

PARATRACKS



Newsletter of Spinal Cord Injury Manitoba Inc.
Special Anniversary Edition | October 2021



75

1946 - 2021



Spinal
Cord
Injury
Manitoba

Proud History | Vibrant Future



MPF MANITOBA
PARAPLEGIA
FOUNDATION INC.

**Congratulations to SCI Manitoba on
your 75th Anniversary!**

For over 20 years, The Access Store has supported Manitobans
with Home Health Care Products & Mobility Equipment.



Daily-Living Aids • Medical Supplies • Mobility & Lift Equipment
Accessibility Construction Solutions For Architects & Contractors

Contact us today!

**THE
ACCESS STORE**
We Understand, Personalize and Deliver.

T: 800.670.1670 | E: info@theaccessstore.com | W: theaccessstore.com

**ParaTracks is a publication of
Spinal Cord Injury Manitoba**

825 Sherbrook Street
Winnipeg, MB R3A 1M5

T 204.786.4753
F 204.786-1140
Toll-free 800.720.4933
(within Manitoba only)
info@scimanitoba.ca
www.scimanitoba.ca
Facebook @scimanitoba

With financial support from
Manitoba Paraplegia Foundation Inc.

ParaTracks is published three times each year and
past editions are available for viewing and
downloading from the SCI Manitoba website.

Circulation: 1,200 copies
Estimated readership: 2,500

Editor: Dan Joanisse
Layout: Adrienne Conley and Dan Joanisse

Advertising rates for photo-ready copy:
Full page \$160.00
Half page \$87.00
Quarter page \$55.00
Business card \$33.00

Classified advertisements are free for members
of SCI Manitoba

Letters to the editor, submissions, suggestions,
and comments are greatly appreciated and can
be sent by email to info@scimanitoba.ca or by
post to the mailing address above.

**Canada Post
Publication Agreement #40050723**

Board of Directors

Corrine Deegan*
Linda Godin-Sorin
Jeannette Gougeon
Lyllal Hallick - Acting President
Gary Magorel
Ron May
Audrey McIlraith*
Barbara Rapson
Leonard Steingarten*
Adam Terwin - Treasurer
**living with spinal cord injury*



Proud History | Vibrant Future

Contents

1. From the Editor.....	4
2. Lucy DeLuca Staff Contact Details.....	5
3. 75th Anniversary Virtual Celebration.....	6-7
4. Proud History of Spinal Cord Injury Manitoba.....	9-14
5. Keith Klaassen's Impact Story.....	15
6. Members of the Order of Canada.....	17
7. <i>Societate Fortiores</i> ('Stronger Partnership').....	18-20
8. Wojciech ('Voytek') Maliszewski's MPF Impact Story....	22
9. Legacy of the 1967 Pan-Am Paraplegic Games.....	24-27
10. News from Manitoba Paraplegia Foundation.....	28
11. Kellea Small's Impact Story.....	29
12. A novel Method of Achieving Mobility.....	30
13. Our Names and Logos Through the Years.....	31

**Cover image: Lucy DeLuca at her desk in the office of the Central
Western Division of the Canadian Paraplegic Association, circa 1968.
*See page 5 to learn more about Lucy.***

From the Editor . . .

To help celebrate our **75th anniversary** of providing essential, life changing services and supports to Manitobans living with spinal cord injury, we decided to do something different and special for this edition of ParaTracks. We dusted off the photo albums and dug through the archives looking for compelling images, documents, and stories, and we hope you'll enjoy the fresh design, layout, and content as much as we did putting it all together.

The obvious place to start was with the cover and when we came across the striking photo of **Lucy DeLuca** at her desk in the late 1960s, we had to put it front and centre. For those who never had the pleasure of meeting Lucy, we included a short bio on page 5, though we know very well that many pages would be needed in order to properly tell her full story.

You may recall from the last issue of ParaTracks that we're planning a **75th anniversary virtual celebration** on **November 3, 2021**, and we hope you'll join us for a fun evening. All the event details, including how to **register and reserve your free tickets**, can be found on pages 6 and 7.

Next, we did a deep dive into the origins of our organization, and ***Proud History of Spinal Cord Injury Manitoba*** tells the story of how and why paralyzed veterans decided to build a better life for themselves outside of hospitals (pages 9-14). We've also included three 'impact stories' - brief but powerful profiles of members who share how their lives have been impacted by the services they received from Spinal Cord Injury Manitoba. Meet Keith Klaassen (page 15), Voytek Maliszewski (page 22), and Kellea Small (page 29).

In our research we discovered that three of the most influential figures in our history have been invested as Members of the Order of Canada, so we've added a tribute to those individuals on page 17 and included each of their summaries as they appears on the Governor General of Canada's website.

We found an enlightening article titled ***Societate Fortiores (Latin for Stronger Partnership)*** about John Counsell during the early years of the Canadian Paraplegic Association, which first appeared in the March 1947 issue of their news magazine, *The Caliper*. With permission from Spinal Cord Injury Canada, we've reprinted it here (pages 18-20), as well as an article written by Tony Mann about Peter Dyck called *A Novel Way of Achieving Mobility*, from the October 1946, issue (page 30).

Legacy of the 1967 Pan-Am Paraplegic Games in Winnipeg reveals how local organizers and advocates used the multi-nation, multi-sport event as a springboard to propel the development of provincial and national wheelchair sport bodies to the tremendous benefit of succeeding generations of wheelchair athletes (pages 24-27).

An update on recent funding approvals by the Manitoba Paraplegia Foundation is included at page 28.

And finally, we thought it might be interesting to see how our organization has evolved over the last 75 years by taking a look at all the names and logos we've used along the way - see page 31.

Happy reading, we hope you'll join us on November 3, 2021!

Dan Joannis
Editor



On the cover: *Lucy DeLuca was one of the first civilian women to receive services from the Central Western Division of the Canadian Paraplegic Association, and later joined the staff as Secretary to the Executive Director at the urging of Tony Mann. Soon after her tenure began, Lucy became known as 'the anchor' at the office because of her ever-expanding list of skills and talents, especially organizing people and information. She kept detailed records of most everything - phone calls, meetings, all the material in the office library, and even catalogued the accessibility of all the places she'd visit, including hotels and restaurants. Her accounts eventually formed the basis for 'Easy Wheeling Manitoba', an incredibly valuable resource for any wheelchair user. Lucy was a professional in the truest sense, with important connections extending far and wide into the community - business leaders, philanthropists, and politicians - she knew everyone. But Lucy was also a caring, compassionate, and trusted ally to colleagues and members, able to anticipate their needs and respond to inquiries in the moment. She loved to travel and share stories of her adventures on her return, something she continued to do well into her retirement until her passing in 2013.*



Staff Email Addresses and Phone Extensions

204-786-4753 or 1-800-720-4933 (within Manitoba only)

