



December 2008 Issue, vol. 37

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

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We are introducing yet another format for this newsletter. We are interested in your feedback. Please send comments to: CPAAlbertaNewsletter@cpa-ab.org

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News

[yellow tail] Wines launches the '12 Days of Christmas'!

From now until Dec 31, 2008 [yellow tail] wines will donate 50c per bottle to a holiday fund that benefits 12 AB charities.

CPA (Alberta) has been chosen as one of the charities of choice. Besides buying the wine, you can also help us win a larger share of the donations by voting online at www.yellowtailwine.com [top](#)

2009 RECOGNITION AWARDS

The Canadian Paraplegic Association (Alberta) is seeking nominations for its 2009 recognition awards.

Please download a detailed explanation of the [Awards Criteria](#) and [Nomination Form](#). If you would like to nominate someone who fits the criteria for any of these awards, please complete the [Nomination Form](#). The Awards Criteria also includes information about past award recipients.

The CPA (Alberta) would like to recognize those individuals and/or organizations who "go the extra mile", who year after year, support organizations like CPA through the gift of time, resources and/or finances. We are asking for your help to make sure that we have considered a wide selection of individuals or organizations who may merit formal recognition.

Deadline for nominations is January 12, 2009.

Award winners may be presented at the Edmonton Red Carpet Affair on March 6, 2009.

If you would like further information, please feel free to contact Larry Pempeit, Director of Community Development at 780-424-6312.

Thank you in advance for your assistance in this regard.

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Province Wide Events



International Day of Persons with Disability (IDPD)

December 3rd is International Day of Persons with Disabilities (IDPD). Persons with disabilities are an important part of who we are as Albertans. This year's theme "Nothing About Us Without Us" reflects the goal of having persons with disabilities enjoy full and equal human rights and participation in Alberta's society.

[More information on IDPD events across Alberta](#)

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FREE presentation at your conference, event or facility

Are you interested in having an inspirational and dynamic speaker participate at your conference or event to offer free, practical, cost effective advice in helping you make your programs more inclusive?

All Abilities Welcome (AAW) is an initiative of the Active Living Alliance for Canadians with a Disability. It is aimed at promoting greater inclusion of Canadians with a disability in community physical activity programming. By connecting community facilities and people with a disability, we hope to build awareness that anyone can be physically active; to share the simple strategies that can make this a reality; and to promote a culture of inclusion in Canada.

Call or email us today or visit our website to find out more about All Abilities Welcome or to book us for a FREE presentation at your conference, event or facility.

Active living is for everyone. Help us spread the message!

Active Living Alliance for Canadians with a Disability

720 Belfast Road, Suite 104

Ottawa, Ontario, K1G 0Z5

Tel.: 1-800-771-0663 or (613) 244-0052

Fax: (613) 244-4857

Email: allabilitieswelcome@ala.ca

Web: www.allabilitieswelcome.ca

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Events in your Community

Calgary:

Focus groups about cancer and disability.

The Independent Living Resource Centre of Calgary is seeking individuals who live in the Calgary area to participate in focus groups about cancer and disability. These focus groups are part of a national study being conducted by researchers from the University of Manitoba and CancerCare Manitoba.

If you are interested in participating in this study, please contact:

Shirley Egbogah
The Independent Living Resource Center of Calgary (ILRCC)
Email: healthyeating@ilrcc.ab.ca
Phone: #403-263-6880 ext. 233
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Innovation in Affordable Housing: A workshop series

Join us in an exciting exploration of ground-breaking new projects and innovative collaborations that will increase Calgary's affordable housing stock.

Date: December 10th, 8:00 am – 10:30 am

Where: TBD

Speakers:

TriCo Homes : Richard Gotfried
Norfolk Housing Association: Doug McLaughlin
Kanas Corporation: Rob Sipka
City of Calgary: TBD

For more information or to RSVP

Email reducepoverty@calgaryunitedway.org or call (403) 410-2573
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Red Deer:

Diamonds & Denim Sweetheart Gala

It's that time of year again when the Red Deer office is busy planning for our annual Diamonds & Denim Sweetheart Gala. This year's event will be held on **February 14, 2009** at the **Red Deer Lodge**. We have already secured some wonderful auction items including a variety of trips and some stunning jewellery. In addition to the auctions, the evening will once again include dinner, live music by *Rooster in a Hen House*, dance, door prizes, and a raffle for another beautiful diamond pendent.

If you, or someone you know, are interested in purchasing tickets to attend, please contact us to reserve your spot. Ticket prices are as follows: individual \$85, couple \$165, or table of 8 for \$650.

Also, If anyone is interested in volunteering for the evening, please let us know--we'd love the extra support.

