



Canadian Association
Paraplegic Canadienne des
Association Paraplegiques
(Manitoba) Inc.

MPF MANITOBA
PARAPLEGIA
FOUNDATION INC.

June 2010

Summer Issue

Newsletter of the Canadian Paraplegic Association (Manitoba) Inc.

PARATRACKS



The Adaptive



Golf Cart

Rick Hansen



Wheels in Motion

Will to Win



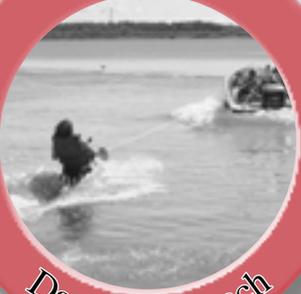
Golf Classic

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& LEISURE**



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CHCP's



Day at the Beach



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Visit CPA's website at www.cpamanitoba.ca



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MANITOBA PARAPLEGIA FOUNDATION INC. (MPF) NEWS

MPF funds go to work in four main areas that are not supported by any other sources in Manitoba: special projects, product testing, research and direct aid to persons with a spinal cord injury who do not have the necessary financial resources for equipment and/or services. All requests for direct aid are initiated through CPA. Individuals must provide information on their financial status, explain why they cannot meet the expense within their own budget, and identify any other potential sources to support the request including potential for contribution from family.

CPA thanks MPF for its continued support to improving the quality of life of persons with spinal cord injuries.

MPF Trustees

Doug Finkbeiner, Q.C (President), Arthur Braid, Q.C (Vice-President),

James Richardson Jr. (Treasurer) Dr. Lindsay Nicolle, Ernie Hasiuk, John Wallis

MPF has approved several requests for financial support during the past few months. Some of the highlights are as follows:

During the month of October 2009:

- ☞ Funding was provided for the purchase of a custom cushion for a CPA member. This cushion will offload pressure from the member's pressure ulcer and will also provide the stability and support needed to prevent further deterioration of the member's posture. As a result, this will allow the member to stay active and involved with caring for their young family.
- ☞ Funding was granted to the Manitoba Adaptive Golf Cart Initiative Coalition (MAGIC) for the purchase of a trailer to transport an adaptive golf cart to various golf clubs to promote inclusive golfing for people with disabilities. This will assist MAGIC with their project goal of heightening awareness about sport and recreation for individuals with potential life altering illness/injury, resulting in disabling conditions.
- ☞ Funding was provided to CPA Manitoba to extend the Stakeholder Training and Education Project for Pressure Ulcer Prevention (STEP-UP) program for six

months. The results of the project show that 100% of the participants had zero occurrences of pressure ulcers during the timeframe of the two-year project that ended October 30th. This project has made a significant improvement in promoting health for CPA members.

During the month of November 2009:

- ☞ Funding was granted for the purchase of a headphone set for a CPA member who uses software which interfaces with the computer equipment used while enrolled in an academic program at Red River College. This software compensates for the member's learning challenges so that the member can maximize their opportunity for academic success.

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

Stakeholder Training and Education for Pressure Ulcer Prevention (STEP-UP)

The pilot STEP-UP program was initiated for individuals in Winnipeg who sustained spinal cord injuries and who were discharged from the Health Sciences Centre Rehabilitation Hospital between 2007 and 2009. This pressure ulcer prevention program has made a significant improvement in promoting health to CPA members.

As the STEP-UP Coordinator/Health Educator, I contacted every eligible participant soon after their discharge from hospital to explain the voluntary project and to schedule an appointment to meet with them in their own home. During the initial visits, four baseline tests were administered and a Pressure Ulcer Prevention Educational Manual was provided to each participant.

The initial visits were followed by weekly visits to establish healthy lifestyle habits, reinforce appropriate skin management techniques and review components in the

educational manual. Baseline tests were repeated three months after intake and at the completion of the project.

To compare the effectiveness of the STEP-UP project, participants were matched by age, gender and level of injury to non-participants who were newly spinal cord injured within the same timeframe. There was zero occurrence of pressure ulcers in the project participants. The non-participants reported a 35% occurrence of pressure ulcers.

This individualized project emphasizes the importance of empowering people with spinal cord injuries to become self reliant in health management skills resulting in an improved quality of life and overall wellness. It has successfully met this goal and has significantly reduced the potential for individuals to experience skin breakdown resulting in pressure ulcers and costly pressure ulcer surgery.

~ Val Reith ~

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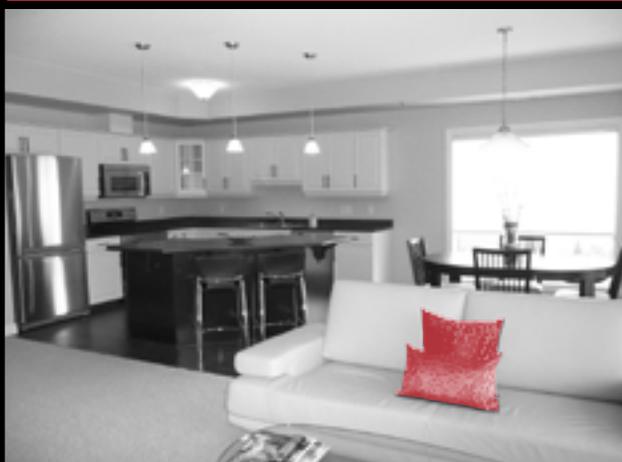


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Trying To Get It Right Inclusion and Universal Design

As an agency founded on an independent living philosophy, Ten Ten Sinclair Housing Inc. (Ten Ten) believes that there are two basic elements to giving people with disabilities the opportunity to succeed in community – a welcoming built environment and a service package that meets individual needs. We must be careful to understand that these are merely preconditions to success - they by no means guarantee it. It is up to each of us to achieve success.

That said, perhaps the most important element of the “built environment” part of that equation is one’s home. After all, we in Manitoba spend a lot of time inside our homes. (Trying to sort out that global warming thing in Manitoba in January requires that we be indoors). Equally important for us has always been the value of integration – inclusion if you will. Understanding the inclusion value with universal design is a constant dilemma in housing development. For example, Ten Ten’s latest venture in housing development – Place Bertrand – has tried to balance those sometimes competing interests. By way of a little “commercial” for Ten Ten, Place Bertrand is a twenty unit attached bungalow development in St. Boniface opened in the spring of 2009 featuring full wheelchair accessibility in all homes, making them more inclusive to all. Staying with our values of integration, there are people with disabilities and without disabilities living at Place Bertrand – just like any other part of the community.