Dan Joannise	Interim Executive Director	djoannise@scimanitoba.ca	224
Darlene Cooper	Director of Rehab. Services / Assistant Executive Director	djcooper@scimanitoba.ca	225
Adrienne Conley	Executive Assistant	aconley@scimanitoba.ca	222
Denise Balliet	Accounting Officer	dballiet@scimanitoba.ca	221
Gail Burnside	Rehab. Counsellor, Hospital Services / Assistant Director of Rehab. Services	gburnside@scimanitoba.ca	229
Natasha Schreyer	Rehab. Counsellor, Transitional Services	nschreyer@scimanitoba.ca	227
Laurence Haien	Sr. Rehab. Counsellor, Vocational Services	lhaien@scimanitoba.ca	234
Artem Dolia	Rehab. Counsellor, Vocational Services	adolia@scimanitoba.ca	230
Maria Cabas	Rehab. Counsellor, Indigenous Services	mcabas@scimanitoba.ca	228
Annika Onosson	Rehab. Counsellor, Indigenous Services - Trainee	aonosson@scimanitoba.ca	223
Michael Reimer	Transitional Vocational Enhancement Counsellor - Trainee	mreimer@scimanitoba.ca	226
Bonnie Haney	Rehab. Counsellor, Support for Work Related Injuries	bhaney@scimanitoba.ca	231
LéAmber Kensley	Rehab. Counsellor, Health Promotion Services	lkensley@scimanitoba.ca	204-781-0313



Proud History | Vibrant Future



75TH ANNIVERSARY VIRTUAL CELEBRATION

FREE

WEDNESDAY, NOVEMBER 3, 2021 | 7:00 PM

Join host Ace Burpee from
103.1 Virgin Radio & Spinal Cord Injury Manitoba

for an entertaining and engaging evening as we celebrate our roots, honour the people who shaped our organization, and share incredible stories about how we continue to help Manitobans living with spinal cord injury

ADJUST, ADAPT, AND THRIVE.

To register for the event and reserve your free tickets:

<https://rebrand.ly/scimb75>



Please join us for this FREE event to help increase awareness about our life changing services and how we make sure every Manitoban living with spinal cord injury is **NEVER ALONE.**

This 90-minute event will feature:

Inaugural presentation of the E. Arthur Braid SCI Manitoba Merit Award

Silent auction with great prizes

Informative and compelling interviews with influential figures from the past, including:

John Lane
Harriet Hart
Arnie Schryvers
Glen Macdonald
Ernie Hasiuk

WITH
SPECIAL GUEST APPEARANCES
BY RICK HANSEN FROM THE
RICK HANSEN FOUNDATION
AND BILL ADAIR FROM
SPINAL CORD INJURY CANADA

Hear from our staff how our services are changing lives

Feature on Yvette Cenerini and the impact of our services

Spotlight on the Manitoba Paraplegia Foundation

THANK YOU TO OUR GENEROUS SPONSORS!

Platinum

**THE
ACCESS STORE**
We Understand, Personalize and Deliver.



Coloplast



MPF MANITOBA
PARAPLEGIA
FOUNDATION INC.

Diamond

GO 
Orderly



Shane Hartje
Transition Specialist
(204) 293-1220
manitoba@uromed.ca



Superior
Customer Service!



Expedited Shipping!



Latest Products &
Technologies!



Free Samples!

FREEDOM TO CHOOSE

Specializing in products and services for people with spinal cord injuries, spina bifida and other physical disabilities.

**Get up to \$250 in Visa Gift cards
just for placing your first order!**
**Call today to find out how you can
get up to \$600 a year with our
Rewards Program!!**

www.uromed.ca

Proud History of Spinal Cord Injury Manitoba

In 2021, as Spinal Cord Injury Manitoba celebrates 75 years of providing essential, life-changing services and supports to people living with spinal cord injury (SCI) in Manitoba, it's important to remember when, how, and why it all started. Let's be honest, our world has not progressed with the speed many of us would have liked in terms of accessibility and inclusion, but we should not lose sight of all the progress we have made over the years.

First, to avoid unnecessary confusion, let's begin by clarifying that the Canadian Paraplegic Association (CPA) was incorporated in 1945 by a group of paralyzed WWII veterans at Lyndhurst Lodge in Toronto. It was not until the following year, in 1946, that a similar group of paralyzed veterans at Deer Lodge Hospital in Winnipeg formed the Central Western Division of CPA. Subsequently, we became the Canadian Paraplegic Association – Manitoba Division, then the Canadian Paraplegic Association (Manitoba) Inc. when we incorporated provincially in 1990, and finally, Spinal Cord Injury Manitoba in 2019 (see page 31 for a more detailed look at our names and logos since the beginning). Our current name, Spinal Cord Injury Manitoba, was adopted in an effort to more accurately reflect the members we serve – the term 'paraplegic' only applies to roughly half our members, so the decision was made to begin using the more inclusive descriptor 'spinal cord injury'.

Although our organization started serving people living with SCI in Manitoba in 1946, our story really begins in 1935, when German physician Gerhard Domagk discovered the first sulfa drugs (sulfonamides) to successfully treat bacterial infections. Sulfa drugs were so successful at treating urinary tract infections that they're still widely used today. But at the time of WWI, prior to their availability, soldiers paralyzed on the battlefield had a very short life expectancy, with only 10% surviving longer than one year. It wasn't until the introduction of sulfa drugs and antibiotics prior to WWII that made it possible for people living with SCI to survive long enough for new questions to be raised about their needs in the long term.

Armed with sulfa drugs and antibiotics, the doctors responsible for treating soldiers who sustained spinal cord injuries during WWII were seeing, for the first time, the challenge that lay ahead: what to do with so many young, paralyzed veterans who survived for many years, but would not be content spending the rest of their lives in a hospital?

The answer, which seems evident to all today but was clear to only a small number of veterans and physicians in the 1940s, was to press for the development of specialized spinal cord injury rehabilitation



programs where paralyzed soldiers, and later civilians, could learn to manage their own needs and return to a full, meaningful, and independent life in the community.



Tony Mann and George Dyck

And so began a prolonged period of fervent and unrelenting advocacy by the founders of the Canadian Paraplegic Association, whose early efforts resulted in the establishment of the Department of Veterans Affairs in 1944 and the creation of the first spinal cord injury rehabilitation program in Canada, Lyndhurst Lodge in Toronto, in 1945. The pioneers in those early years were Lieutenant John Counsell, who sustained a spinal cord injury at Dieppe in 1942, Dr. Harry Botterell, an emerging expert in the care and treatment of paralysis and a Major with the Canadian Army Medical Corps who helped other doctors from the Montreal Neurological Institute establish the Canadian Neurological Hospital during the war, L. M. ("Lew") Wood, an eminent philanthropist who helped establish rehabilitation programs and promote the important work being done by many service organizations, and Dr. Albin Jousse, the first Medical Director of Lyndhurst Lodge. John Counsell was the driving force among the group of paralyzed veterans at Lyndhurst Lodge, but he was not alone – others involved in founding the Canadian Paraplegic Association

Order your free SpeediCath® Catheter Box!

Catheter options as individual as you are.



Male



Female

Order now!



