



December 2009 Issue, vol. 48



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## News – Province Wide

**List of Full Serve Gas Stations – [Click here](#)**



**Keep checking the NEW CPA (Alberta) Website at [www.cpa-ab.org](http://www.cpa-ab.org)**

Updated events and new videos added on a regular basis.

**AND the new CPA (Alberta) FACEBOOK page:**

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

<http://www.facebook.com/pages/Canadian-Paraplegic-Association-Alberta/32212436292>



**Women Living with SCI - Your Opinions are Needed!**

Think back to when you were first injured or you had questions that were women specific and SCI related: Were your questions answered? How easy was it to locate the answers and look for resources? Did you wish you could connect with other women in your situation?

With funding support from the Rick Hansen Foundation and the Canadian Paraplegic Association (Alberta), I am in the process of developing a video resource for women to make this process easier. I would love to hear from you and have your input. I have developed an on-line survey to get your opinions on what topics I should include to make this resource as complete as possible.

Please go to [https://www.surveymonkey.com/s.aspx?sm=2fjDA64uitmfbQ7XYwk0gCg\\_3d\\_3d](https://www.surveymonkey.com/s.aspx?sm=2fjDA64uitmfbQ7XYwk0gCg_3d_3d)

Thank you for your support.

If you have additional questions or would like to get this survey in a different format, please contact me at 780-328-4538 or [kuen.tang@cpa-ab.org](mailto:kuen.tang@cpa-ab.org).

## In Memoriam



**Oliver Cardinal**, long time friend of CPA (Alberta) passed away recently. Oliver worked for the Canadian Paraplegic Association in British Columbia, Manitoba and Alberta as rehabilitation counselor for many years. Well known throughout Alberta, Oliver started the Aboriginal Disability Society of Alberta and remained their president for many years. Oliver played a major role in helping people with disabilities living on reserves to access the services they needed.

Oliver was also a well known artist and carver and, since his retirement, lived on his ranch near High Prairie doing the things he loved most...hunting, fishing, painting and carving.

The disability community has lost one of its true champions.

## Registered Disability Savings Plan

If you or someone you know is eligible for the Disability Tax Credit, there is a new registered savings program that you should know about: the Registered Disability Savings Plan (RDSP). The RDSP was introduced by the Federal Government to help Canadians to save and invest for themselves or a family member with a disability in a tax deferred environment. Go to [www.rbc.com/rdsp](http://www.rbc.com/rdsp) to find out more.

## Volunteer Police Information Check Program

Did you know? Eligible nonprofit/voluntary sector organizations can obtain police information checks free-of-charge for volunteers in eligible circumstances. <http://voan.volunteeralberta.ab.ca/>

## Websites to Check Out

Kuen Tang, CPA Client Services Coordinator in Edmonton - interview with a French web site in France, published during the period before the official national week for Handicap in France. <http://demactive.fr/2009/11/temoignage-kuen-tang-chez-les-comics.html>

New website for Canadian Transportation Agency  
[www.cta.gc.ca](http://www.cta.gc.ca)

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## Events and News in your Community

### Calgary:

#### Calgary 2009 Peer Events

The CPA office in Calgary held a very successful Peer Christmas Dinner on November 21<sup>st</sup> with over 100 people in attendance. In total, 13 events were held in Calgary alone in 2009, including: Disabled Film Festival ♦ Pot Luck & Movie ♦ Wheelchair Fencing (April & Oct) ♦ Calgary Office Open House ♦ Disability Tax and RDSP ♦ Family Fun Day ♦ Chili Cook Off ♦ Golf Tournament ♦ Orienteering ♦ Disabled Sailing ♦ Maintaining Sexual Health After SCI ♦ Christmas Dinner

Stay tuned for more information about upcoming events in 2010.

### **Just announced....Winner of the 2009 Access Recognition Award**

Congratulations to award winner, [Cal Schuler](#) – Manager of Client Services in the CPA (Alberta) Calgary office. The [Access Recognition Award](#) is presented by the Calgary Advisory Committee on Accessibility and will be presented during the December 3rd International Day of Persons with Disabilities in the Atrium of the Calgary Municipal Building from noon - 1 pm.

### **Calgary Resource Guide Updated**

For up to date information about agencies and resources in the Calgary area related to persons with physical disabilities [click here](#).

