

December 2007 Issue, vol.25

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International Day of Disabled Persons

The International Day of Disabled Persons was proclaimed in 1992 by the United Nations. The annual observance draws attention to the many ways in which those with disabilities enrich our communities. It also increases awareness and understanding of disability issues and trends, and helps to mobilize support for practical action at all levels by, with and for persons with disabilities. This year's theme is "Nothing About Us Without Us."

Many events are being held around the province in celebration of the day. Contact your local CPA office for information about the event in your area. Some details are listed below:

Red Deer

Date: Monday, December 3, 2007
Event: Celebrations
Where: Golden Circle 4620 – 47A Avenue
When: 12:30-4:00 p.m.

IDDP in Red Deer this year will be held at the Golden Circle, and thanks to the involvement of the organizing committee and the Disability Studies students from Red Deer College, we're looking forward to a great event!

This year's Gary McPherson Award of Excellence will be presented to Faith Jahelka in Red Deer. Faith has been a tireless advocate for Albertans with brain injuries since her husband's work related brain injury more than 12 years ago.

There will be a display of pictures depicting inclusion drawn by elementary school students from Blackfalls, a demonstration of assistive technology by Aroga Technologies, and presentations made to a number of local businesses who employ persons with disabilities. The highlight of this year's event will be a presentation by Alain Shain, a comedian from Ottawa who has cerebral palsy. Alain performs across North America and will be the Keynote presenter at the IDDP afternoon event in Red Deer, and will also be performing a stand up routine at Red Deer College that same evening.

Contact: Debbie Murray (403) 342-4550

Lethbridge - Morning event

Date: Monday, December 3, 2007
Event: Obstacle Course
Where: University of Lethbridge
When: 11:00 a.m.-2:00 p.m.

A chance to experience the barriers people with disabilities face on a daily basis

Contact: Eliza Walters (403) 327-7577 eliza.walters@cpa-ab.org

Lethbridge - Evening event

Date: Monday, December 3, 2007
Event: Trade Show
Where: Lethbridge Center Mall
When: 4:00 p.m.-7:00 p.m

Trade show and a chance to hear members of the disability community share their stories

Contact: Eliza Walters (403) 327-7577 Eliza.walters@cpa-ab.org

Fort McMurray

Date: Monday, December 3, 2007

Event: Workshops

Where: Royal Canadian Legion

Workshops presented by Diane Bergeron. Registration required

Cost: \$15 per person

Contact: Community Living (780) 791-3009 www.fmacl.ca

Edmonton

Date: Monday, December 3, 2007

Event: Trade fair, Art show, Entertainment

Where: Edmonton City Hall

When: 10:00am - 2:00pm

CPA's Community Development Officer in Edmonton, Marc Quinn, is co-chair of this year's event, so he is busy with the last minute changes and additions to the protocol. "I love the way the local disabilities community comes together every year to make this event happen." Marc said in a recent interview about IDDP. "Each sector of the disabilities community is so different, but once a year, we celebrate what we have in common; the organizing committee meetings are like a mini UN of the local disabilities community." Alberta Minister of Seniors and Community Supports, Greg Melchin, is now joining the list of dignitaries at Edmonton event, which includes Rob Lougheed, Chair of the Premier's Council on the Status of Persons with Disabilities and our guest speaker, Dr. Austin Mardon. The entertainment features this year include the Brail Tone Choir and the Network's Activity Centre's production of OUR STORIES.

The committee would like to thank this year's main sponsors: the Royal Bank of Canada, the Premier's Council on the Status of Persons with Disabilities and the City of Edmonton for their outstanding support.

Contact: Diane O'Donoghue at: Diane.O'Donoghue@edmonton.ca
or (780) 496-5822

Grande Prairie Event

Date: Sunday December 2, 2007

Event: Obstacle Course

Where: Elks Hall, 10808 – 106 St.

When: 1pm – 5pm

Guest Speaker on Employment by R. Work Group. Workshops eg: Disaster Social Services. Trade Fair, Prizes, Children's Games, Santa Claus, Lucy the Clown, Face Painting, IDDP Balloons, Sandwiches, Oranges, Candy Canes, Fountain Pop, Pop Corn, Free DTS Ride To/From

Contact: Agnes at (780) 532-3305 or grandeprairie@cpa-ab.org

Medicine Hat

Date: Monday December 3rd, 2007

Event: Mini Conference

Where: George Davison Elementary School.

When: 1pm – 5pm

IDDP in Medicine Hat is talking place at George Davison Elementary School with about 500 children participating.

