



Wheel-E

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

Wheel-E

vol. 18
May 1st, 2007

To access past editions of *Wheel-E* please visit:

<http://www.cpa-ab.org/clearinghouse/wheel.html>

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Edmonton

Contact Info:

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11010 – 101 Street
Edmonton, AB T5H 4B9
Ph: (780) 424-631
Fax: (780) 424-6313
Email: Edmonton@cpa-ab.org

Edmonton Odyssey Peer Event

May 2nd - Home Modifications
7-9 pm, Glenrose Unit 3B, Patient Dining Room

Schedule is subject to change. For more information call Ross Norton at (780) 424-6312 or 1-888-654-5444 or email: ross.norton@cpa-ab.org

CPA welcomes your participation and suggestions.

Paralympic Sports Association (PSA)

The new 2007 Summer Press & Spring/Summer Program guide is now available. Everything from adaptive canoeing to camping to dancing will be held. Contact the PSA office for more details.

Trish Aire trish@parasports.net

Edmonton Provides Boost for Accessible Cabs

The City of Edmonton is helping to pay for a fleet of wheelchair-accessible cabs it hopes will be on the road this summer.

City council approved Tuesday a new cab bylaw allowing for the 35 new taxis. The city is offering \$300,000 to help companies outfit their vehicles to handle wheelchairs.

Larry Pempeit, a spokesman with the Canadian Paraplegic Association in Edmonton, has been lobbying the city for more than five years.

[Read more...](#)

Wheelchair-accessible taxis expected by summer

Susan Ruttan, edmontonjournal.com

Published: Tuesday, April 10, 2007

Edmonton should have a fleet of wheelchair-accessible taxis on the road by summer, predicts the chairman of the Edmonton Taxi Cab Commission.

Clint Mellors said today that tenders from taxi companies interested in getting the 35 special accessible taxi licences will close the end of April.

It will take about 90 days after that to get some of the new taxis on the road, he said.

Mellors said the new licences will be given out in groups of five, so that more than one taxi company could have accessible cabs.

“We could end up with Yellow having 15 vehicles, Co-op having 15 and Capital having five,” he said.

City council today amended the taxi bylaw to say that the accessible taxi licences will be given out in groups of five. Mellors said with at least five of the special taxis, a cab company will be required to have an accessible taxi on the road round the clock.

Edmonton has lagged behind most other major cities in the availability of wheelchair-accessible cabs.

Council voted last year to provide \$300,000 in subsidies to help cover the cost of retrofitting minivans to be the new accessible taxis.

sruttan@thejournal.canwest.com

Taking the Wheel: Transition Planning From Adolescence to Adulthood for Individuals with Disabilities

Thursday and Friday

May 3 & 4, 2007

Fantasyland Hotel Conference Centre

17700 - 87 Avenue

Edmonton, AB T5T 4V4

Conference Highlights

The process of transition to adulthood is both important and challenging for adolescents/young adults and their families. This becomes even more significant when a disability is present. Join us for an exciting and information-packed conference as keynote speakers **Norman Kunc** and **Emma Van der Klift** show us how young adults can prepare to take the wheel and how caregivers can prepare to take the back seat.

A highlight of the conference will be the **Resource Fair** featuring a number of agencies, both provincial and local, that are involved in helping young adults and caregivers during transition.

Who should Attend

This conference is designed for youths and their caregivers who are beginning, or are in the midst of transitioning. Service providers and health professionals involved in the transitioning process are also encouraged to attend.

Please contact Joy Lim for more information.

T: 780.735.7913

F: 780.735.7924

E: Joy.Lim@capitalhealth.ca

Calgary

Contact Info:

401, 320 – 23 Avenue SW

Calgary, AB T2S 0J2

Ph: (403) 228-3301

Fax: (403) 229-4271

Email: Calgary@cpa-ab.org

Calgary Odyssey Peer Event

May 24th - Craig Gillespie (Lawyer) Presentation to be determined.