Returning to the question of competing interests in design, we at Ten Ten recently brought that face to face in a discussion with some of the residents of Place Bertrand. Given that Ten Ten is partnering in another accessible housing development, we wanted to get a better sense of what we got right and not so right at Place Bertrand. Remember that our concept of design is one that includes not only the crucial consultant disciplines of architecture and interior design, but also the learned experiences of our tenants – people with disabilities who experience the result of “design” every day. So we had a few cups of coffee with a group of six households – two who use power mobility, two who use manual chairs, and a couple without disabilities. Some of the results were interesting.

Kitchen counter heights – that couple of inches lower doesn’t seem to make a difference for people

standing – but seated it is a well needed feature. Light switches a few inches (oops I mean centimeters) lower and electrical outlets a bit higher – gee, no problem for those standing, and a very helpful feature from a seated position. Darn – those ADA compliant sinks are a little too shallow for that Christmas turkey roaster – but your knees don’t bump into it from the wheelchair. Kitchen upper cabinets – well maybe a pantry type might be better. Front loading washer/dryers – to cover up in a closet or leave open for accessibility – hmmm. That wheel-in shower that allows the kids to have serious water fights – some good, some bad. We can go on.

The learned experience here is that while design can incorporate a whole range of things, we can only start from a position of getting about 95% of things right without crossing that line that says – hey, people with disabilities can only live in so many of these homes and people without disabilities can live in those other homes over here – but that’s okay. *No. That’s not okay in terms of integration.* It’s all about balance, about compromise. So let’s keep trying to get it right!

*Ken Cassin - Managing Director
of Ten Ten Sinclair Housing Inc.*

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Our Spotlight's on Recreation & Leisure

"Have a Go Day"

Manitoba Wheelchair Sports Association (MWSA) is proud to be a part of the great Manitoba community. The association, established in 1962, offers sporting opportunities to all individuals who are interested in learning or knowing more about wheelchair sports. More specifically, the mission of MWSA is to promote "well being and a healthy lifestyle through the development of sport and fitness related opportunities for physically disabled Manitobans". Events are run throughout the year in the community to create awareness, to educate and to create contact with those who may be interested in our programs as an athlete, a coach, an official or a volunteer. 'Have A Go Days' are designed to allow anyone who has even the slight-

est interest in trying a wheelchair sport the opportunity to play in a sport wheelchair. Some of the sports that we offer during Have a Go Days are:

- Wheelchair Basketball
- Wheelchair Rugby
- Wheelchair Tennis

MWSA encourages our more skilled athletes to attend 'Have A Go Days' to provide demonstrations, instruction and also to share their own stories with those who may be coming out for the first time.

If you are interested in coming out to 'Have A Go Day,' or would like to see a schedule for the fall, please visit the MWSA website at www.mwsa.ca.



GOLF AND THE ADAPTIVE GOLF CART

The trials and tribulations of getting a person with a new mobility challenge back out golfing and socializing with family and friends has resulted in golfer Harold Swick returning to an active independent lifestyle. Three years ago Harold was infected by a virus that left him with a spinal cord injury and limited mobility. With the help of his wife, Maxine, friend Butch Hochman, and golf pro Peter Ewert - at Larters Golf and Country Club, a goal was put in place to get Harold back out on to the golf course.

Peter took money out of his own pocket to introduce a special adaptive golf cart to Winnipeg to be housed out at Larters Golf and Country Club. A small working party of professionals was assembled to bring awareness of the adaptive golf cart and to repay Peter for his kindness in his endeavour. We then partnered with Judy Asker from the Active Living Alliance, who helped obtain a grant from the Winnipeg Foundation. This grant helped cover the cost of the cart that allowed our Manitoba Adaptive Golf Initiative Collaboration (MAGIC) awareness group to continue their mission to spread awareness about the cart, active living, and persons with disabilities.

To date, the adaptive golf cart has been stored at Larters Golf Club and all the early instruction and demonstration has been provided there.

One major issue we have encountered was with Winnipeg Handi-Transit. Handi-Transit does not transport outside of the Perimeter Highway and anyone who wanted to try the cart had to be driven out there by a family member or a friend. The awareness group tried to convince the City of Winnipeg's Municipal Golf Management Team to partner with our group - MAGIC - so that we could overcome some of our early problems. To date, we are still waiting to hear back from them whether we can introduce the adaptive golf cart to the various municipal golf courses within city limits.

At the same time MAGIC set out to research other adaptive golf club programs. Two years ago Peter was

invited to the Masters at Augusta, Georgia where he saw adaptive golf carts used at various municipal courses. The carts were featured at a half-day workshop. Last year we set out to Minneapolis, Minnesota to check out their twenty-five year program that partnered with Sister Kinney Rehabilitation Hospital, one of the municipal golf courses and various corporate sponsors. The golf course had twenty adaptive carts of various kinds on site at all times and one day was designated for their use and introduction to adaptive golf. Cart use continued to be available on an individual rental basis the rest of the week for adaptive golf and as a result of this awareness program, a second course has introduced the program for persons with disabilities. **IMPRESSIVE!**

At the end of last year, another wonderful thing happened to MAGIC, our awareness group. A visit with Darlene Cooper and Scott Coates from CPA (Manitoba) Inc. was set up at Larters to see how the cart worked and what they could do to help us go forward as the next step of the awareness challenge. MAGIC explained the urgent need for a trailer to transport the adaptive cart out and around, and to cover more conferences and demonstrations to various golf courses. The

Manitoba Paraplegia Foundation Inc. provided our MAGIC group with funding to purchase the much-needed trailer. *"Thank You!"*

We began to contact other golf courses in and around Winnipeg and our group has tried to encourage many individuals to come out and golf courses to demonstrate the cart usage and to explain how it is golf course friendly, causing no damage or issues related to impeding play. Several dates have already been set for demonstration at a variety of functions including CPA's Annual General Meeting on June 15th, Canadian Healthcare's Grand Beach Day, etc.

Our group is most appreciative of all the help we have received to date. We are busy getting ready for our 2nd Annual Fundraiser due in early fall.

"See you all on the golf course!"

~ Butch Hochman & Harold Swick ~





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The Will to Win Golf Classic is an annual tournament that raises funds in support of the Manitoba Paraplegia Foundation Inc.

Since 1993 the tournament has raised over \$900,000!!

If you would be willing to lend your support to this tournament, please call Adrienne at 786-4753 ext 222. We are in need of volunteers who would act as spotters on contest holes. Grab your hat, sunscreen, mosquito spray, and water bottle...and we'll see you on the course!

To show our appreciation for your hard work, all volunteers will receive some great prizes and be invited to a pizza lunch at CPA.



