



July 2009 Issue, vol. 43

Table of Contents:

[News Province Wide](#) | [Events & News in your Community](#) | [Research](#) | [Creative Solutions & Ideas](#) | [Wheelchair Sports/Fitness](#) | [Classifieds](#) | [Employment/Education](#) | [Fund Development](#) | [Call for Submissions](#)

Congratulations to our 2009 Volunteer Recognition Recipients – Winners were recognized at an Awards Luncheon held in Calgary in conjunction with CPA (Alberta)'s Annual General Meeting on June 13th.

Terry Cavanaugh – Red Deer

A retired chartered accountant and income tax specialist, Terry Cavanaugh has been volunteering with CPA in Red Deer for the past four years. Terry helps with bingos, casinos, golf tournaments, peer events, and is a member of the organizing committee for Diamonds & Denim, a major CPA fundraiser. Terry also represents CPA on the board of the Red Deer Bingo Association. In his time with us, Terry has never turned down an invitation to volunteer, present at a peer conference or help clients with accounting or income tax problems. Terry also helps his fellow volunteers by doing their taxes free of charge and donates additional hours each week to other non-profit organizations in Red Deer.



Susan Cullen – Edmonton



Susan Cullen retired from CPA (Alberta) in 2006 after 13 years of dedicated service. Beyond her regular hours of work, Sue volunteered for CPA on countless occasions. In retirement, Sue continues to work part time as Bingo Coordinator, but her volunteer work continues to grow. Sue helps to organize the annual Volunteer Christmas Party in Edmonton, soliciting prizes, making numerous many phone calls, picking up and wrapping gifts. Sue can be called upon to provide assistance with various events, such as phone calls for the Red Carpet Affair, assisting with numerous mail out assignments and recruiting other volunteers when needed. Sue is a tireless advocate for other volunteers and is constantly

looking for new ways to provide thanks and recognition.

David Hinds – Medicine Hat (awarded post hounous)

David Hinds sustained a spinal cord injury in 1984 and made an impression on everyone he met from that point on. After moving to Medicine Hat in 2004, David threw himself into volunteering with CPA. He became a member of the CPA Medicine Hat Regional Advisory



Committee and always came up with wonderful ideas to reach the SCI population in the area. As Peer Mentor, David could put a smile on any face and made individuals feel they could overcome their challenges. David was called upon on many occasions to speak to school children about life in a wheelchair, where his winning ways had the looking up to him with respect and admiration. David was willing to volunteer whenever and wherever he was needed.

In January of this year, at the age of 49, David lost his battle to cancer. David's knowledge, experience and sense of humor will be missed. Medicine Hat staff member Sue Edwards says, "our community is a better place because David taught those around him daily about acceptance, inclusion and facing challenges head on. David really 'wheeled the talk' when it came to life in a wheelchair".

Chris Schamber – Lethbridge



Chris Schamber has lived with a spinal cord injury for 22 years and has been a CPA (Alberta) member for almost as long. In the last decade, Chris has advocated for improved accessibility and affordable, accessible housing, which led him to open his own business "Quad Design & Barrier Free Consulting." His tireless volunteer efforts have garnered him a much deserved reward: a contract as a consultant with the City of Lethbridge. Chris has also donated time to CPA as a peer mentor. He consistently attends CPA events and works with newly injured clients who deal with new and daily struggles that he himself has experienced firsthand, including social interaction, emotional support, self managed care and how to navigate the City of Lethbridge. Chris has worked hard to overcome barriers that have come his way and continues to maintain a positive attitude when presented with new and recurring ones.

Bill Taylor – Calgary



A retired school teacher of 35 years, Bill Taylor has been volunteering for the past five years, providing assistance to Mike Hambly. Legally blind and then having sustained a spinal cord injury later in life, Mike's full time work with CPA in Calgary requires him to attend a variety of meetings in the community with clients, agencies and employers. Without the assistance of Bill, Mike would find it very difficult to do his job. Bill escorts Mike to various CPA appointments, guides Mike around and also reads material to him such as handouts and overheads. At times, Bill transports Mike in his own vehicle saving time waiting for Calgary's specialized transportation service. Mike estimates that Bill provides volunteer assistance to him two to five hours each week. Mike says that Bill values diversity, does not see "the chair" and looks at individuals for who they are rather than their disability. Mike is proud to have Bill by his side when he is representing CPA in the community.