## **Edmonton:**

### **Edmonton 2009 Peer Events**

#### **Peer Christmas Social**

**December 2<sup>nd</sup>, 2009, 6:30 pm – 9:00 pm**

Unit 3B Atrium, Glenrose Rehabilitation Hospital, 10230 – 111 Avenue, Edmonton  
RSVP to Roswitha at 780-424-6312, ext. 2241 or [roswitha@cpa-ab.org](mailto:roswitha@cpa-ab.org)

**For more information regarding Edmonton peer events, contact Roswitha Dziwenko at 780-424-6312, ext. 2241 or [roswitha@cpa-ab.org](mailto:roswitha@cpa-ab.org)**

### **Aboriginal Peer Christmas Jamboree**

**Will now join with the Peer Christmas Social on December 2, 2009. The previously scheduled date of December 10 has been cancelled.**

For more information, contact Evelyn Redcrow at 780-424-6312, ext. 2234

### **The Canadian Paraplegic Association (Alberta) is seeking nominations for its 2009 Recognition Awards**

If you would like to nominate someone who fits the criteria for any of these awards, please complete a [Nomination Form](#) and forward it to the address indicated on the form. The [Awards Criteria](#) includes information about past award recipients. Deadline for nominations - January 8, 2010.

CPA (Alberta) would like to recognize those individuals and/or organizations who “go the extra mile”, to support organizations like CPA through the gift of time, resources and/or finances. We are asking for your help to ensure that we have considered a wide selection of individuals or organizations who may merit formal recognition.

Awards may be presented at the Edmonton Red Carpet Affair on March 5, 2010.

If you would like further information, please feel free to contact Larry Pempeit, Director of Community Development at 780-424-6312.



### **RED CARPET AFFAIR 2010**

**Mark your calendar for Friday, March 5, 2010** and join us at the Shaw Conference Centre for an evening of celebration and community recognition. If you've attended the annual fundraising gala before, you already know this affair is fun, delicious, entertaining, and at times moving.....with a few surprises thrown in.

We are proud to announce the Guest speaker and main honouree this year is the Honourable Steven Fletcher, PC, MP, Minister of State (Democratic Reform) – [news release](#).

Alberta  
**Injury Lawyers**

**JAMES H. BROWN**  
ASSOCIATES

With lead sponsorship from James H. Brown & Associates, and a host of additional supporters in Edmonton, the Red Carpet Affair is an evening of community celebration and recognition of those with spinal cord injuries and other physical disabilities. For more

information call or write to Marc Quinn (780) 424-6312 or [marc.quinn@cpa-ab.org](mailto:marc.quinn@cpa-ab.org)

To **RSVP**, [click here](#) for pdf.

## **World Premiere: SPINE – February 4 – 13, 2010**

**University of Alberta Studio Theatre**

**Timms Centre for the Arts, Edmonton**

A University of Alberta / Realwheels Co-production

Co-commissioned by the Vancouver 2010 Cultural Olympiad

By Kevin Kerr, U of A Lee Playwright-In-Residence    Directed by Bob Frazer

Starring James Sanders    Featuring the U of A BFA acting class (2010)

February 4 – 13, 2010 at 7:30 pm

Matinee Thursday, February 11 at 12:30 pm

No show Sunday, February 7

Tickets: \$10-\$20 at TIX on the Square (780)-420-1757 or at the door.



**SPINE** is a thrilling hunt for the body and soul-mate that best defines us, in a world where the virtual can be more real than real itself.

The year is 2010, when who you are can be lost and found with the simple click of a mouse and lives can be altered at the speed of an instant message. Our hero has just lost his job. With one small mistake, he sets off a chain reaction that shatters his sense of self and threatens to dissolve his marriage.

Meanwhile, the Precursors, a group of young artists working online and living off the grid are poised to save the world – together - one anti-art performance at a time. But the creative process is running about as smoothly as their homemade bicycle-powered generator. ***When an accident in rehearsal results in one member becoming a quadriplegic - the tight-knit group faces the risk of completely unraveling, until the injured Precursor meets up with our hero in rehab where they all fall under the magical spell of technology's limitless possibilities for re-invention.***

Ethically questionable medical experiments are pursued with reckless abandon.

Alternate identities are lived out in a fantastical online universe without physical limitations.

But in the end, both group and individual must confront the question:

At your very core, who are you?

### **U of A Department of Drama Events with the Creators of SPINE**

**An intimate and interactive conversation with the creators of SPINE**

Thursday, January 7, 2010 from 1 pm – 2 pm

Lobby, Timms Centre for the Arts (87 Ave -112 St)

University of Alberta Campus, Edmonton

### **Learning to Fly: An inspiring conversation with James Sanders**

**Saturday, January 9, 2010 at 7:30 pm**

Second Playing Space, Timms Centre for the Arts (87 Ave – 112 St)

A free public speaking address and interactive Q&A session. Reception to follow.

James Sanders is the lead actor in *SPINE*, founding Artistic Director of Realwheels (*SPINE* co-producer) and a University of Alberta Distinguished Visitor.