<http://visit.coloplast.ca/free-catheter-box>



1-866-293-6349



Scan the QR code to order



Checkout WheelMate™
An interactive map to find wheelchair-friendly washrooms and parking spaces

Ostomy Care / Contenance Care / Wound & Skin Care / Interventional Urology

Coloplast Canada, A205-2401 Bristol Circle, Oakville, ON

www.coloplast.ca The Coloplast logo is a registered trademark of Coloplast. © 2021-06 All rights reserved Coloplast.



were Arthur Hay, Joseph Wrangham, Jack Higman, Douglas Quirt, Edward Higginbottom, and Andrew Clarke, and incorporation was received on May 10, 1945.

In Manitoba, our story is rooted in the group of 37 paralyzed veterans at Deer Lodge Hospital, known then as the 'Winnipeg Para Club', who formed a loose association under the leadership of Sergeant Eric Lyle, himself wounded in action in 1944. Determined to leave the hospital and get on with his life, Eric Lyle wrote to Ian McKenzie, Minister of the newly established Department of Veterans Affairs, demanding a set of braces and crutches. The Club, encouraged by their leader and the example of fellow veterans at Lyndhurst Lodge, set out to recruit prominent civilians in Winnipeg to help advance their cause, and by August 1946, the first formal board meeting of CPA's Central Western Division was held with George W. Hutchins of Richardsons and Co. being elected as Chair, and Tony Mann as Secretary-Treasurer.

One of the early challenges facing CPA in those early post-WWII years was the waning number of paralyzed veterans needing medical care and rehabilitation at the recently established military hospitals across Canada. A good thing, to be sure, but what would become of the innovative programs and highly trained staff at these facilities, experts in the emerging field of rehabilitation? Without the vast financial resources of the federal government and a steady flow of paralyzed veterans to care for, the existence of Deer Lodge Hospital and Lyndhurst Lodge seemed doomed. But CPA stepped in to push for extending the services at Canada's military hospitals to civilians who sustained spinal cord injuries, a group that was significantly larger than paralyzed war veterans by a factor of ten. But paying for the incredibly expensive care and treatment of civilians at military hospitals was another matter entirely, given Veterans Affairs' mandate applied uniquely to veterans. An innovative solution was needed and again, CPA went to work. With the impressive results of their work with paralyzed veterans now evident, many of whom were living

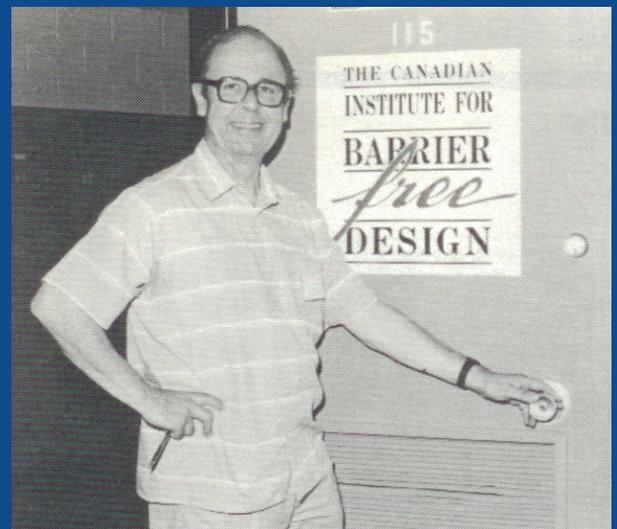
The official opening of
Ten Ten Sinclair
Housing in July 1975,
with Allan Simpson,
Hon. Saul Miller,
Senator Gil Molgat,
Patti Paisley, Pastor W.
T. Weind, and Tony
Mann



independently, getting around easily in mass-produced Everest & Jennings collapsible wheelchairs, driving their own vehicles, and even working and paying taxes, it was not overly difficult to persuade the workers compensation boards to pay for the excellent care and treatment of injured workers at military hospitals. Subsequently, CPA turned its attention to reaching an agreement with Veterans Affairs, effectively assuming responsibility for reimbursing the Department for all expenses associated with the care and treatment of civilians, and this opened the door to negotiations with provincial governments to underwrite these expenses by presenting the case in economic terms. After all, Canadian taxpayers had been relieved of their financial obligation to paralyzed veterans who went on to care for their own needs and support themselves and their families through gainful employment. Surely provincial governments could be convinced to pick up the expenses for civilians, and in time, they did just that.

There were, of course, many other issues that demanded the attention of a young but powerfully resourced organization in the succeeding decades, with many successes to celebrate in Manitoba, including but by no means limited to:

- establishing a specialized spinal cord injury rehabilitation program at the Manitoba Rehabilitation Hospital (now HSC Rehabilitation Hospital)
- establishing a position for a rehabilitation counsellor to be part of the interdisciplinary team on the SCI Unit
- helping to advocate for a publicly funded home care program, and later a self and family managed care option
- becoming recognized by the provincial government as an agency with expertise in providing vocational rehabilitation services to Manitobans living with SCI
- helped establish the rehab engineering department at Health Sciences Centre
- receiving dedicated funding to provide culturally appropriate services to members from Indigenous communities
- creation of Ten Ten Sinclair Housing to help teach important self-management skills for independent living
- establishing an outpatient clinic to provide follow-up services to Manitobans living with SCI in the community
- establishing long term Fokus Housing units for members needing higher levels of home care support, managed entirely by service recipients
- creating a parallel transit system for wheelchair users (Handi-Transit, now Transit Plus)
- founding the Manitoba Paraplegia Foundation



Professor Claude de Forest

- establishing the Spinal Cord Research Centre at the University of Manitoba
- designed and deployed an electronic case management system for member services
- organizing the 1967 Pan-Am Paraplegic Games in Winnipeg
- creating the Monday Night Wheelchair Sports and Recreation Club and later the Manitoba Wheelchair Sport and Recreation Association
- helping to establish the Canadian Wheelchair Sports Association (now Wheelchair Rugby Canada)
- supporting the development and spread of 'murder ball' in 1977, known today as wheelchair rugby, a sport played around the world at the highest levels of competition
- advocating for changes to the Building Code Standards for Manitoba and Canada
- founding the Canadian Institute for Barrier-Free Design and later the Universal Design Institute at the University of Manitoba
- creating ParaTracks, a regular newsletter to keep members informed of important news and events, and sharing compelling stories from the membership
- supporting human rights challenges and advocating for changes to Manitoba's elections and voting systems
- helped create the Manitoba Accessibility Office and the Accessibility for Manitobans Act
- helping to establish Manitoba's Wheelchair Services Program and Parking Permit Program, and
- helping form '*Manitoba Farmers with Disabilities*' to facilitate the exchange of farming-specific information and resources between farmers with disabilities.

Tony Mann would go on to serve the organization in exemplary fashion for the next 30 years, and during that time he successfully recruited important allies to help carry on the work before his retirement in 1976, including his successor, John Lane.

There are simply too many members of our organization whose names appear with frequency in our historical records and archives to be identified here, but there are two who deserve to be recognized, alongside Tony Mann, for their enduring contributions and lifelong devotion to improving the welfare of Manitobans living with spinal cord injury today - Allan J. Simpson, C.M., and E. Arthur Braid, C.M., Q.C. To learn more about these extraordinary figures, please see page 17.