Lori Trepanier – Grande Prairie

A volunteer with CPA in Grande Prairie since 2006, Lori Trepanier says helping others overcome fears and barriers related to their disability allows her to be further involved in the community. The challenges posed by her own disability do not prevent her from being self sufficient but rather help to define her as a unique person. Lori also helps with CPA office work (mail out campaigns, phone calls), peer event planning, community presentations about accessibility and injury prevention, and participation on the Rick Hansen Wheels in Motion Committee. Lori shares information and identifies community needs, gaps and issues. "One footstep at a time to the future" says Lori Trepanier.



[top](#)

News

New CPA (Alberta) Board Members

Following the Annual General Meeting held on June 13, 2009 in Calgary, CPA (Alberta) is pleased to welcome returning board members for 2009/10 as well as two new board members – Ray Royer of Edmonton and Scott Sankey of Calgary. As well, we would like to bid a fond farewell to retiring board member, Tom Russell.

Dale Williams, Board Chair - Grande Prairie
Aaron Miller, Vice Chair - Calgary
Martin Purvis, Past Chair - Calgary
Scott Sankey, Treasurer - Calgary
Toby Allan – Calgary
Arliemarie Beach - Calgary
Dave Clarke - Vulcan
Lisa Crown - Edmonton
Harvey DeCock - Edmonton
Kent Hehr - Calgary
Bill Hendsbee - Edmonton
Lesley Massey - Calgary
Kathleen McHugh - Sik Sika
Ray Royer - Edmonton
Ned Shillington - Calgary
Eleanor Sugarman - Red Deer

[top](#)

Are you happy with AADL services??

Did you know that AADL has a complaint form online at www.seniors.gov.ab.ca/publications/ click on AADL - Complaint form. Clients can complain about authorizers, vendors, AADL policy & procedures, gaps in service, etc.

Clients can also appeal the Quantity & Frequency of items/equipment AADL provides - www.seniors.gov.ab.ca/AADL/appeals/index.asp#QFR

We encourage clients to use the complaint form & appeal the Q&F if required. IF NOBODY COMPLAINS, AADL FEELS THEY ARE DOING A WONDERFUL JOB.

[top](#)

Thank You For Handicapped Parking Support in Banff Alberta

At the Monday, May 11 meeting of Banff Town Council it was unanimously decided to create five handicapped parking (HP) stalls on Banff Avenue.

One of the many beneficial effects of this decision is that some parking stalls that are currently designated HP will be converted to regular parking. Consequently, there are now a few more parking spaces available in our Town.

An especially big thank you is owed to Cal Schuler, Manager Of Client Services, Canadian Paraplegic Association (Alberta) who provided moral support and advice which proved to be extremely helpful.

And, of course thanks are owed to the many Banff residents who supported and signed the petition.

I hope those of you who supported this campaign will thank Mayor and Council for their decision to create dedicated HP stalls on Banff Avenue.

[top](#)

THE 2009 ALBERTA ACCESS CHALLENGE - AUGUST 7, 8, and 9, 2009

We are very excited to provide you with details about this year's Alberta Access Challenge, happening again in Kananaskis Country, and to invite your participation. We are thrilled to continue working with the exceptional volunteers from CRIS Kelowna, the Friends of Kananaskis Country, and the many Alberta Parks Staff who have become a huge part of inclusion programs in Alberta Parks. We wanted to get the ball rolling by inviting participation from both returning and new individuals. As with last year, the event is designed to promote inclusion for persons with disabilities in Alberta Parks through the use of adaptive equipment such as TrailRiders and sea kayaks, as well as simply removing barriers to participation and promoting inclusion by changing attitudes.

There will be several key aspects to the event:

1. A two night backcountry trip starting on Friday the 7th for two individuals with disabilities and a team of five 'sherpas' each.
2. Day trips using TrailRiders on both Saturday and Sunday
3. Day kayaking trips on either Saturday or Sunday
4. Demonstrations of various equipment, such as adaptive bikes
5. Guest Speakers at the Elkwood Amphitheatre and the Peter Lougheed Visitor Centre, including participants from last year.

If you or someone you know has a disability and may be interested in participating, please forward them this information and have them contact me. Participants from last year are welcome to try different aspects of the event, such as kayaking for those who went backcountry, and so on.

Please forward this information to anyone you think may be interested in participating. If you are interested in volunteering, please contact me at Kananaskis.Outreach@gov.ab.ca as soon as possible

Don Carruthers Den Hoed
Outreach Coordinator

[top](#)

Events in your Community

Calgary:

The 9th Annual Calgary Charity Golf Classic!

