



## ***Wheel-E***

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

---

## ***Wheel-E***

vol. 21  
August 1<sup>st</sup>, 2007

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

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

Table of Contents:

- CPA Alberta News
  - Edmonton
  - Calgary
  - Lethbridge
  - Red Deer
  - Aboriginals
  - Sports
  - Creative Solutions
  - For Your Information
  - Items for Sale
  - Call for Submissions/Subscribers
- 

## CPA Alberta News

### Live Better Every Day Program



**What:**

- The Live Better Every Day program is a Chronic Disease Self Management Program offered by Capital Health. The Live Better Every Day workshops run for six weeks, 2.5 hours per week. They are designed to help people learn how to manage their chronic health problems.
- Topics include cognitive symptom management techniques (i.e. distraction), dealing with difficult emotions, physical activity and exercise, better breathing, muscle relaxation, pain and fatigue management, communication skills, medication usage, positive thinking, working with your health care professional
- The workshops utilize an interactive format (i.e. facilitator led discussions amongst participants)
- The development of action plans and the use of problem solving are key parts of the workshops

**Where:**

The program is offered in a variety of places throughout Edmonton and the surrounding area. Depending on the location, programs are offered in the morning, afternoon, or evening

**Who:**

Anyone who has a chronic condition that may affect their health can attend. This includes people with SCI. Spouses, friends, and caregivers are welcome to attend along with the person with a chronic condition.

**Resources:**

- Capital Health Website for Live Better Every Day Program.  
<http://www.capitalhealth.ca/NewsAndEvents/ConferenceAndEvents/Strategies to Live Better Workshop.htm>.
- The Live Better Every Day program is based on the Stanford Chronic Disease Self Management Program. See:  
<http://patienteducation.stanford.edu/programs/>

Please contact Rob Hirsche at 918-1874 or [rhirsche@ualberta.ca](mailto:rhirsche@ualberta.ca). Thank you for your time – we hope you will consider participating.

---

## Edmonton

**Contact Info:**

Suite 305, Hys Centre

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

### **Champagne in the Showroom**

David Morris Fine Cars Ltd. Presents the 2007 Champagne in the Showroom. In support of Alberta Committee of Citizens with Disabilities. "Promoting full participation in society for Albertans with disabilities".

Thursday September 20<sup>th</sup>, 2007. From 5:30pm – 8:30pm. For more information call: (780) 488-9088. Or visit the following web link:  
[http://www.accd.net/html/store\\_champagne.html](http://www.accd.net/html/store_champagne.html)

Hope to see you there!

### **Edmonton Peer Event**

#### **2007 Creating Connections Edmonton Peer Conference**

On September 27<sup>th</sup> and 28<sup>th</sup>, CPA (Alberta) will be holding its 2007 Creating Connections Edmonton Peer Conference and Trade Show at the Santa Maria Goretti Community Centre (11050 – 90<sup>th</sup> Street, Edmonton, AB).

The purpose of the event is to increase CPA clients' and members' knowledge of community resources and SCI-related issues, as well as to provide them with an opportunity to socialize and network among other individuals who live with SCI and other physical disabilities.

The cost of the conference will be \$10.00 for CPA members, \$30.00 for non-members (price includes a CPA Membership), and \$50.00 for professionals (price includes a CPA Membership). For more information on attending the conference, or getting involved as a trade show vendor, please contact Ross Norton at (780) 424-6312 EXT.2227, or [ross.norton@cpa-ab.org](mailto:ross.norton@cpa-ab.org)

We hope to see you there!

### **JOIN EDGAR JACKSON FOR A FUN AND UNIQUE DAY OF GOLF!**

Edgar Jackson wants YOUR help in assisting Albertans with spinal cord injuries. Edgar, who was left quadriplegic after a motorcycle accident in 1998, will be golfing in the Canadian Paraplegic Association (Alberta)'s 8th Annual Charity Golf Tournament, and is looking for community sponsors.