Wolseley Woodworking & Construction



Wheelchair Ramps designed and built to code

Wheel-in showers Accessible bathrooms

Doorways widened Home Modifications

MPI, WCB, VAC and Family Services friendly

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

"SCI Manitoba helped us understand what the future could be like, and provided the support I needed to launch my career in banking, something I'm still enjoying after 25 years."

At twenty-six years old, Keith Klaassen was in a good place - living with his wife of three years, Sharon, and working in construction as the Maintenance Director at Red Rock Bible Camp in Whiteshell Provincial Park. They were on a promising path, but fate dealt them a crushing blow when Keith was seriously injured by a tow truck whose cable released unexpectedly while pulling another vehicle out of a ditch. The sudden reversal of force caused the tow truck to roll over him, leaving him with fractures in the neck and lower back.

In the aftermath, Keith learned the broken bones in his spine would heal but in his lower back there was damage to the spinal cord, with a more grim prognosis - permanent paralysis and loss of sensation below the waist. The list of questions without ready answers grew longer, and with his future uncertain, Keith and Sharon leaned heavily on family and friends for support. Shortly after his transfer to the Health Sciences Centre's Rehabilitation Hospital in Winnipeg, Keith and Sharon met a rehabilitation counsellor from Spinal Cord Injury Manitoba, who also was living with a spinal cord injury, and they found the support and services they received at that early stage of their journey to be enormously helpful.

Focusing on the daily grind of physical and occupational therapy was, by comparison, relatively simple - the more difficult work involved making plans for when he was ready to leave the hospital. Discharge came after seven grueling months, and Keith and Sharon went to live in a home they rented in Steinbach.

Although able to stand and walk with custom orthotics for short periods inside the home, Keith relied on a manual wheelchair to maximize his mobility and independence. Unable to resume his work in construction, Keith turned his mind to consider other possibilities, and with the assistance of Spinal Cord Injury Manitoba's vocational rehabilitation counsellor, a vocational evaluation was soon arranged. Armed with those results, an unpaid assessment in industry was secured at a bank in Winnipeg, and thanks to the skills and knowledge obtained through that experience, Keith applied for an opening at Steinbach Credit Union and was offered the position. That employment continued for 24 years, until October 2020, when Keith left for a similar position in business lending with RBC.



Sharon, Keith, Peyton, and Taylor



Keith and Willow

Keith credits Sharon for keeping him grounded by helping navigate the pitfalls and perils of adjusting to life with spinal cord injury, and feels incredibly blessed to have a full, busy, and rewarding family life with their two children, daughter Taylor (20) and son Peyton (17), as well as his faithful Golden Retriever companion, Willow. But he also acknowledges that without the support he and Sharon received from Spinal Cord Injury Manitoba, both during his time at the Rehabilitation Hospital and afterward, things might have turned out quite differently.



*Congratulations on
75 years of supporting people
with spinal cord injuries!*

active living

wheelchairs • wheelchair repairs
standing frames • wheels and tires

Prairie Velo welcomes you to its new location
967 Wolseley Avenue, Winnipeg

Canada's Spinerger Service Centre

roll better. go further with prairie velo

e-bikes
& adaptive
cycling



wheeling for
every body

204 403-0606
goride@prairievelo.ca
www.prairievelo.ca

WE SHIP
ANYWHERE IN
CANADA



ACCESSIBLE VEHICLES FOR SALE

LOOKING TO BUY OR SELL ACCESSIBLE VEHICLES?

- ASK US ABOUT HAND-CONTROLLED OPTIONS
- SIDE ENTRY OR REAR LOADING VEHICLES
- WHEELCHAIR VEHICLES FOR SALE
- TRANSPORTATION SERVICES AVAILABLE

CALL NOW! 204-783-7881

 Goorderly@gmail.com

 Goorderly.ca

Drive yourself or call us to
book our transportation services



Accredited with: MPI, Wpg Rehab Hospital, BBB, WCB, Medavie BlueCross, EIA

Members of the Order of Canada

Anthony T. Mann

Winnipeg, Manitoba

Member of the Order of Canada

Awarded on: June 23, 1980

Invested on: October 15, 1980

Retired Executive Director of the Canadian Paraplegic Association (Manitoba). Instrumental in founding the Central Western Division of the Association, he was employed by that body for thirty years and worked locally and nationally for the handicapped, particularly those who are paralyzed.

E. Arthur Braid

Winnipeg, Manitoba

Member of the Order of Canada

Awarded on: November 1, 1991

Invested on: April 29, 1992

Despite suffering from Polio since his youth, he led a full and rewarding life as a distinguished lawyer, scholar, teacher, and leader in voluntary community affairs. In addition to practicing law, he was a Professor at the University of Manitoba, President of the Canadian Paraplegic Association, and Vice-Chancellor of the Diocese of Rupert's Land.

Allan J. Simpson

Winnipeg, Manitoba

Member of the Order of Canada

Awarded on: May 6, 1998

Invested on: October 22, 1998

He has advanced the interests of people with physical disabilities for more than thirty years. His "learning through living" philosophy offers new opportunities for people with disabilities to pursue independent lifestyles. He helped establish a unique housing facility, one of the first in Manitoba, that promotes an environment of self-reliance, fosters skill development and, through the shared experiences with other tenants, builds confidence. Generous with his time, he has also been involved with sports for the disabled, as well as the Independent Living Resource Centre in Winnipeg.

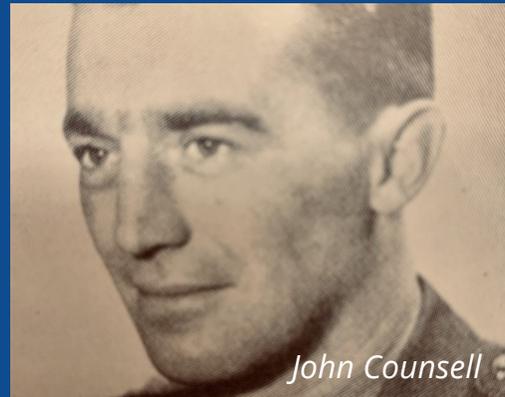


Art Braid, Tony Mann, and Allan Simpson

Societate Fortiores (*Stronger Partnership*)

This article first appeared in The Caliper, March 1, 1947

President of the Canadian Paraplegic Association, youthful, aggressive John Counsell, himself a paraplegic, looks forward with assurance to a bright future for the association. To John must go the lion's share of the credit in forming and organizing this Association which is expanding steadily and performing a valuable public service in aiding the rehabilitation of paralyzed Canadians.