For more information please contact:

Mary C. Massé

Coordinator

Odyssey Peer Program

Tel:(403)228-3001

Mary.Masse@cpa-ab.org

www.cpa-odyssey.org

Spirituality and Suffering Part 2: The Road to Renewal

How can we move through our trials in a way that not only helps us survive but thrive again? The gospels give the account of Christ's betrayal, suffering, resurrection and ascension. Like Paul, we can know Christ in the power of His resurrection as well as in sharing His sufferings. This retreat will examine the journey of Christ journey to give us insights into our own journey, enabling us to transcend our suffering experiences.

While serving as chaplain at the Rockyview Hospital in Calgary since 1985, Rev. Glasgow developed a program which has ministered to those experiencing physical suffering and the grief of losing one to death.

Join Bob as he continues to look at the role of both suffering and spirituality in our individual lives

Course at FCJ Center, Calgary AB (228-4215)

June 15 – 16, 2007

6:30 – 9:00 pm (June 15)

9:00 – 4:30 pm (June 16)

Cost: \$89.00, includes lunch

With Rev. Bob Glasgow, Calgary

Lethbridge

Contact Info:

1254 3rd Avenue South

Lethbridge Alberta T1J 0K1

Ph: (403) 327-7577

Fax: (403) 320-0269

Email: lethbridge@cpa-ab.org

Lethbridge Steamers

The Lethbridge Steamers wheelchair basketball team meets Tuesday nights at 7:30pm at the boys and girls club located on 13th Street North. Come out and join the fun! Everyone is welcome.

Call Kelly (team president) for more details: (403) 894-4577



The Classic Country Show

The Royal Canadian Legion is a proud supporter of the CPA. On May 12, 2007 they will be hosting THE CLASSIC COUNTRY SHOW. The doors will open at 7:00pm and the show will begin at 8:00 pm.

Please purchase your tickets early as they are reserved seating only. The price is \$20.00 per person RESERVED SEATING ONLY and can be purchased at The Royal Canadian Legion, General Stewart Branch No. 4, 324 Mayor Magrath Dr S, Lethbridge Alberta

You can find out more by visiting their website www.lethbridgelegion4.com

Hope to see you there.

Client Highlight



Nineteen years ago, Chris Schamber was involved in a diving accident that changed his life forever. As a C-3-4-5 Quadriplegic he has been through a lot, from depression to exploring a plan for the future. He has attended the Lethbridge Community College and was enrolled in Engineering Drafting and Design.

Chris is the owner of a company called *Quad Design and Barrier Free Consulting*. He provides barrier free access advice to municipalities and other authorities and agencies.

“Through my day to day travels in my city, I meet many people with various disabilities. They may be in wheelchair, scooter, pushing a walker or are with visual, auditory or other disabilities. They help me to visualize what needs to be done to help make a barrier free tomorrow.” (Chris Schamber)

Quad Design and Barrier Free Consulting
Telephone 403.381.7450 Cell 403.382.9394
Fax 403.381.7460
Email: hatesnow@quaddesign.ca
Web Page: www.quaddesign.ca
Working for a Barrier Free tomorrow

Red Deer

Contact Info:

#103, 4719 48th Avenue
Red Deer Alberta T4N 3T1
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Fax: (403) 343-1630
Email: reddeer@cpa-ab.org

The CPA Red Deer Golf Classic

The CPA Red Deer Golf Classic is pleased to introduce our new Presenting Sponsor -- The Scottsville Group. The Scottsville Group of companies are: Kipp Scott Pontiac Buick GMC Ltd., Gord Scott Nissan, Scott KIA, Scott Qwiklube, Scott Qwikwash, & Alberta's Best Mortgage.

This year's Golf Classic will take place on Friday, Aug. 17, at River Bend Golf Course in Red Deer, and will once again have our very popular par 3 format, with 18 vehicles on the course as hole-in-one prizes. There will also be thousands dollars in prizes to be given away along with the banquet and live & silent auctions. For information contact Marlin or Paulette in the Red Deer CPA office at 403-341-5060.

