



May 2010 Issue, vol. 53

**Table of Contents:**

[News Province Wide](#) | [Events & News in your Community](#) | [Fund Development](#) | [Research](#) | [Creative Solutions & Ideas](#) | [Wheelchair Sports/Fitness](#) | [Classifieds](#) | [Employment/Education](#) | [Call for Submissions](#)

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## News – Province Wide



**List of Full Serve Gas Stations –**

Updated on April 29, 2010 – thank you to Mark Hahn for providing information about three additional full serve gas stations.

**Ctrl + click** on the Icon to the left.

**Deadline May 14th – Alberta SCI Solutions and Active Living Grants**

This fund is available to Alberta [individuals](#) with spinal cord injuries and [organizations](#) that provide services to Albertans with spinal cord injuries or any that would like to expand their services to include services for Albertans with spinal cord injuries. Funding guidelines and application forms available at [www.paraplegicfoundation.org](http://www.paraplegicfoundation.org).

**Deadline May 17, 2010 – Nominations for CPA (Alberta) Volunteer Recognition Awards**

It is time, once again, to recognize the many volunteers who go above and beyond for CPA (Alberta), particularly from our regional locations.

A [Volunteer Recognition Form](#) is attached which includes awards description, criteria and information required.

Depending on the availability of award winners, presentations will be made at the CPA (Alberta) Annual General Meeting in Edmonton on June 12th.

This is your opportunity to nominate an individual(s) from your region who you feel should be recognized for contributing in a significant way to improving the lives of those with spinal cord injury and other physical disabilities. One award winner will be selected per region.

2009 Recipients: Terry Cavanaugh (Red Deer); Susan Cullen (Edmonton); David Hinds (Medicine Hat); Chris Schamber (Lethbridge); Bill Taylor (Calgary); Lori Trepanier (Grande Prairie)

Nominations can be forwarded to:

Corina Voogd, Executive Assistant – Canadian Paraplegic Association (Alberta)  
305, 11010 – 101 Street, Edmonton, AB T5H 4B9  
Phone: 780-424-6312, ext. 2223 ♦ Fax: 780-424-6312 ♦ [corina.voogd@cpa-ab.org](mailto:corina.voogd@cpa-ab.org)

### **Identifying Barriers to Health and Medical Services in Alberta – Your Input is Needed.**

The Alberta Committee of Citizens with Disabilities (ACCD) recently received a grant from the Alberta Human Rights and Multiculturalism Fund for a project entitled *Barrier-Free Health and Medical Services in Alberta*. This is not a government initiative but rather a project developed by ACCD in response to personal experiences/difficulties of members in accessing health and medical services at doctor's offices throughout the province. ACCD has developed a survey to gather information on these experiences. Your help will help to assess the needs of Albertans with disabilities when accessing health and medical services. **Deadline to complete the survey is June 30, 2010.** Please answer only the questions that relate to you personally. The questionnaire takes 15-20 minutes to complete. To start the questionnaire, please click on the following link <http://www.surveymonkey.com/s/B9XVPHS>

### **Community Consultations – Identifying Barriers to Health and Medical Services for Albertans with Disabilities**

The Alberta Committee of Citizens with Disabilities will be hosting community consultations in the following locations:

#### **Edmonton - May 20, 2010**

11724 Kingsway Avenue  
(Alberta Association for Community Living)  
1:00 p.m. to 4:00 p.m.  
(Refreshments provided)

#### **Lethbridge - June 7, 2010**

200 – 4<sup>th</sup> Avenue South, Room Number 3  
(Lethbridge Centre)  
1:00 p.m. to 4:00 p.m.  
(Refreshments provided)

#### **Vegreville - June 3, 2010**

4843 49 Street  
Boardroom (VALID Association)  
1:00 p.m. to 4:00 p.m.  
(Refreshments provided)

#### **Rocky Mountain House - June 4, 2010**

4922 52nd Street (Rocky Mountain House Public Library)  
1:00 p.m. to 4:00 p.m.  
(Refreshments provided)

Goal - to identify the barriers that Albertans with disabilities face when accessing preventative and ongoing health services.