Date: Tuesday August 18, 2009

Location: Valley Ridge Golf Club - 11618 Valley Ridge Park NW Calgary, Alberta

Time: 1:00 PM Shotgun Start Texas Scramble

REGISTRATION OPENS AT 11:30 AM

Dinner to Follow the Game - Live & Silent Auction

Registration Fees: \$1,000 per foursome, \$250 per individual, (includes green fees, power cart, dinner, gifts and prizes)

Registration/Information:

Tara Crowe 403-228-7431 or golfcalgary@cpa-ab.org

Sponsorship & other opportunities
Mitchell Ravvin 403-228-7418 or mitchell.ravvin@cpa-ab.org

Online Registration www.cpa-ab.org/golf
[top](#)

The Great CPA 6th Annual Stampede Chili Cook-Off, Show and Shine

Date: Thursday July 9, 2009

Time: 5:30 to 8:30 p.m.

Where: Dover Community Association - 3133 - 30th Ave. S.E.

Phone: 403.273.6124

Bring your best chili if you wish to compete in the Chili Cook Off (Chili should be in a crock pot)
Come and join in the fun, even if you do not want to participate in the Chili Cook Off, Cash Bar,
Shine up your vehicle and show off your adaptive equipment.

RSVP before Tuesday July 7th To Sharlene at 228-3001 or sharlene.bridal@cpa-ab.org
[top](#)

Calgary 2009 Odyssey Calendar of Peer Events

Family Fun Day	Saturday June 20
6th Annual Chili Cook Off	Thursday July 9th
Orienteering	Saturday July 18
Sailing/BBQ	Saturday August 22
Sexuality in Life After SCI	Tuesday August 25
9 Fun Car Rally	Saturday September 12
Peer Christmas Dinner	Saturday November 21st

Edmonton:

Edmonton The Peer Conference

Friday, September 11, 2009 at the Chateau Nova Hotel & Suites in.

Conference Schedule:

8:30 Registration & Continental Breakfast
9:00 Welcome
9:15 Dr. Katherine Moore - Bladder Research
10:15 Break
10:30 Jay McCue - Stem Cell Treatment\
11:30 Dr. Karim Fouad - Stem Cell Research
12:30 Lunch Provided - "Wheelchair Dance Demo"
1:30 Education: - Panel Presentations
3:00 Break
3:15 What's New - "Exhibitor Product Demo"
4:15 Closing Remarks

Guest Speakers:



Dr. Katherine Moore

[top](#)



Dr. Karim Fouad



Jay McCue

The CLIENT/MEMBER & VOLUNTEER Car Rally/Poker Run & BBQ

will be on July 11, 2009 @ Emily Murphy Park

Car Rally/Poker Run Registration @ 11:30 a.m.
Start @ 12 p.m.
Emily Murphy Park - Parking Lot
94 Avenue & Groat Road
Edmonton



Prizes will be given for the BEST HAND at the Rally

“You will receive your 1st Clue with your Registration Package, so please make sure you are there before 12 p.m.!!!

BBQ @ Emily Murphy Park – Site #1
3:00 p.m. – 5:30 p.m.
94 Avenue & Groat Road
Edmonton

Food Provided: Burgers, salad, refreshments and more!

Please RSVP by Friday, July 7th
by calling Roswitha Dziwenko at 424-6312 Ext 2241
or by email roswitha.dziwenko@cpa-ab.org
[top](#)

Edmonton’s Charity Golf Tournament:

Edmonton’s CPA (Alberta) golf tournament is just around the corner and we are almost half sold out!!

Date: August 26, 2009

Location: Petroleum Golf and Country Club

We would like to announce that thank a few new sponsors that have come on board:

- Hole Sponsors at \$5,000:
 - Saville Group
 - Canada ICI
- Half-Hole Sponsors at \$2,500

Universe Machine Corp
Pennock Acheson Nielson Devaney Chartered Accountants

This year, we have created a new Sponsorship title exclusively for Dominion of Canada of Provincial Sponsor! They have agreed to sponsor and attend all three golf tournament across the province.

We have also had a few major prize items donated, which will be either auctioned off at the live auction portion, or through prize draw. Our big ticket item is a WestJet voucher for two to anywhere in North America, which we are pairing up with golf passes to a private club in PEI. Also, we are currently working on attaining hotel accomodations and rental car. Our other large items received is a large wine fridge, valued at \$250, and a signed Lubomir Visnovsky jersey from the Oilers!

