



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

MPF MANITOBA
PARAPLEGIA
FOUNDATION INC.

JULY 2006

SUMMER ISSUE

PARATRACKS



Newsletter of the Canadian Paraplegic Association (Manitoba) Inc.



Finally! The sun shines on Wheels In Motion Winnipeg

In this issue...

CPA Story and Photo Contest: Deadline Extended!

Wheels In Motion Winnipeg – see inside for pictures

Workin' the Wheelie: HSC's new wheelchair skills lab

Botox treatments improve the lives of two CPA members



Celebrating 60 Years of Achieving...

ParaTracks is a publication of:

Canadian Paraplegic Association (Manitoba) Inc.

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Website: www.cpamanitoba.ca

Supported by Manitoba Paraplegia Foundation Inc.

Circulation: 850 copies

Estimated Readership: 5,000

Editor: Lorne Chartrand

Layout: James Kraynyk

Advertising Rates:

Advertising rates for photo ready copy:

Full Page - \$160

Half Page - \$87

Quarter Page - \$55

Business Card Size - \$33

Classified ads free to CPA members.

*ParaTracks publishes
three times a year*

Canada Post Publication Agreement #40050723

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**paraplegic or tetraplegic*

In honour of CPA (Manitoba) Inc.'s 60th Anniversary, we will be gathering together friends, members, and supporters to celebrate CPA (Manitoba) Inc. and 60 Years of Achieving.

If you were there when it all happened, it will be an opportunity for you to remember the way things were, and to celebrate the accomplishments that have occurred. For those of you who are new to CPA, it will be an opportunity to see how far things have progressed, and to learn a bit about the amazing individuals who worked to make it possible.

The evening will be hosted by well-known Winnipeg comedian Al Rae and will be packed with comedy, videos, multi-media presentations, special guests, entertainment, awards, displays, and a gourmet dinner all set to the beautiful back-drop of YORK the Hotel.

CPA (Manitoba) Inc. is a great organization, and all those who have made it possible deserve to stand back and take the time to reflect on all the accomplishments, and to look ahead to what's to come in the next 60 years.

There are a limited number of tickets available, so don't delay! Please contact CPA office for more information, or mail the ticket order form on page 19 of this ParaTracks with payment to 211-825 Sherbrook St, Winnipeg, MB R3A 1M5.

If you require transportation to the event, please call Teresa at 786-4753 ext 223 before September 15, 2006. Valet parking will be available at the event for no extra charge, so you can have someone else worry about the parking for you!

EVENT DETAILS:

WHAT? An action-packed dinner celebrating CPA (Manitoba) Inc's 60th Anniversary hosted by Al Rae.

WHERE? YORK, The Hotel-161 Donald Street.

WHEN? Thursday, October 19, 2006 6:30pm

HOW MUCH? \$50 per ticket (includes dinner, entertainment, and transportation, if needed.)

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

Wayne McIntyre

Fred Miller

Chris Weston

Rocky Sinclair

Keith Collins

John McKenzie





Have I got a story for you...

by Lorne Chartrand

As I write this, I am actively involved in organizing Winnipeg's Rick Hansen Wheels In Motion Event, preparing for CPA Manitoba's 60th Anniversary Celebration, serving on the Winnipeg Accessibility Awards Committee as well as churning out another edition of ParaTracks. If you have been keeping up with ParaTracks lately, you might be aware that I resigned from CPA Manitoba a few issues back to pursue a freelance journalism career. Someday I'll get to that... but for now I'm actually honoured to have the opportunity to go through CPA's archives and to learn about, recognize and celebrate the achievements of a host of individuals who have paved the way for all of us to live as fully as we do and to enjoy a society that is beginning to embrace the concept of full participation for everyone.

Of course the common thread for all of these individuals, as well as those who continue promoting a fully integrated society, is the Canadian Paraplegic Association and more specifically CPA (Manitoba) Inc. It is easy to take for granted that CPA will always be there to support its members with spinal cord injury. It is hard to imagine coming through a spinal cord injury without the support of CPA. For all of us who have experienced SCI, we know that there was that one small voice in the darkness, as the full thrust of the consequences of the injury sank in, that said, "I'm from CPA, and I'm here to assist you with anything you may need." We also know that as much as, or perhaps as little as, we need CPA's help, as long as the organization exists, support and a sympathetic ear are only a phone call away.

What has always happened at CPA (Manitoba) Inc. is that a dedicated crew has kept the machinery of CPA churning and advocating for its members all the way. There have been key people throughout its existence that have carefully guided the organization in tune with the evolution of society, influencing government perception and response, all the while keeping track of public perception and the need to shift tactics in the interest of meeting the needs of persons with SCI and other physical disabilities.

However... beyond all of that are the deeply personal experiences of other members who grapple with obstacles and barriers both in the physical environment and in the attitudes and perceptions of people in their own communities. Perhaps the story doesn't involve others. Perhaps it is about overcoming something in the physical landscape; a grappling with the very earth itself, or perhaps discovering new places far from home. There are stories of overcoming and there are stories of making compromise, there are stories of great joy and of great sadness, and in all of the stories is reflected the vast range of experience that occurs after sustaining SCI. Stories can make

you laugh and make you cry, it may surprise you to discover how your own stories might have an impact on the lives of others. Only by sharing them, however, can this be accomplished.

Those of us who live in an intrinsically accessible city and raise our voices against those few corners that haven't lived up to the concept of full community participation would likely be amazed by the determination of those who dwell in far-flung communities across the province. I'm sure that full community participation has a different flavour in Churchill or Pukatawagan than it does in Winnipeg or Brandon. We know more about members who retrain for a desk job after their injury than we do about those who defy the odds and go back to what they used to do, perhaps in a modified way, but picking up where they left off, more or less.

And then there are those whose lives were dedicated to CPA (Manitoba) Inc. but have since retired or moved on to other pursuits, their stories would be relevant to us all.