The tournament, sponsored by Ron Hodgson Pontiac Buick GMC and Southgate Pontiac Buick GMC Hummer, will take place on Thursday August 16th, 2007 at the RedTail Landing Golf Club. Sponsors and golfers will enjoy great golf, great food, and a chance at some outstanding hole-in-one prizes including a Pontiac G6 Convertible, a Hummer H3 and a Total Home Recreation and Relaxation package from Polar Spas.

Golfers will have a chance to golf with Edgar (who will impress everyone with his unbelievable one-armed swing), as well as local celebrities such as Edmonton Eskimos Alumni Willie Pless, and comedian [Rick Bronson of The Comic Strip](#). Members of the Edmonton OilKings and the Edmonton Rush will also be stopping by to show their support.

To pledge your support for Edgar, register as a golfer, sponsor a hole, or sponsor a CPA client who could not otherwise afford to go, please call Marc Quinn at the Edmonton office. His number is (780) 424-6312 ext. 2226. You can also register online at: [www.cpa-ab.org/golf](http://www.cpa-ab.org/golf)



---

## Calgary

### **Contact Info:**

401, 320 – 23 Avenue SW

Calgary, AB T2S 0J2

Ph: (403) 228-3301

Fax: (403) 229-4271

Email: [Calgary@cpa-ab.org](mailto:Calgary@cpa-ab.org)

### **Calgary Upcoming Peer Events**

Our upcoming Peer Events are Family/Sports Day at Rotary Challenger Park on August 11th and Orienteering on August 25th. Hope to see you there!

Car Rally is on September 22nd so get your team together!

Calgary's 3rd Annual Peer Conference & Trade Show will be held on October 19th & 20th. So be sure to mark it on your calendars!

For more information please contact:

Mary C. Massé

Coordinator- Odyssey Peer Program

Tel:(403)228-3001

[Mary.Masse@cpa-ab.org](mailto:Mary.Masse@cpa-ab.org)

[www.cpa-odyssey.org](http://www.cpa-odyssey.org)

### **CPA Golf Tournament**

September 25 2007 @ the Valley Ridge Golf Course, located on Calgary's West Side along the Bow River. Registration is 11am, with a 1pm Shotgun Start.

Please join other supporters for CPA fundraising, our Sponsors and members of the Calgary Roughnecks for a fun day of golfing, and winning at Valley Ridge Golf Club.

#### Details

This tournament is a 4 person scramble format (Max 144 players), with Golf Carts provided.

#### Dinner

Dinner will be provided by Valley Ridge Golf Course, and will commence when the tournament is complete, approximately 630pm.

#### Prizes

All prizes are to be determined. If you have prizes you would like to contribute, please contact Crystal Anderson via [crystal.anderson@cpa-ab.org](mailto:crystal.anderson@cpa-ab.org)

### **Come out for some fun!**

The Community Recreational Initiative Society (CRIS) was formed in Kelowna in 2001. Our organization enables people with disabilities to access local and remote hiking trails, lakes and backcountry areas. CRIS is dedicated to bringing people with physical and mental disabilities out of their homes to participate in and enjoy firsthand the true experience of the outdoors. By using specially adapted tools and equipment tailored to the needs of disabled individuals, CRIS programs provide relief, promote independence, assist integration, reduce isolation and improve the overall well-being of its participants. Its programs vary from an hour to several days, depending on the participants and their desires.

Our organization is pleased to offer our Adaptive Outdoor Adventures program to persons with a disability that live in Calgary. We will be offering a series of hikes and bike rides on July 26 to 29.

The schedule is:

- \* Thursday July 26 from 5:00 to 9:00 PM at Calgary Olympic Park
- \* Friday July 27 from 9:00 AM to 6:00 PM at Nose Hill Park
- \* Saturday July 28 in the morning at Calgary Olympic Park and the afternoon to be determined
- \* Sunday July 29 at Cananaska Parkl

For more information, please call 250-979-3941 or email [coreinso@silk.net](mailto:coreinso@silk.net).