SLEDGE HOCKEY MANITOBA

Hockey is Canada's game and playing hockey in Canada is the pastime for children and adults young and old. For individuals with disabilities the reality of playing hockey is now attainable. Bill Muloin from the Society of Manitobans with Disabilities, Recreation and Leisure program, has made hockey a reality for many individuals with disabilities

Bill's journey to bring sledge hockey to Manitoba began in the fall of 2007. After watching a presentation at the Women's gold medal game at the MTS centre, Bill was motivated to bring the sport of sledge hockey to Manitoba. Bill located a few old, heavy sleds and recruited and introduced 6 individuals with disabilities to the sport of sledge hockey. The game of sledge hockey in Manitoba was born.

Bill approached Hockey Canada to see if they had sleds that were not being used and in his pursuit, he was able to contact Adam Crockatt, Executive Director of Sledge Hockey Canada. Bill was able to obtain 6 sleds from Hockey Canada that allowed him and the participants to set aside some of the older, ancient hockey sleds. The sleds were much lighter and the sticks had actual blades and picks on the ends for easier maneuverability.

Word of mouth spread quickly in Winnipeg and the sledge hockey program grew from 6 to 11 members. The schlepping of the remaining older sleds became too much and Bill once again approached Hockey Canada once again to see if he could obtain 1 or 2 more sleds. To Bill's surprise, 6 more sleds were obtained for a total of 12 sleds. Little did Bill realize how successful sledge hockey was to become in the province of Manitoba!

Bill continued in his endeavours in 2008 and he was successful in obtaining an equipment grant from the Society for Manitobans with Disabilities. Sledge Hockey Manitoba was able to purchase 6 additional sleds along with an ice contract at a local indoor ice rink. Most importantly, the creation of a junior and senior program for sledge hockey was formed with many different individuals with a variety of disabilities participating on a weekly basis.

Sledge Hockey Manitoba was instrumental in breaking down the inclusion barrier at one of the high schools in the City of Winnipeg. A sledge was provided to a student so he could skate with his local high school hockey team. Sledge Hockey Manitoba was approached to do a presentation to the school and its students that led to the first ever high school vs sledge hockey player scrimmage. As a result, other presentations have occurred which have taken place in Winnipeg, Portage La Prairie,

Shilo, and Dauphin and due to their success, awareness of sledge hockey and persons with disabilities has become wide-spread in the province of Manitoba

Sledge Hockey Manitoba has accomplished a lot in its 3 years. They have developed important community partnerships that include Society for Manitobans with Disabilities, Manitoba Moose Yearling Foundation, City of Winnipeg, Canadian Paraplegic Association (Manitoba) Inc., Hockey Canada, and Hockey Manitoba. Sledge Hockey Manitoba has been diligent in its pursuits for funding that help pay for yearly expenses and with a shoestring budget, donations and player registrations have allowed sledge hockey to become a competitive sport in the province of Manitoba.

Sledge Hockey Manitoba was created with many objectives in mind. What are these objectives? The sledge hockey objectives focus on:

1. providing an alternative sport for persons with disabilities
2. providing sport with an inclusive mandate
3. developing a junior and senior program for individuals with physical limitations
4. providing community involvement that takes precedent over individual goals
5. exposing individuals to the National Sledge Hockey Team
6. ensuring sledge hockey remains a viable option
7. creating an established sledge hockey league for junior and senior levels
8. developing awareness of physical fitness and team play
9. playing and practicing at least 30 times per year
10. providing a fun and enjoyable activity

Sledge Hockey Manitoba has a membership of 30 plus players, with many players under the age of 14. I have been fortunate to speak to Bill and his program participants and I can see the passion that Bill has for the sport of sledge hockey.

While working at the Canadian Paraplegic Association (MB) Inc., I have informed members of the opportunities to involve themselves in hockey that they may have believed were unattainable. I have also become interested in sledge hockey as a coach. I have been a coach for 13 years and when Bill mentioned that the Manitoba travelling team needed a coach, I thought it was a great



opportunity to become involved in the sport of sledge. I can see the passion, desire and competitive spirit many of the players have for the sport of sledge hockey. I am thrilled to help with the sledge program to help support these athletes' goals and to create awareness of disability in sport.

Team Manitoba travelled to Edmonton on April 16 - 18 for the Western Canadian Senior B Championship. They won their 1st game 1-0 against the Calgary Scorpions, tied the 2nd game 1-1 v.s the Black River Icehawks, defeated old rival Red Deer 2-0, setting up a gold medal match against the Black River Icehawks. Team Manitoba defeated them 2-0 to win the gold medal. The players did an excellent job of representing Manitoba and for their efforts, they can lay claim to Western Canadian gold medalists in Sledge Hockey.

I would like to thank Bill Muloin for provided CPA with valuable information on the sledge hockey program in Manitoba. The commitment of Bill, the players, and other volunteers have made sledge hockey a reality in Manitoba. The exposure of sledge hockey will only continue to grow, providing individuals with disabilities the opportunity to play the great Canadian game of hockey.

~ Scott Coates ~



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"SEE YOU AT THE BEACH!"



WHEELCHAIR CURLING

Manitoba Wheelchair Curling Association

The newly formed Manitoba Wheelchair Curling Association has been formed out of a critical necessity, according to President Richard Dudek. Richard states that this program previously came under the responsibility of the Manitoba Wheelchair Sports Association (MWSA). As a result of lack of funding, wheelchair curling, along with other sports, were eliminated from MWSA. As a result, the sport of wheelchair curling began to decline.

In 2009 a group of wheelchair curlers banded together and decided to form their own association. A general meeting was called and an Association was formed with a Board of Directors elected to oversee the development of the sport. Subsequently, a Constitution and Business Plan were developed.

There were two types of curling identified as being required: recreational curling which encompasses new and recent curlers; and competitive curling that allows for participation at a higher level and the right to represent Manitoba at the National Championships. To this end, affiliation with the Manitoba Curling Association was sought and achieved in November 2009.

With respect to recreational curling, 5 curl-

ing clinics were developed – 3 in Winnipeg and 2 in rural Manitoba. As well, recreational teams have been encouraged to enter into mixed leagues and curl against able bodied curlers.

On a competitive level, the two current teams also curl in mixed leagues and purchase practice time and enter bonspiels at their own cost.

The Board of the Association agreed to attempt to secure grant funding which would enable the Association to conduct a year long program as well as attract more persons with disabilities to try the sport of curling. For detailed funding information or more information on how you can participate, please contact Richard Dudek, President, at 339-5974 or ridudek@mts.net.

2009/10 Board of Directors



PRESIDENT: RICHARD DUDEK

Richard has been involved with wheelchair curling since 2006 and recently hosted the 2008 Winnipeg National Championships. Richard's goal is to help make the sport grow in Manitoba.



VICE PRESIDENT: TERRY LINDELL

Terry is a member of Team Manitoba and has become an avid curler who hails from rural Manitoba.



