



50 YEARS



# inform

ISSUE 1 • FEBRUARY 2024

CPMB is celebrating 50 years in 2024! Your milestones are our mission • #CPProud

## INSIDE Westman News Bike Race & more!

### From the Executive Director's Desk...

It is amazing how fast time goes by. In 1999 I had the honour of being President of the CP Association, (I also had a full head of hair). It was our 25th anniversary. Laura and the team arranged a speaker, we invited



four past Board Presidents, and key members of the Association to attend a Gala Dinner. We celebrated how far the CPMB had made it. We were proud of where we came from and our history with the Association.



Here it is 25 years later, the Association is 50. I want to pause, take a breath, and embrace the future of CPMB. We have younger families joining the Association, the Board and the leadership team. The members, the volunteers, and all our hard work

have created a firm foundation to build the Association during the next 50 years.

**We have been on a wonderful journey since 1974, and 2024 is a special year for many milestones in the Association!**



Thirty years ago, a group of members in the Westman area decided they needed to have their own Bike Race also! **The Westman Bike Race is celebrating 30 years in April.** The Great Canadian Bike Race in Winnipeg was born 35 years ago, at Grant Park Mall. The Bike Race has been amazing, and it is the main avenue that monetary

support reaches the Association. I talk to other organizations and they are in awe of our ability to be self-sustaining, and the power of our donors and members to support ourselves with just two major fundraisers. **Look out world—we are doing something special on May 11th 2024! Now is the time to be a sponsor (see page 14), sign up a team (page 2 or 3) or become a rider.**

Our motto this year and for years to come is:

**Your milestones are our mission.**

**What does that mean?** It might mean something different for everyone. It starts at supporting children and families at birth, and throughout childhood. It might mean your first day at school, where inclusion is meaningful, school is supportive and bonds and friendships can be made. It might mean your first time at camp, where you have a great time and learn new possibilities. Your Milestones might be riding a new bike, going on new adventures or learning something new.



**Milestones which are important to everyone include:** finding a supportive place to live, having relationships, achieving goals and thriving in a community that is accessible for all of that to happen. The team at the Association has been working hard for you through Disability Matters Vote, Barrier Free Manitoba, IAS Adult Pilot Project, The Children's Coalition, and through other relationships, advocacy and action.

**Since 1974 the world has changed for the better for persons living with disabilities. Barriers have been weakened. However, there is always more to change!** There are policies, practice and attitudes to modernize and move forward. Education is important, but we will continue to demand our human rights and put our words into action.

The CP Association is a partner in your journey; we want to celebrate your successes, help overcome your barriers, and mourn your losses. Life can be challenging and we'll be with you every step of the way.

**So WOW, 50 years!** There will be more to come this year, keep your eyes open for our posts, mailers and newsletters. Please join in if you are able. We only turn 50 once! —David Kron 🌟

**We need Teams & Sponsors: 30th Westman Bike Race—April 20th & 35th Annual Bike Race—May 11th, Winnipeg**



Celebrating  
our **35<sup>th</sup>**  
**Annual** Stationary  
Bike Race!

**Saturday MAY 11, 2024**  
**Blue Cross Park, Winnipeg**

Sponsor or Register a Team at:  
[supportcerebralpalsy.ca](http://supportcerebralpalsy.ca)



We need **YOU** to  
**Ride AND Ask!**

RIDE your hearts out for  
25 minutes AND ASK  
everyone you know to  
DONATE in support of CPMB!

## 2024 CPMB Bike Race — TEAM REGISTRATION

TEAM NAME (please print clearly)

CAPTAIN FIRST AND LAST NAME

CAPTAIN EMAIL

CAPTAIN PHONE NUMBER - WORK

CAPTAIN CELL and / or HOME NUMBER

CAPTAIN MAILING ADDRESS, CITY, POSTAL CODE

FULL TEAM (14 Riders) or  HALF TEAM (7 Riders) PREFER:  AM ride or  PM ride

Would you like any receipt books? If yes, how many? \_\_\_\_\_

Please return the completed form ATTN: Susana Schanel, Bike Race Coordinator to:

- [bikerace@cerebralpalsy.mb.ca](mailto:bikerace@cerebralpalsy.mb.ca) or fax to 204.982.4844 or
- mail to CPMB, 903 - 213 Notre Dame Avenue, Winnipeg, MB R3B 1N3



**2024**  
**Celebrating**  
**our 30th Annual**  
**Westman Bike Race!**

**Saturday APRIL 20, 2024**  
**Keystone Centre, Brandon**

Sponsor or Register a Team at:  
[SupportCPMBWestman.ca](http://SupportCPMBWestman.ca)



WESTMAN—We need you to Ride AND Ask!