During his third semester in theatre school at SFU, James became quadriplegic from a spinal cord injury. After a year of rehabilitation he returned to complete his training but for the first time in his life was being told what he could or could not do, before he even tried. He quickly learned that the attitudinal barriers he would experience as a person with a disability would be much more difficult to navigate than the physical barriers.

**Do you have an extra standard wheelchair** - if so, could you make it available to the Spine production for approximately 10 weeks. These chairs will be returned in the same condition as provided. They will be used from the first week in January to the 2<sup>nd</sup> week in February. Please contact Larry Pempeit at 780-424-6312.

### Red Deer

#### **Congratulations!**

Congratulations to Mark and Tina Hahn of Delburne who just welcomed a new addition to the family... Kolt Jonathan. Mark has been a long time member of CPA (Alberta) and has acted both as a role model for new injuries and as a peer mentor.

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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.

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

The Canadian Paraplegic Association (Alberta) has been providing services and support to Albertans with spinal cord injury or other physical disabilities since 1961.

Your support of CPA's Annual Membership drive has numerous benefits. As a member of CPA (Alberta), your **\$20.00** membership dues 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) email newsletter - "Wheel-E"
- receive Spinal Columns, the CPA (Alberta) magazine, published quarterly
- receive Total Access, the CPA National 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



## 2009 Added Benefits:

- **FREE Red Arrow Motorcoach** bus passes (limited quantity available) for travel between Calgary, Red Deer, Edmonton & Fort McMurray. For more information please 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 please 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 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 2009 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. [Click here for Membership Form \(pdf\)](#)

Thank you for your support!

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## Research

### **Edmonton WINS in Battle of the BLADES:**

Thanks to stellar performances by Craig Simpson and Jamie Sale and the hard work of Louise Miller, the Spinal Cord Injury Treatment Centre (SCITCS) will now have \$100,000 that will go towards a Research Chair in spinal cord injury at the University of Alberta. Stay tuned for the Winter issue of Spinal Columns as CPA talks with Louise Miller, a driving force behind SCITCS

### **Life Memory Study: Looking for Participants**

A research study on the experience of paraplegia and autobiographical memory

#### **Why is this important?**

This study is about the effects of paraplegia on the organization of autobiographical memory. The purpose of the study is to create a better understanding of how unexpected life-altering events, like paraplegia, affect how people remember memories of their lives before and after injury.

#### **Who can participate?**

1. Paraplegics currently between 40 and 65 years old.
2. Individuals who have been paraplegic since their twenties (who has been paraplegic since the time of his/her life between 20 and 30).
3. Individuals who have been paraplegic for the last ten years.

#### **What will you be doing in the study?**

You will be asked to recall your autobiographical memories and to answer some questions about your life situation before and after injury.

Duration: About 50 minutes. An honorarium will be provided

If you are interested, please contact:

*Tugba Uzer*, M.A University of Alberta, Department of Psychology. Office: (780) 492-5846, Home: (780) 756-7059 [uzer@ualberta.ca](mailto:uzer@ualberta.ca)

*Norman R. Brown*, PhD, University of Alberta, Department of Psychology, Office: (780) 492-4604 [nrbrown@ualberta.ca](mailto:nrbrown@ualberta.ca)

**Please leave your name, phone number and the best time to return your call.**

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## Creative Solutions & Ideas

### Quick Drain

If you are building or renovating and are considering options for drainage for a wheelchair accessible shower, check out the following website – [www.drainusa.com](http://www.drainusa.com)

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## Sports / Physical Activity

### 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 the participant 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).

### Sledge Hockey

Practice is held on a regular basis at the following arenas and the general public is welcome to come out and cheer players on.

Tuesdays, 7:30 – 8:30 pm - Donin Arena, 109 Street and 80 Avenue Edmonton.  
Saturdays, 5:15 - 6:45 pm - Leduc Recreation Centre located on Black Gold Dr., Leduc  
Saturday, 10:00 pm -11:00 pm - Trileigure Center, Campsite Road, Spruce Grove

### Wheelchair Curling

Every Sunday from 1 p.m.- 3 p.m. at the Jasper Place Curling Rink 107ave. 16521, Edmonton. Come out to see wheelchair curling and show your support.

### Canadian Association for Disabled Skiing (Edmonton)

Check out [www.cadsedmonton.ca](http://www.cadsedmonton.ca) for more information about programs, volunteering, schedules, etc. Training opportunities occurring in early January 2010.

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## Classifieds

### Van for Sale

'97 Dodge Caravan Sport, purchased new in '98, fitted with "Turney" power lift on passenger seat. AC, power windows, power locks, ABS brakes, 2 complete sets of Michelin winter and all season tires, 165,000 km. Power lift seat original cost of \$7,000. Asking price for complete unit \$7,000. Phone: 780-458-3140, 780-441-1526 (cell).