Medicine Hat

Contact Info:

770 -7th Street SE
Medicine Hat Alberta T1A 1K6
Ph: (403) 504-4001
Fax: (403) 528-2647

Email: medicinehat@cpa-ab.org

MEDICINE HAT, AB – Our office held a Volunteer/Membership Appreciation BBQ on April 18, 07. The weather was gray and wet but that did not affect the mood inside our office. The event was held at the office to promote the new location and the accessibility is great. Ken and I were the chefs, with Ken looking after the BBQ and I put together a few salads. We had approximately 40 – 45 people attend. All the volunteers went home with a door prize and a greater appreciation for what CPA does in our community. Our membership got the opportunity to meet and visit with the volunteers of the organization. The event was a huge success and we will definitely look at doing a similar event next year.



The Rick Hansen Wheels in Motion event planning is in full swing. We have a committee of 7 who are eager to assist in any way. Our Wheels in Motion event will be held on June 10, 2007 at Police Point Park. Registration for the 5km or 10km starts at 10:00 am and the event starting at 11:00 am. For more information contact the CPA office at 504-4001.

Wheelchair Basketball

The wheelchair basketball is finished for the year. They had approximately 12 participants each night and always someone new was out to try this great sport. They plan to start again in the fall, contact the Y (527-4426) for details on time and date.

Bingo

Our April Bingo will be in the afternoon on Sunday, April 29. May's bingo is May 30, 07 in the evening. If you want to help out call the CPA office 504-4001



Grande Prairie

Contact Info:

104, 9715 - 105 Street
Grande Prairie Alberta T8V 7X7
Tel.: (780) 532-3305
Fax: (780) 539-3567
E-mail: grandeprairie@cpa-ab.org

Golf Season at CPA

It's golf season for CPA Alberta!

Time to get those clubs out again! OR be prepared to volunteer your time at one of our golf tournaments in support of CPA Alberta. Mark these dates on your calendar, join up and then come out for a swinging good time – all is support of CPA's support programs.

By the way, if you are trying to register online, it might be difficult as we are not quite set up yet. Please be patient with us as we work out our online registration system – which we had but lost when our nationally website was completely reconfigured recently.

In the meantime, don't hesitate to call one of our contacts below.

Calgary: 7th Annual Canadian Paraplegic Association (Alberta) Golf Classic

Date: Thursday, June 7, 2007

Location: Valley Ridge Golf Club

Time: Registration begins at 11:00 am; Shotgun Start at 1:00 pm

Contact: Cystal Anderson (403) 228-7418 crystal.anderson@cpa-ab.org

Edmonton:

8th Annual Canadian Paraplegic Association (Alberta) Charity Golf Tournament

Date: Thursday, August 16, 2007

Location: RedTail Landing Golf Club

Time: Registration begins at 11:30 am; Shotgun Start at 1:00 pm

Contact: Marc Quinn (780) 424-6312 ext. 2226

Red Deer:

9th Annual Red Deer Canadian Paraplegic Association (Alberta) Golf Classic

Date: Friday, August 17, 2007

Location: River Bend Golf Course

Time: Registration begins at 7:00 am; Shotgun Start at 8:30 am

Contact: Marlin Styner (403) 341-5060 marlin.styner@cpa-ab.org

Items for Sale

Scooter up for Grabs!

Battery operated 4 wheel scooter up for grabs. The motor is fine but it needs the right hand gear drive repaired.

If you are interested please contact Charles Wynder at 331-7470

Crank type Hospital Bed to give away

Hello everybody, I have a crank type hospital bed to give away. It is being donated by Stan Hooper the gentleman who donated the porch lift to us last year. It is in his warehouse and he would like to move it as soon as possible. Please call me at your earliest convenience if you have a client that would be able to use this. Thanks Edgar.