**Cerebral Palsy**  
**STATIONARY**  
**bike race**



RIDE your hearts out for 25 minutes AND ASK everyone you know to DONATE to CPMB!

**2024 CPMB Westman Bike Race – TEAM REGISTRATION**

\_\_\_\_\_  
 TEAM NAME (please print clearly)

\_\_\_\_\_  
 CAPTAIN FIRST AND LAST NAME

\_\_\_\_\_  
 CAPTAIN EMAIL

\_\_\_\_\_  
 CAPTAIN PHONE NUMBER - WORK

\_\_\_\_\_  
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\_\_\_\_\_  
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 • mail to CPMB, 903 - 213 Notre Dame Avenue, Winnipeg, MB R3B 1N3

# CPMB has lost some wonderful friends...

## BEN HERNANDEZ

1962 - September 29, 2023



We lost a great friend of CPMB - Ben Hernandez. He was a wonderful man, so kind, extremely generous and a great supporter of CPMB Westman. He will be missed.

Ben is survived by: his wife Debbie; daughters, Elizabeth and Natalie (Tanner); and his grandsons, Lucas and Calder.

From all of us at the CPMB Family to the Hernandez Family, we send our loving prayers and sincere condolences for your loss. #CPProud 🌸



## JEFF BRUCE

October 15, 1956 - January 11, 2024 (67 years old)



It is with deep sorrow that we announce the death of Jeffrey Albert Bruce of Winnipeg, Manitoba, who passed away on January 11, 2024, at the age of 67, leaving to mourn family and friends.

He was predeceased by: his daughters, Allyson (Cerebral Palsy) and Ashley Bruce. He is survived by: his father Albert Bruce; his wife Susan Bruce; his mother Earlene Bruce; his siblings, Jack Bruce, Marla Bruce and Lesley McCombs (Kevin); his siblings-in-law, Roberta O'Halloran and Barry Payne; and his nieces, Morgan Secord and Chelsea O'Halloran.

A celebration of life was held January 29th 2024 at the Westwood Community Church in Winnipeg.

### — Thoughts from David... —

Milestones. We recognize them in lives well lived...and in their loss. When I heard Jeff Bruce had passed away my heart sank. 1994 was my first Bike Race. Jeff was a welcoming face, with kind words and a twinkle in his eye. I knew Jeff and the Bruce Family through their involvement at the Bike Race and the Association. I know that the Association is a better place with

the Bruce Family. They joined every fundraiser, from cooking hotdogs for the annual picnic, selling carnations, or riding 30+ times at the Bike Race.

Over the years Jeff regaled me in stories of hunting, leading individuals on their adventures of a lifetime, and enjoying people. I saw the kindness of him and Susan offering their home so that the members who use wheelchairs could be included in the Bike Race Volunteer wind up party.

Even though he was one of the last captains to "go online", Jeff was a super-organized Bike Race Captain. He always had the donations organized, receipt books returned and all the paperwork done. Jeff was the mainstay of the 'CP Peddlers' at the start of the Winnipeg Bike Race. The Peddlers had a unique nickname—the 'Mad Hatters', (you can guess why)! Later on, Jeff and Susan organized both the 'Bruce Family and Friends Team' and kept the 'UFFW – Firefighters' team on board of all these years.

This is just a small part of your legacy Jeff. You brought a smile to all that knew you and made Manitoba a better place. Thank you. #CPProud 🌸



# In Memoriam



**MELISSA MARIE ENGBRECHT**

Melissa Marie Engbrecht, age 51 years, passed away on Wednesday, October 11, 2023, at the Brandon Regional Health Centre.

The Celebration of Melissa's Life will take place at Richmond Park Church, 1525 - 26th Street, Brandon on Saturday, October 21, 2023 at 11:00 a.m. followed by a reception. Interment will follow at Boissevain Cemetery.

Donations in memory of Melissa may be made to MCC Manitoba, 100-140 Bannatyne Avenue, Winnipeg, MB, R3B 3C5.