### Van for Sale

1998 Ford Econoline equipped with hand controls, 6-way power seat, and Ricon lift, raised roof, AC, cruise, power windows and locks. High mileage but well-maintained. (403) 485-6876 [clarkfarms@wildroseinternet.ca](mailto:clarkfarms@wildroseinternet.ca)



### **Beds for Sale**

Two Hill-Rom beds for sale. Contact: Jarmo Hanninen, (403) 651-0889  
[jhanninen@shaw.ca](mailto:jhanninen@shaw.ca)

### **Calgary Apartment – Universal Design**

Built as a universal home, lowered kitchen cabinets, wider doorways, underground parking, main floor. Priced to sell.

Christopher Matlashewski, Royal LePage Benchmark  
#430, 7220 Fisher Street S.E., Calgary, AB T2H 2H8  
O: 403-301-7615

<http://matlach.abmls.mlxchange.com/?r=1365987809&id=38343333531.312>

### **House for Sale**

1500 square foot bungalow in Cougar Ridge on larger corner lot, double front drive attached garage (single door with 2 remote openers). Many accessibility features....[read more](#). Available almost immediately.

A. (Tony) DiBiase

Tel: + 1 403 615 6699 [tony.dibiase@cips.ca](mailto:tony.dibiase@cips.ca)

### **House for Sale – Calgary**

Executive wheelchair accessible home, equipped with an elevator and a complete assisted living suite in the walk out basement. Private sale by owners who are retiring and relocating.

Contact Michael Albert – 403-629-7187.

[http://konstruktorcorp.com/Calgary\\_Home\\_For\\_Sale/Welcome.html](http://konstruktorcorp.com/Calgary_Home_For_Sale/Welcome.html)

### **Accessible Condo for Sale in Evergreen, Calgary**

Barrier free home in Oakridge. 1000 plus sq. ft bungalow, three bedrooms (with generously sized master), open kitchen, living room with loads of natural light, vaulted ceiling, host of newer appliances, in suite storage. Well designed and renovated kitchen. South sunny exposed patio.

Christopher Matlashewski, Royal LePage Benchmark  
#430, 7220 Fisher Street S.E., Calgary, AB T2H 2H8  
O: 403-301-7615

<http://matlach.abmls.mlxchange.com/?Page=-1>

### **Swap and Shop**

This service is provided through the CPA National website. Province wide, people buy and sell used and new equipment. Check it out at: <http://www.canparaplegic.org/en/204>

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## Employment/Education

### **CPA Volunteer Receptionists Needed - Calgary**

Calgary CPA office is currently recruiting volunteers to help with reception duties.

If you have some spare time on your hands and want to volunteer in a warm, fun environment, then we need you!

Duties include:

- Answering phones
- Basic administrative tasks

If you are interested or need further information, please contact:

Cal Schuler, Manager of Client Services

Tel: 403-228-7419 Email: [cal.schuler@cpa-ab.org](mailto:cal.schuler@cpa-ab.org)

### **Employment Opportunity / Edmonton City Councillor Amarjeet Sohi**

**Position: Executive Assistant / Location:** City Hall / **Start Date:** Jan. 04, 2010 or earlier / **Compensation:** The salary range for this position starts at \$27.99/hr. with full benefits. The position is four days per week.

**Deadline:** open until a suitable candidate is found. – **Position Abstract:** City Councillor Amarjeet Sohi is seeking an Executive Assistant to work in an exciting and fast-paced environment. The primary focus areas of this position are issues research/analysis, communications & public relations, and leading or supporting special initiative projects.

**Responsibilities:** Research/analysis concerning a range of municipal issues; various public relations tasks, including: community outreach, writing web content/newsletter articles, responding to citizen mail, leading or supporting [Special Initiative Projects](#) in the areas of multiculturalism/diversity and community safety.

**Qualifications:** Combinations of relevant education/experience will be considered. Strong research skills & effective written/verbal communication are essential. Existing knowledge of municipal issues, government process and/or issues facing cultural communities would be an asset. PLUS: excellent computer skills, the ability to work with diverse communities, a strong ability to work both independently and cooperatively.

**TO APPLY** – Send a resume and cover letter in confidence to:  
City Councillor Amarjeet Sohi / E: [amarjeet.sohi@edmonton.ca](mailto:amarjeet.sohi@edmonton.ca)

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## Call for Submissions/Subscribers

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

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

The next issue of CPA (Alberta) *Wheel-E* will be January, 2010. First deadline for submissions will be on or before December 28th, 2009. If possible, please send in your announcements **before** the deadline!

For more information about CPA (Alberta), please 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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