To register, contact Melita at [melita@accd.net](mailto:melita@accd.net) or call 1-800-387-2514.

## Push to Open Nature Dialogues



Over the past three years, the vision of inclusion for persons with disabilities in Alberta's Provincial Parks has moved closer to reality. Information on accomplishments to date is available at [www.albertaparks.ca/pushtoopen](http://www.albertaparks.ca/pushtoopen). Please let us know if you are interested in any of the Push to Open Nature initiatives, such as:

1. Supporting or attending the third annual Adaptive Kananaskis Challenge in Peter Lougheed Provincial Park, August 7<sup>th</sup> and 8<sup>th</sup> (the backcountry trip is tentatively scheduled to run August 3 - 7).
2. Supporting or attending the first Adaptive Nature Challenge in central Alberta in late August.
3. Participating in a series of focus groups to develop a Training Clinic for Adaptive Recreation, and to pilot a volunteer program to provide ongoing adaptive trips in one of the new Push to Open Chapters in Red Deer, Calgary, or Edmonton.
4. Attending the launch of the Red Deer Push to Open Nature Chapter on June 6<sup>th</sup>, 2010 at the Kerry Wood Nature Centre.
5. Getting involved in the Push to Open Nature Society, by contributing time, expertise, ideas, or other resources.

The Push to Open Nature Initiative has an informal presence on Facebook. If you want to be part of the discussion, follow us at:

<http://www.facebook.com/?ref=logo#!/pages/Push-to-Open-Nature-Initiative/109569172399659>

Contact Don Carruthers Den Hoed, Inclusion and Collaboration Team Leader  
Kananaskis Country, Parks Division, Alberta Tourism, Parks and Recreation  
Phone 403-678-5508 (toll-free by dialing 310-0000 first), Fax 403-678-5505  
[don.denhoed@gov.ab.ca](mailto:don.denhoed@gov.ab.ca) [www.Kananaskis-Country.ca](http://www.Kananaskis-Country.ca)

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## Events and News in your Community

### Calgary:

#### Calgary 2010 Peer Events

##### Bowling and Refreshments – FREE!

Sunday, May 16, 2010 – 1:00 – 4:00 p.m.

Fairview Bowling Lanes, 1010 – 999 36 Street NE (behind Movie Dome theaters).

[Click here for poster.](#)

RSVP to Sharlene by May 13th at 403-228-7428 or [sharlene.bridal@cpa-ab.org](mailto:sharlene.bridal@cpa-ab.org)

Information is also available at [www.cpa-ab.org](http://www.cpa-ab.org) and on the CPA (Alberta) Facebook page.

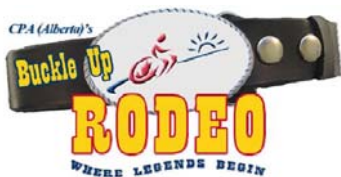
#### Internationally Acclaimed Speaker, Nick Vujcic at Centre Street Church in Calgary

On May 28, 2010, the Special Needs Ministry at Centre Street Church in Calgary will be welcoming Nick Vujcic of *Life Without Limbs* ([www.lifewithoutlimbs.org](http://www.lifewithoutlimbs.org)) to come and speak.

Born without arms or legs, Nick is an internationally acclaimed inspirational speaker. In conjunction with this event they will be hosting a Community Leaders Luncheon & Community Resource Fair in the main atrium of Centre Street Church.

## Buckle Up Rodeo – May 14, 2010!!

Giddyupandgettotherodeo – Rain or Shine!



The Canadian Paraplegic Association (Alberta) is proud to present our 2010 CPA “Buckle Up” Rodeo.

“Mock rodeo” complete with music, cowboy hats, chaps, rodeo numbers, prizes and BBQ. Bring your ten gallon hat and your spurs and get ready for some wacky western fun.