Prior to the war, Counsell, a married man, anticipated a promising future in the brokerage business. When war broke out, he along with the many other thousands, enlisted in the Canadian Army. He served overseas with the Royal Hamilton Light Infantry, and when in 1942 the Dieppe raid gave Canadian regiments in England the first major crack at Jerry, John was among those who stormed the beaches. Things caught up with John Counsell that day, for he was cut down early in the action. Unable to move, and fully conscious, he lay for many hours among the wounded and the dying on the bullet-swept beach, watching the bursts of shrapnel. Finally, a brother officer dragged Counsell into one of the last boats to leave Dieppe, and he was taken to England. After a period of hospitalization there, he was sent to Canada, and at the Montreal Neurological Hospital, he underwent many operations at the hands of the skilled surgeons there in the vain effort to repair his shattered spine.

One would have expected that Counsell would have become resigned to the futile existence of a "shut-in". Days and nights of utter monotony loomed ahead, and it was not long before he rebelled. At the very first opportunity, he procured his discharge from the hospital, and at the home of his sister, he began his long fight back to a reasonable state of mobility and usefulness.

The work of rehabilitation is tedious and discouraging. We who have been over the jumps also can realize the tremendous drive, courage and initiative which it must have taken for John Counsell to achieve the degree of mobility which he acquired in those early days before the Department of Veterans Affairs put into effect the re-training program.

Spurred by his own success in dealing with the many distressing aspects of paraplegia, Counsell determined that other war casualties similarly disabled, should be given the chance to live again. He was largely instrumental in obtaining Everest & Jennings collapsible wheelchairs for these cases, and when neurosurgeons returning from service in England recommended that a separate centre be set up for the treatment of war paraplegics,

Counsell lent his active support to the project. Early in 1945, the Department of Veterans Affairs opened Lyndhurst Lodge, the first centre of its kind in Canada.

It is hardly necessary to point out that the results obtained at Lyndhurst Lodge have been outstanding. More than half of the patients already treated have left the Lodge, and of this group many are profitably employed. The movement spread quickly and similar retraining centres are now operating at Ste Anne de Bellevue, Quebec, Deer Lodge, Manitoba and Shaughnessy Hospital, Vancouver. Much valuable work is being done at all of these centres in reclaiming the lives of those who, at the close of the first world war, would have been considered hopeless invalids for whom an early death was a foregone conclusion and a mere matter of time.

Not content with all that he had achieved, John Counsell and a group of other paraplegics who were similarly imbued with the courage of their convictions, formed the Canadian Paraplegic Association. The Association was incorporated in May 1945, and based on the principle that paraplegics could be made to lead useful, reasonably normal lives. The aims of the Association are to give aid to all men and women disabled by paraplegia, to obtain their mutual aid and protection, to foster and assist their vocation and professional training, to aid in procuring employment, and to investigate and promote the study of paraplegia.

Close cooperation with the Department of Veterans Affairs in presenting the problems of an entirely new set of veterans has resulted in the continuance of fine work at the retraining centres already mentioned, and a further result has been the rapid growth of the Association itself. Since its incorporation, divisions have been opened in Quebec, Manitoba and a division in British Columbia is taking shape. Its continued expansion seems assured, for the Association is not confining itself to the problems of the paralyzed veterans. Much valuable work is being done in the field of civilian paraplegics, although in discussing the treatment of these cases John Counsell claims that "we have only scratched the surface". Through the Association, wheelchairs are being obtained for needy civilians, and largely due to the interest of the Association in the matter, the facilities of veterans' retraining centres are now being made available to civilian paraplegics.

A man who "has been there himself", John Counsell knows and understands thoroughly the main problems which confront the paraplegic. He knows the despair which accompanies each new setback, and he realizes the tremendous physical and psychological adjustments which the paraplegic must make before he can mingle in society freely and without fear or embarrassment. The Association which he heads is proving, again and again, its great humanitarian worth as whole new vistas of living are opened up for those who might otherwise eke out their existence as mere fragments of human beings, ignorant of the fact that life has not ended for them.

- W.R. O'Connor

The Caliper

JOURNAL OF THE CANADIAN PARAPLEGIC ASSOCIATION

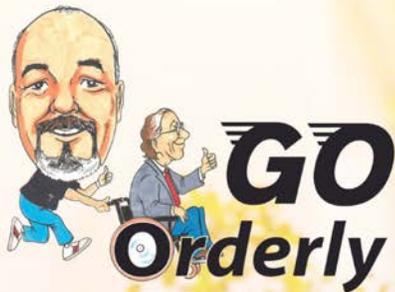
L. II

MARCH 1947

No. 1



Cover of the first issue of 'The Caliper' from March 1947, which contained the original article 'Societate Fortiores' reprinted on the preceding two pages. In the early years of the Canadian Paraplegic Association, the office was located in Maple Leaf Gardens in Toronto, thanks to arrangements made by Conn Smyth, close friend of John Counsell and CPA.



**GO ORDERLY'S SERVICES
HELP YOU ACHIEVE YOUR GOALS**

HOME OR ON THE ROAD PERSONAL CARE ANYWHERE!

BOOK NOW! 204-783-7881

- DIALYSIS TRANSPORTATION
- MEDICAL APPOINTMENTS
- SAFE PATIENT DISCHARGE
- ACCESSIBLE VEHICLES AVAILABLE FOR SALE

Goorderly@gmail.com

Goorderly.ca

**> Wheelchair services
> Transportation vouchers accepted**



Accredited with: MPI, Wpg Rehab Hospital, BBB, WCB, Medavie BlueCross, EIA

ARE YOU INTERESTED IN LEARNING HOW TO USE YOUR WHEELCHAIR MORE EFFECTIVELY?

YOU CAN PARTICIPATE IN THE TEAM WHEELS RESEARCH STUDY ON MANUAL WHEELCHAIR USE!

**If you have been using a manual wheelchair for less than one year,
this opportunity will be of interest to you!**

Eligibility:

Are you an adult who received your first wheelchair in the last 12 months?
Do you propel with two hands and live in or near Winnipeg?



**Training to Enhance
Adaptation and
Management for
Wheelchair Users
TEAM Wheels**

What does the study involve?

**TEAM Wheels is a FREE 4-week wheelchair training program delivered in your home.
We loan you a computer tablet (for free). A peer trainer (experienced wheelchair user) meets with you online 3 times (using the tablet) and you learn and practice mobility skills for 75-150 minutes each week using the tablet home program app.
A research assistant contacts you 2-3 times (for 1 hour) online or by phone to complete questionnaires.**

For more information, contact us:

Phone: (204) 787-8015 Email: TEAMwheels@umanitoba.ca



Principal Investigator: Dr. Ed Giesbrecht
Department of Occupational Therapy
Rady Faculty of Health Sciences
(204) 977-5630 Ed.Giesbrecht@umanitoba.ca





MPF MANITOBA
PARAPLEGIA
FOUNDATION INC.

"Thanks to the foundation, I'm able to transfer and drive independently again, and my health and quality of life are so much better now."

At age 59, Wojciech ('Voytek') Maliszewski sustained a complete T5 spinal cord injury that left him paralyzed and without feeling in his torso and legs. With intensive rehabilitation and an ultra lightweight manual wheelchair, Voytek was eventually able to regain independence in most areas of daily living.

