

INFORM



The Cerebral Palsy Association of Manitoba

APRIL 2015 **Inside this issue...**

Westman News & Notes
PAGES 2 & 3

Scholarships
PAGE 5

Flin Flon Walk Update
PAGE 5

MCPSA - Para Storm
PAGE 6

In Memoriam
PAGES 6 & 9

The 2014 CP Ride
PAGE 7

CP & Motherhood
PAGE 11

Bike Race Day Results
PAGE 12

Save the Dates **in 2015...**

Sunday July 12
Goldeyes Game

Saturday Nov. 7
Annual General Meeting (AGM)

Saturday Dec. 12
Holiday Bowling Party

September 2015
September

2015 Bike Race **Congratulations, we** **raised \$162 821.50!**

For me, this year's Stationary Bike Race, our 26th, was the best race ever. Last year, I kept looking over my shoulder to see what I'd missed and there was plenty!

This year, I looked forward to see 560 cyclists, pumping away while friends and family shouted encouragement, fanned and sprayed those willing and sweating. While our smiling deejay AJ played Rod Stewart's Do you Think I'm Sexy? three teams sang along. Our volunteers greeted everyone at reception, sold **Pitblado Law** cookie draw tickets, directed new cyclists to the race floor, and served bagels, cream cheese and fruit while a team of 10 students massaged 82 cyclists' aching muscles.



Thank you everyone for your efforts. It takes us all to make the race work well.



The pit crew of 19 had a big job on their hands recording the efforts of 40 teams, while the music played on and radio deejays talked about sponsors and prize winners.

The generosity of our sponsors and our prize donors was greater than ever. Every few moments a prize was being announced. There are still prizes to be distributed to our top fundraisers: a \$500 gas certificate from **Red River Coop**; a date night comprised of a \$100 gift certificate from **Out of the Blue**, a hip and friendly Osborne Village clothing store accompanied by a \$100 dinner certificate from **the Keg**.

continued on Page 4

WESTMAN NEWS & NOTES

The Westman Chapter of the Cerebral Palsy Association of Manitoba has been very busy.

“The more we do for the community, the more awareness we bring to cerebral palsy, and that is part of our mission.” That’s the way Tom Czerkawski, co-chair of the Cerebral Palsy Association – Westman Chapter, describes the organization that is near and dear to his heart. The Brandon-based group of 10 volunteers is comprised of mostly parents of children with cerebral palsy, and a couple of therapists who bring a vast amount of knowledge of equipment, and expertise to the group. This is a dedicated group, who spend hundreds of hours, before and after the Stationary Bike Race, ensuring its success.

The CPAM Stationary Bike Race, which happened Saturday March 21, is very much a community effort. Refreshments were supplied by a variety of sponsors including **Remington’s Seafood and Steakhouse, Kuiper’s Bakery, Coop, Sobey’s Cash & Carry, and Giant Tiger.** Aaron’s supplied the media boards and **The Town Centre** the venue. The community supplied the peddlers, volunteers and fundraisers.

Many local businesses also provide corporate sponsorships of \$250 and door prizes.

All of the funds raised by the Westman Chapter of CPAM remain in western Manitoba, a vast region of the province which extends north and south. Thanks to the race Thunderbird Bowl installed a ramp. Working in conjunction with the Safeway We Care Campaign, a substantial donation was made to the Brandon YMCA’s new building including accessible doors for the pool and change room area as well as a water wheelchair.



(L to R) David Kron, Tom Czerkawski (Co-Chair Westman Committee) and Lon Cullen (CEO – YMCA Brandon)

Working with Joe Beeverz, a local sports bar and restaurant, and Blu Restaurant in a zany fundraiser CPAM Westman Chapter was also able to fund installation of accessible doors at the Keystone Centre, the city’s major events arena complex. **The 12 teams comprised of 14 riders reached an all-time record, raising \$53,189!**



The Blu Restaurant collected money from their patrons, staff tips on a special day for the restaurant. The Cerebral Palsy Association would like to thank **Chad Wallin** (Owner of The Blu Restaurant). The Westman Committee took the money and donated a stainless steel water wheelchair to the YMCA. The chair will help the access into the pool.