204.727.0330

Condolences:

[www.memorieschapel.com](http://www.memorieschapel.com)



**ALICE FEDJE**

This strong, courageous, feisty and brave woman was born in St. Anthony's Hospital in The Pas, Manitoba on December 19, 1947, to Edna and Sverre (Ole) Fedje. She surprised everyone because no one expected that Edna was carrying twins, but she was!

Her growing-up years were spent in The Pas on Ross Avenue with her twin mate Arne and older brother Wayne. She loved music and spending time with her friends, going for walks in her wheelchair, and enjoying the outdoors.

Alice aspired to having her own apartment and being on her own so off she went to Winnipeg to 1010 Sinclair, an independent living home. With the help from friends, family and caregivers, Alice was able to accomplish this enormous feat.

When Pineview opened in The Pas, an independent living apartment block, she moved back and lived there setting up her own place with the help of home care. In 2005, Alice moved again to Brandon and got her own place in the Kiwanis block and began self-care management, hiring and scheduling her own workers with help from her friend and priest Fr. Emil.

Surrounded by her Precious Moments collection and many other things she had collected over the years, photos, angels, Alice began her life in Brandon.

She became a member of the Catholic Church and began a beautiful friendship with Father Emil which lasted until his death in 2020.

Alice moved into Hillcrest Place Personal Care Home in Brandon where she resided until she passed on December 26, 2023.

She is survived by her brothers Arne (Bunni), Wayne (Margot); nieces and nephews Leanne, Wendy, Kirk, and Kari; and grand nieces and nephews Eric, Kayla, Danielle, and Curtis.

Divine Liturgy was held at St. Mary's Ukrainian Catholic Church, 927 Assiniboine Ave., Brandon, MB, on Thursday, January 4, 2024 at 10:00 a.m. with Rev. Father Yaroslav Strukhlyak as celebrant.

A Memorial service will be held in The Pas this coming summer.

In lieu of flowers, donations can be made to the Cerebral Palsy Association of Manitoba, #903 - 213 Notre Dame Ave., Winnipeg, MB, R3B 1N3 or to a charity of your choice.

Goodbye sweet Alice, may Angels meet you with open arms!

Many thanks to Bea Betts, Joan, and Elaine, Alice's long-time friends from Winnipeg, and the staff at Hillcrest Place Personal Care Home for all they do!



**COLE BRADY MASON**

It is with broken hearts that on January 7, 2024, with family at his side, our dear son Cole, suddenly passed away at the young age of 27.

Cole will be lovingly remembered by his parents Lori and Craig, sister Lindsay (Blake, niece Nora), brother Luke (Ashley), grandparents Ray and Faye Mason; Cliff and Elaine Marquardson as well as many close aunts, uncles, cousins and friends.

Despite all the challenges that Cole faced, his infectious laugh and beautiful smile spread love and joy to everyone around him.

Memorial service will be held at 2 p.m. on Tuesday, January 16, 2024 at Thomson "In The Park" Funeral Home, 1291 McGillivray Blvd. The service can be viewed online using the following web address: <https://fweb.tv/115885>

In lieu of flowers, donations may be made to the Cerebral Palsy Association of Manitoba.



**THOMSON 'IN THE PARK'**

FUNERAL HOME & CEMETERY  
1291 MCGILLIVRAY BLVD | WINNIPEG  
204-925-1120

Tributes: [www.thomsoninthepark.com](http://www.thomsoninthepark.com)

Those that touch  
our lives stay  
forever in  
our hearts!



# What's new with the CoHabit Housing Initiative?

## CoHabit Events

### CoHabit Golf Tournament

June 18th at Glendale Golf Club  
Details are coming soon on our website!



### CoHabit will be hosting an Information Session...

This event will be held twice in order to accommodate those who wish to attend.

Please come and hear for yourself all about **CoHabit**! Feel free to bring a family member & attendant. Food will be provided at the beginning of the Event!

#### TOPIC:

What will it be like to live at **CoHabit**?"

We will be sharing some scenarios of what a 24 hour day would be like for YOU.

- Q & A about where we're at with CoHabit
- Games to follow the information session – with great prizes available.

**WHEN:** We are looking at hosting this event once at the end of February and once at the end of March and are currently securing venues.

If you are interested in attending, please reach out to Kelsy at [kelsy@cerebralpalsy.mb.ca](mailto:kelsy@cerebralpalsy.mb.ca) and we will provide you with the details once confirmed. We will also be

posting details on social media. Please follow us on Facebook and Instagram!