Of course where I'm going with all of this is how much we can learn from each other by sharing these stories. There has never been a better opportunity to showcase and share our experiences than the upcoming 60th anniversary of CPA (Manitoba) Inc. which is coming up quickly. *60 Years of Achieving...* will be unleashed October 19, 2006 at YORK the Hotel. The night will be hosted by homegrown comedian Al Rae, there will be various forms of multimedia entertainment, dinner, the opportunity to catch up with old friends and make new ones, and of course the sharing of stories, old and new. As announced in the last issue of ParaTracks, there are prizes up for grabs for the top stories and photos and ***the deadline has been extended to August 31, 2006.***

Stories and photos can both be gems from a long time past. Feel free to go to that battered old box of photos in the attic, or set a story that you've told a million times to print. Who knows? You may see your story or photo published in an anthology that is being planned to go with the event... There will be prizes for winning stories and photos. So please get those stories and photos in and join us for dinner in celebrating *60 Years of Achieving...*

Submissions will be accepted via email and regular mail. Emailed stories should be sent to tnickerson@canparaplegic.org. Mailed stories should be sent to CPA MB office: 211-825 Sherbrook St. Winnipeg, MB R3A 1M5 ATTN: Story and Photo Contest.

Also, keep in mind, that while we are celebrating 60 years of achievements, there are always new stories out there... maybe yours... that nobody knows about except you and your close friends. Please consider sharing your story - either in print or photo with all of us, and join the celebrations on October 19.

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.

During the month of March 2006:

- » funding was provided for the cost of a wheelchair ramp which will allow a CPA member safe and easy access to her home.
- » funding was granted to the Spinal Cord Research Centre from funds raised by the 2005 Will to Win Classic.
- » financial support was provided for ½ the cost of a power wheelchair for a CPA member who currently resides in a chronic care facility. This support will allow the member to continue to have independent mobility.
- » funding was granted to a CPA member for the purchase of laminate flooring to replace carpet flooring in the

member's apartment. This will allow the member's caregivers to operate specialized equipment throughout the apartment with ease.

- » financial support was provided to CPA for the purpose of product testing a VitaGlide Exercise system which is a new and innovative option for wheelchair users to improve and/or maintain health. The system will be used for patients in the physiotherapy department at the Rehabilitation Hospital once CPA has completed its evaluation.
- » funding was granted to cover the costs of removing a wheelchair lift and power door operator from a vehicle. The items were donated to CPA on the condition that the cost of removing them was covered. These items will be passed on to a CPA member who requires them and is financially unable to purchase these items.

MPF Trustees:

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Lawrence Cohen
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Ernie Hasiuk
Randy Komishon

During the month of April 2006:

- » Financial support in the form a loan was provided to a CPA member for the purchase of a computer system.

Visit MPF's website at:
www.cpamanitoba.ca/mpf

Applications for assistance are available through the website or by contacting the CPA office.

Are you a member of CPA (Manitoba) Inc.?

Did you know that your membership entitles you to:

- » A discount at Stevens Home Health Care Supplies
- » A discount at The Access Store
- » A discount at Northland Home Health Care
- » A membership discount for Disabled Sailing Manitoba
- » Voting privileges at the Annual General Meeting

Best of all, all funds remain within Manitoba to support CPA (Manitoba) Inc. in providing services to nearly 1000 Manitobans living with SCI.

Fill out the membership application on the back cover of this issue of ParaTracks to become a member in support of CPA (Manitoba) Inc. today. Along with your membership renewal, take the time to let us know what **YOU** would like to see in ParaTracks in the future.

Day at the Beach

It's that time of year again...summer is ushered in with all the familiar sights and sounds: construction on Winnipeg streets...ice cold Slurpees...and Day at the Beach! See the advertisement on page 5 for more information or contact Patti or Mary at 832-9963.

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667-5787 Mike Hladky (SMR, U of M)

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AT THE...

6th Annual

Day at the Beach

July 21, 2006 » 10:00 a.m. - 4:00 p.m.

Rain Date: July 28, 2006 » 10:00 a.m. - 4:00 p.m.

at

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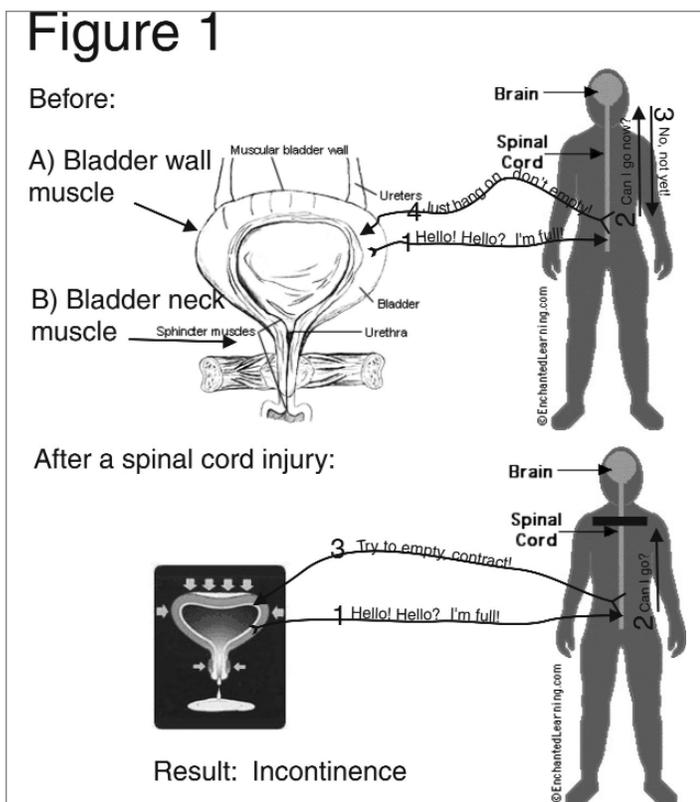
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See you at THE BEACH...



Botox injections to treat severe bladder spasticity - What are the recipients saying?

by Kristine Cowley, PhD

In the fall of 2003, I described a new treatment for severe bladder spasticity - the use of botulinum toxin (Botox) injection.



a few ounces (or 90 - 150 ml) before the urine is involuntarily expelled and the bladder emptied (shown in the bottom half of Figure 1). Not only can this scenario be socially embarrassing for the person who has to endure it, but it can also lead to serious problems in kidney health. It is the extreme case of bladder spasticity that may benefit from Botox injections, as outlined below.

Botox treatment consists of injecting a small amount of Botox directly into the bladder muscle at 25 to 30 sites. The part of the bladder where the ureters drain the kidneys and the muscle at the base of the bladder that keeps the bladder from draining (sphincter) is not injected. Botox blocks a portion of the muscle contractions of the bladder, usually for a time period ranging from 6 months to one year. What this means for those receiving the treatment is that they no longer have severe uncontrolled bladder contractions (and therefore no more incontinence). This treatment is not for everyone, but does offer some relief for those who have to deal with very severe bladder hyperreflexia.

