



Canadian Paraplegic Association
Association canadienne des
paraplégiques
(Manitoba) Inc.

MPF MANITOBA
PARAPLEGIA
FOUNDATION INC.

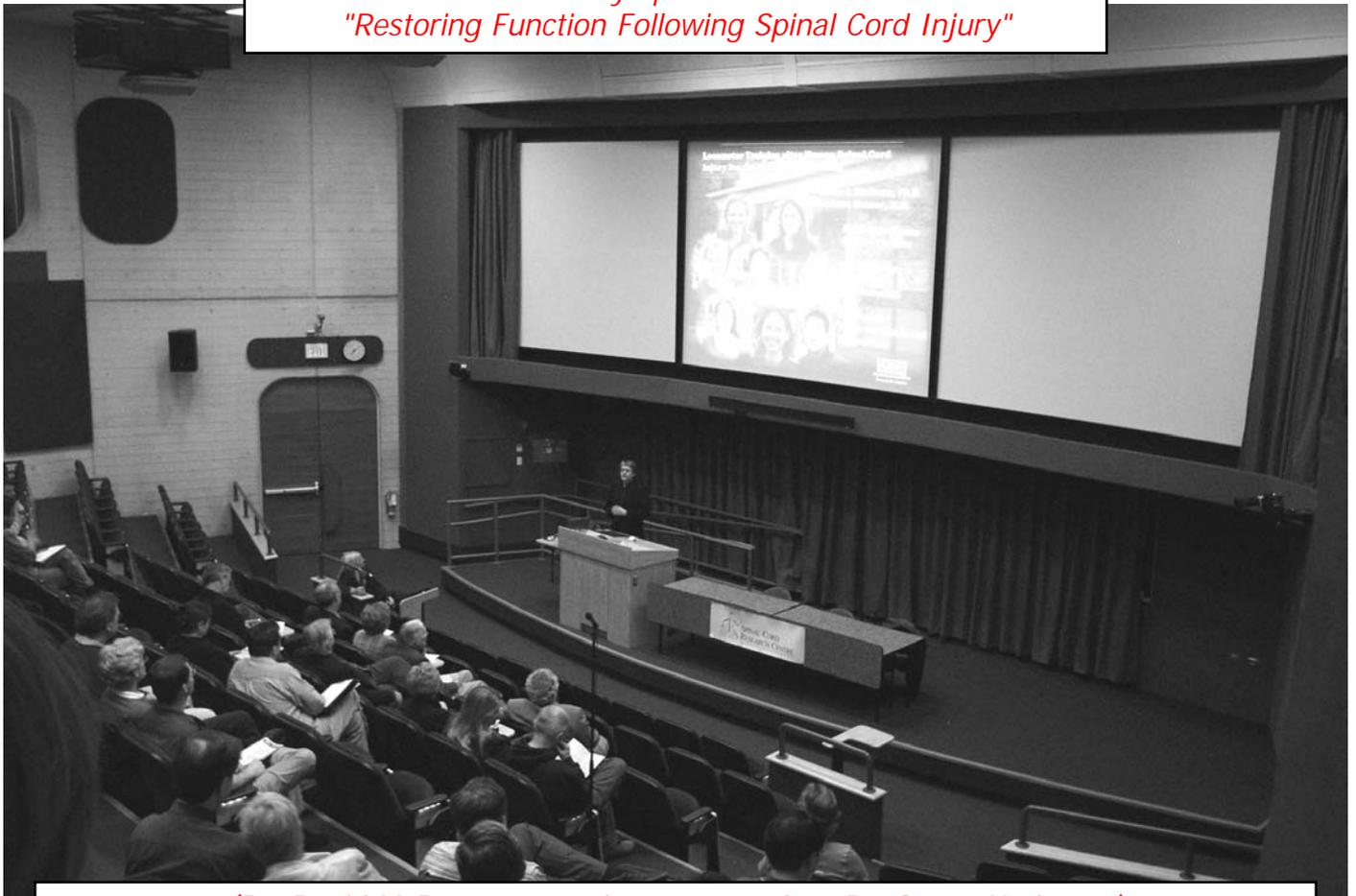
JUNE 2004

SUMMER ISSUE

ParaTracks

Newsletter of the Canadian Paraplegic Association (Manitoba) Inc.

*Will-To-Win Symposium Held at HSC
"Restoring Function Following Spinal Cord Injury"*



(Dr. David McRea presents keynote speaker, Dr. Susan Harkema.)

In this issue...

Ken Davis "Top Ten Reasons Why I'm Not Chopped Liver..."

Kris Cowley Concludes "Discoveries On the Road To Recovery"
Beyond Surfing, How Well Do You Use The Web?

...and our very first "Letters to the Editor," is there one in you?



Meet Ryan Sturgeon

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**paraplegic or tetraplegic*

Hi, my name is Ryan Sturgeon, and I am a 21 year-old incomplete C4/5 Quadriplegic. When I was 16 years old and going into my senior year of high school, I had a diving accident that changed my life forever. I had just got my driver's license and I was working part time to save up enough money to buy a car. Throughout school, I enjoyed sports, working out, and I was very adamant about weight training. I even had hopes of maybe becoming a personal trainer one-day.

After my accident, I was initially paralyzed from the neck down and was told I had little chance of ever walking again. I spent the next six and a half long months in the Health Sciences Center, slowly recovering, learning how to sit, feed myself, and walk all over again. I was inspired by all the support I received from my family and my friends, and I was determined to not let my injury control my life.

At last it was time to leave the hospital, but now I had a whole new set of problems; I was without a job, a driver's license, or a future career. Through hard work and support from Canadian Paraplegic Association I was able to get my life back on track. CPA helped me through times of uncertainty and hardship, and whenever I faced new challenges or had needs I was unable to deal with, CPA was able to guide and support me.

Last year with the assistance of my committee I developed a Walk 'N Roll event in support of CPA. The event was a huge success! We were able to raise over \$16,000 and had in excess of well over 200 participants. On June 18th, we will be hosting our 2nd annual family oriented Walk'N Roll event at the Riverbank Discovery Center. My



goal is to promote community awareness, while raising funds for CPA services in Brandon and the surrounding area. With your help this year I hope to expand and make the event an even larger success. One of my future goals is to bring a greater CPA presence into the Brandon area.

All you need to bring is yourself and a little extra energy. Each person will collect pledges and complete one lap around Brandon's Discovery Center walking path (approx. 2 km). The event will be held on Friday, June 18th, 2004 from 4:30 to 9:00 p.m. Registration begins at 4:30 and the walk at 6:00. You can walk, cycle, skateboard, wheel or run! The whole family is invited to come out for the

BBQ and entertainment during the event. This year the great escape artist Dean Gunnarson will be performing and there are a variety of exciting prizes to be won! I hope all CPA members will be able to come out and show their



support!

For more information about Brandon's 2nd annual Walk'N Roll event, see page 15.



'The Dark Side'

by Lorne Chartrand

Most members of CPA in Manitoba are likely aware of the massive changes in staff that have occurred toover the last several years. Under these conditions, new people have started new jobs and experienced staff have moved into new positions and everyone is doing their best to not only keep the organization moving, but to strive to help it grow and become responsive to the many changes and challenges it faces.

Members who have been reading ParaTracks – and especially this page – for the last three issues know a little about me, your humble editor. Two issues ago I introduced myself to you and talked a little about the challenges of being a high-level 'quad' full of anxiety at the prospect of entering the work world. Here's the big news; I am pleased, proud, excited and scared as, well... heck, to introduce myself as the new Communications and Public Education Coordinator for CPA Manitoba. To use the short term, I've become a public relations manager. To use the pejorative – a spin doctor. My favorite perspective, an 'embedded journalist'.