MORE...WESTMAN NEWS & NOTES



“The more we do for the community, the more awareness we bring to cerebral palsy, and that is part of our mission.”
Tom Czerkawski,
co-chair of the Cerebral Palsy Association of Manitoba – Westman Chapter

NEWS RELEASE

December 8, 2014

BRANDON, MB – The Keystone Centre is now more accessible thanks to a generous grant provided by the Westman Chapter of the Cerebral Palsy Association of Manitoba.

The interior double-doors off the east side of the main concourse had two automatic, handicap doors installed last week. There were challenges with accessibility to this area as the doors to the main concourse are fire doors and need to remain closed when not in use. These Swing Door Operators provide access at the push of a button.

“We’ve always had challenges with that entry-point of our main concourse,” said Neil Thomson, general manager, Keystone Centre. “We’re thankful to the Cerebral Palsy Association for providing the funds to enhance the operation of these doors to provide better access.”

The Keystone Centre sees approximately 1.2 million visitors every year of every age and ability.

“We’re still not completely as accessible as we’d like to be but this improvement certainly gets us closer to that goal,” said Thomson.

David Kron, Program and Membership Director for the Cerebral Palsy Association said “The goal of the Association is to make the lives of those affected by Cerebral Palsy a little easier; this is just one way of improving the Westman community.

The Cerebral Palsy Association is able to provide funding for this special grant due to the direct results of the fundraising event from the Stationary Bike Race held annually in Brandon in March. All the proceeds of the Race stay in the Westman Region.

About the Keystone Centre

The Keystone Centre is a registered charity. The Keystone Centre strives to be the premier service oriented, multi-functional, community minded facility in Manitoba, hosting sporting and entertainment events, fairs and agricultural exhibitions, conferences and conventions, clubs and community activities.

To learn more about the Keystone Centre visit www.keystonecentre.com

-30-

Neil Thomson
General Manager
Keystone Centre
(204) 726-3506

2015 Bike Race

continued from Page 1

Northern artist **Avery Ascher** contributed a hand-beaten copper bowl; **Lillian Taylor** donated a framed print of northern wolves and **Walmart** invites the winner to spend \$80 on anything in the store. Our great gifts recognize your incredible efforts.

Every member of the winning three teams will also receive gift certificates from **the Keg**. These prizes will be awarded later when we ascertain how much money we really raised. Race day efforts are one thing but donations have continued to come into the office and will be added to reach a final total.

On Race Day, we can ascertain who cycled hardest. Our top three teams were the **Winnipeg Police Blue Spokes**, closely followed by a new team, **Quarry Physiotherapy** with **A49/WSP**, our former fast Smith Carter Burnouts hard on their heels. Trophies are given out on race day. Our faithful statisticians work hand in hand with the pit crew to record every rider's records. We experienced some glitches this year and are working toward ever greater accuracy next year.

Our dilemma: do we honour our top cyclists or our top fundraisers? We need both. To even the score, last year we devised Prize Day. Huge

thanks to **Great-West Life** who contributed a space and served us a lovely lunch. CBC's Janet Stewart and I co-hosted, while last year's winners were feted and recognized. We also generated a Family Prize for the Rachel and Doug Smith family, with help from Freedom Concepts: a chill-out chair for Ryder. He loves it. We had such fun that we've decided to do it again. Date, time and place will be announced in the future. Please let me know if you're interested attending.

Thank you everyone. It was fun and it was fabulous. **See you next year, at the Wellness Institute, March 12, 2016!**



Plaque Presentation to Members of the Cerebral Palsy Association – Graduation & Scholarship Deadline

The Cerebral Palsy Association of Manitoba (CPAM) is pleased to acknowledge and congratulate students who are graduating from high school. CPAM recognizes that this is indeed an important milestone.

Working hard to complete each school year and managing many challenges not experienced by other students are endeavors in which individuals and their families can be

very proud. We applaud the effort that goes into enhancing their skills and talents. If you know of anyone whom is graduating and would like a plaque this spring please let the office before May 8th, 2015.

The fall deadline for the 2015 Scholarships is May 15th. If your plan include post-secondary education, or just a course to get you job ready, call the office for the scholarship form.

Thank you Ryan Nelson, Family & Friends!

In our last newsletter, we mentioned that due to changing commitments, 2013 was the last “Walk for CP” in Flin Flon. **Total funds raised from 2008 to 2013 was \$18,535.72!** Well done and thank you to Ryan Nelson and his family and friends!



Special Thanks to...