### **What did You Do With Your \$400 Ralph Bucks?**

This new film, over a year in production, examines what prosperity meant in Calgary in 2006. The short film "Disability in Friendly Cow Town" will precede the feature. This is a free event, so please invite friends and neighbours.

Tuesday July 31, 2007

6:00 - 7:00pm: Information Booths (including CHAI's!), Food and Socializing 7:00  
- 8:30pm: Films

Calgary Public Library  
Central Branch  
616 Macleod Trail SE  
John Dutton Theatre

Supported sponsors include: Arusha Centre (\$Calgary Dollars), Calgary Public Library, KAIROS

### **4th Annual Stampede CHILI CHALLENGE Cook Off , Show & Shine**

On Thursday July 5th, 2007, 40 CPA members came together at the Dover Community Association to fill up on CHILI this year we had 8 CHILI entries. The judges – Maggie Vanderschoot, Jason Rohal, our very own Clark Sloan and, of course, Muffy – had the dubious challenge of determining whose CHILI “rocked” this year. As always, the competition was tight, the taste buds were tortured and the suspense was unbearable. In the end though, Cindy Warnock’s CHILI reined supreme, followed by last year’s winner Cal “le chef” Schuler, with third place going to the intrepid Elaine Guy. Judy Hehr received honorable mention. After dinner we had the opportunity to check out fellow peers adaptive vehicles. Thanks to everyone who took the time to make CHILI. It was greatly appreciated and we’ll see y’all next year! A big thank you to McNally-Cuming-Raymaker Barristers & Solicitors Proud Sponsor of Calgary’s Peer Events.

### **Sailing/Trail Rider/BBQ/Pot luck**

On Saturday July 21, 60 of our members with their families and friends gathered at the Disabled Sailing Association for a sail on Glenmore Reservoir. It was a hot day and perfect for being on the water although the consistency of the wind was variable. Despite the limiting breeze, 26 people took to the water and thoroughly enjoyed an experience that was capably provided by the wonderful volunteers at the DSA. They are TERRIFIC!

In addition to sailing, those in attendance had the opportunity to experience the Trail Rider, a hiking vehicle with three wheels that is pushed and pulled by 3 Sherpa. It is designed to take people with disabilities on mountain trails and is becoming very popular. A super big thank you to Colin and Ryan for volunteering their time to demonstrate the Trail Rider. For more information on this cleverly designed vehicle, please check out the following website:

[www.disabilityfoundation.org/bcmos](http://www.disabilityfoundation.org/bcmos)

A very special thanks to everyone who contributed to the Pot Luck. It certainly enhanced the excellent BBQ results courtesy of Jim, Fred and Ken. Lots of yummy food was had by all!

And a big thank you to McNally-Cuming-Raymaker, Barristers & Solicitors and proud sponsors of Calgary's Peer Events. We can't say enough about what they do for CPA.

---

## Lethbridge

### **Contact Info:**

1254 3<sup>rd</sup> Avenue South  
Lethbridge Alberta T1J 0K1  
Ph: (403) 327-7577  
Fax: (403) 320-0269  
Email: [lethbridge@cpa-ab.org](mailto:lethbridge@cpa-ab.org)

### **Lethbridge Parade**

We have been involved in the planning stages of the United Way float for the Lethbridge parade. CPA will have their banner on display. Family members and staff will sit on the float. Come on out and enjoy the fun. Tuesday August 21<sup>st</sup>.

Hope to see you there!

## **IGA BBQ**

CPA Lethbridge will be holding a BBQ at the 3<sup>rd</sup> Ave South IGA on Friday August 10<sup>th</sup>. It will run from 11am – 4:30pm. Invited your family and friends to come out and support us by buying a \$2 hot dog and pop.