Competitors, Spectators, Volunteers and Sponsors needed!

When: May 14, 2010

Time: 11:00 am – 4:30 pm

Place: Calgary Rotary Challenger Park (3688 – 48 Avenue NE)

Contact: Cal Schuler at 403-228-3001 or [cal.schuler@cpa-ab.org](mailto:cal.schuler@cpa-ab.org)



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## Edmonton:

### Edmonton 2010 Peer Event

Feature Film from Limelight Film Presentation – “Heart of a Dragon”  
- a movie based on Rick Hansen’s Man in Motion World Tour in China.

[www.heartofadragonmovie.com](http://www.heartofadragonmovie.com)

Thursday, May 13, 2010, 6:30 – 8:30 pm

Glenrose Rehabilitation Hospital, Dr. Bill Black Auditorium (Main Floor) 10230 – 111 Avenue, Edmonton.

RSVP/more information, contact Roswitha Dziwenko at 780-424-6312, ext. 2241 or

[roswitha.dziwenko@cpa-ab.org](mailto:roswitha.dziwenko@cpa-ab.org)

Information is also available at [www.cpa-ab.org](http://www.cpa-ab.org) and on the CPA (Alberta) Facebook page.



The 1st annual CHAIR-LEADERS “Enabling Access” Event, presented by the Canadian Paraplegic Association (Alberta), will take place in Edmonton on **Friday, May 14th, 2010**. The CHAIR-LEADERS initiative will increase awareness of accessibility in Edmonton as well as raise essential funds for persons with spinal cord injuries and mobility issues. There will be a number of prominent Edmontonians volunteering to spend the day in a wheelchair, including City Councillor Amarjeet Sohi, MLA Laurie Blakeman, Greenhouse Guru Jim Hole, former City Councillor Michael Phair, Director of DATS Lorna Stewart and EZ Rock’s Ron Clarke to name just a few! These able bodied individuals will have the opportunity to experience the barriers persons with disabilities face on a daily basis by spending the day in a wheelchair. The campaign hopes to raise awareness of issues surrounding mobility, independence, and self-reliance within the city of Edmonton.

To become a CHAIR-LEADER or for more information, please call Zachary Weeks at 780-718-3188 (cell) or 780-424-6312 ext 2250 or email [zachary.weeks@cpa-ab.org](mailto:zachary.weeks@cpa-ab.org). We look forward to

your support of CHAIR-LEADERS and your interest in promoting accessibility in Edmonton communities.

### **Rick Hansen Wheels in Motion Event – June 13<sup>th</sup>**

Since 2003, Wheels In Motion has raised over \$10.8 million! You can help maintain this momentum by registering a team for this year's event, being held across Canada on June 13. Wheels In Motion is for people of all ages and all abilities. No one is left on the sidelines with on-site activities to get everyone moving. The event features a wheelchair challenge, designed to provide participants with a better understanding of what it is like to navigate through life in a wheelchair. Teams race against the clock through an obstacle course and test their dexterity, manoeuvring techniques, and wheelchair sports skills. The fastest team wins! C'mon out, try your hand at various challenges and listen to some awe-inspiring stories – all while supporting a great cause.

Register your team and start fundraising online at [www.wheelsinmotion.org](http://www.wheelsinmotion.org). For more information about events in Alberta, please call Angie (Northern Alberta) or Amy (Southern Alberta) at 780 424 6312.

Go to [www.campusauctionmarket.com](http://www.campusauctionmarket.com) to visit the Online Auction Fundraiser and find amazing deals on items such as dinner for two, local sports events, golf packages and fitness passes.