The teachers are showing the Team Hoyt video this week to get the stage set for us on December 3. We are providing a mini conference, allowing the classes to participate hands on in 4 of their choice topics and having a story read to them by a local dignitary assisted by an individual with a disability to answer questions.

More details refer to the Medicine Hat section of the News letter.

Contact: CPA office at: 504-4001

Edmonton

Red Carpet Affair 2008 moving into the planning stages:

The red carpet is beginning to roll out for a whole new event – currently scheduled for Friday, March 7, 2008.

If you have any questions or ideas, please contact Marc Quinn at CPA in Edmonton 424-6312 ext. 2226 or marc.quinn@cpa-ab.org

CPA Peer Christmas Party

Wednesday, December 5th, 2007

7:00pm – 9:00pm

Glenrose Rehabilitation Hospital

Unit 3B Patient Dining Room

Edmonton

Food Provided Come out and meet your peers and more of the CPA staff. Help us plan topics for next year while you enjoy some Christmas goodies.

If you have not already done so, please RSVP by Monday, December 3rd at 4:30pm by calling Ross Norton by phone at 424-6312 ext 2227 or by email ross.norton@cpa-ab.org

Volunteers Needed

Canadian Paraplegic Association (Alberta) is looking for persons to volunteer for Bingo events in Edmonton bingo halls.

The time you spend at these events means that CPA can help persons with spinal cord injury and other physical disabilities.

Current volunteers have expressed many benefits from contributing their time and efforts.

- Giving back to my community
- I've met many new people and friends
- I've made new business contacts
- Just having a good feeling of being helpful
- Most importantly, we have fun
- CPA recognizes my efforts through the year
- Treated to the annual Volunteer Summer BBQ and Christmas Dinner

Become a much needed volunteer today!

Please call the Edmonton office 424-6312

Taxi Driver Appreciation Day and Wheelchair Accessible Taxis.

Please join the Edmonton Taxi Cab Commission and Mayor Stephen Mandel by participating in an event recognizing the hard work and dedication of City of Edmonton Taxi Drivers. In addition, the recent implementation of 35 wheelchair accessible taxi vehicles will be celebrated.

DATE: TUESDAY, DECEMBER 4, 2007

TIME: 12:30 P.M. – 2:00 P.M.

LOCATION: CITY ROOM, MAIN FLOOR, CITY HALL

Coffee and refreshments will be served immediately following the ceremony.

Calgary

Calgary Curling Club - SCHEDULE OF GAMES

These are the Dates for this year. Extra sessions may be scheduled for players who are headed in the competition route. All games are at Ogden Legion. I will try to obtain ice for the dates they have maintenance or Bonspiels.

DECEMBER

Dec.1 Sat	Ogden	10:30-12:30
Dec.8 “	“	“ “
Dec.22 “	“	“ “

JANUARY

Jan. 5 Sat	Ogden	10:30-12:30
Jan19 “	“	“ “
Jan.26 “	“	“ “



Lethbridge

Wheelchair Basketball

The Lethbridge Steamers will be hosting a tournament in Lethbridge on December 1st and 2nd. Please call Kelly, the team captain at 894-4577 for more information. Hope to see you out!

Casino Volunteers

We are still in need of Casino volunteers for February 24th and 25th. If you are available to help, please contact Eliza Walters at 327-7577 or eliza.walters@cpa-ab.org for more information and to receive your form.

Wheelchair Accessible LA Transit

Lethbridge now has 32 wheelchair accessible buses. Buses are equipped with the required space and securement equipment to transport wheelchair users. LA Transit asks that these passengers make use of all safety equipment. These buses are also available for out of town charters should wheelchair securement be necessary.

Our Mission

To provide a safe and efficient public transportation system that allows our community access to economic, social, educational or leisure opportunities.
“Lethbridge Transit - Improving To Serve You”

Lethbridge Transit has made improvements to routes and schedules as part of ongoing efforts to improve service to our customers.

New Improvements Include:

- More evening weekend service coverage;
- More consistent schedules between days, evenings and weekends;
- New service to the Industrial Areas;
- New 15 minute service in selected areas;
- Improved Ride Guide.