We are also in need of volunteers for the day of the BBQ. Please contact Eliza for details at: 327-7577 or email [eliza.walters@cpa-ab.org](mailto:eliza.walters@cpa-ab.org)



IGA BBQ 2006

## **Bingo Volunteers**

Lethbridge is in need of bingo volunteers. If there is anyone interested in volunteering for 2-3 bingo's a year, please call Michelle Jacobs at 327-7577.

---

## **Red Deer**

### **Contact Info:**

#103, 4719 48<sup>th</sup> Avenue  
Red Deer Alberta T4N 3T1  
Ph: (403) 341-5060  
Fax: (403) 343-1630  
Email: [reddeer@cpa-ab.org](mailto:reddeer@cpa-ab.org)

### **The CPA Red Deer Golf Classic**

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

This year's Golf Classic will take place on Friday, Aug. 17, at River Bend Golf Course in Red Deer, and will once again have our very popular par 3 format, with 18 vehicles on the course as hole-in-one prizes. There will also be thousands

dollars in prizes to be given away along with the banquet and live & silent auctions. For information contact Marlin or Paulette in the Red Deer CPA office at 403-341-5060.

### **2<sup>nd</sup> Annual Diamonds & Denim Gala**

Our Diamonds & Denim Sweetheart Gala will be held February 16, 2008 at the Red Deer Lodge.

We are very excited this year to have **The Dominion of Canada** as our Major Sponsor.

The entertainment at the event will be Duane Steele, a local award winning country music artist.

We will again feature a diamond raffle, live and silent auctions, and great dining and dancing.

For additional information on other sponsorship opportunities or table & ticket sales, please call Paulette or Cheryl at 403-341-5060. Act fast because tickets are limited and will be sold on a first come first served basis!

---

## Aboriginals

**The Aboriginal Student Services Centre (ASSC)**, formerly the Office of Native Student Services (NSS) helps the University of Alberta provide an environment that encourages full access, participation and success for Aboriginal students as outlined in the University's 1991 Aboriginal Student Policy.

Our Vision Statement recognizes our commitment to the Aboriginal community on campus and for providing services that reflect this responsibility:

ASSC honours the Indigenous worldview of education as a continuous ceremony of learning by respecting and supporting the voices and spirit of our community at the University of Alberta. [Visit website...](#)

---

## Sports

## **BC Trail Rider**

BCMOS is an independent non-profit society dedicated to enriching the lives of people with significant physical disabilities through wilderness recreation activities.

BCMOS was founded in 1985 to make it possible for people with physical disabilities to access B.C.'s great outdoors. Excursions range from day hikes to challenging treks [More...](#)

## **Farewell To Coach – Ernie Comerford: Calgary Wheelchair Curling**

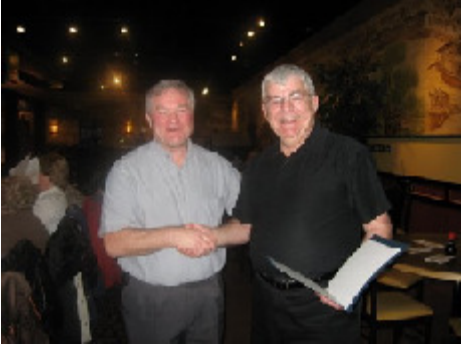
Due to a dedicated group of Volunteer Coaches/Instructors Calgary had the largest Wheelchair Club in Canada and likely the entire world with over 20 dedicated players. The key Calgary organizer since the very beginning has been Ernie Comerford, a High Performance Coach and Curling Instructor. At the age of 66, Ernie has a remarkable history in work and in the sport of Curling.

A Lifelong curler himself, in 1977 Ernie became involved with the development of Junior Curling. This has continued for 30 years and several thousand young people and adults have tried the game. As a Provincial Course Conductor, he has traveled widely to give courses to promote the improvement of Coaches and Instructors in Southern Alberta.