The honest truth is that I couldn't be happier to, as my journalism instructor, Duncan McMonagle would have said, "cross over to, 'The Dark Side'." As I've said before, I started my communications training intent on becoming a by foreign correspondent. Before my injury, this was a far more realistic goal than it is today. Not that it's impossible; it would just take either a really lucky break or some nearly superhuman ambition.

Well, that really lucky break happened this spring when Executive Director, Audrey McIlraith, revealed that CPA was looking for a communications specialist. I always knew this would be a tempting direction, but when it came from CPA, I nearly burst with excitement. I wanted this job. Badly. My lucky break just came from an unexpected direction.

CPA made everything very attractive for me. Their needs were really for an experienced PR professional, but they made the job available to me through an innovative funding arrangement. I now have an office (with, I'm assured, walls which will eventually be built) and am supported by mentors experienced in fundraising and public relations.

Now it's all about fear management. Proving to myself and those that have put faith in me, that I can perform up to and beyond everyone's expectations is my ultimate goal. CPA is a very strong organization with exceptional dedicated staff who often go far beyond the call of duty to make whatever needs to happen, happen. My ultimate job is to make the general public aware of who we are, and what we do. CPA needs public awareness and support to fulfill its mandate. Awareness means increased funding which is the only way that CPA can continue to meet the challenges that this group

of professionals, many of them taking on brand new roles, so want to rise to.

As for ParaTracks, I will remain as editor, where I can continue to practice journalism while growing into my new position. Reaching an audience somewhere *out there* may be my only refuge from the humungous challenges of my new position.

This issue marks a new resource for ParaTracks readers; we've included a *Letters to the Editor* page. We hope readers will respond with many voices on many issues. Hearing from members and stakeholders helps us to know how we are doing. As ParaTracks evolves, so does our CPA Manitoba Web site. *Please*, visit www.cpamanitoba.ca and get involved in the forum. (There may be a contest unveiled there soon.) Our ultimate goal is to have interaction there which will be far more useful and accessible to everyone here.

As for the world outside of CPA, we apparently have a federal election that's all about mud-slinging. Conservative leader Stephen Harper demonstrated his people skills by virtually referring to the Esplanade Riel, Winnipeg's newest landmark (whether you like it or not) as, "a toilet." Meanwhile, Jack Layton demonstrated the caca and fan campaign method when he very nearly accused Paul Martin of beating babies to death, like so many harp seals. I believe more dirt hit Mr. Layton than the man people are calling "Liberal Kim Campbell" on that one. However, Paul Martin seems to be running out of fingers for plugging all of the holes in the Liberal dyke.

Yes folks, it's not pretty, but it *is* entertaining. A spooky, scary, three-ring circus kind of entertaining...

South of the border, things aren't much different – although the campaigning is a lot quieter there. Kerry doesn't have to do anything to make Bush look bad. The smartest thing Bush could do now is join Kerry's campaign team and *honestly try to help*... he's sure to mess up... His only other hope is to solve the crisis in Iraq...

Back here at home, it's early in the race for the mayor's chair, but what a field! The mob of potential candidates hasn't produced a front runner yet, and since Big Brother is watching, I'm not about to back anyone just yet (read on for an explanation).

Well, it's back to work for me then. At press time, it seems our spring/summer is finally under way... then again, the weather seems as predictable as the outcome of this federal election.

Have a great summer,

Lorne Chartrand
Communications and Public Education Coordinator
CPA Manitoba



Spinal Cord Injury Research: Discoveries on the Road to Recovery - Part II

by Kristine Cowley, PhD

In the last Paratracks, I described some of the effects of spinal cord injury and said that this issue would focus on some of the attempts at regeneration. So, in this issue I give examples of the strategies being used to regenerate damaged spinal cords, starting with the first demonstration that CNS neurons could re-grow. After, I show three examples of methods used to promote re-growth, which can be grouped as follows:

- » Deliver factors that promote regeneration (olfactory ensheathing cells),
- » Block factors that inhibit regeneration (blocking NOGO, and chondroitinase ABC which eats up the glial scar).

Some Discoveries of interest:

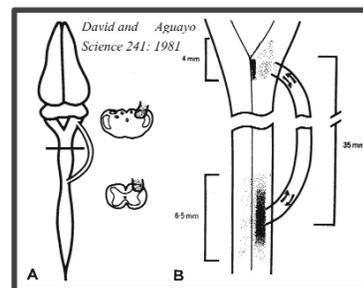
Early 1900's: Central Nervous System Neurons do not re-grow but peripheral nerves do. Early attempts to get CNS neurons to re-grow failed. The prevailing belief of researchers during the majority of the 1900's was that although peripheral nerves would re-grow after being cut or damaged, CNS neurons would not. So, although nerves in your arms or legs will re-grow after damage, those inside the brain and spinal cord were thought not to grow back after being cut or damaged. Anyone who has cut their finger deep enough, (say, while cutting onions) will remember that they could not feel the tip of their finger for several weeks after cutting it. Eventually the feeling comes back, but only after the weeks it takes for the cut sensory nerves to grow back to the tip of their finger.

1981: CNS neurons can regrow! Albert Aguayo and co-workers, working in Montreal, showed that CNS neurons can re-grow, provided the CNS neurons are given a 'friendly' environment (Box 5). Aguayo suggested that there must be factors in the CNS that block re-growth of CNS neurons and that there must be factors in the peripheral nervous system that help nerves to re-grow. Up until this time, most researchers were not interested in trying to treat spinal cord injury because they all believed that CNS neurons just did not re-grow, and therefore, spinal cord injury was untreatable. Aguayo's findings led to a new era in research attempting to get CNS neurons to regenerate.

After the research of Aguayo, many researchers began to think more seriously about getting neurons to regenerate. Interestingly, before 1981, there were a grand total of 481 research articles on the subject of spinal cord regeneration.

Box 5

Regeneration: CNS neurons CAN re-grow



Box 5: Aguayo and colleagues showed that if they cut the spinal cord of a rat, and then attached a peripheral nerve (they cut out a piece of the rat's sciatic nerve from its leg) to bridge the injury site, CNS neurons would grow over 35 millimeters into the grafted sciatic nerve, but as soon as the re-growing CNS neurons re-entered the spinal cord, the CNS neurons quit growing. This research showed that in contrast to what had been believed, CNS neurons do re-grow, as long as they have the right environment.

After Aguayo's 1981 discovery, the number of research articles focusing on spinal cord regeneration increased dramatically to 2739 (since 2003 alone, there have been 264). Some of these approaches overlap, but the main goal remains; to get neurons above the injury (e.g in the brain) to grow past the site of the injury and reconnect with their proper target below the injury site. So far, fewer reports deal with trying to get the neurons that originate below the injury (e.g. sensory neurons) to grow back up to their proper target in the brain (i.e. feeling is restored).