When I first wrote about Botox treatment, no one in Manitoba had received the treatment. Today, three years later, several have received the treatment. I recently interviewed two of them to get an idea of what the Botox treatment means for them. What follows is a summary of those conversations. I am going to refer to them as survivor 1 and survivor 2.

Increased Bladder Capacity

Both indicated that the amount of fluid they could store in their bladder doubled when compared to before the first treatment (so one went from about 200 to about 400 ml and the other from 175 to 350 ml). Both said that they knew when they had a full bladder but that before treatment, they each had only about 1 or 2 minutes from the time they felt the first sign and when they would have 'trouble' if they didn't find a bathroom in that one or two minutes.

What was your life like before the treatments?

Survivor 1: Yeah, I didn't really do anything before getting the treatments. If I was going out, I would have to plan it out before I went - figure out where the bathrooms were, limit my fluids, I always had an escape plan, and I was always close to a bathroom. I sometimes would take some drugs to reduce bladder spasticity - usually just before going out, but I hated those drugs, they made me feel lousy - tired, and thirsty, and they really didn't work.

Survivor 2: Basically, the only thing I did was work and stay at home. I used to go out more during the first few years after injury, but as I got older I became less interested in dehydrating myself so I could go out. Also, I felt it was more important to make sure I drank my 8 glasses of water a day rather than be sick with bladder infections. So, for me 8 glasses of water was about 12-14 trips to the bathroom and I found it easier to just stay home or at work rather than try to go out too much. If I did go out, I would always empty my

After a spinal cord injury (bottom half of Figure 1), the bladder is often referred to as being 'neurogenic'. Put simply, it means that it acts on its own, without input to, and control from the brain. Once the neurogenic bladder contains a certain volume of urine,

- 1) a signal is sent to the spinal cord, and,
- 2) a signal is sent to the brain but it never arrives (because of the injury). So, in the absence of control from the brain,
- 3) the spinal cord tries to get the bladder to empty by telling the bladder wall muscle to contract or flex.

But without the brain to help coordinate the bladder muscles, the only thing the spinal cord does is get the bladder wall to contract. It's like a balloon being squeezed and squeezed with a bit of glue keeping the neck of the balloon closed. If the contractions/squeezing of the bladder wall get strong enough, eventually the neck of the balloon will open and some urine will be pushed out of the bladder (and incontinence will occur). Sometimes, if the bladder neck doesn't open, the urine will go back up the ureters to the kidneys (which can eventually cause kidney damage). After injury, many people will have some reflex bladder spasticity that can cause incontinence, but the volume or bladder capacity that this occurs at varies from person to person.

In extreme cases, the very spastic bladder may only hold

and bladder before I left. I even emptied my bladder if I was going out in the yard for a few minutes because I knew I wouldn't have enough time to get back inside in the event I had to go. This meant that I usually had to use the bathroom about 18 - 24 times a day, which is an awful lot.

When I was younger if I was at school or work, I would just not drink, for pretty much the entire day, and then I would try to get my fill of water and liquids in the evening. But then I found that if I didn't drink for the entire day, and then if I drank my 8 glasses in the evening I would be up til midnight or later because I would have to use the bathroom every 20 minutes to get rid of my 8 glasses of water.

If I wanted to drive to the store to get some groceries or something, I would quit drinking any liquids about three hours before, especially if it would take me more than 15 minutes to get there. So, as I got older, since I didn't want to restrict my liquid intake, I just quit doing things.

Can you give me a general idea of how your life has changed as a result of the Botox treatments?

S1: Now, I go out all the time. I don't worry about my bladder, I don't have to have an escape plan. I don't have to watch how much I drink. Basically, before I got the Botox injections, my bladder was on my mind all the time, it was the first thing I thought about. Now, I hardly think of it at all. The only time I have to think about it a bit is when it starts to wear off, but then I get a repeat injection before it becomes a problem.

S1: said that before the injections, S1 had to wake up every couple of hours during the night to use the washroom and that now, S1 could get a great night's sleep, without interruption and that this had made a big difference in S1's life.

S2 and S1 each said the injections were a world-changing event for them. S2 said that before the treatments, during casual conversations, especially at work, the possibility of

having to leave to use the washroom was always present. S2 had to figure out ways of immediately ending conversations when the need to use the bathroom arose and that often, S2 chose not to talk to people if going to the bathroom was likely to come up. So, after the injections, S2 reported being much more relaxed, and feeling as though more mental energy could go into things other than thinking about having to use the washroom.

So, are the effects immediate or does it take time to notice an effect?

S1: Well after the first treatment it took about 5 days to notice a change. Then the effect started, the urgency decreased and I no longer had to rush.

S2: Usually it takes 5 days - just long enough for you to start wondering if it's going to work, and then it starts to kick in.

How often do you need to repeat the injections?

S1 gets a repeat treatment every six months just as the treatment starts to wear off, before any problems come up.

S2 gets a repeat treatment about every 8 months.

Have you noticed any negative side effects?

S1 reported absolutely no side effects at all.

S2 reported some side effects - weakness in the hands to the point where buttoning clothes was difficult for a few weeks starting at about three weeks after the injections and that transferring from the bottom of the tub to S2's wheelchair was impossible for several weeks, but that it had been worse during the first two injections.

As you can see, severely spastic bladder can cause some individuals who live with the condition to withdraw from social situations, reducing their desire to interact and participate in the greater community. It seems then, that treating the condition with Botox injections has made a considerable improvement in the lives of these two CPA members.

If you stand, please raise your hand!

I am interested in speaking to anyone with a spinal cord injury who uses a wheelchair for mobility but who also stands on a regular basis. So, if you use a wheelchair but are able to stand - either voluntarily, with the use of a neuromuscular stimulator (e.g. FES), a tilt table, or leg braces, please give me a call or send me an email. I am interested in finding out how often you stand, how long you've been standing and how long you've been injured. The reason I would like anyone who stands to get in touch with me is so I can see if there are enough people in Manitoba for a future study looking at some of the potential benefits of standing after spinal cord injury.