SECRETARY: EFFIE LOUBARDIAS

Effie has been curling for 4 years. She has been a member of Team Manitoba. She is a very avid, energetic curler who curls regularly and always strives for excellence.



TREASURER: JOYCE HORVATH

Joyce was a key member of the 2008 Winnipeg event as a volunteer and currently lends her skills to the new Association.



MEMBERSHIP: DENNIS THIESSEN

Dennis is an active member of Team Manitoba and currently curls and practices his sport on a regular basis.



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*Congratulations Team Manitoba on Winning a Bronze Medal
at the 2010 TMX Canadian Wheelchair Curling Championships!*



*Team Manitoba is made up of (from left to right): Skip Chris Sobkowicz,
Third Dennis Thiessen, Second George Horning, Lead Arlene Ursel,
Fifth Terry Lindell and Coach Rob Lamb (center inset).*

Team Kenora off to 2010 National Wheelchair Curling Championships



*Team Kenora is made up of (first row from left to right):
Skip Wayne Ficek, Third Mark Wherrett, Second Chester Draper,
Co-Lead Cindy Hoffstrom, Co-Lead Denise Miault
and Coach Tom Wherrett (second row).*

“Team Kenora - Off to the National Championships”

As I went down to shoot my final rock in the extra end, tied at 6, I knew it was an extremely difficult and a long shot to make. If I make it, Team Kenora is off to the National Play downs as a team for the 2nd straight year. Carl Lévesque from the Thunder Bay team had just made a near perfect draw and moved our covered stone off the four foot. He sat totally buried in the four foot, nearly biting the button, just behind the tee line. I

called our only time-out and had Coach Tom come out and look at the rocks. I knew it was a matter of hitting the broom and giving it the perfect weight because in wheelchair curling there is no sweeping and the shooter must give each shot the right weight and hit the broom in order to give yourself a chance.

As I lined up to shoot I was concentrating on hitting the stick and in the back of my mind I was hearing the



Coach tell me, “don’t be light, you can tap his rock back if you are close”.

When I released the rock I knew I was close to the broom. I watched it travel and as the rock started to curl I screamed “Hurry hard” knowing full well I had no one sweeping this shot. My shot pulled by the guard and started toward the house and I kept screaming “Hurry,” because I thought I was going to be light. As it was, my rock slowly approached the shot stone and tapped it back 2 inches. It was close. Mark, the third on Team Kenora, huddled over the rocks and eventually yelled, “way to go Wayne we got it”. Thunder Bay called for a measurement but it wasn’t even close. We beat them by 1/2 an inch and were off to the National Championships in Kelowna, British Columbia as a team for the 2nd straight year.

Last year we won in an extra end against Thunder Bay as well. We were 4 points down after 6 ends and scored 5 in the 7th. Carl got one point in the 8th and we were off to an extra end, however I didn’t even have to shoot my last stone for the win. Last year, at the provincial play downs, it was our first time playing together as a team. Denise Miault and I are from Kenora while Mark Wherrett, Chester Draper and Cindy Hoffstrom, as well as Marks brother Tom, the coach, are all from Dryden and we all practice at our own respective clubs.

We didn’t know what to expect at the 2009 National Championships in Halifax, Nova Scotia and when we finished with a 5 win, 4 loss record, we were in a tie breaker for 4th place against the southern Ontario team. We played our best game of the tournament in the tie breaker and beat Ontario 12 – 0. Our next game was in the 3-4 game against Manitoba and the winner was guaranteed bronze. We gave them a game but in the end Chis and his team from Manitoba were just too strong and we were out. Finishing 4th in the country was not a bad outcome for a first year team and now we had that experience going into Kelowna this year.

Both Mark and I also competed at the 2008 National Championships in Winnipeg, Manitoba playing with three members from Thunder Bay. It was the first year for Northern Ontario to field a team and it was hand picked at a high performance camp by Dave Kawahara, Coach of the Thunder Bay team, and Chris Daw, 2006 Olympic gold medalist from the games in Torino, Italy.

The team had high expectations going into Kelowna this year. After all, we all practiced as much as possible at our respective clubs and Mark and Chester diligently drove in from Dryden (90 miles one way) to play with Denise and I in the Thursday night men’s recreation

league. It was a good way to get experience and to play in some game situations. With the commitment from the boys and the experience playing as a team, nothing short of making the playoffs, and possibly medalling, would be acceptable.

We arrived in Kelowna and I am not sure what happened after that. After 5 days and 9 games we finished 7th out of the ten teams with a record of 3 wins and 6 losses. None of us curled up to our expectations and it just didn’t seem that we put it all together as a team.

Curling is very much a team game and although one or two of us played fairly well in a game or 2, we just didn’t all put it together at one time. We will learn from our mistakes. Overachievers in 2009, we were under achievers in 2010. We will all put it behind us and who knows what is in store for 2011. The Canadian Curling Association is currently trying to work out a deal with the Brandon Curling Club which would give Manitoba a chance to host this event again.

Chris and his team from Manitoba are 3 times Bronze medal champions and I would like to congratulate them again this year. I would also like to mention that Chris Sobkowich, Dennis Thieson and Arlene Ursel were also named First Team All-Stars at their respective positions which is a remarkable feat in itself.

“Congratulations Team Manitoba and better luck next year for Northern Ontario and their team from Kenora and Dryden.”

~ Wayne Ficek, Skip ~

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RICK HANSEN WHEELS IN MOTION "RAISING HOPE"

On Saturday, June 26, Canad Inns Stadium will be the 2010 site for Wheels in Motion and National Sponsor Scotiabank welcomes the Winnipeg Blue Bombers as a host partner.

The people of Winnipeg have raised funds for several projects in their community, including a grant to purchase a ceiling lift and related equipment for an individual with SCI.

"Thanks to the support of Wheels In Motion, I can now get into bed at night by myself and I don't have to wait around for people to lift me." - George Tataryn

The lift will allow George to move independently around his bedroom and bathroom and to transfer into his wheelchair, which will greatly increase his independence and decrease personal care costs and time. Funding was also provided through the Interlake Regional Health Authority Home Care Program.

Honourary Co-Chairs Mayor Sam Katz and Manitoba Hydro CEO Bob Brennan are excited about this year's event. We encourage athletes, schools, companies, families, friends and community groups to register teams for the wheelchair challenge.

Participants can register either as individuals or as teams. Individuals and their supporters will participate in the wheel/walk course. Teams consist of five individuals that compete in the team challenge and each team must raise a minimum registration of \$1000. Teams and individuals can recruit others to assist them in raising funds-awards are presented to the individual and team that are the most successful. All registered participants will receive complimentary t-shirts and sponsors will provide food refreshments on site. People interested in registering or getting more information can visit www.wheelsinmotion.org/winnipeg or contact Patti Bonas at 488-3364.