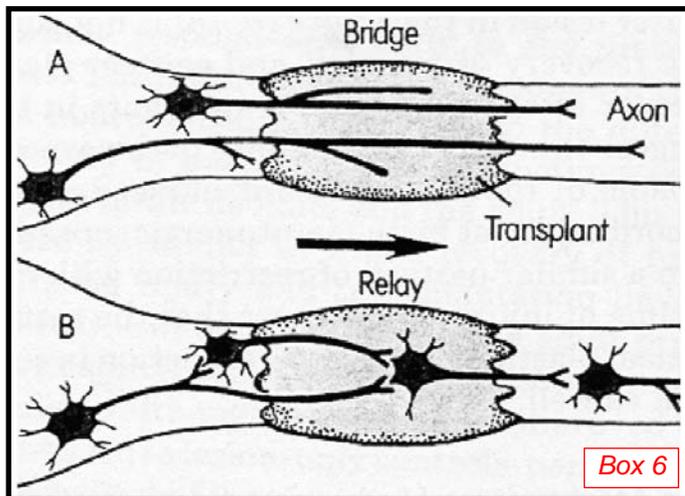
After Aguayo's research, many efforts have been made to solve the regeneration puzzle, and these efforts can be grouped as follows;

1. Find and **deliver factors that promote neuron re-growth** to the injured spinal cord
2. Find and **inhibit or get rid of factors that block neuron re-growth** in the injured spinal cord

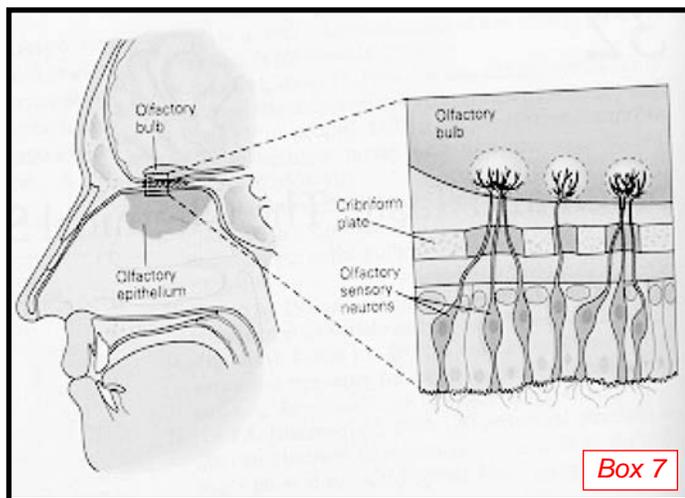
Growth Promotion Strategies

So in Aguayo's work they found a way to **promote re-growth** by using a peripheral nerve (which they knew would re-grow if damaged) to bypass the site of injury (see Box 6). Although the bridge part worked nicely, the problem that remained was that once the neurons had re-grown through the bridge, and re-entered the wound spinal cord, they abruptly stopped growing (because of the factors in the cord that **inhibited re-growth**).

Another area of spinal cord regeneration efforts relates to cells within the CNS that keep their ability to grow and divide into adulthood. Most cells that make up the brain and spinal cord do not re-grow or divide or change their



target connections in adulthood. Which is normally a good thing because you don't want your nervous system reconfiguring its circuits on a daily basis. Otherwise, the message that you send today to lift up your left foot may go to the neurons that make your right foot lift up tomorrow (which could be a problem). But there are cells in the central nervous system that keep their ability to grow in adulthood - one type are olfactory ensheathing cells (OEC's). So, what are these olfactory ensheathing cells?

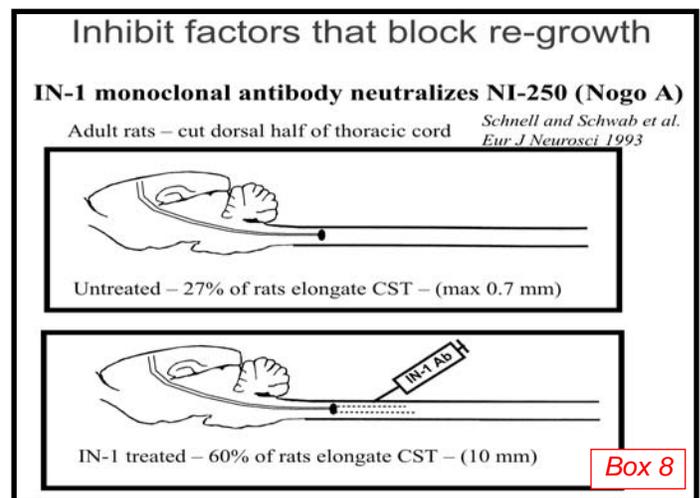


Well everybody has 'em. They're the cells that surround or 'ensheathe' the neurons that convey smell from your nose to your brain. The advantage of using OEC's is that since they're your own you wouldn't have to have to deal with immuno-suppression for the rest of your life if they were transplanted into your spinal cord, and they can grow within the adult CNS. Recent experiments using OEC's have shown promise. The idea is that if these cells are injected into the injury site, maybe they will ensheathe the damaged neurons and help them to grow through the hostile environment of the injury site and beyond, to their targets. When rats have had OEC's transplanted at the site of a cervical spinal cord injury to promote re-growth, these rats regained

the ability to use their forepaws (and the non-transplanted rats did not). These experiments showed that neurons would grow up to 3 cm beyond the site of the spinal cord injury (which is a long way in a rat's spinal cord!). Work is continuing in this area.

Blocking the blockers

In the next example, researchers found a factor that blocked re-growth in the adult spinal cord. These researchers then **blocked this inhibitory factory** to promote re-growth on injured neurons. This inhibitory factor was recently renamed NOGO (because neurons no go when it's present - you see, some scientists do have a sense of humour). The idea in this work was to inject this blocker at the site of the spinal cord injury in the hopes that it would reduce the hostile environment of the spinal cord so that any neurons that were trying to re-grow would be able to do so (see Box 8).

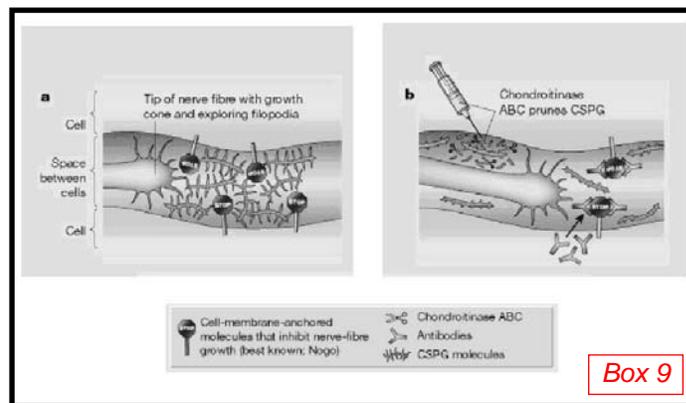


And it worked. Well, partly. In the rats that had this factor injected in them, the neurons would re-grow up to 10 mm (versus 0.7 mm in the animals that were not injected). The problem with this work is that although it helped, it did not completely restore function and solve the problem. So, people keep working.

The final example is a recent effort to reduce the hostile and inhibitory environment of the glial scar. Box 9 shows the basic idea of this research. In addition to the molecules known to block re-growth in the spinal cord (e.g. NOGO which was mentioned above), there are factors within the scar itself that prevent re-growth (one of them is chondroitin sulphate proteoglycan - let's just call it CSPG, shall we?). Anyway, these researchers found that if they added a molecule that effectively 'pruned' or cut off part of this inhibitory CSPG molecule, neurons were actually able to grow through the glial scar and they could enhance regeneration.

And it worked. Well, partly. When they added this

Chondroitinase ABC, it promoted growth of both ascending to command mode sensory neurons and descending neurons. The rats were not 'normal' or completely recovered after this treatment but their function was improved. In Box 9, you will notice that they show that Y shaped factor blocking the NOGO inhibitory molecule. It is there because the next step, in regeneration strategies is to start to combine these different 'partly successful' approaches. Many of the regeneration approaches that have been tried to date show some improvement, but not full recovery. Now it is time to start to combine these approaches to improve recovery, to the extent that these regeneration approaches can then be safely and successfully applied to humans. In order to have the greatest effect it is likely that any of these regeneration strategies would have to be applied in combination with some of the rehabilitation research findings that have been shown to improve remaining spinal cord function. (e.g. Body weight supported training, or Laufband therapy - which should be a topic for another article, and which was the subject of the public lecture given by Dr. S Harkema at the recent Will to Win Symposium, and which Lorne covers



in this issue).