To find out more and to register contact: Teren Clarke (780) 424-6312

Email: teren.clarke@cpa-ab.org

[top](#)

Disabled Parking at on-street parking meters

Vehicles displaying the PROVINCIALY ISSUED disabled placard are permitted to park at City of Edmonton parking meters. Disabled placard holders are permitted to park at on-street parking meters free of charge for the specified duration of the meter.

All vehicles MUST display the disabled placard.

Example:

15 minutes free parking at 15 Minute meters

30 minutes free parking at 30 Minute meters

2 hours free parking at 2 hour meters

5 hours free parking at 5 hour meters

Disabled placards will NOT permit free parking at the following locations:

- City Hall parkade,
- on any Private Property including any Hospital, Post-Secondary Educational Institute/Campus, etc.

For more information: Contact Kim McDonald, Executive Director, Paralympic Sports Association
Phone: (780) 439-8687 Fax: (780) 432-0486 Email: kim@parasports.net

[top](#)

All-For- One Summer Camps

The Paralympic Sports Association is back to full staff with the office buzzing about with preparing for All-For- One Summer Camps. PSA is pleased to introduce our new Program Coordinator, Suzanne Harrison. For the All-for-One Summer Camps we have one returning summer staff member, which most of you will remember, Laurie, and new to our summer staff team is Allyson and Mandy. Suzanne and summer camp staff are excited to get the camps started and are looking forward to July 6th. There is still room in some of the camps, so if you know of anyone who is interested please contact Suzanne at Suzanne@parasports.net .

[top](#)

Medicine Hat

New office

Our new office is up and running, but making it accessible has taken a little more time than anticipated and we have had to postpone our Open House. We are almost accessible, another week and we will have the main door openers on our building and then we will host a celebration.

[top](#)

Peer Conference

We are also in the planning stages of a Peer Conference for September 25th. If anyone has ideas of topics of interest call the Medicine Hat CPA (Alberta) office at 403-504-4001.

[top](#)

Red Deer

Red Deer's Charity Golf Tournament:

Date: Aug 14, 2009

Location: Riverbend Golf Course

To find out more contact: the Red Deer CPA (Alberta) office (403) 341-5060

[top](#)

Grande Prairie

Research

Staying physically active after spinal cord injury:

a qualitative exploration of barriers and facilitators to exercise participation

While enhancing physical activity has been an essential goal of public health officials, people with physical impairments such as spinal cord injury (SCI) are more likely to live a sedentary lifestyle. Exercise has been shown to decrease the risk for many of the secondary conditions associated with SCI, including osteoporosis, cardiovascular disease, pressure ulcers, urinary tract infections, diabetes and arthritis, yet this population is rarely a target for health promotion efforts. This paper examines the self-reported exercise experiences of people with SCI using a qualitative exploratory design.

Read more at: <http://www.pubmedcentral.nih.gov/picrender.fcgi?artid=2694784&blobtype=pdf>

Creative Solutions & Ideas

Welcome to a New and Revolutionary Adaptable Clothing Line

Clothing created for a seated clientele by Canadian Fashion Designer, Izzy Camilleri. This inaugural line of clothing is designed to be classic, yet modern, functional and fashionable. All pieces are custom made to order in Canada, with an expected 2-4 week delivery. Most pieces have been designed for women wheelchair users, with some pieces available to both men and women. Plans to create Men's wear and Kids Wear are already in the works.

Take a minute to view the collection at: <http://www.izzycamilleri.com> (go to IZ Adaptable Clothing)



Wheelchair Sports/Fitness

Classifieds

Vertical Lifts for sale

2 vertical platform lifts. Trust T Lift made by Ram Mfg. 1 straight through access 1 vertical access. Both brand new. 10 months left on warranty. MUST SELL Paid \$4400.00 and \$4600.00 plus GST.

OFFERS 780 458 2861 cell 780 994 2861.

[top](#)

Wheelchair accessible bungalow for sale in Edmonton

The home is located in Fountain Lake, SE Edmonton. The address is 4124 30 street. The price was reduced to 359,900.00. Please contact Pam at pam_n99@hotmail.com

[top](#)

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>

[top](#)

Employment/Education

Fund Development

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 August 3rd 2009. First deadline for submissions will be July 27th 2009. 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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To unsubscribe or to change your coordinates please email: CPAAlbertaNewsletter@cpa-ab.org

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[top](#)