Kristine Cowley, PhD

Research Associate

Spinal Cord Research Centre

Department of Physiology, BMSB 406

University of Manitoba

730 William Avenue

Winnipeg MB R3E 3J7

I can be reached at work at 789 3305 or by email at kris@scrc.umanitoba.ca





2006 CPA Merit Award Presented to Dr. Marvin Brodsky

Dr. Brodsky has now joined the company of other individuals who have been presented with the CPA Merit Award since 1965.

Dr. Brodsky has been an invaluable resource to Canadian Paraplegic Association (Manitoba) Inc. Dr. Brodsky is a Clinical Psychologist who has been involved with CPA (Manitoba) Inc. for over 20 years.

Dr. Brodsky was part of a group of facilitators who worked on a project entitled "Reclaiming Selfhood" which was offered to individuals with spinal cord injury to provide assistance to adjust to disability after the traumatic event of a spinal cord injury.

Dr. Brodsky's exceptional volunteer effort occurred at the close of this project. There were many individuals who found Dr. Brodsky's facilitation of a group to be a very valuable resource. While Dr. Brodsky's position was originally funded, he recognized the need for the service that he was providing and the impact it was having with individuals living

with spinal cord injury. Dr. Brodsky volunteered not only his time but also his expertise and skills as a Clinical Psychologist in order to continue to facilitate this group.

Dr. Brodsky's continued facilitation of the group was not funded, and his willingness to participate demonstrated an exceptional commitment to the individuals who could benefit from Dr. Brodsky's resources. In his own words, "one of the major benefits of attending group is that almost all of the members came to recognize that they are not alone. Help is available for them."

In addition to his volunteer work as a

group facilitator, Dr. Brodsky has consistently provided volunteer support in his capacity as a Clinical Psychologist providing consultation and feedback on a volunteer basis to Rehabilitation Counselling staff at CPA (Manitoba) Inc. In volunteering his time and resources, Dr. Brodsky filled a greatly needed service for individuals living with spinal cord injury, a need that might otherwise go unmet.



Ernie Hasiuk, Dr. Brodsky and Ron Burky.

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

Visit CPA's site at www.cpamanitoba.ca

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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





Volunteer Spotlight

This issue of *ParaTracks* will mark the first installment of the "Volunteer Spotlight" column. This column will be a new addition to *ParaTracks* that will allow us the opportunity to recognize those individuals who give of their own time and resources to make CPA a great organization. In each issue of *ParaTracks*, we will take the time to shine the spotlight on a volunteer whose efforts help make CPA (Manitoba) Inc. great.

For this first installment of "Volunteer Spotlight" we will be shining the light on a group of volunteers who are instrumental to CPA (Manitoba) Inc.-the Board of Directors. CPA (Manitoba) Inc.'s Board of Directors are a dedicated group, who offer both their time and expertise to CPA (Manitoba) Inc. Coming from a diverse background of experience, they provide a great volunteer support to CPA (Manitoba) Inc. While we don't have print space to introduce all board members here in this article, let's start by meeting two...



Members of the Board of Directors John Wyndels (left) and Art Braid (right) taking part in the Wheels in Motion activities.

John Wyndels is one of these individuals who volunteers his time as a CPA (Manitoba) Inc. Board Member. John says, "I volunteer as a board member because I believe in the work the CPA does and the essential services it provides. I want to give a little back to an organization that gave me so much."

Art Braid has been a volunteer board member with CPA since 1968. When asked why he became involved with CPA nearly 40 years ago, he says that he "appreciated the valuable work they (CPA) were doing and realized the great amount of work that had to be done." This is how his involvement with CPA began, but now, Art says that he continues to volunteer with CPA as a board member because "it's become a part of my life."

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Circulation: 850 copies
Estimated Readership: 5,000

ParaTracks publishes three times a year

A big thank you to CPA (Manitoba) Inc.'s Board of Directors:

Art Braid

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Ed Giesbrecht

Ernie Hasiuk

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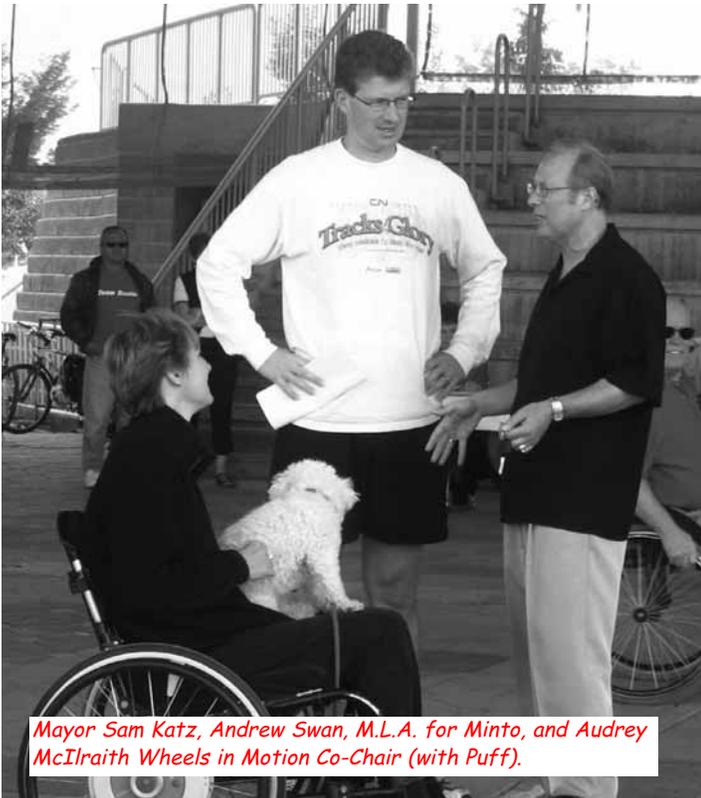
To all CPA (Manitoba) Inc. volunteers we would like to say a great big "Thank You!"

Every year CPA volunteers perform a variety of different roles. CPA (Manitoba) Inc.'s dedicated volunteers include members of the Board of Directors, as well as members of other committees. We have volunteers who help us plan special events, and others who come out on event day to offer support. We have volunteers who help us with special projects, and who even help out in the office.

We would like to make sure all of CPA (Manitoba) Inc.'s volunteers hear us say: "We couldn't do it without you!"



Finally! The sun shines on



Mayor Sam Katz, Andrew Swan, M.L.A. for Minto, and Audrey McIlraith Wheels in Motion Co-Chair (with Puff).