Unfortunately, in the years that followed his injury, Voytek experienced significant health complications that involved prolonged periods of treatment and recovery. Although he was able to return to good health, Voytek had to learn to become extremely careful and diligent in his daily activities to avoid similar problems in the future, particularly when transferring to and from his wheelchair.

Vehicle transfers were of special concern, given the height difference between his wheelchair and the driver's seat of his minivan. After consulting with an occupational therapist, a plan was formulated that included recommendations for purchasing and installing a folding transfer board that raises and lowers the user between the height of the wheelchair and driver's seat, as well as a lift that automatically stows the wheelchair behind the driver's seat. Of course, a solid plan has little significance if it cannot be realized, and in Voytek's case, limited financial resources seemed an insurmountable obstacle. But when he discussed the need for the equipment with his rehabilitation counsellor at Spinal Cord Injury Manitoba, Voytek was encouraged to submit an application for funding



through the Manitoba Paraplegia Foundation, which can, in certain circumstances, provide direct financial aid to Manitobans living with spinal cord injury.

After gathering and submitting all the required information, the application was approved and now Voytek has the freedom to do all the things he needs to do, safely and without having to be accompanied when he leaves home. As Voytek recently explained, *"Thanks to the foundation, I'm able to transfer and drive independently again, and my health and quality of life are so much better now."*

The mission of the Manitoba Paraplegia Foundation is to support the independence, self-reliance and full participation of Manitobans with spinal cord injuries or disease, and to support projects for the cure or prevention of spinal cord injuries.



NOW OPEN!



**FIRST STEPS
WELLNESS CENTRE**

REGISTER ON OUR WEBSITE FOR:
1 FREE HOUR OF EXERCISE THERAPY 
1 FREE HOUR ON THE FES THERAPY BIKE!

RECOGNIZE POTENTIAL, NOT LIMITS.

FSWC UTILIZES SEVERAL DIFFERENT MODALITIES TO ACHIEVE YOUR GOAL OF IMPROVED FUNCTION WHICH MIGHT INCLUDE:

- DEVELOPMENTAL MOVEMENT PATTERNS
- ACTIVE NERVOUS SYSTEM RECRUITMENT
- GRAVITY FREE GAIT TRAINING
- CLINICAL FUNCTIONAL ELECTRICAL STIMULATION
- WHOLE BODY VIBRATION TRAINING
- RESISTANCE TRAINING
- AEROBIC TRAINING
- BALANCE TRAINING
- REFLEX INTEGRATION

-  204-557-5448
-  @firststepswellnesscentre
-  @firststepswellness
-  17 Main Road, Winnipeg, MB

WWW.FIRSTSTEPSWELLNESSCENTRE.CA

Legacy of the 1967 Pan-Am Paraplegic Games in Winnipeg

The origins of wheelchair sports can be traced back to Stoke Mandeville Hospital in England during the early years following WWII, when a wave of youthful and energetic paralyzed war veterans, propelled by the skills and confidence they developed at the world's first spinal cord injury rehabilitation centre, began rebuilding their lives. With the mass production and distribution of lightweight, folding manual wheelchairs by Everest & Jennings in the 1940s, these young veterans achieved a level of independence and mobility that quite naturally lead to competition. By 1952, international wheelchair sports competitions were being held annually at Stoke Mandeville. The impact of the union between rehabilitation and wheelchair sports has proven to be seismic and the groundbreaking work at Stoke Mandeville Hospital is credited with launching the modern Paralympic movement.

In Canada, wheelchair sports began in the newly created rehabilitation centres for paralyzed veterans returning from Europe. The first of these rehabilitation centres was Lyndhurst Lodge in Toronto, which opened on January 1, 1945 thanks largely to the unwavering efforts of John Counsell, who sustained a spinal cord injury at Dieppe in 1942. In 1946, Deer Lodge Hospital in Winnipeg was home to 37 paralyzed veterans, who formed the '*Winnipeg Para Club*' and slowly built momentum for what began as recreational activities, but in time grew in size and scope so that by the 1950s and 1960s, several wheelchair sports and recreation programs were up and running across Canada, including the Monday Night Club at the Manitoba Rehabilitation Hospital in Winnipeg.

In the years leading up to the fifth Pan-Am Games in Winnipeg in 1967, local leaders in the disability sport community like Allan Simpson, Leon Mitchell, George Dyck, Merv Thomson, and George Murphy, with the support of Tony Mann from the Central Western Division of the Canadian Paraplegic Association (now Spinal Cord Injury Manitoba), pushed for the inclusion of wheelchair sports in the event. Although that effort did not succeed, the International Executive of the Pan-Am Society Organization officially recognized the Paraplegic Games to be held immediately after the close of the Pan-Am Games, from August 8 – 12, 1967, with seven nations competing in nine events – archery, basketball, snooker, swimming, dartchery,



Canada's Allan Nordal receives torch at opening ceremonies of Pan-Am Paraplegic Games

PARAPLEGIC GAMES

(PAN-AM 1967)



Winnipeg, August 8th to 12th

PATRONS

Hon. Lester B. Pearson, P.C., Prim. Minister of Canada

The Hon. Richard S. Bowles, Q.C.,
Lieutenant-Governor of Manitoba

The Hon. Duff Roblin, Premier of Manitoba

His Worship Stephen Juba, Mayor of the City of Winnipeg

Dr. H. H. Saunderson,
President of the University of Manitoba

Organized Under the Auspices of the
CANADIAN PARAPLEGIC ASSOCIATION
and Officially Recognized by the
PAN-AMERICAN SOCIETY ORGANIZATION



weightlifting, volleyball, track and field, and table tennis. The Canadian team featured 8 women and 51 men, including local athletes Irene Miller and Joseph Smithson.

Success of such events can be judged in different ways, but without question the most profound legacy of the 1967 Pan-Am Paraplegic Games was the subsequent creation of the Canadian Wheelchair Sports Association in 1967 and the formal constitution of the Manitoba Wheelchair Sport and Recreation Association in 1969 (now Manitoba Wheelchair Sport Association). The opportunities for participation in recreation and sport by athletes with disabilities today are too numerous to mention here, but one sport that warrants the spotlight is wheelchair rugby.

What began in Winnipeg in 1977 with four young tetraplegics searching for a way to participate in sport without being frustrated by their inability to throw a basketball high enough to score points in wheelchair basketball, quickly lured in others eager for competition on a level playing field. The sport, originally referred to as 'murder ball', then quad rugby, and now wheelchair rugby, evolved quickly from its humble roots at the Manitoba Rehabilitation Hospital, and has grown to become one of the most recognizable events in all wheelchair sports. Today, wheelchair rugby is played by male and female athletes with impairment in at least three limbs in more than 50 countries, with regular international competitions, including the World Championships and Paralympic Games.

In 2008, wheelchair rugby earned the designation of Canadian Heritage Sport, the only one of six Heritage Sports in Canada involving athletes with a disability. In 2017, the 'Founding Fathers' – Duncan Campbell, Gerry Terwin, Randy Dueck, and Paul Lejeune – were inducted into the Wheelchair Rugby Canada Hall of Fame.