### **Art is Joy!**

The Glenrose Arts in Rehab Council presents “Art is Joy” recent paintings by Nancy Corrigan and Kamal Toor on the Blue Curve and the Mezzanine Gallery from April 11<sup>th</sup> to May 23<sup>rd</sup>. Artists will meet with the public on the evening of Tuesday, May 5<sup>th</sup> from 5:00 to 9:00. *All hospital staff, physicians, patients and volunteers are invited to join them on the Mezzanine for refreshments.*

Heather Dunn-Kinsman, Volunteer Coordinator, Glenrose Rehabilitation Hospital  
(780) 735-7986, [Heather.DunnKinsman@capitalhealth.ca](mailto:Heather.DunnKinsman@capitalhealth.ca)

### **Limelight Film Showcase – May 12 & 13, 2010**

[Click here for film schedule.](#)

Watch films from around the world that illuminate the concept of disability with various genres including documentaries, dramas and musicals. The films, both short and feature length, cover a wide variety of topics. Most are written, directed and/or performed by people with various abilities. Thanks to local partners, hosts and sponsors, **admission is free for everyone**

**Wednesday, May 12, 2010** - 4:00 - 9:00 pm, Zeidler Hall, Citadel Theatre.

**Thursday, May 13, 12:00** - 4:30 pm and 6:30 - 8:30 pm in the Dr. Bill Black Auditorium at the Glenrose Rehabilitation Hospital.

For more information, contact Heather Crowe at 780.496.4917 or email [recreationdisabilities@edmonton.ca](mailto:recreationdisabilities@edmonton.ca).

### **Continuing Care – Recruits Needed**

The Alberta Disabilities Forum is looking for Recruits to work on important issues on the Continuing Care Working Group!!!

[Click here for details.](#)

### **Research Project – Transportation re Continuing Care Centers**

Geography students at the University of Alberta are performing a research project tied with Edmonton's Disabled Adult Transit Service. They are investigating site selection criteria for continuing care centers for persons with disabilities and senior citizens, as well as pressing issues related to transportation planning.

They would appreciate your assistance with this project by filling out a short electronic survey which you will find by clicking on, or, copying and pasting this link to your browser.

<http://www.surveygizmo.com/s3/277737/University-of-Alberta-Urban-Geography-Student-DATS-Project-Survey-2010>

[Click here for official letter of consent with more detailed information.](#)

Contact: [ben.wong@ualberta.ca](mailto:ben.wong@ualberta.ca) or 780-695-8491. All responses will be confidential. If you have any concerns related to this project, please contact our supervisor Dr. Eva Dabrowska, 780-492-0350, or [eva.dabrowska@ualberta.ca](mailto:eva.dabrowska@ualberta.ca).

## Grande Prairie

### **“Journey to Success” Dinner and Gala Evening – CPA (Alberta) Grande Prairie**

[Click here for poster.](#)

Guest Speaker – Travis McNally....Life Curves

Saturday, May 22, 2010, 5:30 PM

Holiday Inn, 9816-107 Street, Grande Prairie, AB

RSVP deadline: May 3, 2010

For further information contact: 780-532-3305 or e-mail [winona.lafreniere@cpa-ab.org](mailto:winona.lafreniere@cpa-ab.org) or [agnes.stjean@cpa-ab.org](mailto:agnes.stjean@cpa-ab.org)

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## Fund Development

### **Optimize your support...Use your Shoppers Optimum Points to support CPA (Alberta)**



By donating some (or all) of your Shoppers Points to CPA (Alberta), you are enabling us to use your points toward the purchase of products and supplies we need for our ongoing fundraising activities.

To donate your points, just go online to [www.shoppersdrugmart.ca/donate](http://www.shoppersdrugmart.ca/donate) and browse the Shoppers Optimum section. Then click on “donate your points”. What if you’re not a Shoppers Optimum Member? No problem! All of the necessary forms can be found online as well as in any Shoppers Drug Mart store across Canada.

With your support, this initiative has the potential for us to “optimize” our fundraising dollars.

P.S. This past month, we were informed that we have \$150.00 worth of Optimum points - which we will be using to purchase supplies in support of our peer events. Thank you!!

### **Become a CPA (Alberta) Member**

The Canadian Paraplegic Association (Alberta) has been providing services and support to Albertans who have experienced a spinal cord injury or have other mobility challenges since 1961.