- Cerebral Palsy Members
- Manitoba Hydro Employees – Selkirk & Interlake
- City of Winnipeg Employees’ and Retirees’ Charitable Fund
- Rural United Way – Morden & District
- Rural United Way – Altona / Gretna
- Rural United Way – Winkler & District



- Credit Union Central of MB Employees
- Donations In Memoriam of Shelly Thomson
- Donations In Memoriam of Lorraine Lavich
- Donations In Memoriam of Gladys Martin
- Donations In Memoriam of Leah Cairns

MCPSA Para Storm - The next level of swimming

We all have that competitive gene. It shows itself in many ways, and for me it was a hard thing to satisfy. I signed up for everything and always came in last, not an athlete. The Para Storm swim team is an outlet for the competitive spirit. I was invited by The Para Storm swim team to come out and visit a practice; I had several different days to choose from. They practice Mondays, Wednesdays, Fridays or even Saturdays. Their warm-up is my workout. The team has 10 members and each have different levels of abilities and drive.

Cam McDonald this year has been invited by Swim Canada to try out for the Canadian Swim Team for 2015 ParaPan Am Games in Toronto. Cam has been a member of Para Storm for years and swimming is his great release for exercise and the competitive spirit.



The Manitoba Cerebral Palsy Sports Association (Para Swim Team Program) was established in 1984 and is funded by Sport Manitoba and whatever other fundraisers organize. Karen Williams is the coach; she has volunteered her time for 15 years. Contact the team by email mcpssa-swim@hotmail.com. Tell them that Dave sent you! It is a great group that allows you to swim at your level or ability.

IN MEMORIAM

Melissa Schmitz

Melissa Ann Schmitz of Brandon, beloved daughter of Wayne and Debbie Schmitz, dear sister of Chelsey (Chris) and auntie to Addison, passed away suddenly, with her family and close friends by her side, at the Brandon Regional Health Centre on Tuesday, March 31, 2015 at the age of 31 years young. A Celebration of Melissa's life will be held at Trinity United Church, 1515-6th Street, on Saturday, April 4, 2015 at 12:00 p.m. with Rev. Wayne Sanderson officiating. Interment will be held at the Brandon Cemetery, where Melissa will be laid to rest with her little sister, Leanne. In lieu of flowers, donations in memory of Melissa may be made to MADD, P.O. Box 50058, Brandon, MB, R7A 7E4. (From Brandon Sun)

 *The*
Movement Centre
teaching independence - transforming lives of Manitoba

**May 2nd
2015**

**The 5th Annual Move 'N
Groove needs YOU!**

- Register a Team!
- Get Your Groove On!
- Make a Difference!

5 HOUR

Dance relay supporting
individuals with disabilities



**Awesome Prizes
Dance Lessons
Live Music & More!**



Sign up today!

www.movengrooveathon.com

More Great Music, More Spectacular Dancing, and More Fun!

The 2014 Cerebral Palsy Ride



CPAM again had the great fortune to be selected by four individuals that took an annual ride, and raised funds for something close to their heart; A special bike for JJ. The Cerebral Palsy Association would like to recognize the generosity of those who donated and to Dean, Greg, Bryan & Kevin for partnering with us. Here's a message about the history of the event from 2007 to today:

"The first 100 km bike ride was organized by Dean Keating and took place in the summer of 2007 on the portion of the Trans Canada Trail that goes through

Winnipeg. It was organized with 50 + friends who wanted to exercise, and then culminate the cycling with a

longer ride and dinner with spouses afterwards. We wanted to see the funds we raised used locally, so we chose to work with the Cerebral Palsy Association of Manitoba and Freedom Concepts, a local business that manufactures bicycles for children & adults with special needs. We were able to raise over \$5012.00, enough money to present a bicycle to JJ, and to add to the equipment grant pool. Dean Keating, Greg Macaulay, Bryan Toews, Kevin Turner would like to recognize the generosity of those that donated to this great cause."



CPAM HOLIDAY BOWLING PARTY 2014

The Holiday Bowling Party was held at Academy Lanes, on December 13th, 2014. The place was just a-hopping with members, family and friends. With over 75 people in attendance, we were very cozy! A good time was had by all. Every member was a winner and was able to select a



prize. ***A special thanks to Joseann for the squares that she baked. (See her delicious recipe below.)*** Next year's Holiday Bowling Party is booked for December 12th 2015 - so save the day! Thank you to Vince, Frances and Stephanie for helping out.