Five of his teams represented the Northwest Territories at five Canadian Junior Championships. Ernie's teams have also won Gold and Silver medals at two Arctic Winter Games and Gold at an Alberta Winter Games. In Wheelchair Curling, his Team has won the Alberta Provincial Championships for the past two years. Representing Alberta at the Canadian Championships, they came 4th in their first year of competition and this past year, they were the Silver medalists at the 2007 Championships.

Sadly, Ernie and his wife Judy have made the decision to move to the London Ontario area where the major draw has been their three grandchildren and their families. They are returning to their original province however Ernie will be continuing his involvement in the development of Wheelchair Curling. The City of London will benefit from our loss. Ernie says the solid base of curlers means that the sport will continue to grow.

The CPA wishes Ernie and his wife Judy the very best and hope they will be able to return for a visit. Mind you, he could Coach a team from London at the Canadians and meet a Calgary team again. Now wouldn't that be a match to watch!



---

## Creative Solutions

### **Clothing ideas for Wheelchair Users**

A fact sheet that has been written to give you some general guidelines and ideas when choosing clothes and making adaptations to clothes. Additional information on clothing, equipment to assist with dressing and specialist suppliers can be obtained from your nearest clothing advice service.

[View file...](#)

We want to hear your creative Ideas. Please send them to [CPAAlbertaNewsletter@cpa-ab.org](mailto:CPAAlbertaNewsletter@cpa-ab.org)

---

## For Your Information

### **Travel Guide**

A Guide for Persons with Disabilities: Taking Charge of the Air Travel Experience

[View website](#)

### **Cut down the time you spend on the throne!**

The Magic Bullet Suppository is now covered on the Assured Income for the Severely Handicapped (AISH) program. To access this benefit, persons with disabilities need to go through their Pharmacy.

Have the pharmacist contact Dwaine Shupac at D&C Mobility Solutions, (phone 780 886-6992) to place your order.

---

## Items for Sale

A CPA member has some old equipment that he would like to get rid of.

- Electric action 9000 wheelchair
- manual wheelchair
- Clark bath lift
- hand controls

Phone Bob at 444 6367

---

## Job Opportunities

### Careers at CIBC

CIBC is strongly committed to a fair and inclusive work environment, where diverse ideas and perspectives are respected and where shared commitment to the client is valued. One of our clear objectives is to provide equal employment opportunities where people of all backgrounds can realize their full potential as an important part of our team, reflecting a diverse workforce that is representative of the communities that we serve.

[View Jobs](#)

---

## Call for Submissions/Subscribers

Please let others know about *Wheel-E*! They can subscribe by emailing or giving us a call.

[CPAAlbertaNewsletter@cpa-ab.org](mailto:CPAAlbertaNewsletter@cpa-ab.org)

(780) 424-6312 outside of Edmonton use toll-free number: 1-888-654-5444

Please give us your thoughts and feedback on our Newsletter. If you have announcements you would like posted, please submit to:

[CPAAlbertaNewsletter@cpa-ab.org](mailto:CPAAlbertaNewsletter@cpa-ab.org)

The next issue of CPA (Alberta) *Wheel-E* will be September 3<sup>rd</sup> 2007. First deadline for submissions will be August 27<sup>th</sup> 2007. Please send in your announcements before the deadline!

To unsubscribe or to change your coordinates please email:  
[CPAAlbertaNewsletter@cpa-ab.org](mailto:CPAAlbertaNewsletter@cpa-ab.org)

For more information about CPA (Alberta) visit our website at  
<http://www.canparaplegic.org/ab>

**The Canadian Paraplegic Association (Alberta) is a Registered Charitable Association.  
Charitable Registration # 11883-5016-RR0001. To make an online donation, visit:**



<http://www.canadahelps.org/>

PRIVACY STATEMENT: Our Subscriber List is a private mailing list and will not be made available to other companies or individuals. We value every subscriber and respect your privacy.

PLEASE NOTE: CPA (Alberta) does not endorse or guarantee products, services or events listed.

© Canadian Paraplegic Association (Alberta) 2006. *Wheel-E* vol.21, August 2007 Issue.