**RSVP:** Please email [Kelsy@cerebralpalsy.mb.ca](mailto:Kelsy@cerebralpalsy.mb.ca) with the date and the number of guests that are attending with you.



If you are interested in being a **CoHabit** resident, PLEASE join our Interest List.

\*Please note that this is **in no way** a commitment; we simply aim to demonstrate that **CoHabit** is "a NEED" to both Funders and Governments.

You can either fill out the included form and mail it to the CP Office, OR you can go to **CoHabit's** Home page "[cohabit.ca](http://cohabit.ca)". and fill it out.

**\*\*If you submitted a paper form in 2023 and have not received a confirmation email from us, it may have been missed. Please submit again.**

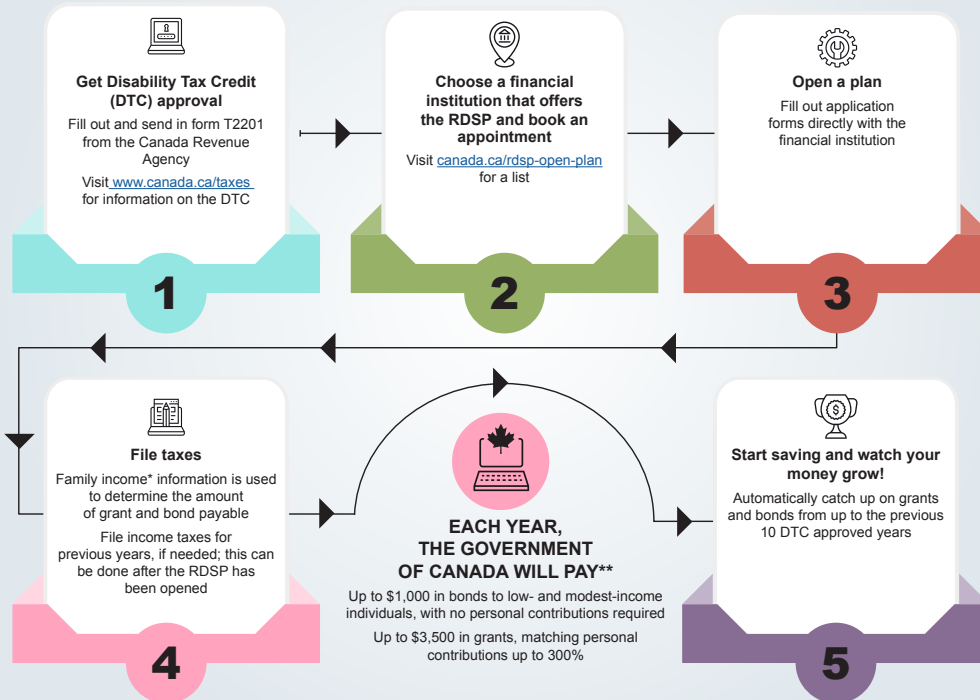


For all those interested in supporting **CoHabit** through our **Spring Lacoste fundraiser**, please reach out to Kelsy at [kelsy@cerebralpalsy.mb.ca](mailto:kelsy@cerebralpalsy.mb.ca). Order intake will begin in March with planter and Gift Card pick up on May 4th.



**Learn more and join us on social media at [CoHabit.ca](http://CoHabit.ca)!**

# How to open a **Registered Disability Savings Plan (RDSP)** for yourself or a loved one with a disability



\*For beneficiaries age 19 and over, annual family income refers to the beneficiary's net income plus that of their spouse or common-law partner. For beneficiaries under age 19, annual family income is the net income of the beneficiary's parent(s) or legal guardian(s).  
\*\*Grant and bond are payable until December 31 of the year the beneficiary turns 49.

En12-116/2324E.PDF  
978-0-650-69386-6

Employment and Social Development Canada / Emploi et Développement social Canada

## TO BE ELIGIBLE FOR THE RDSP, THE BENEFICIARY MUST...



- Be a Canadian resident
- Have a Social Insurance Number (SIN)
- Be approved for the Disability Tax Credit (DTC)
- Be under age 60 (before December 31 of the year the beneficiary turns 59)

**Beneficiary:** The person approved for the Disability Tax Credit who will benefit from the money in the RDSP.  
**Holder:** The person who opens and manages the RDSP (may also be the beneficiary).