In summary, these examples do not cover the whole field of regeneration research but hopefully they show where it all began (with Aguayo's findings) as well as some of the promising avenues of research for the future.

If you have any comments or suggestions regarding this or any other research topic, I can be reached via email at kris@scrc.umanilocatetoba.ca

Manitoba Paraplegia Foundation (MPF) News

MPF funds go to work in four main areas: special projects, product testing, research and direct aid to persons with SCI. CPA thanks MPF for its continued support to improving the quality of life of persons with spinal cord injury.

MPF has approved several requests for financial support during the past few months. Some of the highlights follow.

In February 2004, MPF provided funding to cover the cost of equipment (tub transfer bench, transfer board and key turner) for a CPA member. This equipment allows the CPA member to optimize his independence which reduces the need for home care services.

In March 2004 MPF provided assistance to help with transportation costs for a CPA member who lives in Northern Manitoba and was staying in Winnipeg to attend continuing education classes.

Also in March 2004, MPF provided an interest-free loan to a CPA member to cover the processing fee for the member's residency application to Canada Immigration.

In April 2004, MPF provided

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funding for the purchase of a two-wheeled walker in order to allow a CPA member to return to live in his apartment rather than being paneled for placement in a personal care home, away from all of his existing social supports.

Also in April 2004, MPF provided funding to cover the cost of a pump for a CPA member's air pressure mattress. This allows the proper air pressure to be maintained which in turn will prevent future pressure sores.

In May 2004, MPF provided

assistance with the cost of a microwave, cordless telephone and lock box for a CPA member. These items are required in order to arrange services for the CPA member through the Home Care program.

Visit MPF's website at: www.cpamanitoba.ca/mpf. Applications for assistance are available through the website or by contacting the CPA office.



Letters To The Editor: What has happened to Handi-Transit service in 2004?

ParaTracks is pleased to provide a public forum for issues affecting members. The views expressed herein are not necessarily the views of CPA. Preference will be given to significant issues adequately explained. Anonymity is respected when requested but please remember that taking ownership of your position/statement is preferred and carries more weight.

Letters can be sent to the editor @: paratracks@canparaplegic.org

My husband has been registered with Handi-Transit since Sept.1997. Since that time we have regularly used the service for medical appointments, pleasure, and nearly every Sunday to go to church. Until Jan.2004 we have been provided with a ride almost every Sunday – both to church and home again. At most, during that period, only 10-12 times was a ride unavailable or only one way could be provided.

But since Feb.1, 2004, the service has been terrible! Of the five Sundays in February and two in March (seven Sundays in a row) only on one Sunday was a return trip provided. On two Sundays no ride was available at all, and on the other five Sundays a ride was available in one direction only – either to go to church or to come home.

I have spoken to the complaints department of Handi-Transit and was told that ridership was up and it was just, “the luck of the draw” as to who got scheduled for a ride. There was nothing they could do about it.

I’m afraid that I can’t accept the argument that ridership is up that much

all of a sudden. There has to be something wrong in the system for things to change so drastically and so suddenly.

I know that there is a priority system of work, school and medical. But common sense says these apply primarily on weekdays – and I’m not complaining about trips scheduled for medical reasons; they have always been filled.

It seems that there would not be that many riders on Sundays, going to work, school or medical appointments. So why is it that all of a sudden we can’t get rides to go to church on Sundays? We feel that we are being ‘black-listed’.

It doesn’t make sense, when booking a trip, to have only one way provided. How are you to get to your destination the other way? Yes, you can book private cab companies, but there are very few who have wheelchair accessible vehicles – so they cannot be relied on to fill the void. Also they are very expensive for continuous use.

Something has to be done to make the Handi-Transit system more available to people in wheelchairs. I have personally seen people who would be

capable of using a city bus or a cab, using the wheelchair vans and buses. Perhaps a review of registration card-holders is necessary.

As I understand it, Handi-Transit is to provide transportation for those people who cannot use regular means of transportation. Up until February 2004, I found this to be the case. However, since February there seems to be a problem, in that ride requests (even from a “standing order”) are not being filled; particularly on Sundays. Something is wrong somewhere.

-Dorothy Werschler

Editor’s Response: Unfortunately, Handi-Transit scales down their operations on weekends, which makes trips just as hard to come by on weekends – sometimes worse than weekdays. Ideally, all trips should be given equal value, as the Handi-Transit system is to provide comparable service to regular transit, which refuses no one and asks no questions. In Handi-Transit’s defense, this ideal situation would cost taxpayers bags full of dollars.

Got Neurogenic Bladder? There may be help!!!

Shanks to all those CPA members who recently responded to our survey regarding Botox injections to treat bladder hyperreflexia. Our next step is to identify those persons who are candidates to receive this treatment, with the ultimate goal of providing treatment here in Winnipeg. So, at this time, we are asking that anyone interested in learning more about this treatment, and in identifying their suitability for botox injections, to please contact 787-2281 to request an appointment with Dr. Karen Ethans, at the HSC Spinal Cord Outpatient Unit. Just tell them you’d like an appointment to discuss the botox bladder treatment.



Ten Reasons I Know I'm Not Chopped Liver

by Ken Davis

In February of this year, Ken and Pam Davis adopted a wee girl from the island chain of St. Vincent and the Grenadines. When I asked Ken how things were going, this was his reply:



Everyone need someone to lean on

I believe that being a good father is a challenge, and being a good father, while in a wheelchair, is an even greater challenge. But being a good father, while in a wheelchair, to a little girl that has had very little exposure to men, is like the spider trying to coax the fly onto his web; not impossible by any means, but definitely a sticky situation.

However, after three months of "Mama, Mama" and nary a "Dada" I got thinking that perhaps my daughter didn't really like me, and perhaps I was simply chopped liver on wheels. But after one particularly fun afternoon with my daughter, I came to the conclusion that I was actually making headway with her. Upon further examination of the situation, I realized things were actually going pretty well.

So here are ten ways I know I'm not chopped liver in my daughter's eyes:

10. My daughter will lay her head on my chest and watch *Bugs Bunny* and the *NHL playoffs*. My wife won't even do that, unless I promise to do that thing she likes.

9. My daughter doesn't laugh at me while I dance to a funky tune, but instead starts to boogie with me.

8. My daughter trusts me with the responsibility of carrying her 'sippy cup' around the house.

The number one question that I've been asked in the past three months (not counting "Was that you I saw streaking at the Brier?") is "what's it like being a Dad?"

The short answer is, "Great. Fantastic. Amazing. I love it." The long, much more detailed answer goes something like this:

This honour has been granted to no one else so far.

7. My daughter has never attacked me with a sharpened pencil, a blunt instrument or a firearm, and after watching any American newscast, I think that says something.

6. My daughter tells me amazing, animated stories that go on for thirty minutes or more. They include such characters as "Nospmis trab", "Srednalf den" and "Upa".

5. My daughter comes to see me in my office, and then points at the computer. She will only leave after I play her a danceable song, preferably something heavy like *Aerosmith*, *AC/DC* or *Linkin Park*.

4. My daughter comes to me and puts her head upon my knee, while hugging my leg tightly when she is afraid or after Mom reprimands her. At this point, I tell her "Mom is evil, and only Dad will ever allow her to do anything she wants."

3. My daughter has taught me the true meaning of "Imitation is the sincerest form of flattery." She licks food off of her plate (like Dad), carries items in her mouth (like Dad) and uses colourful language (like Dad).



An artist is born

2. My daughter can look at me and smile and my heart melts like butter in the microwave. Only one other person in the world can do that and I married her.