Randy Dueck, Gerry Terwin, Duncan Campbell, Chris Sargent, and Paul Lejeune

Duncan Campbell, the only one of the four inventors who remains involved in the sport today and continues to play an important role with Wheelchair Rugby Canada, has also been inducted into the Canadian Paralympic Committee Hall of Fame (2005), the British Columbia Sports Hall of Fame (2015), the International Wheelchair Rugby Federation's Hall of Fame (2017), and Canada's Sports Hall of Fame (2020-21). And each year, teams from across Canada compete for the national title and the championship trophy that bears his name, the Campbell Cup.



Front Row, left to right: Joe Smithson, Tony Mann, Allan Simpson, Merv Thomson, George Dyck, George Murphy. Back Row, left to right: Cyril Berrington, Carrol (Doc) Meader, John Loring Sinclair, Leon Mitchell, F/L Jack Lynch. Missing from picture: Rod Beattie, Major P. M. Pyne.

GREETINGS FROM THE MANAGING DIRECTOR

It is my honour to extend a very cordial "bienvenidos" to all competitors, coaches and team managers. We sincerely hope your visit to Winnipeg will be a memorable one and that you will return home with many new friends.

Our greatest wish is that the Games will pave the way for a permanent Sports Council —thus ensuring regular competitions.

May I also take this opportunity to wish every athlete success in the Games.

To the many hundreds of volunteers who have given so much time, energy and patience, I would like to express my very deep sense of gratitude.

We are confident that the benefits from this new international competition will reach many years into the future.

Sincerely, ALLAN SIMPSON.

GREETINGS FROM THE CANADIAN PARAPLEGIC ASSOCIATION

We are pleased to welcome the Paraplegic Athletes who have come from Pan-American countries to test their skill in wheelchair sports and share their experience as members of a fraternity of physically handicapped people.

The Canadian Paraplegic Association is conscious of the contribution that Paraplegic Sports has been able to bring to the field of rehabilitation. We join with you in your common goal and wish success in all your endeavours.

A. T. MANN, Executive Director,
Canadian Paraplegic Association,
Central Western Division.

EXECUTIVE COMMITTEE

Managing Director....	Allan J. Simpson
Commander, Paraplegic Pan-Am Force	Major Paddy Pyne
Treasurer	Rod A. Beattie
Legal Chairman	Leon Mitchell
Finance Chairman	Carroll (Doc) Meader
Public Relations	John L. Sinclair
National Chairman	Merv Thomson
Sports Chairman	George W. Murphy
Sports Director	F/L Jack Lynch
Services Chairman	George E. Dyck
Services Director	William Porter
Members-at-Large	Tony Mann
	C. M. Berrington
	Joe S. Smithson

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 spinal cord injuries who do not have the financial resources necessary for obtaining appropriate equipment and/or services. All requests for direct aid are initiated through SCI Manitoba. Individuals must provide information on their financial status, explain why they cannot meet the expense within their own budget, and identify any other available sources to support the request, including potential for contribution from family.

SCI Manitoba thanks MPF for its continued support to improving the quality of life of persons with spinal cord injury. Several requests for financial support during the past several months have been approved by MPF. Since the last issue of ParaTracks, financial support totaling \$31,356 has been granted. Some of the highlights follow:

- Funding was granted for the purchase of a bath chair for an SCI Member. This chair will provide the extra positioning support and height extension that the member requires and will allow them to continue to be as independent as possible.
- Funding was approved for SCI Manitoba's strategic planning process intended to help guide and focus the organization's efforts over the next three years. In addition, funding was also approved for a 75-year anniversary virtual celebration planned for November 3, 2021.
- Funding was granted for professional development training for two SCI Manitoba Rehabilitation Counsellors. This training will increase the counsellors' knowledge base specifically related to vocational assessments.
- Funding was provided for the purchase of a wheelchair, backrest, and cushion for an SCI Member. With this equipment, the member will be able to attain and maintain a quality of life that facilitates and promotes ongoing recovery as well as quality of life through independence with activities of daily living, visiting friends and family in their own environment and the community.

Visit MPF's website at scimanitoba.ca/mpf. Applications for assistance are available by contacting the SCI Manitoba office at info@scimanitoba.ca or 204-786-4753.

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

<i>Sonny Daniels</i>	<i>Charlene Houle</i>
<i>Kevin Funk</i>	<i>Richard Jansen</i>
<i>Brian Golden</i>	<i>Gordon Sachwie</i>
<i>Gerald Henderson</i>	<i>Ralph Scribe</i>
<i>Julia Hagemarcou</i>	

MPF Trustees:

Doug Finkbeiner, Q.C. (President)
James Richardson Jr. (Treasurer)
Dr. Lindsay Nicolle
John Wallis
Dr. Kristine Cowley
Dr. Jan Brown
Leonard Steingarten
Dan Joannis

Adjust, Adapt, and Thrive

Five years ago, Kellea Small had a busy family life with a husband and two boys, and was working full time as an Area Director for Probation Services with Manitoba Justice. But her world came to a sudden halt when she was involved in a motor vehicle accident that caused a serious back injury. Despite the excellent medical care she received and successful surgery to repair and fuse her damaged spine, Kellea was left with an incomplete T-12 spinal cord injury.

When she returned home following a brief stay in hospital, and as more and more time passed without further recovery, Kellea grew increasingly frustrated with the lingering effects of her spinal cord injury - severe back pain, extreme fatigue, and impaired balance. From the outside, she appeared to have regained full function, but it was quite a different story on the inside. Able to walk? Sure, but with a cane for short distances, and only on flat, even surfaces. For longer outings, an electric scooter was needed. The unwavering limitations began to slowly chip away at her confidence, opening the door to self-doubt, and severely testing her resilience. And equally distressing was that she still hadn't been able to return to work - it's more than a job after all, it's a defining part of her identity, a career that began at 22 years of age, as a Correctional Officer at Headingley Correctional Centre.

Kellea is quick to share that her husband, Clint, and sons, Evan and Liam, have been exceptionally supportive, but the possibility of never returning to work combined with ever-present pain and fatigue took an enormous toll on her mental health, so she reached out for help and began seeing a psychologist, who has been a big help.



The Small Family: Liam, Clint, Kellea, and Evan

A similar shift in perspective happened during Kellea's first meeting with a Rehabilitation Counsellor from Spinal Cord Injury Manitoba - she remembers feeling as though the lights had suddenly been turned on for the first time since the accident.

"With SCI Manitoba there's a sense of peace and belonging that was missing for a long time, so understanding that I wasn't alone on this journey allowed me to start thinking about things differently. They help people like me see that everything will be OK again, even if they're not the same as before."