**Did you know?**  
Persons with disabilities aged 0-49 with an RDSP can get up to **\$20,000** in bonds and up to **\$70,000** in grants from the Government of Canada

To learn more about the RDSP, please visit: [canada.ca/RDSP](http://canada.ca/RDSP) or call: 1 800 O-Canada (1-800-622-6232).  
To request this document in alternate formats, call 1-800-622-6232.  
By teletypewriter (TTY), call 1-800-926-9105.

**SAVE THE DATE—Camp yAAC 2024**  
**Camp yAAC Day Camp will be held at Camp Manitou in Headingley on: July 23, 24, & 25, 2024 (Tues, Wed, Thurs)**  
Application Forms will be available on our website at the end of February 2024.  
To read more about camp, visit: <https://www.oarc.ca/camp-yaac>  
Questions? Please call our office at 204-949-2430

## Did you know CPMB has a Legacy Fund?

We've turned 50. It's a **huge** milestone for any organization and, we want to leave CPMB's future in good hands.

**LEARN MORE**

THE WINNIPEG FOUNDATION Your Community Foundation For Good. Forever.

**#CPProud for today AND tomorrow**



# S(NO)W PLOW CAMPAIGN

**FRUSTRATED? EXHAUSTED? STUCK?**

Without sidewalk snow clearing winter mobility can be impossible. Help keep the City of Winnipeg on the right path!

**UPLOAD YOUR PICS/ REPORT THE BARRIERS**



#snowplow  
contact@mlpd.mb.ca  
<http://tinyurl.com/snowplow-wpg>

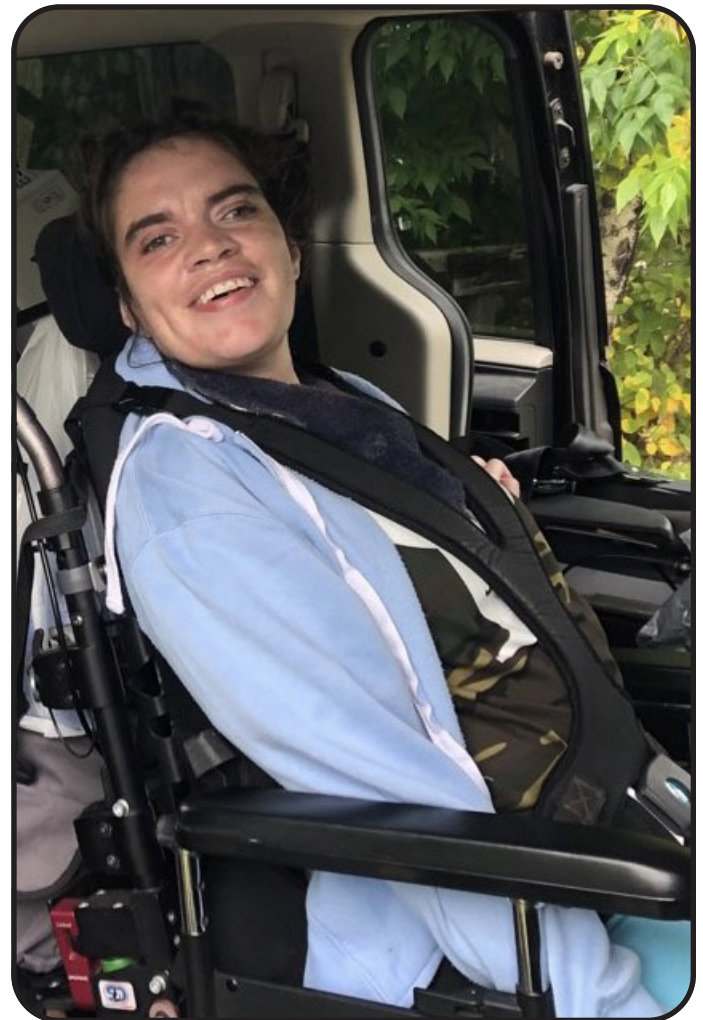
# Special thanks from Fran...

Fran Loewen emailed David to say:

**Subject: Thank You**

Hi David. Thank you to the Cerebral Palsy Association of Manitoba. The special seating you provided for my new wheelchair is very comfortable.

Fran 🌟



open access resource centre presents

**Emily Diaz**  
M.S., CCC-SLP

Introduction to AAC & Gestalt Language Processing & Managing AAC in the Classroom: Implementation Strategies

**SAVE THE DATE**

2024 OARC Annual Conference  
Thursday, May 2, 2024  
9am - 4pm  
Viscount Gort Hotel  
1670 Portage Ave.  
Winnipeg, MB

Visit our website [www.oarc.ca](http://www.oarc.ca) in the new year for registration information.