And the Number One Way I Know That I'm Not Chopped Liver in my Daughter's Eyes:

1. Alexandra Joy crawls on the bed to me each night, where she proceeds to give Dad a hug and a kiss before bed. Now I ask you,



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Restoring Function After Spinal Cord Injury: Positive Steps

The Will-to-Win Symposium Features Dr. Susan Harkema

by Lorne Chartrand

For people living with spinal cord injuries, it is difficult to accept the fact that a tiny gap in the body's electrical system is all that separates them from walking stride for stride with the rest of the world. Our bodies otherwise seem so resilient. As children we stumble and fall; the resulting scrapes and cuts leave little or no trace. A simple Band-Aid covers the boo-boo and within a week the wound is forgotten. How then, can this microscopic tear - a wound that leaves no external evidence - be so impossible to overcome? Several decades of research has seemed to reveal little more than a closer understanding of the nervous system and its encasement of fluid and bone.

Compound that with the most often violent incident that causes the spinal cord injury. Family, friends and even well meaning strangers assure us that "the cure" is just around the corner; "five years, at most" is a common assessment. I heard that myself nine years ago.

So what really is going on in spinal cord research? There are several fronts being explored which offer promise. Mainly, these are a) the treatment or repair of the injury itself; attempts to regenerate growth to re-connect the nerves above and below the spinal cord injury. b) Research aimed at minimizing or reversing the secondary complications of spinal cord injury (e.g. osteoporosis). c) Treatment / therapy whose aim is to try to maximize the function that remains after spinal cord injury. (See part II of Dr. Kris Cowley's feature on page 4 in this

issue).

On April 27, during the Will-to-Win SCI Research Symposium hosted by the Manitoba Paraplegia Foundation, Inc. and University of Manitoba's Spinal Cord Research Centre, Dr. Susan Harkema, from the University of



Dr. Susan Harkema of the Institute of Brain Research, Los Angeles, California, during presentation on locomotor training.

California's Brain Research Institute, presented her work in supported weight bearing and gait training, "Locomotor Training after Human Spinal Cord Injury for the Recovery of Walking." What Harkema found - to the delight of many in attendance at the Tuesday evening public lecture - was that the spinal cord can, in effect, be trained to perform weight bearing and stepping functions inde-

pendently of control by the brain. For many skeptics, like IcarusMelt76 - who was quoted from the CPA message board in the latest issue of *total access* - this should bring



Dr. Harkema explains the finer points to CPA Board member George Dyck.

some credibility to studies where people are "... hung by straps like a puppet with a nurse or therapist on each foot moving them on a treadmill. Just dangling there." What Harkema explained is that there is a LOT more than "dangling" going on in her Los Angeles, California lab.

The reality is that people are getting up out of their wheelchairs and taking steps that are not so much controlled by the brain as by the spinal cord. Certainly, these motions are more like 'tricks' than pure fluid and deliberate steps, but the point is that the subjects (to use the clinical term) are making these moves on their own. It takes a lot of training to gain control of the spinal cord's awkward expression of the brain's desire to produce locomotion - but it can be done.



Dr. Harkema has taken advantage of the fact that certain parts of how humans (and animals) stand and walk are delegated to the spinal cord, which leaves the brain free to concentrate on more sophisticated and sublime activities. When we stand, for instance we don't consciously deal with the amount of extension and flexion, which goes on in the ankle, knee and hip joints and the associated muscles which control those joints - our spinal cords take care of that. When is the last time you actually thought about these mechanics while standing? Right - autopilot. Consider the hot pursuit of a fly ball; the legs are pumping while the brain is receiving visual signals from the baseball; calculating its arc while constantly adjusting what the body needs to do to get the glove underneath the ball before it hits the ground. If the brain needed to be consciously involved in the motion of the legs, multitasking would overload the system and the out-fielder would kiss the dirt long before getting near the ball.

Now, let's return to the lab. We'll concentrate on walking rather than standing. Spinal cord injury exhibits common symptoms in most people. One is the leg spasm where the ankle flexes and extends rapidly; in a seated person; the knee rises and falls as a result of this motion. This is called clonus. At first glance this uncontrolled spasm would seem to be a barrier to regaining normal motor control. In Dr. Harkema's studies, however, it became apparent that this motion is the body's response to ground stimulus and the automatic generation of the walking pattern. Incomplete spinal cord injured subjects who were placed on a treadmill would - after some training - produce the clonus response. Knee and hip motion would eventually be established and some subjects - formerly unable to stand - would be able to both bear weight and carry that weight forward in stepping motions. They got out of their chairs and were, to some degree, walking. Most with assistive devices like canes or walkers.

Interestingly, there was another discovery in the lab. The clonus response can be triggered in most spinal cord injured persons. Furthermore, if clonus is triggered in both ankles, the body - likely controlled by the spinal cord (it's got to be controlled somewhere, dammit!) - alternates the motion between left foot and right foot. The same motion can be triggered in most spinal cord injured people, creating the same automatic pattern necessary for bipedal locomotion - walking!

In Harkema's studies, different subjects achieved different levels of function through their training. In addition, however, there were some unexpected benefits which might be greater than walking. All quadriplegic participants showed an increased blood pressure (in quadriplegic spinal cord injury blood pressure is usually much lower than normal). More significant might be an increased level of cardiovascular fitness.

There is a strengthening of the heart and lungs - vital players in the struggle for longevity of life.

Dr. Harkema's studies seem to support what we have always been told -- that our bodies above and below the lesion remain intact after spinal cord injury. The only defect is that small gap. Now, however, we may be able to go further than ever before without bridging that gap. Ideally, of course, the ultimate cure is the highest ideal, but in the meantime we may be able to do more for ourselves by training

a spinal cord which responds in ways that many of us may never have imagined. Dr. Harkema may have, in addition to making significant progress towards a cure, found a way to extend the lifespan of spinal cord injured persons.

I've already asked Dr. Harkema to enter my name in her subject pool database.

For further information on Harkema's work, visit: www.harkema.ucla.edu



CPA Executive Director, Audrey McIlraith with Dr. David McRea, Director, Spinal Cord Research Centre

Harkema's lecture was part of a two-day Will-To-Win Symposium highlighting progress in the rehabilitation and treatment of spinal cord injury and honouring the significant contributions of the Will-To-Win Golf Classic to spinal cord research in Winnipeg.

Since 1994, the Will-To-Win Golf Classic has raised over \$700, 000 for spinal cord research and contributed significantly to the work of the Spinal Cord Research Centre.

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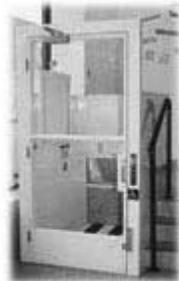
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Beach Day 2004

by Dana McFarlane
Recreation Coordinator
Rehab Hospital



Summer is just around the corner and we are quickly approaching the 4th annual Day at the Beach! The event is hosted by Canadian Healthcare Products and is held at the Grand Beach boat launch area. The sun always seems to shine on the day, bringing with it great opportunities for much anticipated fun and games.

The day entails a variety of fun-filled activities from relay games, races, and water sports, to adapted equipment such as bikes and wheelchairs, and of course food and drinks! The staff at Canadian Healthcare Products work very hard to ensure that everyone has had an opportunity to try out the activities and equipment, and every year the planners get more creative, providing even greater opportunities for each participant. Each year there seems to be an even better turnout than the year before, with many people returning year after

year to enjoy the experience again.

The Health Sciences Centre Rehab Program has been involved with the event for the past two years, with plans in the works for this year as



well. Canadian Healthcare Products has enabled many Rehab patients the opportunity to have this experience by providing us with transportation to and from Grand Beach. You can just imagine how nice a day at the Beach would feel after being in the hospital for a period of time!