Joseann's Chewy Fruit and Nut Bar Recipe

1/2 cup butter
2 tablespoons honey
1 1/2 cups brown sugar
2 whole eggs
1 1/2 cups all purpose flour
1 teaspoon baking powder
1/4 teaspoon fine salt
1 cup glazed mixed fruits
1/2 cup coarsely chopped walnuts

Preheat oven to 350°F. Line the bottom and sides of an 8 x 12 inches rectangular baking pan, 2 1/2 inches high with aluminum foil, shiny side down. Set aside. Using an electric mixer, cream the butter until soft and creamy. Add the honey and brown sugar and beat until combined. Add the eggs and beat until blended.

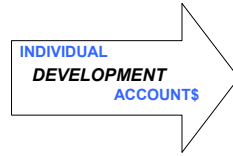
In a separate bowl, combine flour, salt and baking powder. Dredge the fruits and nuts in this mixture. Then carefully fold in the flour mixture into the creamed mixture. Pour the batter into the prepared baking pan. Bake for 25-30 minutes or until the top surface of the cookie bounces back when lightly touched. Let cool. Take off aluminum foil before cutting into squares or bars.

IN MEMORIAM

Allyson Bruce



Allyson Amanda Bruce
December 31, 1985 -
March 18, 2015 It is with
tremendous sadness we
announce the passing
of our loving daughter,
sister, granddaughter,
niece, cousin and
friend Allyson Amanda
Bruce. Wednesday,
March 18, 2015 at
approximately 11:25
a.m., Allyson passed
away peacefully at home
with her loving family by
her side, succumbing
to her lifelong struggles
associated with living
with Cerebral Palsy. In
lieu of flowers, donations
can be made to The
WRHA Palliative Care
Program c/o Health
Sciences Centre
Foundation, DASCH
Inc., or The Cerebral
Palsy Association of
Manitoba. Ally, love you
to the moon and back!



Saving Circle
PROGRAM

SMD CLEARINGHOUSE ASSET BUILDING PROGRAMS:

Would you like to improve your financial situation? Is there something you or your family need, but it seems like you'll never be able to save enough money?

SMD Asset Building Programs may be right for you! There are two programs, Saving Circle and Individual Development Accounts.

Saving Circle has the most flexibility in acceptable goals – you can save for furniture, damage deposits on an apartment, education for yourself or a dependent, micro business or disability supports, including RDSP contributions. **The maximum you can save is \$250, and then your savings are matched for a total of \$1,000** to use for things you need. This program lasts six months.

Individual Development Accounts (or IDA) are for larger and more defined goals – education, large disability related items, house repairs, starting or expanding a business, or buying a house (you must qualify for these last two in a separate approval process). **In IDA you can save a maximum of \$1,000, which is again matched 3:1, for a total of \$4,000**, with higher amounts for home purchase. This program lasts 24 months.

In both programs you will have:

- a 10 week money management course to learn about yourself in relation to your money, so that you can make it work for you
- individual and peer support
- a chance to save for something necessary and important to you.

Registration and participation are free. **There are income limits, an application is required to be considered for acceptance, and spaces are limited.** Applications are being taken now!

Contact the SMD Clearinghouse to be added to the list for an information package. Call 975-3103 or email zjoyce@smd.mb.ca, or drop in to 204 – 825 Sherbrook St.

Two other important savings programs:

RESP, for children up to age 15, is a registered savings plan to assist with education after high-school for any accredited program. The Government of Canada contributes to your savings by either the Canada Learning Bond (no contribution required) or Education Grants.

RDSP, for individuals eligible for the Canadian Disability Tax Credit, is a long-term registered savings program that also has contributions made to it by the Government of Canada, with both a bond (no contribution required) and grant component.

Find out more at <http://www.cra-arc.gc.ca>.



Pitblado Law Cookie iPad Raffle Raises \$2120!

We've done it before but this year, we got it right. CPAM bought an iPad Air and we baked some cookies, got a license from Manitoba Lotteries (LGA4116-RF) printed up some raffle tickets and bingo, another fundraiser for the Cerebral Palsy Association Stationary Bike Race at the Wellness Institute on March seventh. And while it isn't true that we baked the cookies, we did organize their purchase and sell them to raise money for individuals and families living with cerebral palsy throughout Manitoba.