Your support of CPA’s Annual Membership drive has numerous benefits. As a member of CPA (Alberta), your **\$20.00** membership will allow you to:

- Have a say in the future of CPA (Alberta) with a vote at our Annual General Meeting

- Allow CPA (Alberta) to speak on behalf of Canadians with SCI and other physical disabilities with a more powerful, unified voice
- Receive your monthly CPA (Alberta) e-mail newsletter - “*Wheel-E*”
- Receive *Spinal Columns*, the CPA (Alberta) magazine, published quarterly
- Receive invitations to local CPA (Alberta) events e.g. Peer Events, Red Carpet Affair, Diamonds & Denim, etc.
- Have access to CPA (Alberta) programs
- Have access to the CPA (Alberta) resource library
- Eligibility to participate in CPA’s Voluntary Accidental Insurance Plan

**Additional Benefits:**

- **FREE Red Arrow Motorcoach** bus passes (limited quantity available) for travel between Calgary, Edmonton and Fort McMurray. For more information contact Marilyn in the Calgary CPA (Alberta) office at 403-228-3001
- 15% off residential maid & carpet services through **Servpro Cleaning** Inc. – only available in Calgary. Please contact 403-520-7777 for details
- Eligibility to participate in CPA’s **RBC Group Banking** plan featuring competitively priced, flexible plans for all your banking needs. For more information contact the Edmonton office at 1-888-654-5444 or locally at 780-424-6312.

Membership payment can be made by credit card or cheque, payable to CPA (Alberta) or over the phone by credit card (VISA or MasterCard).

Please note that your membership will not be denied due to financial hardship or lack of funds (so let us know on the membership enrollment form if this might be the case).

Make your voice count... keep informed... and stay connected...all with a 2010 CPA (Alberta) membership... call 780-424-6312 Ext 2241 or toll free 1-888-654-5444 to renew your CPA membership or become a new member today.

Thank you for your support!

[CPA \(Alberta\) Membership Form](#)

## Research

### **A Drug that may Prevent Paralysis after Spinal Cord Injury**

<http://www.healthzone.ca/health/newsfeatures/article/798687--drug-may-prevent-paralysis-after-spinal-cord-injury?bn=1>

### **Medical Treatment Outside North America?**

This story was recently aired on 60 Minutes.

<http://tinyurl.com/y2wr52a>

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## Creative Solutions & Ideas



### Swivel Car Tray - A "Lap" Tray for Your Vehicle

At CPA we are always looking for products that might make our lives a little easier and the Swivel Car Tray from CollectionsETC.com is definitely one of those items! Whether you are eating on the run or using it to hold necessities, this swivel tray puts what you need at your fingertips. And what's really cool is that it attaches to a standard cup holder and the jointed arm swivels from driver to passenger and may be raised or lowered to your liking. Check it out at the

link below to see if it might work for you!

<http://tinyurl.com/37h4pog>

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## Sports / Physical Activity / Wellness

### New website by the centre for active living on physical activity for all:

<http://www.centre4activeliving.ca/physical-activity-for-all/index.html>

### Fitness Professionals Workshop (for fitness and lifestyle providers)

**Thursday May 13<sup>th</sup>, 2010 from 8:30 am to 4:00 pm at Foote Field – University of Alberta** (11601 - 68 Avenue NW, Edmonton). Registration fee - \$25 per person, includes lunch, and refreshments. For more information or to register, contact Bobbi-Jo Atchison at [bobbijoa@ualberta.ca](mailto:bobbijoa@ualberta.ca) or 780.492.3182. [Click here for poster.](#)

### Sledge Hockey - In Memoriam

Matt Cook was a great inspiration to all the sledge players of the Paralympic Sports Association as well to many others in Edmonton and across Canada. Matt made it to the National Sledge Hockey team but unfortunately was unable to see his dream come true of wearing the Canadian jersey at the Paralympics.