At the event you see people from all walks of life and with all levels of ability. Many rehab patients are con-

cerned that they will not be able to do many of the activities offered. We encourage them to go to the event with an open mind and not to let their disability prevent them from trying the various activities. Very often they return at the end of the day to tell their story of how they went kayaking, played tennis, or went for a ride in the tube behind the boat, things they never dreamed they would do again. The entire event is very inspiring to see and to be a part of. I would like to express my thanks to Canadian Healthcare Products and the staff of the Rehab Program for planning and assisting with the day. I sincerely hope the trend continues to provide people with opportunities to explore and enjoy what life has to offer.

For more information about the 4th annual Day at The Beach... see page 9.

Access Winnipeg - A Site for all Residents and Visitors

Disabled Peoples International is proud to launch the "Access Winnipeg" website. The city of Winnipeg has much to offer its own residents as well as visitors, however they also recognize that accessibility issues can be a real challenge, and not every retail outlet, attraction or restaurant is setup to accommodate the special needs that are required.

Access Winnipeg was developed to create a growing online database of attractions, restaurants, shopping centres, etc... that have made a little extra effort to accommodate these needs. The website doesn't stop with our own recommendations, it's an interactive site which allows and encourages the opinions of everyone.

We have added a number of locations and would love to add your comments, learn about new places! Please post this or forward it on....

Log on today and add your comments: <http://accesswinnipeg.dpi.org>, it takes but a moment to leave a lasting impression.

E-MAIL ADDRESSES & VOICE-MAIL EXTENSIONS:

Phone: 786-4753

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Please note that Dan Joannis can be reached at the following telephone number: Dan Joannis (204) 787-2026

Toll-free: (800) 720-4933 (within Manitoba only)

Visit CPA's site at www.cpamanitoba.ca



An Eye on Advocacy – Who’s Watching?

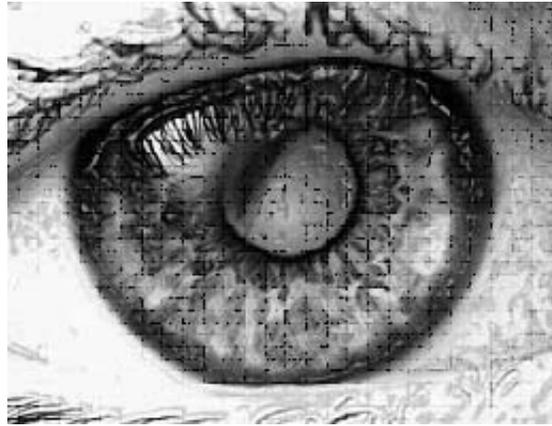
by Lorne Chartrand

(Editor’s note: this story is an effort to provide a breakdown of the issue. A full discussion would take much more space than available. Those interested in more detail should visit the IMPACS Web site.)

Is Big Brother watching over CPA and other charitable organizations in Canada? New regulations released in September 2003 by the Canada Revenue Agency (‘the Agency’), that provides guidelines to charities on what kind of advocacy activities they can take part in and what kind of resources they can commit to those causes, do kind of give you that creepy feeling... As Canadians, we tend to think of our society as intensely democratic; one of the most open in the world, where any person or organization can let their voices ring loud and strong in opposition to or in favour of almost any issue that floats their boat. Are we deluding ourselves?

The Institute for Media, Policy and Civil Society (IMPACS) www.impacs.org is itself a Canadian charitable organization committed to the protection and expansion of democracy and to strengthening civil society. They say that the new Agency guidelines severely restrict the voices of charitable organizations who engage in advocacy, and recently held workshops across Canada to “thaw the chill” on advocacy issues in the new policy environment. The effort is called the *Charities and Democracy Project* and its first goal is to arm charitable organizations with an understanding of the new rules so they can maximize their ability to get their messages into the public eye without the fear of reprisal from ‘ol’ uncle Fed.’ IMPACS second stated goal is to facilitate a dialogue between groups across the country to create a consensus for change in current legislation and suggest alternatives.

In a nutshell, the problem is this; charitable organizations that depend on tax incentives for their operations, are restricted by the Agency from spending more than 10% of their resources on what it considers “political activities.” Organizations that step over the line, run the risk of losing their charitable status and perhaps their ability to exist.



“IMPACS is saying that charities are out there to promote the public good - that’s why they are called ‘charities’ they depend on public donors for much of their operational costs.”

The Agency’s definition of political activities is, in addition to engaging in partisan politics, “communicating to the public that the law, policy or decision of any level of government in Canada or a foreign country should be retained, opposed, or changed” on any issue that impacts on the organization, or the communities and individuals it serves.

Excuse me, but I smell a rat...and so does IMPACS... Consider this, charities are the only bodies in Canada that are subject to such limits on their voices.

Restricting the activities of charities? What IMPACS is saying

is that charities are out there to promote the public good – that’s why they are called ‘charities’ they depend on public donors for much of their operational costs. By corollary then, they have considerable public support for the work they do. Charities also must be deeply involved and passionate about what they do, so they are and should be strong voices in the public policy arena. They are also adept at addressing difficult issues with limited resources. Reducing the political activity of charities means that they often are limited to addressing the symptom of a problem rather than the cause.

Think about it; wouldn’t you rather charities use their voice to prevent governments from acting improperly. It might be a good thing for an environmental group to stand up in the public arena and draw attention to which parties are concerned about the environment and which parties want to sell off or leave our natural resources to the predation of our American neighbors?

So, you might (or maybe you should) ask yourself, “what business *does* the government have limiting what charities can and can’t do?” Imagine a fat cat politician with money to burn on an election campaign who decides to set up a charity or provide a huge infusion of cash to a charity who might use those resources to back that campaign...starts to smell fishy doesn’t it? This is where IMPACS supports the Agency’s guidelines; obviously, charities can’t go around using monies they receive from donors to play in partisan politics. In fact charities must



submit careful documents that lay out exactly what their mandate is to achieve charitable status in the first place.

However, IMPACS maintains that the current atmosphere is in danger of muzzling charities, casting a chill on one of the most valued elements of our civil society.

There is one final, ominous trap contained within the Agency's new guidelines, the 10% rule is a dangerous setup for charities who make advocacy a strong point of their organization. In the event that legitimate charitable activities, such as informing the public, *are* deemed by the Agency to be political, all activities leading up to that point are regarded as political and the resources used in those activities are counted towards the 10% rule. It sounds like a dangerous game, where the Agency gives charities just enough leash to feel free, but has included a choke chain to keep them in line. Directors of charitable organizations should become familiar with the Agency's

guidelines available on the CRA Web site (reference number cps-022) and do themselves a favour and check out the IMPACS Web site. Their work demonstrates a great example of working within the new guidelines.

Call them what you will, but *someone* is watching.

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Walk'N Roll ~ June 18, 2004 -- 4:30 pm - 9:00 pm ~ Brandon Discovery Centre

Come out to Brandon's 2nd annual Walk'N Roll event for the Canadian Paraplegic Association (Manitoba) Inc.

The Challenge

All you need yourself and a little extra energy. Each person will collect pledges incomplete one lap around Brandon's Discovery Centre walking path (approx. 2 KM). The event will be held on Friday, June 18, 2004 from 4:30 pm to 9:00 pm. Registration begins at 4:30 and the walk at 6:00. You can walk, cycle, skateboard, wheel or run!

Fun for the Family

The whole family is invited to come out for the BBQ and entertainment during the event. Featuring the great escape artist Dean Gunnarson. There are a variety of exciting prizes to be won and each participant raising over \$75.00 receives a complementary event T-shirt. Teams of 5-10 welcome or individuals. There will be individual and team prizes.