On Sunday, June 11, 2006 supporters joined together to raise awareness and funds in support of people with SCI.

While the forecast in the week leading up to the event was calling for rain and temperatures of 13 degrees, participants were rewarded with sun and warmth as they gathered at the Scotiabank stage at the Forks for the 4th Annual Winnipeg Wheels in Motion event.

The crowd was a sea of "Scotiabank red" as Scotiabank volunteers gathered together to support Rick Hansen Wheels in Motion. His Worship, Mayor Sam Katz as well as Mr. Andrew Swan, M.L.A. for Minto, and Mr. James Bezan, M.P. for Selkirk-Interlake were on hand to offer greetings at the beginning of the event. Hosts Lorne Chartrand and Global TV's Derrick Oliver offered commentary throughout the event.

Half of the net proceeds of each Wheels in Motion event are directed to spinal cord research while the other half are used within that community. CPA has benefited from each Winnipeg Wheels in Motion event to date. In 2003, 2004, and 2005 the Quality of Life funds supported the development of the "Reclaiming Selfhood" group program. This year's quality of life portion in Winnipeg will be used to support CPA (Manitoba) Inc.'s "Enhancing Life Long Independence" program, which addresses increased participation through the support for appropriate mobility equipment for Manitobans with spinal cord injury.

This was an ambitious year for Wheels In Motion's Winnipeg organizing committee. In addition to the regular walk, a 5K and 10K road race were added to the variety of ways



M.L.A. for Minto Andrew Swan and James Bezan, M.P. for Selkirk-Interlake cut the ribbon to start the race.



And they're off!



Colin Mathieson and John Wyndels racing down the Esplanade.



Wheels In Motion Winnipeg

that people could participate in the event.

Renamed the Invacare Wheelchair Skills Challenge and redesigned; the power of this event is that it puts able-bodied persons in wheelchairs and provides a brief insight into a couple of the obstacles faced by those who use wheelchairs everyday!

The top fundraiser this year was Doug Barker, who received a \$100 Home Depot Gift Card for raising more than \$6000 for the event!

The Invacare Wheelchair Skills Challenge was an opportunity for teams of 6 who raised a minimum of \$500 to compete in a wheelchair obstacle course. Teams tested their "wheeling skills" to raise funds for Wheels in Motion while also gaining a bit of an awareness of what it's like to use a wheelchair. Thank You!

The winning team was the Dutch Meat Market team who were able to maneuver through pylons, up a ramp, turn around on a small platform, and sink baskets faster than any other team! Also winning a prize for raising the most funds in the Challenge was the NRS Consulting Team! Congratulations!

As the recipient of the Quality of Life portion of funds, CPA (Manitoba) Inc. would like to thank the organizing committee that included Rick Hansen Ambassadors, community members, CPA, Sport Manitoba, and MWSA representatives, in addition to the dedicated individuals from the corporate community representing Scotiabank, Global, and Pattison Outdoor Advertising.

Already starting to think about next year? Stay tuned to ParaTracks over the next year for more details as they become available.



Rick Hansen Ambassador Jared Funk.



Lorne Chartrand and Robert Ross attend to the race details.



lanade.



CPA's Teresa Johnson and CPA Board Member Rudy Niebuhr work together on the basketball challenge



Emcees Lorne Chartrand and Global TV's Derrick Oliver with top fundraiser Doug Barker and Wheels in Motion Co-Chair Art Braid.

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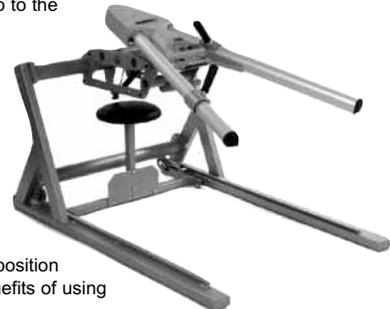
Other Gadgets

The **VitaGlide Pro** will give you the best upper body toning, shoulder strengthening, and cardiovascular workout that you will receive from any upper body conditioner in the market! The linear "push-pull" motion of the **VitaGlide Pro** targets virtually every muscle in the upper body, from the "love handles" all the way up to the trapezius area.

- * Select from 7 levels of resistance to ensure the ultimate cardio burn.
- * Can be easily raised or lowered by an impressive 11 inches to accommodate virtually any wheelchair and/or user height.
- * Robust steel frame enhances durability to ensure consistent, reliable performance in the multi-user commercial setting.
- * The perfect fit for any Gym, Physical Therapy Center or Rehabilitation Clinic.

The **VitaGlide Pro** is equipped with a built-in roll-away seat that is easily moved into position for non-wheelchair users. This unique feature allows everybody to experience the benefits of using the **VitaGlide**.

VitaGlide Pro Dimensions: Length: 62", Width: 39", Height at Entry Point: 32" Raised / 20" Lowered, Total Height: 33" Lowered / 45" Raised, Weight: 285Lbs.



Tired of Brakes That Don't Work?

D's Locks is the solution for you.

D's Locks are hub locks for manual wheelchairs. They take the place of either Push-Pull or Scissors style brakes currently offered. D's Locks work independently of the tire by locking the wheel at the hub.



Tire types and air pressure no longer matter. Your wheels can be locked securely in place, regardless of tire condition. Because D's Locks lock at the hub, they are the answer to suspension chairs. They mount completely out of the way, so thumbs stay intact.

Additionally, the brakes are no longer the widest part of the chair. D's locks add no width to the chair, and wheels can be taken on and off with the locks engaged. D's Locks can be self-installed in usually less than an hour, with no special tools.

Medical Supplies



The **Magic Bullet™** is a better alternative to other suppositories, as it is faster acting, safe and sure 10 mg Bisacodyl suppository. It is designed to help those with bowel incontinence to minimize the cost and excessive time involved in most bowel programs. It is water based, not oil based as other suppositories, which causes the Bisacodyl to totally disperse within minutes after insertion.

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Magic Cleanse™
A natural colon cleanser that has been formulated with ingredients that gently cleanse the intestinal tract and provide relief from constipation. Taken in conjunction with the **Magic Bullet™** suppository, should produce fuller movements with greater ease and in less time. It helps soften the stool and brings it down lower in the bowel. It contains the following: Casgrada Sagrada, Prunes, Barberry Root Bark, Caraway Seed, Fennel, Yellow Dock Root, Ginger, Parsley, Aloe Vera Leaf, Chlorella Algae, Spirulina.