Please contact Alicia Brick at Alicia.brick@cpa-ab.org or call 403-341-5060
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Staff Spot Lights

Welcome to new Board Member, Arliemarie Beach, B.Ed., BA – appointed to the CPA (Alberta) Board of Directors on October 25, 2008, Arliemarie brings extensive experience in the area of

architectural design through her work with AB Consulting Alberta in Calgary. As a person with a physical disability herself, Arliemarie is involved in the disability community, in particular with the Architectural Barrier Committee for the City of Calgary.

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Research



A New Centre opens up new possibilities for SCI research and care

Blusson Spinal Cord Centre Opens

Ten years ago, Rick Hansen laid out an ambitious vision for a world-class spinal cord injury (SCI) centre of excellence in Canada, and on November 18, 2008, that centre opened its doors in Vancouver, BC. [More>](#)



Northern Solutions

Innovative program in Northern Canada helping people with disabilities
In the Canadian North, extreme climate, isolation and distance from medical specialists make life with a disability particularly challenging. The RHF/SCI Network program called Solutions That Work is helping to address these problems. [More>](#)



Visions of Possibilities

Mouth painter and RHF Ambassador Robb Dunfield unveils new painting
Walk through the main doors of the new Blusson Spinal Cord Centre (BSCC), and one of the first things you'll notice is a beautiful 1.8 X 2.4-metre painting called Visions of Possibilities. [More>](#)

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Creative Solutions & Ideas



Birdhouses for World Vision

Mike Nevers a quadriplegic from Red Deer, Alberta has been painting beautiful birdhouses to support two children from the World Vision group. He is selling the birdhouses for \$20.00 each. All proceeds will go directly to World Vision. Please contact Mike via Email

Dingoo1972@hotmail.com or phone (403)754-2736

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Wheelchair Sports/Fitness

Free Fitness training at Mount Royal

Free assessment and training for Spinal Cord Injured individuals

Services include:

- Free ability assessment
- Free 1-on-1 personal training (up to 5 sessions)

For more information contact Shelly Stranaghan

Email: sstranaghan@mtroyal.ca

Phone: 403-440-6631

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Wheelchair Dancing

Do you have a passion for dancing but always thought your disability was getting in the way of pursuing your dreams? Follow the link below to meet a woman not afraid to live her dream.

http://www.youtube.com/watch?v=QZ6oNgq_g8M

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Employment/Education

Employment Opportunities:

Cooking Instructor

The LEARN Program, a recreation and leisure program for adults with disabilities, is seeking a Cooking Instructor for the upcoming winter session. As the instructor, you will be required to instruct the group on the preparation of one entrée per class. This entrée must be prepared in an hour, which includes cooking time and can vary from recipes for stews or pasta dishes. The participants in the class will assist in the preparation of any foods that are included in the dish. The successful candidate will have experience in teaching a cooking class and working with adults with disabilities. This is a part time position, approximately 1.5-3.0 hours per week at an hourly rate of \$20-\$30/hour, for ten week terms, renewable 3 times per year. Any interested individuals, may submit their resume along with a recent police information check with attention to: Ted at: learn@ilrcc.ab.ca or for more information you may phone, 403-263-6880, ext. 224.

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Class Instructors

The LEARN Program, a recreation and leisure program for adults with disabilities, is seeking Class Instructors for upcoming sessions. Individuals should have a sound knowledge of facilitation of large groups, the capability of keeping accurate records such as attendance lists, and to ensure participants have appropriate supports to participate as fully as possible. This is a part-time position, approximately 1.5 – 3.0 hours per week (evenings) at an hourly rate of \$20-\$30/hour, for ten week terms. Any interested individuals, may submit their resume along with a recent police information check with attention to:

Ted at: learn@ilrcc.ab.ca or for more information you may phone, 403-263-6880, ext. 224.

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Items for Sale



The van has 74,500 + - km, My father bought it used in 2005 for \$39,000 + tax with approx 69000km. The conversion was a \$27,000 +option which was done by "van action" I think it is worth to date \$27,000 + -.

The van is in windsor ont.

You can contact me at 519-791-3242

Mark Waters

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Accessible homes for sale in Calgary

For a list of accessible homes for sale in Calgary, please contact Krista Cataford, with the Accessible Housing Society.

Direct Phone: (403) 735-2428

General Phone: (403) 282-1872 ext. 428

E-mail: krista@ahscalgary.ca

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Swap and Shop

This service is provided through the CPA website. Province wide people buy and sell used and new equipment. Check it out at: <http://www.canparaplegic.org/en/204>

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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 (780) 424-6312 or toll-free: 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

The next issue of CPA (Alberta) *Wheel-E!* will be Jan 5th 2008. First deadline for submissions will be Dec 15th 2008. Please send in your announcements **before** the deadline!

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/>

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