had approximately 100 people in attendance. Each attendee received a coin set donated by Paul Downs. Not only did he donate this gift but he packaged each of the coin sets himself. Richard Masse was the recipient of a complete set of coins. Our Board of Directors was represented by Ken Hehr and Terren Clark, CPA (Alberta) Executive Director was also in attendance. We had a cross section of individuals involved in disabled skiing and curling. It was a great opportunity for clients interested in these sports to meet people familiar with these sports opportunities. A video on disabled skiing was viewed. Entertainment was provided by Joel Spire. Good food and good company made for a very enjoyable evening.



Medicine Hat E-news *from CPA's Ken Schneider*

On December 03, at the Medicine Hat College, our "International Day of the Disabled Person" event was held and the following Dignitaries attended: Shirley Dupmeir of the Premiers Council on the Status of Persons with Disabilities, Honorable Rob Renner, Minister of Municipal Affairs', Honorable Len Mitzel, M.L.A. for the MD of "Medicine Hat Cypress, Honorable Garth Valley, Mayor of the City of Medicine Hat. The celebrations also included performers Annie Booth, Betty Bischke, Bill DesBarres and Edmund Camphor, and Motivational

Speakers Patricia Spicer and Wayne Turnbull. Closing remarks were by Debbie Shaw, the Chairperson for Medicine Hat I.D.D.P. Committee.

We also enjoyed an Exhibition Wheelchair Basket ball game at the new Y.M.C.A. complex in Southern Medicine Hat. Participating in this exhibition game were Garth Valley (Mayor of the City of Medicine Hat), a couple of the Aldermen also from the City of Medicine Hat, five of the City of Medicine Hat Firemen and a Redcliff R.C.M.P. Constable. **The event had excellent exposure, and about 225 spectators and participants that participated or attended the event!**

("Wow! Way to go, Ken!")

Your Voice Counts

Edmonton Accessible Taxis - Just a Dream? The optimism that there was going to be 10 new accessible taxis to be on the road in Edmonton by early new year was quickly put down at a recent Edmonton Taxi Commission meeting. Here the commission heard that the one proposal to put 10 taxis on the road had been disqualified because it had asked for funding from the city.

It seems that taxicab operators feel that they need large subsidies to take on the service. In the proposal that was turned down the operator had asked for a grant to cover the modifications to each of the vans. This amounted to \$14,000 for each one. They also wanted to have five of the accessible vans operate on a contract with DATS. This would leave only five vehicles available for taxi service.

In a recent report from the 211 information and referral line, one of the top concerns of Edmonton citizens who phoned in is a lack of accessible transportation. Many individuals are not getting to their appointments and other social needs because DATS does not have enough vans to meet the needs of the citizens who have disabilities.

If you have concerns in this area we would encourage you to write to the Edmonton Journal letters section expressing your concern.

Input sought regarding inclusion for persons with disabilities in Alberta parks In conjunction with the Alberta government, a University of Calgary graduate student is exploring strategies for how to create more inclusive program opportunities for persons with disabilities in Alberta's parks and protected areas. Albertans are encouraged to provide input through an online survey at www.kananaskis.org/survey.html . For more information about the project, contact Don Carruthers Den Hoed at (403) 673-3663, ext. 335.

Recruiting Young Canadians With Disabilities The Active Living Alliance for Canadians with a Disability (ALA) is pleased to announce that they have applied to be a part of the YMCA Youth Exchanges Canada program. This program will bring together 50 young people from across Canada to Ottawa for the experience of a lifetime. The sixth annual ALA Youth Exchange will be held in Ottawa at Carleton University from June 27th to July 3rd, 2006. **ALACD encourages young Canadians between the ages of 14 and 17 as of June 1st, 2006, to sign up before the March 1st, 2006 deadline.** Space is limited and preference is given to those who have a disability. Download the registration forms from the website at www.ala.ca . Delegates will interact with their peers from coast to coast, learn communication and advocacy skills and participate in events with an "active living" flavor. Activities during the 2005 Exchange included rock climbing, table tennis, drumming, yoga and tubing on the Rideau River.