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Cran Magic™
A natural Cranberry product that reduces urinary tract infections. Current research indicates that components of Cranberry are able to inhibit bacterial adherence to cells of the urinary tract. Other ingredients included: Antioxidant nutrients (Vitamin C, Vitamin E, Zinc), Parsley, FOS, Green Tea Extract, UVA URSI.

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Mathieson Continues Collecting Medals

It was a busy spring for CPA's resident Olympian, Colin Mathieson. Colin had a particularly action-packed April this year. After securing the Silver medals in the 100, 200, and 400m events at the Champions Meet in Atlanta, GA, he still had time to attend the National Team Training Camp in San Diego, CA, and grabbed the Gold medal in the 100 and 200m at the NCAA invitational track meet.

While in California, Colin described a particularly rewarding opportunity that was provided to him and his fellow athletes: "we were invited to compete at the Triton Invitational attached to the University of San Diego. These races were truly an awesome experience. What really hit home was out of all the world events that take place in athletics, The Olympics don't have a 'full inclusion' model even after 20 years of demonstration events, neither do the Pan Am Games, Commonwealth Games, Francophone Games or even our own past Canadian Championships. As it turns out, we were offered the opportunity to compete by a coach within the center and the key word is offered, we didn't have to advocate, argue, beg, barter or forfeit any rights or modify our expectations, there was no giving up medals or any other common compromises that the Paralympic Athletes have faced in the past. If you paid the same \$30, you were in the show. Like Winnipeg, it was great to have an atmosphere where athletes are athletes, that is your focus and that is commonality." Just when you'd think there's no possible way to fit more into a month, when he arrived home Colin also appeared with other Olympic athletes at the RBC 2010 Flag Tour at CanWest Global Park.

In May, it was off across the ocean to the 2006 Visa Paralympic World Cup in Manchester. It is billed as "the biggest international annual multi-sport competition outside of the Paralympic Games"



Colin trains at least an hour each day, every day of the week, alternating between Speed Training, Endurance Training, and Weight Training.



After securing the Silver medals in the 100, 200, and 400m events at the Champions Meet in Atlanta, GA, Colin grabbed the Gold medal in the 100 and 200m at the NCAA invitational track meet.

and is said to play "a critical role in providing competition between Paralympic games and is sanctioned by the International Paralympic Committee." Here he placed 5th in the 200m and 6th in the 100m events.

As you might guess, results like these are not easy to achieve. While some of the rest of us have been spending our evenings in front of the television transfixed by hockey playoffs, Colin has been training at least an hour each day, every day of the week, alternating between Speed Training, Endurance Training, and Weight Training. This is to prepare him for his upcoming events including the Manitoba Marathon on June 18th, the America Series Track Meet June 29-July 4 and Canadian Championships July 7-10.

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Pacesaver Plus Scooter \$950 obo
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Working 'Wheelie' Hard: Testing Improves Wheelchair Skills

by Rudy Niebuhr, PT

I made the mistake of answering the editor's question: "what's new at the rehab?" The next thing I knew I was writing this story about the new Wheelchair Skills Test (WST) at Winnipeg's Health Sciences Centre (HSC). [editor's note: most people run and hide when they see me coming. However, I had an appointment with Rudy. No hiding.]

It all started about 2 years ago when I went to a workshop on "wheelies" at the Toronto SCI Conference. I wasn't sure what to expect. Typically, wheelies were classified under delinquent behaviour, were they not? The presenter was Dr. Lee Kirby, a physiatrist with a certain bent for physics, inventing and new outcome tools. Coincidentally he was Dr. Karen Ethans' [ed: Director of HSC's Spinal Cord Injury Unit] "supervisor" during her rehab medicine residency in Halifax. The workshop was mostly on a new device for manual chair users that would prevent accidental tipping but still allow users to ascend/descend curbs.

What I really took home though was an awareness of a new testing and training program for wheelchair users that aims for maximum wheelchair mobility, which hopefully relates to improved community participation. When I got back to Winnipeg, I learned that one of my colleagues, Lori Knott, an Occupational Therapist in the Assistive Technology program, was using this very test as part of her Master's thesis. She also spearheaded the construction of some standard "barriers" in the therapy department, necessary for the implementation of the test and training.

So what is the Wheelchair Skills Test (WST)? Dr. Kirby and associates came up with 57 testable items that are



Wheelie with spotter strap



OT student Charlene going up treacherous ramp



OT student Helen traversing gravel pit

loosely classified into indoor, community and advanced skills. They range from such basics as applying brakes (if the chair has them) to the skill of descending an incline in a wheelie position. The WST comes with a detailed manual describing each skill- its rationale (i.e. why do I have to know how to do a 180 degree turn in a wheelie position?), the prerequisites (e.g. wheelies before curbs), training tips and caregiver considerations. It is completely downloadable - for free- at www.wheelchairskillsprogram.ca. There is also a power chair version.

Now as a physiotherapist in a SCI rehab program, I typically teach skills such as transferring in and out of a chair, wheeling on rough surfaces, and - for certain clients - ascending curbs. And I know many skills are acquired via peers in front of the rehab hospital, at the gym or on pass and this continues long after a client is discharged from the formal program. Some video clips of these advanced skills can be viewed on sites like www.cripcollege.com. (check it out, there's someone going down some stairs facing forward!)

Skills that I typically don't teach (or at least didn't until the WST came along) include going through pot-holes and gravel or wheeling over a high threshold or a cross slope (not unlike a Winnipeg sidewalk). Historically I hadn't timed anybody's wheeling speed (can she make it across the street in time?). So the WST serves as a reminder to include just a little more in our physical rehabilitation of clients. As that principle goes, the moment you measure something it gets better. And we've seen that with our clients who do improve their "tricks of the trade" once we introduce them to the test.



Jason crossing the "pothole"

Other than adding value to the SCI program, the WST may also have other uses.

Nobody is surprised that people do better on the test when they're in a better wheelchair. Maybe better scores on the test equate to fuller community participation. Maybe the provincial wheelchair program should know about this. In fact, the Rick Hansen Solutions in Motion project for Manitoba this next year may just explore what impact a higher quality chair has on the lives of folks with SCI. Lori Knott and the Wheelchair Skills Test will be great resources for this quality of life project.