**Rick Hansen
Wheels In Motion** presented by **Scotiabank** **We can not change lives** **JUNE 26**

On Saturday, June 26th, people of all ages and abilities will join together to raise funds for community Quality of Life projects that help people with spinal cord injury lead active and healthy lives. We invite members, friends and family of CPA Manitoba to join us in making our communities more inclusive and accessible for all.

LOCATION: Canad Inns Stadium

TIME:
10:00 Wheel/Walk Registration
10:30 Community Wheel/Walk
11:00 Team Registration - Wheelchair Challenge
12:00 Wheelchair Challenge Start

FOR MORE INFORMATION OR TO REGISTER CONTACT:
Patti Bonas
ph: 204.488.3364
email: pbonas@shaw.ca

www.wheelsinmotion.org/winnipeg

**Rick Hansen Institute
Institute Rick Hansen**



“A DAY AT THE BEACH”

Canadian HealthCare Products (CHCP) and CHCP Elevators have two locations in Winnipeg, as well as a location in New Brunswick.

We offer a wide range of quality products from walkers to wheelchairs, kitchen utensils to gardening tools, lifts and ramps to handcycles and water skis. We also provide a variety of professional services, including installation, maintenance, and repair; home, vehicle, and personal assessments, pressure mapping (for custom seating) and wheelchair evaluation.

Visit us at www.chcp.ca for more information.

Every summer we coordinate and host a customer event at Grand Beach, Manitoba called “**A Day at the Beach.**” The purpose of the event is to provide opportunities to people with physical disabilities to enjoy water and other sports. A temporary dock is built to provide wheelchair access to the water and a lift is set up to aid in transferring clients from the dock to the water. Two boats operate tubes and sit-skis. Canoes and paddle boats are also available. On the ground there are games set up, free barbecued lunch and prizes are awarded for a variety of reasons including to the person who participates the most throughout the day.

CHCP spearheads this event and puts up the majority of funds, manpower and coordination. However, corporate sponsors, suppliers/product manufacturers, Recreation Coordinators (RC) & Occupational Therapists (OT) and other volunteers contribute to make it an event to remember every year.

We’ve learned that anything really is possible. When we launched the first “A Day at the Beach” in 2000, we started by finding a place at Grand Beach that we could make accessible.

Unfortunately, a beach is one of the most least accessible places around so we had our work cut out for us. We put a lot of thought and hard work into developing a reusable dock from plywood. We then worked on the logistics of how to transfer people from the dock to the water. We use a XYZ lift and have two to four people on the dock and in the water at all times to help facilitate transfers to the tube and assist with the sit-ski.

Safety is also a concern. There are spotters at all times in both boats and we have a team acting as a chaser on a jet ski that follows the boats as well. We also have St. John’s ambulance on the beach to attend to.

The results are amazing! We’ve been able to provide

a water sport experience to everyone who has attended and wishes to participate regardless of age, shape or disability. In 2006, a 100 year old woman from a personal care home we work with, took a spin around the lake and had the time of her life!

We’re so proud of our team and partners who have been unwavering in the pursuit of pushing the limits and creating an unforgettable beach experience for over 1200 people.

The Winnipeg Health Sciences Centre (HSC) has been an integral partner in making “A Day at the Beach” a success. RC’s and OT’s at HSC work with us every year to promote the event and make it possible for their clients to attend the event. They’re also on the beach volunteering to make the day a success.

Corporate sponsors have been coming on board and participating by making monetary, prize and other donations and by coming out to volunteer. RC’s and OT’s, whom we’ve created relationships with, attend Beach Day with clients or family members and volunteer in a number of ways.

Manufacturers make the day extra special by providing cutting edge equipment like hand cycles and 4x4 wheelchairs for trial use. Their representatives, the people we work closely with, volunteer consistently and are important to the water sports team.

Each new partner who comes on board expands our ability to do more with “A Day at the Beach”. We expect to continually grow the event by getting more stakeholders involved. *There is strength in numbers.*

We’d be happy to talk to you about your own “A day at the Beach”, how you can become a part of ours or other ideas you have in mind.

Below are testimonials from two of our participants.

Carmen Lara is two years post injury:

“I have a recent spinal cord injury and I have been fortunate to attend Beach Day for the last 2 years in a row. For me this event has allowed me to take advantage of the moment and find out all the things that I can do, things that people do not get to do everyday”

Sharon Gillmoore is a mother of a SCI Beach Day participant and is a Rehab Nurse:

“As a nurse I was hesitant to see my son Sean par-



icipating in water sports, but at the end of the day I saw the smiles on Sean’s and the other patients’ faces and I knew it was all worth it. As a Mom, I became more relieved and confident about the recreation pursuits being offered at Beach Day. I witnessed Sean’s skills as a sit water-skier develop and realized that he was becoming an important role model and mentor to others”

The research proves it....”Recreation is a proven therapeutic tool – helping to restore physical, mental and social capacities and abilities” CPRA – Benefits Catalogue.

It’s about taking the “dis” out of disability! Our clients are faced every day with what they can’t do –

“A Day at the Beach” is about what we CAN do!

“Farewell to Gary Magorel” ~ Laurence Haien ~

Gary Magorel, Program Specialist, Vocational Rehabilitation Program, retired in December 2009. His retirement celebration, which was held at the Rossmere Country Club, was well attended by family, many colleagues spanning the length of Gary’s varied career in social services, and a group of life-long friends. Gary’s daughter, Malissa, a Vocational Evaluator at the Employment Preparation Centre and an accomplished vocalist, entertained the crowd with several songs for which her friend, Julie Horbal, provided keyboard accompaniment.

Gary was reported by colleagues to embody the philosophy of the Department of Family Services and Consumer Affairs. He was described as committed to improving the quality of life for Manitobans,

seeking further inclusion of all citizens, striving to ensure diversity is respected and that all people feel accepted, valued and live with dignity and security. Gary was a valued colleague to those of us who provide vocational services to CPA’s membership.

He displayed compassion, integrity, an extensive knowledge regarding the policies of the Vocational Rehabilitation program, and a willingness to give thoughtful and fair consideration to the financial requests for the vocational plans of those CPA members who partake in our vocational services.

As I understand it, Gary is an avid golfer and intends to pursue this passion when the weather permits. The staff of CPA wishes Gary and his wife, Laurie, a long, happy, and healthy retirement.



Gary and his daughter Malissa

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Occupational Therapists who specialize in Spinal Cord Injury Rehabilitation!

New website launches in May - check out our blog!

Need a new cushion or wheelchair? Pressure sores? Call us!