The Event

this is more than just a race -- it's Brandon's 2nd Annual Walk'N Roll event for the Canadian Paraplegic Association (Manitoba) Inc. It is an excellent opportunity for you and your family and friends to gain a better understanding of people with disabilities, while raising much needed awareness and funds for people living with spinal cord injury.



Prizes:

Individual with the highest pledges.

1st - Pentium 4 Computer System

2nd - Desktop Stereo

3rd - Weekend for two at the Victoria Inn
Manoy More Prizes!

To register for the event and pick up pledge forms, visit any one of the following locations:

TD Bank Financial Group Branches

903 Rosser Ave.
Brandon, MB
729-2600

10th Street & Victoria Ave.
Brandon, MB
729-2630

Central Park Lodges - Valleyview

3015 Victoria Ave.
Brandon, MB
(204) 728-2030

Roger's Video

1830 Park Ave.
727-1423



Beyond Surfing – How Well Do You Use the Internet?

by Regan Block

By now, everyone who hasn't heard of the Internet hasn't been born yet. But there are still new users everyday, as I witnessed (and supported) my parents first computer purchase this year. Sure, although surfing the web and emailing are becoming as common a task as opening a newspaper in the morning, there is still a lot more the Internet has to offer. In this issue, I intend to demonstrate the enormous wealth of information that is out there using "researching a hobby" as an example. Painting was a hobby suggested to me by a fellow CPA member and will be the focus on the topic of digging around the internet.

So I either want to learn to paint or have some prior experience. My first place I would like to search for topics on painting would be a Google search using your web browser (Internet Explorer or Netscape Navigator are the two most common browsers). If you have never done a search before on the web, you may be in for a shock. Search engines like Google are completely dependent on the input word and can easily pull up 10's of thousands of websites that contain the keyword you just typed in (Ex. Painting = 16,800,000hits). The first thing you would want to do is try using more descriptive words in the search bar (Ex. "Oil Painting = 2,450,000hits). The trick here is to use the Advanced Search option to really narrow down the exact thing you are searching for (Oil painting for quads. Exclude USA and United states = 126 hits.)

Once at the website you should be able to decide quickly enough if this is what you were searching for. Having effective search parameters makes web surfing more efficient. Most of the time a website will show you all you need to know but there are times when they don't. One good trick is using the 'Find' option. (View menu or Ctrl - F) Re-enter your search topic in the text box and click 'Find Next' and you'll jump straight to wherever that word is used in the document.

What are the alternatives to finding information on websites alone? Read on my friend, read on.

1. **News groups** – one of the first forms of free expression and information on the internet. If you use email programs like Outlook Express or Netscape Communicator and either a Shaw or MTS account, you will have access to these no frill beauties. A newsgroup is a text based message board that requires no memberships, no fast typists, and sometimes even no personalities! Very easy to set up (4 steps) and 10's of thousands of groups to choose from. All you need to do is take a few cracks at typing in a subject, go to the group, and decide for yourself if the posts (messages in the group) offer any value to you...if they don't, keep trying there are lots. To post

your own message, all you need to know is that posting is exactly like sending an email – except that the whole group (can be world wide) can read it and you should expect people (proclaimed experts sometimes) to reply to your question or comment and offer advice. You can also post (upload) files such as pictures of your own artwork (or anything else) in specialized groups that start with alt.binaries.???? – this type of group is intended for only posting larger files so don't expect to get any feedback from the group about your latest rant. On the topic of painting, I found this great group which has every kind of image - alt.binaries.pictures.artpics Sure there is some spam, and some attachments you should be wary of, but at least there are no blasted pop-up pages.

2. **Forums** (similar to newsgroups) – some of the larger websites tend to have a forum, or discussion room right on their website. The posts in a forum are similar to that of a news group except for a few things: forums are prettier (like a web page), subjective, moderated, and sometimes require a membership. One big advantage are forums or FAQ's (frequently asked questions) on product manufacturers websites. Here people who use a product from the manufacturer post messages directly relating a specific product...maybe even yours. If you do not find what you are looking for under the topic headings, you can post your own question or comment and usually expect a reply from a fellow user or even from an employee of the company itself! Free help is always welcome.

3. **Online communities** such as Yahoo groups can offer a combination of forums, chat rooms, upload capability, polls, and are fairly organized. They do require a membership and are strongly moderated. Despite this, I would suggest a group to anyone who is passionate about something because you may very well find other fanatics like yourself. Here is the link from the oil painting group:

<http://groups.yahoo.com/search?query=oil%20painting>

Communities are high on content and members and fairly low on spam. Don't forget that you can still be as anonymous as you want and not be booted from the group. Here is an example of the navigation frame from a Yahoo group:

Messages
Chat
Files
Photos
Links
Database
Polls
Members
Calendar



4. Chat Rooms / messenger services – ah... the home of ultra quick wit and the anonymously brave. They can be a valuable source of information about your hobby and a great way to meet friends who have common interests. Because of the sheer number of people chatting on line, it may be difficult to comprehend who is talking to who and talking about what – you will often find yourself joining a room in the middle of several conversation / tirades. The good thing is that these chat rooms can offer you unbiased opinions and instant answers to your questions if you chose to stick around for a few minutes. So don't feel afraid to join in, say "Hello". Please be careful, as there are many rooms out there that are pretty whacked if you get my meaning. A quick note about messenger services like Yahoo and ICQ: Once you find that certain person who shares your interests, you can add them to your "Friends" so you will know when they are online. Free online help is a good thing. And if that person, for some reason, becomes annoying, setting your messenger service to 'ignore' or 'block' them is as easy as turning off a light.

www.quasar.org/memes/structure99/neattoolsnsf0.htm

Anyway, what I'm trying to say in this issue is that there

Area	Response time
Chat room / message service	Instant
Newsgroup	2 days
Forums	2 – 7 days
Communities	1- 4 days
Manufactures website	7 days or less
FAQ's	Instant but not updated as often

is more to the Internet that just websites and email. I use all of the above methods when I am researching topics and I swear I've become a much better and more informed guitar player since I started taking the Internet to '10'. Peace and enjoy what spring / summer we have left.



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Axle Grease

by Ken Davis

Spring has sprung, the mosquitos are riz, the potholes on my street have been fixed, it's time for the election biz?....If we could only get half as much interest in the federal and civic elections as they get for *American Idol*, the democratic process might not look so pathetic....Speaking of politicians and such, whether you liked or disliked Glen Murray as a mayor, at least he was aware, interested and knowledgeable when it came to disability issues in the city....One final political note: Stephen Fletcher, the former president of UMSU, and a quad, will be Glen Murray's main rival in the upcoming election....Congratulations are in order for Winnipeg's Independent Living Resource Centre, as it is celebrating its 20th anniversary....An American tourist attraction you may want to check out if you're in the neighborhood is *Universal Studios Hollywood*. 12 of their 14 rides are wheelchair accessible and the other two are not that tricky to transfer into....If the Olympics are on your menu this summer, you might want to take a detour to Crete Greece where a fully accessible hotel has just been built, including 'electrically adjustable beds', 'accessible swimming pool', 'power and manual wheelchairs' and of course doctors or physiotherapists are available upon request. Sounds like you better bring your *Visa*....If travelling within Canada is your plan, have you considered the big grey dog? Greyhound Canada now has 50 wheelchair accessible buses across Canada. To book, call 1-800-661-TRIP, and remember to call at least 48 hours in advance. Sorry, washrooms aren't accessible and please try not to be counted among their 15% 'no-shows'....Have you lost the zip in your mojo? *Juice Plus+* is a supplement that boosts your entire immune system. To support its claim, it has the backing of 'The Journal of Integrative Medicine' and thousands of users....I was recently reading one of my favourite online zines (and they ran essays on two topics I've wondered about: if television game shows are suppose to represent a cross section of society, why do you never see a contestant in a wheelchair? and why is it that as the cost of a night's entertainment goes up, accessibility and attitudes go down? In other words, why are movie theatres, bars and casinos accessible with helpful staff, while expensive live theatre, or expensive restaurants, usually have inferior seating and snotty staff? As the author says, 'the path of least resistance is more tempting', especially when dealing with arrogant people.... Anyone thinking of trying the *Atkins* diet, like my Aunt I. M. Achubber, may want to reconsider. While people in wheelchairs definitely benefit from a high protein-low carbohydrate diet, eating an increased amount of red meat and fried foods has