### Information provided by Wheelchair Sports Alberta re Upcoming Events:

#### Rugby Have a Go Day:

The rugby season is coming to a close, but the team will be hosting a Have a Go session. If you have ever wanted to try out wheelchair rugby, this is your chance!

- Where: Mount Royal University, Main Gym (East Court)
- When: Saturday, April 17<sup>th</sup> from 2:30 – 4:00pm
- Bring along: Gloves and some transfer help if required. All other equipment will be provided.
- Try to arrive a little early so everyone is ready to go at 2:30 pm

#### Athletics Have a Go Day:

- Where: Calgary Rotary Challenger Park (click [here](#) for map)
- When: Saturday, May 29<sup>th</sup> from 1:00 – 4:00 pm
- Bring along: A water bottle, weather appropriate clothing, a bicycle helmet, and transfer help if required.
- If you are planning to attend, please get in touch with me so we can make sure we have an appropriately sized chair for you to try out.

#### Summer Tennis Program:

- We are still working out the final details, but we will be offering a summer tennis program in Calgary between May and July. Final dates will be announced soon. If you are interested in getting involved, contact me for more information!

## Other events in the Calgary area through other organizations

### Wheelchair Table Tennis:

- Please see the attached PDF file about wheelchair table tennis in Calgary! For more information about the program, you can visit the Arbour Lake Table Tennis Club website at [www.arbourlaketabletennis.webs.com](http://www.arbourlaketabletennis.webs.com).

Contact Laurie Wilson, Program Coordinator - Bridging the Gap  
Wheelchair Sports Alberta, 11759 Groat Road, Edmonton, AB T5M 3K6  
P 403.456.3175 – Calgary - P 780.427.8721 – Edmonton - F 780.427.8723  
[www.abwheelchairsport.ca](http://www.abwheelchairsport.ca)

### Get in Motion

*Get in Motion* is a nation-wide physical activity counseling service for Canadians with spinal cord injury.

This FREE service is designed to provide participants with the information and support they may need to meet personal physical activity goals, or just a little motivation to get started with a physically active lifestyle.

To participate or receive more information from a physical activity counselor, please call the voicemail line at 1-866-678-1966, or email [motion@mcmaster.ca](mailto:motion@mcmaster.ca) or visit [www.sciactioncanada.ca](http://www.sciactioncanada.ca).

### Sail Your Own Ship – a New Wellness Program Offered by CPA (Alberta)

***Sail Your Own Ship*** is a program that focuses on teaching skills to individuals with chronic health conditions. The program is designed to assist individuals to manage their own health and wellness through proactive decision making and lifestyle behavior changes. [Click here for more information.](#)

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## Classifieds

### For Rent

Brittany Lane Housing Co-op has a three bedroom, wheelchair accessible townhouse; available May, 2010; 3 bedrooms, 3 bathrooms, 5 appliances; \$915.00/mo; subsidy available based on gross family income. Minimum of 3 persons in family. Must be willing to volunteer as part of living within co-op Community. [www.brittanylanecoop.com](http://www.brittanylanecoop.com). In order to obtain an application you must attend a Co-op orientation. For more information contact 467-1379.

### For Sale – Wheelchair Accessible Bungalow

Acreage/w 1400 sq ft wheelchair accessible bungalow located in RoundHill AB, 8 miles south of Tofield on paved highway 834 18Km from Camrose, large bathroom, and 1/2 bath off master bedroom, 3 bdm, dining, livingroom, newly renove'd kitchen, laminate floors, for pics and further info email [ironsidelady@hotmail.com](mailto:ironsidelady@hotmail.com) or call 780-679-2388, 679-0066.