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or contact Therapy First
by phone at 204-612-0398





THE CORNERSTONE LIFE LEASE ESTATES

Life lease. What does it mean? A life lease is a mechanism used by not-for-profit groups to provide housing for a group of people at an affordable rate. It is not a low-income housing program. It is an effective way for people to manage their housing costs.

Here's how it works. A specific group of people decide they want to provide housing for some of their members. The actual cost to build the project is divided by the number of people moving in. Then each person is required to pay half of that amount up front as an entrance fee. The other 50 per cent is put into a bulk mortgage to pay for the rest of the building costs. Residents pay that off through their monthly lease payment. They pay monthly fees as long as they live in the building -- thus, a life lease. Monthly costs go up only when the actual costs to maintain the building go up.

One advantage a life lease offers over a condo is the total liquidity. If you move, you can take out the money that you originally invested in the project.

Construction has begun on a new Life Lease project on the corner of Gateway Road and Knowles Avenue in North Kildonan. The Cornerstone is being developed and will be owned and operated on a not-for-profit basis by The Cornerstone Housing Corporation, a non-share capital Manitoba Housing company incorporated separately by the members of ARCIA Inc. (Association of Reformed Christians In Action). The Cornerstone is an aging-in-place facility that will provide housing for both active, independent seniors and seniors that require assistance with day-to-day living. The goal of The Cornerstone is to provide quality, comfortable, healthy, housing and services for those in their retirement years. The facilities are separated into "Independent Living" and "Assisted Living" buildings connected by a weatherproof "Downtown" where all residents can interact as a community. All of this is set on 4 acres of landscaped property complete with walking paths, patios and raised gardens. Heated indoor parking is available as well as a guest room that can be rented for visitors.

There is one aspect of this project that all new housing should take a lesson from. The Independent Living suites are designed to provide basic wheelchair access even though they are targeted for indepen-

dent, healthy, active seniors. These suites are designed with a minimal amount of hallways, and at least one wheelchair accessible bathroom. This will allow individuals to stay in their own suites should they develop mobility problems that require the use of wheelchair, scooter, etc. The cost to provide basic wheelchair access is very minimal at the time of new construction and in no way creates an institutional look. In fact, when looking at floor plans for The Cornerstone most people would not even notice any accessibility features if it weren't for the wheelchair access symbol in the bathroom. If all new housing (not just housing geared for seniors) were to incorporate this basic access, many individuals would not have to contend with the upheaval of having to relocate after the onset of a disabling injury or illness. Once basic access has been incorporated into a suite, changes to fixtures in kitchens, bathrooms etc. can easily and affordably be made if / when needed.

The Cornerstone decided to provide basic wheelchair access on their own initiative. Not every development is as forward thinking, so changes to the building code are needed to ensure future developments follow these guidelines.

~ Greg Winmill ~

"Mark your Calendar"

Tuesday, June 15

CPA's Annual General Meeting
5 p.m @ Ten Ten Sinclair

Saturday, June 26

8th Annual Rick Hansen's Wheels in Motion
Canad Inn Stadium - Registration is @ 10 a.m

July 13 & 14

Will to Win Golf Classic

Friday July 25

8th Annual Day at the Beach
10 a.m - 4 p.m @ Grand Beach (Rain date: July 23)



ROMAN TIMES ARE BACK

Hello everyone, it is my pleasure to be contributing to ParaTracks once again. I failed to properly introduce myself in the last article I wrote which was published in the December 2009 issue. It is important to know that what I write about is from the perspective of a single man who lives alone. I have had an Incomplete SCI since 2006 and I am far more fortunate than many of our members. It takes almost losing everything to make one appreciate what one still has. The risk of becoming a Quadriplegic was very real when I had my two separate surgeries. Thanks to a highly skilled medical team, I still have full use of my arms & hands. I cannot walk for more than a few feet, and I can stand for brief periods of time such as when I'm washing my dishes. Life could have been much worse today. When I left the hospital I vowed I would make the most of what I still have.

I could not have achieved such a level of independence if it were not for CPA, SMD (*Society for Manitobans with Disabilities*), and, "*with a little help from my friends!*" *All have my undying gratitude ~ Paul A. Macdonald ~*

We have survived another Manitoba winter and no one appreciates the warmer months more than people living with disabilities. A Manitoba summer brings out a myriad of outdoor activities and festivals. There is always something happening and with accessibility being top of mind for most event organizers, venues are more accessible than ever.

While going places during the summer is generally safer and easier than in winter, users of wheeled mobility aids should always bear in mind their vulnerability to sudden bad weather, dangerous high traffic areas and mechanical breakdowns. I often had to learn the hard way that if I had taken a few precautions and knew in advance what to do, I would have been spared a lot of grief.

IMPORTANT CONSIDERATIONS



Be sure your cell phone and mobility device battery are fully charged. Have emergency numbers programmed into the phone's auto dialer.

- ✓ Have your town or municipality's police non emergency number programmed into your phone.
- ✓ In Winnipeg, the W.P.S. non emergency number is **204-986-6222**. If you don't have this number in your auto dialer, call Winnipeg's **311 Service** and select **option 3**.



Stay aware of the maximum range of your motor's battery.

- ✓ When your motor chair or scooter's warning light comes on, this is an indication that you have gone the maximum range and have just enough power to get back home.
- ✓ If the indicator goes Red, battery failure is imminent. So pay attention.
- ✓ At times, turning the chair off for several minutes allows the battery amperage to rebuild a little, giving you a bit of extra power.
- ✓ If you are attending an event where you are part of the audience and mostly stationary, turn off your mobility device. This will save power for when you need it to get around.

Do not do this if you need the chair on to power other medical equipment you may be using.



It would be difficult to go pavilion hopping during Folkklarama using Handi Transit or even a regular wheelchair service. Times like these demonstrate the advantage of the accessible transit buses I talked about in the previous issue. Winnipeg Transit will have a pavilion shuttle program in operation and they confirmed they will be using accessible buses wherever possible. So grab your pass & *Rome* the world!

- ✓ People with SCI's are more vulnerable to dehydration in hot weather.
- ✓ If you will be in direct sunlight a lot, such as at a sporting event, wear a cap.
- ✓ If you start to feel woozy, a wet towel wrapped around your head will help refresh you a bit, but get out of the sun for sure. (*I have a water bottle that I never leave home without. It has a Gel Pak carrying case and strap that hangs on my chair. I freeze the bottle solid and as a result, it supplies ice cold water for many hours*).



In busy parking lots, people in wheelchairs are like children on a freeway. By the time they are seen, it's too late.

- ✓ The "Idiot" principle applies to wheelchair & scooter users as well as when driving a car. ***Assume everyone else is an idiot and anticipate them doing the worst possible maneuver.*** (*That one has saved me from several accidents while driving both cars and wheelchairs*).