Jason enjoying a wheelie descent down an incline

The WST can be used for training and education in a new wheelchair, or after adjustments are made to a wheelchair. It is very difficult to measure the impact a better wheelchair has on quality of life. As is always the case with many things in life, so it is with wheelchairs; it's about balance and priorities. Making the chair easier to do wheelies in may make going up ramps more difficult. The WST lets us work in a safe environment to try out different configurations in order to determine the best set up for a client and his or her wheelchair.

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Story and Photo Contest Announcement...



Story and Photo Contest Deadline EXTENDED: We want to hear from you!!

By now you are all aware that CPA (Manitoba) Inc. will be *Celebrating 60 Years of Achieving...* on Thursday, October 19 at YORK the Hotel (and if you missed it the first time around, check out page 2 for more details and page 4 for your ticket order form...) but the 60th Anniversary Celebrations do not end there. In the spirit of wanting to collect as many stories and photos as possible, we have extended the deadline for the story and photo contests to **August 31, 2006**. You may already be hard at work on your submissions, but for those of you who aren't, please see below for more details.

In celebration of 60 years of providing services to Manitobans with spinal cord injury, CPA is also holding both a story and photo contest. These contests are open to anyone who has an association with CPA: members, clients, staff, board, families, and related service providers.

Do you have a funny tale to tell, a heart-warming memory to share, or a story that could inspire others? We believe that every one of our CPA members and friends has a story to tell and we want to hear from you!

Selected stories and photo entries will be featured in a 60th Anniversary Anthology that will be revealed at our



60th Anniversary Celebration. Photos will also be on display at this event.

Story Contest

Come on, make us laugh, make us cry, send us your best stories to help us celebrate our past 60 years and look forward to the future of CPA in Manitoba. The best part is, you will have the chance to win one of three great prizes! (Additional prize details will be announced in the future.) Your story can be any length (up to 1500 words), any style, any format. It can be funny or serious, the choice is yours.

You want to write but don't know where to start? Here are some ideas to get you writing:

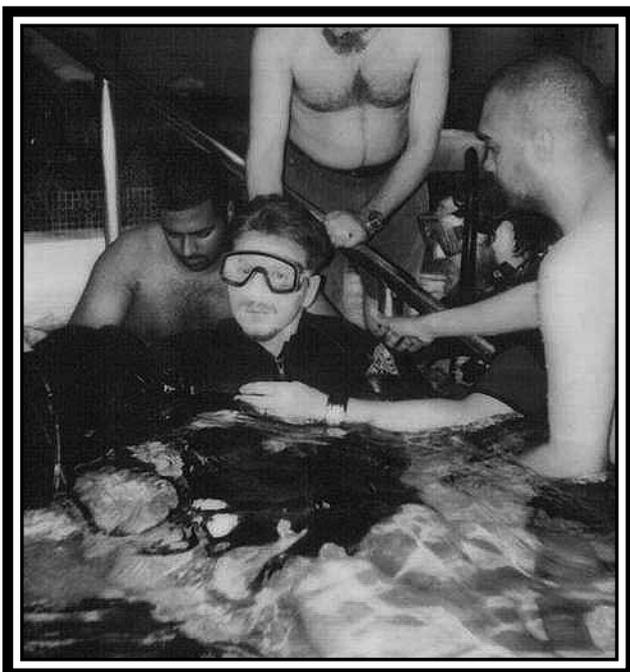
- » Do you have a fond memory of CPA's past that you want to share with others?
- » Do you have a story about the way that someone has inspired you?
- » Do you have a story about a child, grandchild, niece, or nephew who said something incredibly wise, uplifting, cute, or inspirational?
- » Is there a situation that makes you laugh every time you think about it?

The winning entries should be inspired by CPA's mission statement;

Assisting persons with spinal cord injury and other physical disabilities to achieve independence, self-reliance and full community participation

Story Contest Entry Details

- » Stories must be your own original creation.
- » Maximum word count is 1500 words, but there is no minimum word count. (A 100 word story could be just as powerful as one that's 1500 words)
- » Submissions will be accepted via email and regular mail. Emailed stories should be sent to:
tnickerson@canparaplegic.org
- Mailed stories should be sent to CPA office:
Canadian Paraplegic Association (MB) Inc.
ATTN: Story Contest
211-825 Sherbrook St.
Winnipeg, MB R3A 1M5
- » Make sure to include your contact information including Name, Address, Phone Number, Email Address.
- » Multiple entries are welcome!
- » **Deadline for entries is August 31, 2006.**
- » Typed, double spaced entries would be encouraged, but **ANY ENTRIES WILL BE ACCEPTED.**
- » Judging will be done by an impartial judge.





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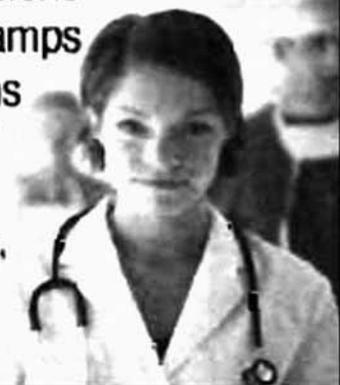


Photo Contest

For those members and friends of CPA who are more visual, the anniversary activities also include a Photo Contest. Photos may show participation in work, recreation, sport, and in everyday or unusual activities depicting accessibility challenges overcome or yet to be met. Photos may be serious or humorous. Giving your photo a title is optional.

Submissions will be judged on quality, impact, creativity, and prizes will be awarded for the top three entries. So get out your camera and get



snapping!

Photo Contest Entry Details

» Photos must be your own original creation, however, photos do not need to be new.

» No emailed photos please. Mailed photos may be sent to CPA office: and Canadian Paraplegic Association (MB) Inc. ATTN: Photo Contest 211-825 Sherbrook St.

Winnipeg, MB R3A 1M5

» Make sure to include your contact information including Name, Address, Phone Number, Email Address.

» Multiple entries are welcome!

» **Deadline for entries is August 31, 2006**

» Enlarged photos to 8"x10" size would be encouraged, as this would assist us with displaying your creation at our 60th Anniversary Celebration, but **ANY SIZE PHOTOS WILL BE ACCEPTED.**

» Judging will be done by an impartial panel of judges.