Kellea now helps provide peer support to other members of SCI Manitoba, acting as a resource for people experiencing similar difficulties, something she finds incredibly powerful and rewarding. There are still challenges, but Kellea has come a long way and with the help of her family, friends, and SCI Manitoba, she is continuing to **ADJUST, ADAPT, AND THRIVE.**

A Novel Method of Achieving Mobility

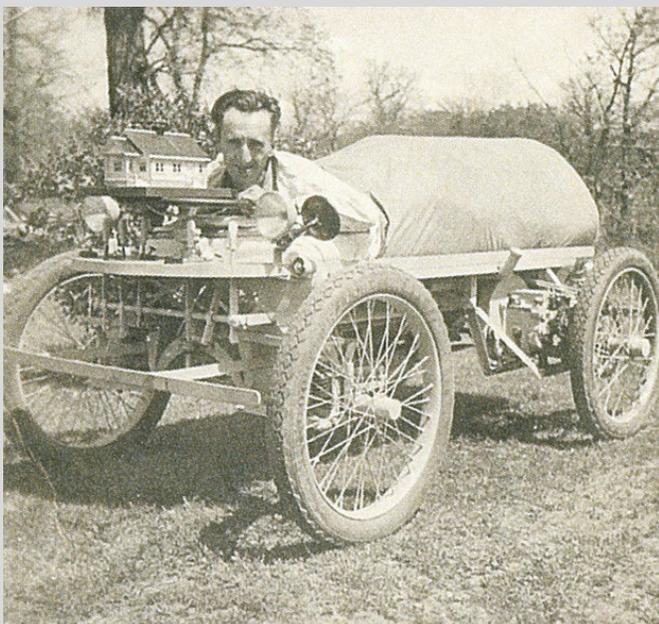
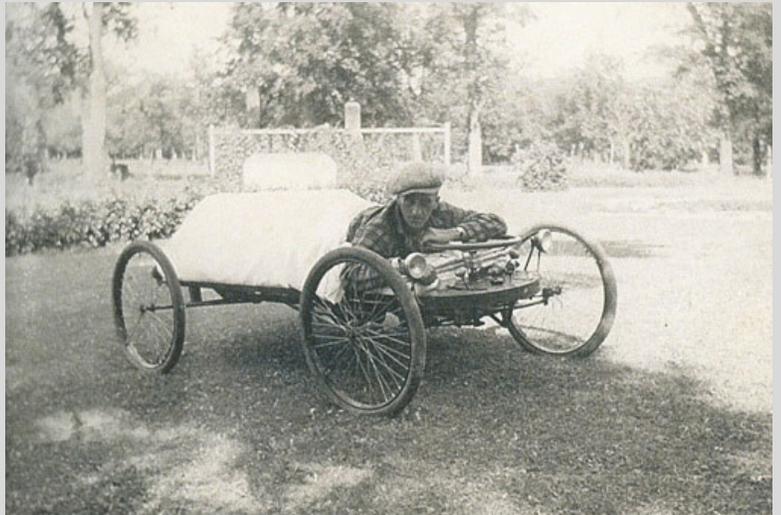
By A. T. Mann (reprinted from the October 1946 edition of *The Caliper*)

Long before the Ford Motor Co. put out hand controlled attachments to enable paraplegics to drive Peter Dyck worked on an idea of his own which proved quite successful.

Peter is a patient at the Carman General Hospital. Nine years ago he was in a car accident which shattered his spine at about the level of his kidneys and because of the nature of his injury he has never been able to sit up. The only position in which he can remain is

stretched out on his stomach, but this does not confine him to bed. Some years ago, with the help of his friends, he started working on an idea for a vehicle that would enable him to get around and turned out a "wonder car".

The vehicle has a platform on soft springs on which he can stretch out quite comfortably and the wheels all have knee action to take care of the bumps. All the controls are at the front and simple to operate. It is powered by a Johnson's Iron Horse, 1 1/3 H.P. engine which gives him about 42 mi. to a gallon of gas and a speed of about 10 m.p.h. It is equipped with a starter, horn, lights, radio, and can pull a small trailer as well.



In the past two years Mr. Dyck has traveled many a mile in this way but for the future plans to buy a car with hand controlled attachments and have a platform built in from which he can drive while stretched out in his normal position.



Our Names and Logos Through the Years . . .

In 1946, the original emblem of the newly formed Central Western Division of the Canadian Paraplegic Association borrowed the graphic from the founders at Lyndhurst Lodge in Toronto.

"Societate Fortiores" is Latin for 'stronger partnership'.



By 1978, 'Central Western Division' had become 'Manitoba Division'.



CANADIAN PARAPLEGIC ASSOCIATION MANITOBA DIVISION



THE CANADIAN PARAPLEGIC ASSOCIATION MANITOBA DIVISION



In 1983, a fresh new graphic was introduced, combining the international wheelchair symbol with our letters and the maple leaf.



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



Spinal Cord Injury Manitoba Inc. Lésions Médullaires Manitoba Inc.

In the late 1990s, the logo undergoes a drastic transformation using a modern esthetic, fluid lines, and new colour palette. The maple leaf is repositioned inside the wheel, with a clear sense of movement along the horizon towards the sunrise.



In 2019, CPA Manitoba became Spinal Cord Injury Manitoba to more accurately reflect the members we serve, a group that is roughly equally divided between people living with paraplegia and tetraplegia. The graphic in our logo, however, did not change.



Proud History | Vibrant Future

In 2021, a new logo is unveiled to help mark the 75th anniversary of providing essential, life changing services to people living with SCI in Manitoba. The logo retains the same sunrise element and colour palette, introduces a new tag line, but sheds the wheelchair symbol in recognition of the growing number of people living with incomplete spinal cord injuries, many of whom do not use a wheelchair.



Proud History | Vibrant Future

MEMBERSHIP APPLICATION

YES!

Count me in as a member of Spinal Cord Injury Manitoba Inc. All members receive "ParaTracks" SCI Manitoba's newsletter and voting privileges at the Annual General Meeting.

Members also receive discounts at various health care supply stores:

Stevens Home Health Care Supplies (10% off supplies & equipment), The Access Store (10%), Northland Home Health Care (10% off medical supplies) and Fido Mobile (\$10 off monthly phone plan.

PLEASE ENTER MEMBERSHIP FOR:

NAME:

ADDRESS:

CITY: PROV

POSTAL CODE: PHONE

E-MAIL:
(PROVIDING YOUR E-MAIL ADDRESS WILL HELP SAVE ON MAILING COSTS)

SIGNATURE: DATE:

I wish to select the following category of Membership:

- MEMBER: \$15—\$24
- SUPPORTING MEMBER: \$25—\$99
- SUSTAINING MEMBER: \$100—\$249
- CHARTER MEMBER: \$250—\$499
- PATRON MEMBER: \$500 AND OVER

All Monies donated remain in Manitoba to support SCI 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 SCI Manitoba functions.

- NEW RENEWAL

Make cheque payable to: Spinal Cord Injury Manitoba Inc.
Mail to: 825 Sherbrook Street, Winnipeg MBR3A 1M5

IMPORTANT!

By signing above, you are consenting to the use of your personal information (name and address only) by SCI Manitoba for the purposes of sending out SCI's newsletters, membership cards and receipts, reminder notices and meeting notices. SCI Manitoba does not sell or trade personal information and does not rent out its mailing lists.

For more information

Phone: 204-786-4753

Fax: 204-786-1140

Toll-free within MB: 1-800-720-4933

Email: info@scimanitoba.ca