TO GO OR NOT TO GO?

One thing a Manitoba Summer brings to the table is sudden, unexpected storms. Being caught in one with an electric powered device could range from being a shocking experience to dead in the water.

-  Scope out your territory. In your area, define a route to and from stores that offers as much overhead protection as possible such as trees and doorways you can duck into.
-  After a storm, refrain from going through puddles of water, it may just be a water filled pothole waiting for its next meal.

“OH NO...IT’S BROKEN!”

Good quality motor chairs and scooters are very reliable. If you take care of them, they will take care of you. Still, they are only machines, and machines “rarely” breakdown in convenient places or at convenient times. In public places they have fire drills so that people know where to go in an emergency. Wheelchair users don’t have that advantage and have to learn while the fire is burning. So taking a few precautions before you go out will prepare you to handle any transportation crisis caused by a breakdown.

-  For wheelchairs supplied through SMD Wheelchair Services, I have included the emergency numbers at the end of this article.
 - ✓ Emergency service calls are available during certain hours on the weekend, but only to residents in Winnipeg.
 - ✓ Outside Winnipeg, weekend technical support is available only by phone.
-  If you purchased or rent your device; be sure you have the numbers for the store or service centre in your phone.
-  Calling a friend or family member is an option, but you must remember that they may be able to pick you up, but “perhaps” not your chair.
-  If you are in an area with lots of people around, don’t be too proud to ask for help.
-  If you are stranded and alone, call the local police non-emergency number. You need assistance and that’s what we taxpayers pay them to do.
-  *If all else fails, I suppose you can always try calling a tow truck. I’m certain they’ll set you straight when they finish laughing.*

It’s time that I get my face away from this computer screen and go out and feed some hungry mosquitoes. I urge all of you to get out there and participate in all that summer has to offer. Have a wonderful summer and if I see any of you in the park we’ll toss some frisbee’s!

If your motor chair was supplied by SMD & the Regional Health Authority, call SMD Wheelchair Services.
Regular office hours are 8:00 A.M. to 4:00 P.M. Monday to Friday.
Phone: 204-975-3250 or Toll Free at 1-800-836-5551
More information can be found at: http://smd.mb.ca/wheelchair_services

All of Manitoba	Emergency Service Hours	Emergency Telephone Number
Weekdays: Monday - Friday	4:00 P.M. to 8:00 P.M.	1 -204 - 932 - 5744
Weekends & Holidays	8:00 A.M. to 4:00 P.M.	1 -204 - 932 - 5744

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I personally invite you to come down and visit our new location and/or go online and sign up for our newsletter."

David Tweed, President

- ❖ You're dealing with people that actually use the same products.
- ❖ We've been the leader in Manitoba, over the past ten years, as a supplier of urological and medical equipment products.
- ❖ We have access to virtually any brand name of medical, wheelchair parts, tires, lifts, specialty items or urological products all available conveniently online. The leading Manitoba supplier for Coloplast, Hollister, Savaria, Access 2000 to name a few.
- ❖ We receive the highest amount of support and education from the top brand name industry suppliers & manufacturers.
- ❖ Our response time is second to none, including service calls.
- ❖ We are authorized to bill to all 3rd party agencies including Blue Cross, DVA, NIHB, WCB, MPI and Family Services.
- ❖ We offer discounts to all CPA members.
- ❖ **AND** most important we care about ensuring that each individual gets the right product for his or her needs!

What's New

- ❖ Brand new website with complete secure online ordering
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“Protecting the Harvest”

Mitch L. Heureux sustained an incomplete spinal cord injury in a motor vehicle accident in 1990 and walks with two canes as a result of his injury. Since the onset of his injury, Mitch has occupied a number of jobs. In 2007 he was laid off from his job as a truck driver. A co-worker suggested that he inquire about employment opportunities with the Co-op, and Mitch did so. Initially, Mitch was hired by Neepawa-Gladstone Federated Co-op to perform seasonal jobs, which included blending dry fertilizer, operating a skid steer, assisting with the operation of a plant, moving grain bins with a truck and trailer, and delivering tanks of anhydrous ammonia.

Shortly after being laid off from the 2008 season, Mitch's manager at Neepawa-Gladstone Co-op inquired if he were interested in chemical pesticide application and Mitch advised that he was. Mitch shared that his employer paid for his training and licensing in pesticide application. Mitch obtained reading materials from the Assiniboine Community College and undertook independent study, which enabled him to prepare for two examinations in chemical pesticide application. Mitch passed the four hours of examinations, which he described as being geared towards fourth year university agriculture students. Mitch attributes his passing grade to being a good reader and having good retention of and ability to apply knowledge. Mitch is entering his third season as a licensed chemical pesticide applicator and advised that he must write examinations every five years to maintain his license.

Mitch states chemical pesticide application is a perfect fit for his interests and abilities. The work is seasonal, with the season commencing in April and ending around mid November yearly. Mitch reports that he works 12 – 18 hour days, seven days a week during the season, leaving little time for anything but work. He advised this type of work is best suited to a single person or a person with an accommodating partner who doesn't mind being alone because of the time commitment involved in performing this work.

At the beginning of each season, Mitch is occupied with servicing the equipment in preparation for pesticide application. Mitch reports that he has some

contact with the farmers who contract the services of Federated Co-op and works very closely with a water truck driver who is responsible for mixing the chemicals for the pesticide application. The two spend every day of the season together. Team work and respectful and clear communication is critical to the success of the operation, as each is dependent on the other for their livelihood.

The work itself requires that Mitch and the water truck driver load 45 gallon drums of chemicals, a half-dozen barrels of chemicals and up to 40 – 50 cases of chemicals on the truck which is driven to the spray site. Mitch reported that he must always observe the regulations/rules governing chemical pesticide application and strictly adhere to these, as violations can result in law suits.



Mitch operates a 1084 Rogator, which is a self-contained cabin unit with a Hepa filtration system to ensure his safety. The cab sits eight feet above the ground and is accessed by a ladder. Spraying is done down wind to ensure the safety and protection of the water/chemical mixer who walks the crop fields and wears a respirator to ensure his own safety.

Mitch states that he does a daily inspection of the equipment to ensure its safe operation. He connects lines that feed the sprayer, fills the water tanks, and does basic maintenance, such as oil changes and minor repairs. The unit is hydrostatic, which means that is operated with one lever and has no foot controls. The unit in which Mitch sits is air conditioned, providing a comfortable working environment from the summer heat.

Mitch advises the work requires a highly committed person who can withstand long hours of work over a period of many months. The work demands a highly responsible and knowledgeable person who can work under pressure, as chemical pesticide sprayers have much responsibility. Mistakes can be very costly, as product can be lost if the chemical pesticide sprayer does not properly assess environmental conditions. Mitch earns a competitive salary, has a pension plan, and enjoys the responsibility and independence the job offers.