A glimpse into CPA's past through the eyes of ParaTracks...

By now we're all aware that in 1946 CPA was just getting started in Manitoba. The first formal board meeting was held in August when Mr. George W. Hutchins of Richardsons and Co. was elected Chairman and Tony Mann, Secretary-Treasurer. Now here we are 60 years later...but what of those years in between?

1946...

"A highlight in the recent social events for the paraplegics at Deer Lodge was a few passes to Tommy Dorsey and his band, who played in Winnipeg on May 1st...Wheel chairs may sound out of place at a 'jive session' but most of the lads who went were jive hounds from way back and like good boy scouts came well prepared for the occasion..." (Caliper)

"A short time ago Dr. P.T. Green and A.T. Mann of Deer Lodge Hospital paid a visit to the main branch of the Canadian Paraplegic Assn. to gather information regarding the treatment of civilian paraplegics which would benefit the Central Western division. During their stay in Toronto they visited Christie Street hospital and Lyndhurst Lodge and had good opportunity to discuss the physical retraining programs and the rehabilitation plans and compare them with those of Winnipeg. Such exchange of ideas will aid greatly towards the better co-operation and standardization of treatment through the divisions. It is hoped that bringing some of the paraplegics to Toronto on the Maple Leaf Gardens hockey program will also have some benefit along these lines." (Caliper)

"**Trip to Maple Leaf Gardens** - Last month the Deer Lodge contribution to the Maple Leaf Gardens and Lyndhurst Lodge was none other than Henry E. Luten - alias 'Hank'. In keeping with his usual luck (as in cards and women) Hank had the good fortune of being the first paraplegic from Deer Lodge to get the trip to Toronto to see an N.H.L. game on the program sponsored by the Maple Leaf Gardens. His reaction - the thrill of a life-time..."(Caliper)

1966...

"There is a growing indication that the ground work of the past two years is beginning to bring results. Current construction on the University Campus has considered the needs of wheelchair students and will make attendance a good deal easier for those who can continue their academic studies. Church planning bodies for the most part have accepted the standards of Supplement #7 as have some new hotels and places of business. At least 3 apartment blocks have made modifications to facilitate wheelchair tenants. The new Arts Centre is expected to be convenient for wheelchair patrons and the Pan Am Games facilities will be accessible. In general architects have become more aware of this problem and the outlook is promising." (Annual Report)

"As a special project during 1966 our Association took a

major step towards the promotion and development of Wheelchair Sports in Canada. A committee co-ordinated by Mr. Allan Simpson has been very active in working out plans for an international program of wheelchair athletics in conjunction with the Pan American Games. Wheelchair Sport has gained considerable prominence in other countries and our Committee has been authorized to represent the National Office of the Association in this respect." (Annual Report)

"**Expo 67** - "Provision has been made for a special transportation system for persons in wheelchairs so that they will be able to see the entire site in comfort. The majority of the pavilions and restaurants are equipped with ramps and will thus be easily accessible. Wheelchairs will also be available at a small cost at the three main entrances of Expo." (ParaTracks)

In 1966...the Merit Award was presented to Lucy DeLuca...

1986...

"From all reports Expo 86 is totally wheelchair accessible. We trust this is true, but know that nothing today is totally wheelchair accessible..." (ParaTracks)

"**Rick Hansen Wheels on the Great Wall of China** - Rick Hansen, the incredible "man in motion" is in Asia now spreading his message of ability as a rolling ambassador for Expo 86 and disabled people in general. Rick is more than half through his 24,901 mile journey despite a nagging shoulder injury. He is scheduled to return to Canada next fall and wheel through Manitoba in the middle of winter. While this seems impossible, so does everything Rick attempts and he has beat all his doubters so far. CPA Board Member, Art Braid was recently appointed Hon. Chairperson (Manitoba) of the "Man in Motion" tour. Art and Joanne Veltri will be coordinating public relations for Rick when he wheels through Manitoba on the home stretch of this journey." (ParaTracks)

"Our successful lobby for barrier-free provisions in the Manitoba Building Code rather than pushing for specifically built segregated facilities is an example. A similar approach has been adopted in our presentations to City of Winnipeg politicians and planners to plan ahead for the public transit needs of our members, rather than reacting to public protests. Progress is slow but steady." (Annual Report)

"**CPA Staff Notes** - On May 5, 1986 CPA welcomed Greg Winmill aboard as our newest Rehab Counsellor Trainee..." (ParaTracks) *ed note: Greg continues to bring his skills and two decades of experience to our staff compliment*

In 1986...the Merit Award was awarded to David Steen...

Look forward to the next issue of ParaTracks, where we will take a more in-depth look at the people and stories that have shaped the CPA we know today.

Please post this invitation on your fridge or bulletin board.

You are Invited...

To join with CPA (Manitoba) Inc. in Celebrating 60 Years of Achieving

Thursday, October 19, 2006
at YORK The Hotel (formerly the Sheraton)
161 Donald Street

Join Winnipeg Comedian Al Rae as he hosts the
CPA (Manitoba) Inc. 60th Anniversary Dinner,
an evening of comedy, videos, multi-media presentations, special guests,
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Tickets are \$50 each which includes dinner, entertainment, and transportation if needed.

Mark your calendars for **Thursday, October 19, 2006.**
For more information please call CPA (Manitoba) Inc. at 786-4753.

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Celebrating 60 Years of Achieving...

CPA (Manitoba) Inc. 60th Anniversary Dinner

Thursday, October 19, 2006
YORK, The Hotel
161 Donald Street

Please join CPA (Manitoba) Inc. in Celebrating **60** Years of Achieving. Please return this order form with payment to reserve your place at CPA (Manitoba) Inc.'s 60th Anniversary Celebration. *Space is limited, so reserve today!*

Please send me _____ tickets at \$50 each or _____ tables of 8 at \$400 each.

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Please return this form with payment to:

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211-825 Sherbrook Street
Winnipeg, MB R3A 1M5

For more information about the Dinner, or for donation and sponsorship opportunities please contact 786-4753 in Winnipeg, or 1-800-720-4933 in Manitoba. Members or clients requiring transportation or financial assistance please contact the CPA (MB) Inc. office.

If you missed the details, SEE PAGE 2 for more information about the event!

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).

I wish to select the following category of Membership:

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- _____ \$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:

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Mail to:

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For more information:

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