We ordered 180, of which we sold 106 at \$20 apiece; this is more than double the number of tickets sold last year. Thanks to **Pitblado Law's** efforts we helped to raise another \$2120 for the Association. As specified when we applied for the license, the money will go toward equipment grants ensuring that someone with CP will get a seating cushion that prevents sores or a sports wheelchair with greater mobility. The equipment funded or partially funded is entirely dependent on the individual's needs. The grants for adults and some young people with CP are distributed by the Association itself.

This year's lucky winner of the iPad Air was Karen Donald, a volunteer and cyclist at the race. When her name was called, Karen admitted she started to feel guilty, after she got over the shock.

"I'd gone there to help and I came home with a prize," she said. "For me, the iPad Air is a perfect piece of equipment. I take it to work and everywhere because the letters and numbers are so much bigger than a phone. What a gift!"

At the Bike Race Pitblado's Marketing Coordinator Susana Schanel also organized Team Out-Spoken! which included Bruce King, Partner at Pitblado Law, who found sponsors to back their ride. As a team, Out-Spoken! raised over \$1975.00 and raced 223 km. Race figures were up from last year: \$162,821.50 raised and 8734.18 km. raced.



Congratulations to Karen Donald (left), the Winner of the iPad Air, with Sarah Yates-Howorth, at the 26th Annual Cerebral Palsy Stationary Bike Race. The Draw took place at 3:45 pm on March 7th 2015. Thanks to Pitblado Law for sponsoring the raffle.

The Selkirk Dynamic Kids Group

Thanks to a donation from Manitoba Hydro employees in the Selkirk and Interlake region, The Cerebral Palsy Association has an active school group from Selkirk area schools. The group consists of a wide range of

students from elementary to high school, with different levels of ability. The students named the group "The Dynamic Kids Group". The goal is to go out, experience the world and be active.

On January 28th, we invited Rob Page from Paddling Manitoba (seen in picture) to come out and give us a clinic on water safety and paddling. We had a great time trying out the kayaks and paddling around the pool. (School was never this much fun)!



I would like to thank Bonnie Tinker & Allyson McBurney for organizing the group's activities – in the next newsletter, we cover Sledge Hockey day!



Cerebral Palsy and Motherhood

I received this letter from a member who wanted to share her experiences with motherhood.

Hello David:

I have cerebral palsy that affects my left side. I have a leg length discrepancy and limited dexterity in my hand. Other than having to buy expensive shoes, it doesn't affect me a lot. The notable exception was when I had my first son (he's 3 years old now).

Breastfeeding was very difficult at first because I couldn't get him positioned properly, hold his head and do compressions all at once. My public health nurse was great, but since he was born the week of Easter, I had many substitute nurses come to my house over the weekend. They were all at a loss as to how to help. Some tried and were respectful; some were rude and made presumptions about my abilities before even meeting me. (One suggested on the phone to me that I have strollers on every level of the house to wheel him around!)

Eventually, with the help of my husband and mom, we figured it out. I learned how to nurse lying down and once he had head control it was much easier. I joined La Leche League and read their book "The Womanly Art of Breastfeeding". In it they

talk about a method called "laid back breastfeeding" where gravity holds the baby on mom's chest. I think had I known about that method sooner, it would have saved me a lot of pain and frustration.

The other thing that helped me a lot was babywearing. I knew I wanted to wear my baby, and bought a sling while still pregnant. It worked well when he was about 3 months old, but before that it didn't. At 6 months of age, he was outgrowing the sling and looking for other babywearing options I discovered the Winnipeg Babywearers group. I called their leader, April Roller, and since I had missed their monthly meeting, she invited me to her house to try various carriers from their lending library. She was so supportive, acknowledged my mobility issues and worked hard to find a carrier that worked for me. I was able to put my son on my back by myself! I thanked her for being respectful, and she said she just loves to help, and that she had recently helped a mom with only one arm to wear her baby. Babywearing saved my sanity as it allowed me to care for my son and do things for myself in and out of the house as well.

I don't know if you get a lot of new parents coming to you for help, but I thought you should know about these resources if you do.