Email Edgar at: edgar.jackson@cpa-ab.org (780) 424-6312

Sports

Alberta gets the Silver Medal



TEAM ALBERTA at the 2007 Championships

(L to R) Skip Bruno Yizek, 3rd Jack Smart, 2nd Anne Hibberd, Lead Bridget Wilson, 5th player Robert Johns and Coach Ernie Comerford

This past curling year has been a great experience for five players from the Calgary Wheelchair Curling League. They were some of the dozen players who met all year on separate evenings to develop their curling skills and knowledge. Their goal was to compete against our rivals from Edmonton for the Alberta Wheelchair Curling Championship and eventually represent Alberta at the Canadian Championships.

On Mar 2-4th, the Yizek Team won out over another Calgary team and two others from Edmonton and repeated as Alberta Champions for 2006 - 07. One month later in Ottawa, Team Alberta faced off against teams from British Columbia, Manitoba and Ontario for the Canadian Championship.

In the Round Robin, Alberta finished with a 4 & 2 record losing to Ont. and BC. British Columbia had finished first with a 5 & 1 record after losing their only game to Alberta.

Round

1. Win 5 - 3 over Man.
2. Loss 4 – 7 to BC
3. Loss 2 – 9 to Ont. They definitely outplayed us here.
4. Win 4 – 3 over BC An INCREDIBLE game
5. Win 5 – 4 over Man. A fine game.
6. Win 5 – 3 over Ont. A WOW game

In the **Playoffs**, Alberta played very well and had to since all three teams were deserving of the Title.

Page 1 vs. 2 Loss 3 – 6 to BC A very fine game.

Semi Final Win 6 – 5 over Ont. Fantastic – AB stole 2 in the last end to win!!

Final Loss 2 to 4 to BC GREAT game!!

Overall, Team Alberta earned a **Silver Medal and 2nd place overall** which was an outstanding achievement in only their second year of competition. The Team had come so close and could have easily finished first in Canada. Two key shots made all the difference in the Gold Medal Game.

The **Team Throwing Average** for the entire 9 games was **62%** which is world class shooting. Lead Bridget Wilson was outstanding and shot a fantastic 75% which is well above world class. The overall future of all competitive players from Calgary is bright.

The CPA is especially proud of the accomplishments as our Calgary Chapter was instrumental in getting Wheelchair Curling started in Calgary. Lead Bridget Wilson made the first enquiries and with the cooperation of the Alberta Curling Federation the first on ice activities started in the Fall of 2005. We congratulate all for their achievements.

Creative Solutions

Chris Schamber Shares His Ideas:



This is a set up that I have been using to strengthen my deltoid's. The total cost for everything was under \$30 and it is a great benefit to a quadriplegic who is a C-4 C-5 are maybe lower. I have the middle I hooked halfway down the wall to keep the weights from swinging side to side. The white strap I had an OT "Occupational Therapist" to make which straps around the bottom of my bicep and allows me to pull both ways whether I am facing the wall or facing away from the wall. Down on the bottom I am able to put on more weight or takeoff weight. It is a simple idea that works great to keep your arms in shape.

Since using this weight setup Chris has become more efficient on the computer and has progressed from the movement of a C3-4-5 Quad to a C4-5.

For Your Information

**Canadians With Disabilities Celebrate Supreme Court Decision
March 23, 2007**

Today, the Supreme Court of Canada overturned a decision of the Federal Court of Appeal that allowed VIA Rail to run inaccessible passenger rail cars with impunity. The Court sent a clear message to VIA Rail, and indeed all Canadians, that service inaccessible to Canadians with disabilities will not be tolerated. Canadians with disabilities view this decision as a victory for accessible transportation in Canada. This was a David and Goliath like battle, where people with disabilities waged a protracted legal battle against VIA, a crown corporation which seemed determined to keep inaccessible passenger rail cars in service. Ultimately, the protection afforded by the Charter of Rights and Freedoms resulted in the Supreme Court taking a strong stand for a rail service usable by both people with and without disabilities.