Vote on January 23, 2006! Elections Canada has prepared a variety of information materials in alternative formats, including large print, Braille, plain language, diskettes and audio-cassette to facilitate voters with special needs and to encourage everyone to participate in the electoral process. To order materials or if you have more

questions about the types of materials available please call 1-800-267-7360 or for persons who are deaf or hard of hearing: TTY 1 800 361-8935 toll free.



For Sale

Edmonton INkind Centre has 2 wheelchairs for sale.

1 Motorized Wheelchair and 1 Super Tilt Chair. For more information visit 16821-113 Avenue or phone (780) 444-5001.



Interesting Web Links ^{*} Rated 1 - 5 ☺

**** ***Medline Plus***, a service of the U.S. National Library of Medicine is a virtual encyclopedia on health and medicine.

Go to: <http://medlineplus.gov/>

** ***News@nature.com*** is an online science and health journal available by subscription. The articles look very interesting- is there a subscriber out there who can tell CPA whether it's worth subscribing too?

Go to: <http://www.nature.com/news/2005/051212/full/051212-1.html>

**** ***Community Accessibility*** The County of Sherwood Park now has an online guide to accessible businesses and buildings within the Sherwood Park County. This guide provides some basic accessibility information on various facilities in the community.

Go to: www.communityaccessibility.ca

**** ***If you haven't heard about Calgarian, Christian Bagg-*** then where, oh where, have you been hiding? Find out all about this charismatic and energetic innovator of the Sorano Wheel and Stryker WheelChair!

Go to: <http://www.cripcollege.com/>

Reprinted From The Support Network handout- Useful Websites

www.thesupportnetwork.com Click on 'programs and services' and choose '211' to access resource lists, faq's, and 'hot topics' pertaining to information and referral. Click on services and programs and choose 'publications' to find out more about the Tough Times Handbook, the Directory of Community Services, and the Self-Help and Support Group Directory.

www.govolunteer.ca Website that aims to connect people with volunteer opportunities.

www.capitalhealth.ca Information on Capital health programs and services, general medical information, and more.

www.informedmonton.com An online directory of community services. Also includes some resources for St. Albert and Sherwood Park, AB.

Interesting Newsletters - you should know about!

EasternViews Newsletter with disability related stories, news & views. Stories this week include:

- Reflections from a Different Journey : What Adults with Disabilities Wish All Parents Knew (A must read book for parents of children with disabilities)
- Department of Health Compiles a Mental Health Consumer Database

Go to: www.easternviews.com

Breaking Down the Barriers newsletter, please visit www.trans.gov.ab.ca and page down to the Wheelchair Symbol and click for a direct link to the newsletters.

Travel Access Services Corporation Company mission- to provide a credible, highly detailed, interactive travel information service for assistance when planning travel for disabled & elderly persons with mobility difficulties.

Go to: <http://www.tascinternational.org/>

"The EnableLinker" published by Canadian Abilities Foundation. Monthly E-Newsletter.

Go to: <http://www.enablelink.org>

Subscribers

Let us know what you think of **Wheel-E** or submit your announcements! Please email CPAAlbertaNewsletter@cpa-ab.org

The next issue of CPA (Alberta) Wheel-E will be January 30, 2006. Deadline for submissions will be January 26, 2006.

To unsubscribe or change your coordinates to **Wheel-E** please email: CPAAlbertaNewsletter@cpa-ab.org

For more CPA (Alberta), visit our website at <http://www.canparaplegic.org/ab>

The Canadian Paraplegic Association (Alberta) is a Registered Charitable Association.
Charitable Registration # 11883-5016-RR0001. To make an online donation, visit:



<http://www.canadahelps.org/>

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