~ *Laurence Haien* ~



Registered Disability Savings Program

New saving tools help Canadians with disabilities and their families invest in their future

In December 2008, the Government of Canada introduced the Registered Disability Savings Plan (RDSP), Canada Disability Savings Grant and Canada Disability Savings Bond to help Canadians with disabilities and their families save for the future.

The RDSP is available to Canadian residents under the age of 60 who are eligible for the Disability Tax Credit, which is also known as the Disability Amount. People who are eligible, and the parents or guardians of eligible minors, can open an RDSP at one of several financial organizations across the country.

There is no annual contribution limit to an RDSP. The lifetime contribution limit is \$200,000. Friends and family can also contribute to a plan with written permission of the plan holder. Any investment income earned in the plan accumulates tax free, until money is withdrawn. The contribution deadline this year is December 31, 2010.

To encourage savings, the Government of Canada introduced the Canada Disability Savings Grant and the Canada Disability Savings Bond.

The **Canada Disability Savings Grant** is a matching grant that the Government deposits into the RDSP. Each year, the Government will match contributions made by paying up to \$3 for every \$1 paid into the plan, depending on the amount contributed and the beneficiary's family income. The Government will deposit a maximum of \$3,500 each year, with a lifetime limit of \$70,000. Grants will be paid into the RDSP until the year the beneficiary turns 49 years old.

For example

If the beneficiary's family income is less than or equal to \$78,130*:

- The Government will deposit \$3 for every \$1 on the first \$500 contributed to the RDSP and \$2 for every \$1 on the next \$1,000.

If the beneficiary's family income is over \$78,130*:

- The Government will match \$1 for every \$1 contributed on the first \$1,000.

The Government of Canada will also pay a **Canada Disability Savings Grant** of up to \$1,000 to low-income and modest-income Canadians. The good news is that

no contributions are necessary to receive the bond; simply open an RDSP and fill out an application form at the financial organization where you have your RDSP. Bonds will be paid into the RDSP until the year the beneficiary turns 49 years old.

For example

If the beneficiary's family income is less than or equal to \$21,947*:

- The Government will deposit \$1,000 each year into the RDSP.

For beneficiary family incomes between \$21,947 and \$39,065*:

- The Government will deposit a portion of the \$1,000. As your income increases, the bond amount paid decreases.

Money paid out of an RDSP will not affect a person's eligibility for federal benefits, such as the Canada Child Tax Benefit, the Goods and Services Tax credit, Old Age Security or Employment Insurance benefits. In addition, RDSPs will have little or no impact on provincial and territorial social assistance payments. For further details, contact your provincial or territorial government.

For more information on the RDSP, grant and bond, including a list of participating financial organizations, please visit the Human Resources and Skills Development Canada Web site at www.disabilitysavings.gc.ca or call 1 800 O-Canada (1 800 622-6232).

* *Income amounts shown are for 2010 and will be updated yearly based on the rate of inflation.*

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



PROVINCE OF MANITOBA

PROCLAMATION

SPINAL CORD INJURY AWARENESS MONTH

- WHEREAS** There are nearly 1,000 people currently living with spinal cord injuries in Manitoba, and in 2009 over 70 Manitobans, and approximately 1,000 Canadians faced the reality of spinal cord injury; and
- WHEREAS** the Canadian Paraplegic Association (Manitoba) Inc. was founded in 1945 by a group of World War II veterans with spinal cord injury, who were determined not to spend the remainder of the lives in hospitals; and
- WHEREAS** the Canadian Paraplegic Association (Manitoba) Inc. is committed to enabling people with spinal cord injuries towards independence, self-reliance and full community participation; and
- WHEREAS** for 65 years, the Canadian Paraplegic Association (Manitoba) Inc. has been a leading provider of services for persons with spinal cord injury, advocating within the community, as well as providing individualized rehabilitation services through professional staff and a peer support model; and
- WHEREAS** the Canadian Paraplegic Association (Manitoba) Inc. is holding the Chairleader Day event on May 12, 2010, to raise awareness and promote the prevention of spinal cord injuries.
- NOW THEREFORE LET IT BE KNOWN THAT I, Jennifer Howard, Minister responsible for Persons with Disabilities, do hereby declare the month of May 2010 as**

SPINAL CORD INJURY AWARENESS MONTH

in an effort to raise awareness throughout Manitoba.



CPA Manitoba Welcomes . . .

John Powell

I was born and raised in Flin Flon, MB and spent most of my working life in the mining industry working in mines from Red lake, ON, right across the country to Stewart, BC on the BC/Alaskan border. I am a Certified Management Accountant and, after nine years of retirement in Mexico, returned in October 2009 to the working world as Accounting Officer for CPA.

My Mexican wife, Ana Maria, has just experienced her first snow and her first Canadian winter. She loves Canada, enjoyed the winter and is proud to say Canada is now her new home. I am enjoying working with CPA and look forward to meeting more of our members.



Willie Ducharme

Annin, I would like to introduce myself by starting off saying that I'm Aboriginal. I've lived in Winnipeg for the past 38 years and I'm married with a son and daughter.

Prior to coming to CPA I was employed and retired from a 30 year career in Policing. I was employed by Manitoba Liquor Control Commission in their Human Resource Unit as the Aboriginal Consultant and established an Internship program for Post Secondary Graduates and delivered an Aboriginal Awareness session to all employees. I have been retained by CPA to review Aboriginal service needs related to transition from rural communities to Winnipeg. I believe that the many skills I have acquired through the years will aid in enhancing services to CPA's population. I look forward to meeting and working with all of you.

Meegwetch



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



Mike Capar	John Keeper	Allen Nordal	Amelia Sayo
Donald Chmuhalek	Andrew Kolach	Garry Olsson	Ralph Shott
Denis Dumesnil	Mark Kirkness	Don Register	Anne Sontag
Charles Hay	Ethel Kunkel	Vicki Ringstrom	Janna Van der Hart
George Cluett	Saverio Loria	Geraldine Robinson	Donald Webb
Bernie Craig	Norman Luke	Candida Rodriguez	Rodney Woodhouse
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Douglas Gabbs	Bernice Mitchell	Lawrence Sadler	Anne Zinyk
Dorothy Henry			

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*Christopher Reeve
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MEMBERSHIP APPLICATION

YES! Count me in as a member of the Canadian Paralegic Association (Manitoba) Inc. All members receive "Para-Tracks" 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) and Disabled Sailing membership (25%).

I wish to select the following category of Membership:

- \$15 - \$24 - Member \$250 - \$499 - Charter Member
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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.

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