To view the new Rideguide effective July 2, 2007, click the link below
[LethbridgeRidersGuide2007lo-res.pdf](#)

Lethbridge Transit
619 4th Ave North
Lethbridge, Alberta, Canada
T1H-0K4

Office - 320-3885 - Fax 380-3876

Monday thru Friday 7:30 AM to 4:30 PM

Transit Infoline 320-4978
[E-mail](#) City of Lethbridge Transit staff

Red Deer

2nd Annual Diamonds & Denim Gala

Our Diamonds & Denim Sweetheart Gala will be held February 16, 2008 at the Red Deer Lodge.

We are very excited this year to have **The Dominion of Canada** as our Major Sponsor.

The entertainment at the event will be Duane Steele, a local award winning country music artist.

We will again feature a diamond raffle, live and silent auctions, and great dining and dancing.

For additional information on other sponsorship opportunities or table & ticket sales, please call Paulette or Cheryl at 403-341-5060. Act fast because tickets are limited and will be sold on a first come first served basis!

Medicine Hat

Fall Peer Event

Shirley and Sue are in the initial planning stages of a fall Peer Event. They hope to get a number of members out to meet and welcome Shirley and any new members to the Medicine Hat area. Wheelchair skills and self advocacy are two topics we will be discussing. More information will be coming very soon.

International Day of Disabled Persons

IDDP in Medicine Hat is talking place at George Davison Elementary School with about 500 children participating.

The teachers are showing the Team Hoyt video this week to get the stage set for us on December 3. We are providing a mini conference, allowing the classes to participate hands on in 4 of their choice topics and having a story read to them by a local dignitary assisted by an individual with a disability to answer questions.

The choices that were given to each class included:

Let's Learn

Examples of assistive technology used to communicate with others as well as computer programs designed for interactive learning.

Let's Go

Experience what it feels like to have a physical limitation. Wheel around in a chair or get transferred in a lift.

Let's Eat

What would it feel like to have to drink juice that is thickened, or be feed pureed food? What happens if you can't eat with your mouth? How do you stay healthy? Learn to prepare food with a physical limitation.

Let's Feel

Experience the senses of someone with autism. What feels nice and soft to you might feel scratchy and rough to them. What sounds like a noisy classroom for you might be very painful to their ears.

Let's See

Take a look at the world through the eyes of someone with a vision impairment, learn Braille, and watch a guide dog at work!

Let's Talk

What would it be like to not hear others and not be able to speak. Learn how to communicate with sign language.

Let's Think

What happens when your brain is injured. How do you learn the things you used to know how to do.

Let's make a community where everyone belongs!

Balloons, pens, and pencils will be handed out in a information package at the end of the day so the children may share the information with their families.

We have approximately 50 volunteers from 15 agencies involved. Stay tuned next month for an update.

Grande Prairie

Community Committee on Disability Issues (CCDI)

The Community Committee on Disability Issues hosted a "Healthy Eating on a Tight Budget" program on November 12, 2007, at Willow Place.

Approximately 27 individuals gathered with good appetites as Thelma Vincent, Arlene McConnell and Sharon Schellenberg from Fetal Alcohol Support Society, Agnes St Jean from the Canadian Paraplegic Association and two residents from Willow Place prepared and/or cooked savory meatloaf, scalloped a la broccoli potatoes, carrots, micro stream veggie, salad, cheese tray and celery sticks with cheese. Buns, cookies, apples, oranges, bananas, raisin boxes and tomato juice added to the meal followed by ice-cream.

While the meal was being cooked, individuals had the opportunity to have fun by singing along with the karaoke.

A game was introduced for prizes and individuals were encouraged to take home a "baggie".

Thelma Vincent spoke on the benefits on "Healthy Eating on a Tight Budget" followed by information handouts. CCDI would like to thank PCH Dietician, Danielle Wolghemuth, for providing packets of "Healthy Eating" flyers and recipes.

The thanks you and feedback from individuals who were there for the meal said it all. Thank you Thelma for the planning, coordinating, shopping, setting-up, cooking, cleaning and the educational speech. A very, very well planned program indeed!

CCDI appreciates Thelma's energy and enthusiasm.

Sports



CADS - Alberta is the provincial chapter (or Division) of the [Canadian Association for Disabled Skiing](#).

There are six Zones (local chapters) in CADS - Alberta ([for a list click here](#)) CADS - Alberta is a registered non-profit charitable association founded to assist people with disabilities to improve their lifestyle through skiing. Its work is directed by a [Board of Directors](#) elected annually by its members at the Annual General Meeting of the Association among its members.

Creative Solutions

Lovebryd

Sometimes Dating with a disability calls for a little creativity. So for today, we will consider online dating a creative solution.