### For sale: Pride Legend XL Scooter

- Grey vinyl seat
- Cane holder
- Color - Candy Apple Red
- Overall length 52"
- Overall width 24"
- Ground clearance 4"
- Speed up to 5.8 mph
- Per-charge range up to 25 miles

Asking \$2000  
Contact Colleen @ 780-406-4506 in Edmonton

### **For Rent - Wheelchair Accessible Las Vegas Condo**

\$90/night - beautiful two bedroom/one bathroom; wheelchair accessible; sleeps 6; located just blocks away from the Las Vegas Hilton and the Strip's Sahara hotel; inside a 24 hour guard-gated Las Vegas Golf & Country Club; and comes equipped with anything you might need for an enjoyable & accessible holiday including:

- all appliances (incl. dishwasher and stacked washer/dryer)
- full kitchen
- available wheelchair accessible vehicle
- swimming pool (located just out the front door)
- roll-in shower
- ceiling track/lift in the master bedroom
- two high definition TV's with full DirecTV programming
- commode/shower chair and bath bench
- wheelchair battery charger
- and much, much more

Go to [www.barrysvegascondo.com](http://www.barrysvegascondo.com) to find out more! Viva Las Vegas!  
Barry Lindemann, (403) 258-1921, [lindemann@shaw.ca](mailto:lindemann@shaw.ca)

### **Wanted to Buy**

Set of Sure Grip Handcontrols eail [ironsidelady@hotmail.com](mailto:ironsidelady@hotmail.com)  
call 780-679-0066

### **Check Kijiji**

For various equipment, accessible vans and pretty much anything you're looking for - go to Google and look for the kijiji website in your area.

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## Employment/Education

### **Employment Tips**

#### **Are you trying to find a job and don't really know what you want to do?**

Job shadowing various organizations is a good way to figure out the answers to some of your questions about what you might want to do.

One thing that may help is to figure out if you want a job or a career?

#### **Do you find the interview process a challenge or quite difficult?**

Mock interviews are a great way to work on landing that job.

Here at CPA we can work with you on building these skills.

Call Mike Hambly, Client Solutions Coordinator in our Calgary office.

403-228-7433

[mike.hambly@cpa-ab.org](mailto:mike.hambly@cpa-ab.org)

### **Employment Issues – Recruits Needed**

The Alberta Disabilities Forum is looking for Recruits to work on important Employment Issues for Albertans with Disabilities!! [Click here for details.](#)

### **Grants – Post Secondary education**

<http://www.canlearn.ca/eng/postsec/money/grants/gpd.shtml>

<http://www.canlearn.ca/eng/postsec/money/grants/gsepd.shtml>

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## Call for Submissions/Subscribers/Contact Us

Please let others know about *Wheel-E*! They can subscribe by emailing or giving us a call.

[CPAAAlbertaNewsletter@cpa-ab.org](mailto:CPAAAlbertaNewsletter@cpa-ab.org) (780) 424-6312 or toll-free: 1-888-654-5444

Please give us your thoughts and feedback on our Newsletter. If you have announcements you would like posted, please submit to: [CPAAAlbertaNewsletter@cpa-ab.org](mailto:CPAAAlbertaNewsletter@cpa-ab.org)

The next issue of CPA (Alberta) *Wheel-E* will be June 1, 2010. First deadline for submissions will be on or before May 25, 2010. If possible, please send in your announcements **before** the deadline!

For more information about CPA (Alberta), visit our website at <http://www.cpa-ab.org> (new videos have been added).



### Visit our Facebook page

Sign up as a fan and promote it to your friends and family for up to date events, etc.



**CPA (Alberta) is now on YouTube.** [Click here to find all videos to date or go to YouTube and search cpaalberta](#)

We Can Fly; Adaptive Vehicles (Ross's hot rod); house modifications (Margaret); house modifications (Geoffrey)...and more

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/>

**PRIVACY STATEMENT:** Our Subscriber List is a private mailing list and will not be made available to other companies or individuals. We value every subscriber and respect your privacy.

PLEASE NOTE: CPA (Alberta) does not endorse or guarantee products, services or events listed.

To unsubscribe or to change your coordinates, please email: [CPAAAlbertaNewsletter@cpa-ab.org](mailto:CPAAAlbertaNewsletter@cpa-ab.org)

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