[More...](#)

CANADA SIGNS UN CONVENTION ON THE RIGHTS OF PERSONS WITH DISABILITIES

The Honourable Peter MacKay, Minister of Foreign Affairs and Minister of the Atlantic Canada Opportunities Agency, today signalled Canada's intention to be a signatory to the United Nations Convention on the Rights of Persons with Disabilities.

[Storey continued](#)

The Canadian Centre on Disability Studies is conducting a study on Visitable Housing in Canada.

We looking for opinions from across Canada as we prepare a Framework for Action on Visitable Housing in Canada at a National Think Tank to be held in Winnipeg May 11-13, 2007.

As you know most houses in Canada have steps at their entrance and lack basic access features. Many jurisdictions in the world are moving toward building much of their new housing stock with at least basic access features especially due to the recognition of the aging demographic around the world.

Your information will assist in determining opinions on Visitability, where Visitable housing initiatives are taking place in Canada, what opportunities and barriers exist and whether there are differences across Canada. Please feel free to forward the survey to anyone who might be interested. Please forward to your members.

You will find the survey at: <http://www.visitablehousingcanada.com/holder4.html>

This is part of a larger study on Visitable Housing:
www.visitablehousingcanada.com.

We welcome your input.
Thank you.

Healer's Gathering

July 16th-19th, 2007

(camping on 15th)

Location: Saddle Lake, AB

What to bring: Camping equipment and utensils (all food provided)

Description: Healers from AROUND THE WORLD will gather on the ceremonial grounds by the river in Saddle Lake to take part on this gathering. Activities include drum and rattle making, medicine gathering, teachings, healing, showcase of ceremonies, passing on of ceremonies, sweats and entertainment for youth with well-known puppeteers from across the continent.

For more information, please contact Elder Jerry Wood, available each Tuesday from 8:30 am to 12 in 2-400 SUB (ASSC) until the end of April or e-mail him at jerry.wood@shaw.ca

New regulations allow pharmacists in Alberta to prescribe drugs

Please find information about new prescribing rights granted to pharmacists – further details in link below!

<http://www.gov.ab.ca/home/index.cfm?page=1616>

Accessible Van Rentals

Both our Edmonton and Calgary Driving Force locations now carry the adaptive vehicles for individuals with disabilities or illness. Each is designed to enable the driver to manipulate both the gas and brake pedals with a special hand-operated lever.

[More Info...](#)

Rick Hansen Wheels in Motion

Planning of events is well underway in locations around the province. Below is a list of details as to date. Check out the [website](#) for more details.

Lloydminster

Date: June 10th 2007

Location: TBA

Registration time: 12:00 (noon)

Start time: 1:00pm

Contact info: Beth Hollman (780)875-1466 and John Acton (780)875-5341

Come join the fun. There will be a BBA and wheelchair relay as well!

Calgary

Date: June 10th 2007

Location: Rotary Challenger Park

Registration: 10:00am

Start time: 11:00am

Contact: Calgary CPA office (403) 228-3001

Edmonton

Date: June 10th 2007

Location: Varsity Field, University of Alberta

Registration: 9:00am

Start time: 10:00am

Contact: Amy MacKinnon (780) 424-6312 ext.2235 amy.mackinnon@cpa-ab.org

There are two activities being held. The Wheel/Walk and a relay.

Red Deer

Contact the Red Deer office for more details.

Tel.: (403) 341-5060 Fax: (403) 343-1630

E-mail: reddeer@cpa-ab.org

Lethbridge

Date: SATURDAY June 9th 2007

Location: Henderson Lake

Registration: 8:30am

Start time: 9:30am

Contact: Eliza Walters (403) 327-7577

Come out and join the FUN!!

Medicine Hat

Date: June 10th 2007

Location: Police Point Park

Registration: 10:00am

Start time: 11:00am

Contact: CPA office at (403) 504-4001

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 June 1st 2007. First deadline for submissions will be May 25th 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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