Lovebryd's goal is to provide a first class [dating service](#) and social networking website to individuals living with a condition that makes it difficult to meet and connect with other people. Whether you use the term disabled, differently abled, challenged, handicapped or you prefer not to classify your condition, Lovebyrd is right for you!

Visit www.lovebyrd.com now!!

Off Road Hand Cycle

Buying bicycle parts and creating custom machined components isn't cheap - especially for students. We are very grateful to be receiving discounted rates from generous bicycle and machining shops, but this support can only take us as far as the funding donations we receive.

[Learn more...](#)

We want to hear your creative Ideas. Please send them to CPAAlbertaNewsletter@cpa-ab.org

For Your Information

Calgary's Accessible Pap Clinic

Due to a low number of registrations, the Calgary Accessible Pap Clinic has tentatively been changed to late January, or early February 2008. If you, or anyone you know is mobility challenged, and unable to access the Cervical Pap Test from your family Doctor, please phone 403-283 – 5354. This trial clinic will be a rare glimpse at accessibility issues in the Calgary Health Region, but registration is a must if we are to exhibit a need for more accessible Healthcare alternatives. If you have access to the registration form please fill it in and fax it as per the directions on the form. For more information or to get a registration form please call 403-283-5354. If I am not home, please leave a message and I will get back to you.

Linda Welch

UAE to have first ATM for persons with special needs

By 2008, the UAE will have the first automated teller machines (ATM) network for people with special needs in the Middle East. The service that targets persons in wheelchairs would be the first of its kind in the region, said Mohammad Abdullah, CEO of Sharjah Islamic Bank (SIB), which will head the project. "It is part of the SIB's tireless efforts to offer innovative banking solutions to all groups in the community including the people with special needs," he added. He said that a study has been launched to make the service user-friendly; taking into consideration all banking and safety requirements of persons using wheelchairs. Qasim Al Balouchi, SIB head of communications, said design of the specially-tailored ATM had been finalised and manufacturing is on. He added that wheel chaired clients can make all banking operations customised on the ATM from cash withdrawal and deposit, printing out banking statements, paying bills of telephone, water and electricity services, and charity donations to money transfer.

Refueling for Drivers with Disabilities

At Shell, we are committed to delivering excellent service to all our customers. We know many Shell staff already go out of their way to help customers with disabilities. Customers can expect the following service at participating stations.

Stations With Full and Self-Serve Pumps

Drivers with a disabled parking permit will receive full service at self-serve prices at stations with both full and self-serve pumps. The gas station attendant will fuel your vehicle at the self-service island so that you pay only the self-serve price for fuel. Customers should identify themselves to one of our gas station attendants. Please note this service is available only during full service hours

Self-Serve Only Stations

At self-serve only stations, staff will make every effort to help customers displaying disabled parking permits with refuelling. Please identify yourself to one of our gas station attendants. We also encourage you to contact your local

station to discuss your individual needs as some stations have limited staff and payment access.

At Shell, we are working hard to ensure customers' needs are met. Many of our stations already provide the following features to assist you:

- customer parking spaces
- wheelchair accessible doorways and ramps into the building
- easyPay and/or pay-at-the-pump technology for credit cards
- wheelchair accessible store layouts and washrooms
- bright outdoor lighting

If you have any questions, please contact us at 1-800-661-1600 or send an e-mail to questions@shell.com

Items for Sale

Free Shoes

Do you have problems buying shoes because one foot requires a bigger size than the other? So does Naomi. She has a variety of shoes that have never been worn. The left foot is size 9 and the right is size 6.

Please contact her if you can make good use of the shoes she would like to give away.

Also check out <http://oddshoe.org/need.php>

Contact: Naomi Phillips at (403) 553-0363 or naomiphillips2007@hotmail.com

Van for Sale

2000 Ford E350 Ecoline Van

Emerald green in color

50,000 km

2 seats removed but will be put back in

lift and tie downs have been removed and would have to be replaced

Asking \$32,000

Call Anisa at 903-6377

Swap and Shop

This service is provided through the CPA website. Province wide people buy and sell used and new equipment. Check it out at:

<http://www.canparaplegic.org/en/204>

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

(780) 424-6312 outside of Edmonton use toll-free number: 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

The next issue of CPA (Alberta) *Wheel-E* will be December 3rd 2007. First deadline for submissions will be November 26th 2007. Please send in your announcements before the deadline!

To unsubscribe or to change your coordinates please email:

CPAAlbertaNewsletter@cpa-ab.org

For more information about 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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