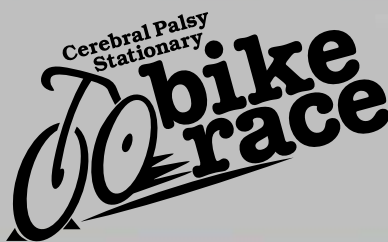
La Leche League:
<http://www.llli.org>
La Leche League Winnipeg West (the group I went to)
<http://www.lllc.ca/la-leche-league-winnipeg-west-morning-meetings>
Their book: <http://store.llli.org/public/profile/414>

Laid back breastfeeding:
<http://www.biologicalnurturing.com/index.html#>

Babywearers group:
<https://www.facebook.com/winnipegbabywearers>
This is their main Facebook page. But parents can request to join their closed Facebook group as well.

I have recently given birth to my second son. I thought I'd be a breastfeeding superstar (I'm still nursing my first son) but my baby has a cleft lip and palate, which means that he cannot create the suction required to breastfeed directly. As a result, I am exclusively pumping for him, and we feed him with a special bottle. The craniofacial team in Manitoba is excellent, and we are well looked after. However, I still use the skills and knowledge I gained from La Leche League and Babywearers every day and I thoroughly recommend them to all new parents, regardless of the challenges they face.

***Sincerely,
Melodie Ramos***



Race Day Results - Winnipeg Mar 7

TEAM NAME	KM'S	PLEDGES
Winnipeg Police - Blue Spokes	401.3	\$670.00
Quarry/Creekside Physio	364.0	\$2,484.75
44g/WSP	362.9	\$1,460.00
Taylor McCaffrey LLP	322.4	\$6,070.00
EY	291.2	\$1,330.00
Great-West Life	287.9	\$28,182.00
Les Bleus Pour Marianne	281.3	\$795.00
Firefighters	276.5	\$7,511.00
St. Paul's College Student Association	273.9	\$1,652.00
Equipe de Marianne's Team 2.0	268.7	\$2,950.00
Winnipeg Wasps - Rugby Club	259.5	\$2,765.00
Investors Group	256.0	\$17,660.00
Ashley's Angels	253.6	\$3,624.00
A.J's Riders	240.6	\$1,580.00
Rehab Centre for Children/Crusader Alumni	232.3	\$1,685.00
Equipe de Marianne's Team 1.0	231.7	\$3,065.00
Fans of Fran	228.4	\$4,760.00
Rayna's Faithful Riders	224.8	\$1,785.75
Ryder's Riders	224.1	\$12,738.00
Out-Spoken!	223.4	\$1,975.00
Warriors of Wellness	215.6	\$1,940.00
St. Paul's Crusaders	211.8	\$2,561.00
D'Arcy & Deacon LLP	211.2	\$1,585.00
Cambrian Cruisers	209.7	\$4,732.00
Steingarten & Company	200.6	\$2,247.00
Bruce Family & Friends	200.2	\$5,359.00
CP Pedalers	194.5	\$8,685.00
Prolific Predators	187.6	\$1,460.00
Riders for Richard	186.3	\$4,410.00
Leegals Express	185.6	\$1,950.00
ParaStorm Swim Club	182.6	\$4,442.00
Lucy's Marauders	166.0	\$4,793.00
Freedom Concepts Reciprocaters	163.6	\$2,595.00
Northland Pesky Pedlars	158.7	\$1,435.00
Lucy in the Sky with Diamonds	158.5	\$3,980.00
Heather's Hustlers	157.6	\$2,190.00
CP Skidmarks	107.8	\$1,980.00
Grant Park Pirates	81.3	\$1,360.00
Lord Roberts Riders	50.7	\$375.00
TOTAL	8,734.18	\$162,821.50

Race Day Results - Westman Mar 21

Tour de Rehab	221.8	\$4,126.00
Tia's Troop	219.9	\$7,126.00
Vanguard Super Cycles	189.4	\$2,794.00
Medichair in Motion	184.0	\$3,503.00
Tia's Turtles	175.6	\$5,116.00
Anytime Fitness - Misfits	167.4	\$1,118.00
Bryce & Maddy's Crushers	162.0	\$8,712.50
Cody's Village People	145.4	\$1,762.50
Melissa's Marvels	141.5	\$2,599.00
Chantal & Aiden's Heartbreakers	141.2	\$12,095.00
Tour de Friends	140.1	\$874.00
Maddy's Mustangs	125.3	\$1,586.96
Sunrise Joy Riders	81.6	\$1,777.00
TOTAL	2,095.2	\$53,189.96