its own drawbacks, like higher cholesterol and death. So if you want to increase your protein and cut back on carbs, that's great, but make sure you eat lots of fruits and veggies and exercise regularly as well. Don't you hate the obvious?....Want to see a great movie with most of the cast having one disability or another? *Finding Nemo* by Pixar delivers such a movie. It features: a main character with one healthy fin and one tiny fin, a father that obviously has several phobias, a sea horse that is allergic to H₂O, three sharks in a 12-step program (fish are friends, not food), a fish with a fish tank cleaning obsession and finally Dory, a fish with no short term memory. This motley crue reminded me of Christmas at my step-father's....Disabled Peoples' International is holding World Summit '04 this September in Winnipeg. This year's summit is entitled *Diversity Within*, and will focus on women, youth, Indigenous and Arab peoples. Call 204-287-8010 or emailFinally, a personal note to the leggy blonde that sat upon my lap at the *Aerosmith* concert while my wife Pam, was in the washroom. I'm afraid you don't sing as well as Pam, or dance as well as Pam and you certainly don't kiss as well as Pam.....Have a great summer everyone.

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**CPA (Manitoba) Inc. is a participant in the
Leave a Legacy Manitoba program.
For more information, call the CPA office or
visit our website: www.cpamanitoba.ca**



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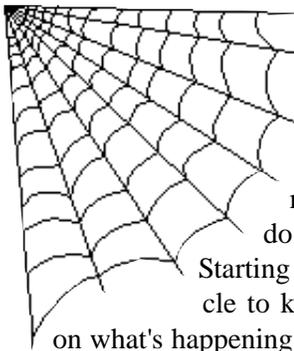
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WEBMASTER'S CORNER



Well... let me introduce myself. My name is James Kraynyk, and I'm the Webmaster for cpamanitoba.ca (some of you might recognize my name as I also do the layout for this newsletter).

Starting this issue I will be writing a brief article to keep ParaTracks readers up to date on what's happening on the CPA Manitoba web site.

So, first of all, I have completely redone the look and layout. Also, new to the site is a News Forum. All the main articles of ParaTracks will be posted in the News forum with color pictures instead of black-and-white as they are in the newsletter. By registering in the News forum you will have the opportunity to make comments about these articles, participate in polls and more things to come. The forum also has several other categories such as; General (to discuss anything you'd like), Technology, and Buy or Sell. As well, all the Latest News and upcoming events (in the Calendar) will be posted here.

You can get to the News forum by either going to CPA Manitoba's homepage at www.cpamanitoba.ca and clicking

on News, OR by going to the following address:
<http://www.cpamanitoba.ca/forums/index.php?act=home>

CPA Manitoba Homepage: www.cpamanitoba.ca

If you'd like to see any particular categories added to the forum, please feel free to mail me at:
webmaster@cpamanitoba.ca

CPA extends its sympathies to the families of the following loved ones who recently passed away:

*Dennis McPhaill
Virginia Novak*



If not delivered, return to:

Canadian Paraplegic Association (Manitoba) Inc.
825 Sherbrook St., Winnipeg MB R3A 1M5

MEMBERSHIP APPLICATION



YES! Count me in as a member of the Canadian Paraplegic Association (Manitoba) Inc. All members receive "ParaTracks" CPA (Manitoba) newsletter, "Total Access" CPA National Magazine and voting privileges at the Annual General Meeting. Members also receive discounts at various health care supply stores – Stevens Home Health Care Supplies (special pricing for supplies & 10% off equipment), The Access Store (10%), Northland Home Health Care (10% off medical supplies), Disabled Sailing membership (25% discount) and student rate membership at the Joe Doupe Fitness Centre (\$91/year).

I wish to select the following category of Membership:

- _____ \$15 - \$24 - Member
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- _____ \$100 - \$249 - Sustaining Member
- _____ \$250 - \$499 - Charter Member
- _____ \$500 and over - Patron Member

All Monies donated remain in Manitoba to support CPA (Manitoba) Inc. An income tax receipt will be issued for any amount over \$15.00. Sustaining, Charter and Patron Members will receive recognition of their generous contribution in the context of events such as our Annual General Meetings or in the programs of other CPA (Manitoba) Inc. functions.

**** IMPORTANT **** According to Canada's Personal Information Protection and Electronic Documents Act, commencing January 1, 2004, all businesses and organizations are required to obtain an individual's consent when they collect, use or disclose their information. **Unless you indicate otherwise by checking the box below, signing and returning this form to CPA, you are providing a form of consent that permits CPA to use the information you provide on this membership form for the purposes of sending out membership receipts and cards, reminder notices with membership applications and newsletters as noted above.**

CPA (Manitoba) Inc. **does not** sell or trade personal information and **does not** rent out mailing lists. Personal information is provided to a third party **only** for the purpose of sending out CPA's newsletters. If you have any questions, please call the CPA office.

I do not consent to CPA using my personal information as noted above and I understand that I will no longer receive membership receipts, cards, reminder notices or CPA newsletters.

Name: _____ Signature: _____ Date: _____

Make cheque payable to:

Canadian Paraplegic Association (MB) Inc.

Mail to: #211 - 825 Sherbrook Street
Winnipeg MB R3A 1M5

For more information:

Phone: 204-786-4753
Fax: 204-786-1140
E-mail: winnipeg@canparaplegic.org

PLEASE ENTER A MEMBERSHIP FOR:

Name _____

Address _____

City, Prov. _____

Postal Code _____ Phone () _____

E-mail address _____

_____ New _____ Renewal

CLASSIFIED ADS

For Sale – Wheelchair Bags Custom made to fit your wheelchair. Reasonably priced. Call Marcia at 474-2039 for more info.

For Sale – EJ Metro Plus Wheelchair - 22" wheels, 16" seat, well padded. Paid over \$1000 - used one month. Asking \$500.00 - Call 832-5100.

For Sale – Tracer Wheelchair - well padded, does not fold. Paid over \$1000 - used three months. Call 832-5100.

For Sale – Roho High Profile Therapeutic Cushion with inflation valves. Used for Home Care, Physical Medicine Rehab, Orthopedics and Plastic Surgery. Complete with hand inflation pump. Excellent cond - 10 sq. size. \$400 OBO Ph. 632-0719 or 661-0848

For Sale – Janson 3-wheel hand pedaled tricycle. 3 speed, leg rests, good for recreation and exercise. Legs rest in forward position, rider not in sitting position. New tires. Call Derek at 837-1290 (evenings) or 945-5814 (days). \$500.00 for CPA members.

For Sale – Used handcycles in excellent cond starting at \$1700.00 - call 589-8955.

For Sale – Roho dry floatation cushion for 20 x 18 chair size. Excellent condition. Asking \$175.00. Call 772-2313.

For Sale – Invacare Action Arrow Storm (1994) power chair - Black with purple vein color - front & back shock suspension (extra pair of larger casters - no suspension) - new batteries & tires - gear motors 1.5 years old - will require seating customization. Asking \$1200 (accepting offers) - For more info Call James at 949-1150.

Wanted - Van with ramp, newer model preferred. Ph. 943-0227