Emily Diaz, M.S. CCC-SLP is a certified speech-language pathologist with a passion for empowering individuals to find their voice. With a focus on neurodiversity affirming care and augmentative & alternative communication (AAC), Emily offers valuable insight and support to clinicians, parents, and school districts.

Emily's expertise extends to topics like managing AAC in the classroom, the importance of staff-buy in and dynamic coaching methods, and the nuances of gestalt language processing and AAC implementation strategies.

Having shared her knowledge at conferences and platforms, including Meaningful Speech, Bright Ideas Media, and SpeechPathologyPD.com, Emily stands as a beacon of expertise and innovation in the field of speech-language pathology. Discover the transformative impact of AAC with Emily Diaz, SLP!

Please visit Emily's social media sites:  
<https://www.emilydiazslp.com>  
<https://www.facebook.com/emilydiazslp>  
<https://www.instagram.com/emilydiazslp>



# Appreciation from Matthew...

And **Matthew Ferguson's** email to David said:

**Subject: Beach Chair**

Hi David, here is the pic of me at the lake. Thanks to the Cerebral Palsy Association of Manitoba, I'm able to lounge in the lake!

*Matthew* ☺



# Thank you all for Supporting CPMB...

- Cerebral Palsy Association Members
- City of Winnipeg Charitable Fund (Funded by Employees & Retirees)
- Dr. Alfred E Deacon Medical Research Foundation
- Starbuck All Charities
- Melita Donors Choice
- The Prairie Dawn Foundation
- United Way – Pembina Valley
- Reston & District United Appeal
- Donation in Honour of Catherine Lambeth
- John Missler
- Jewish Foundation-Susan Rogers Fund
- In Memoriam – Jeff Bruce
- In Memoriam – Cole Mason
- In Memoriam – Ms. Alice Fedje
- In Memoriam – Frank Schanel
- In Memoriam – Lottie Fenty
- In Memoriam – Larry Seel
- In Memoriam – Sharon Zyekkey
- In Memoriam – Murray Pierce
- In Honour – Fran Loewen
- The Winnipeg Foundation
- Westman Group Inc.
- The Field of Dreams Foundation – Goldeyes

**We could not do this without you!**



# BIG NEWS—VOLT Hockey has come to Winnipeg!



Help us spread the word! **VOLT HOCKEY** has come to Winnipeg!

Variety Manitoba launched a **VOLT HOCKEY** Program in January 2024!

Sign up for sessions here:  
<https://rb.gy/9v6g8w>

Check out some cool videos to learn a little more about **VOLT HOCKEY**:

- <https://rb.gy/iqx112>
- <https://rb.gy/ebquyw>



They are hosting FREE "Come Try **VOLT HOCKEY**" sessions Sundays from 4-6 pm until February 11th at Dakota Community Centre Fieldhouse.

Children and youth (ages 10 – 18) living with disabilities and their families are welcome to come join and learn more about this new sport opportunity. **VOLT HOCKEY** works best for children if they are able to:

- sit for approximately 1 hour
- willing to participate in a recreational team sport
- be in a gym setting with loud noises and lots of people

Volunteers and Coaches are also needed. Sign up here: <https://rb.gy/6k5cbq>

**Questions?** Contact Samantha Anderson, Program Coordinator Variety, the Children's Charity of Manitoba  
Tel: 204-982-1050  
E: [sanderson@varietymanitoba.com](mailto:sanderson@varietymanitoba.com) 🗺️



## And it all started in Westman...

### Westman Volt Hockey brings home gold

A year ago, Chad and Michelle Wallin tossed around the idea of a Volt hockey program.

Improbably, Westman Volt Hockey is now a national champion.

The Brandon-based team, whose five players were Anshika Chimpa, Catie Devolin, Jack Miskulin, Cain Burgess and Zander Wallin, earned the title at Variety Village's Volt hockey 2023 tournament in Scarborough, Ont., with a program that only started in fall of 2022.

*"To see them achieve something that honestly didn't even cross our mind that it was a possibility and to see them gel over the weekend and learn the game so quickly and just a bond as a team and have such a tremendous weekend, I don't where we go from there."*

– Chad Wallin

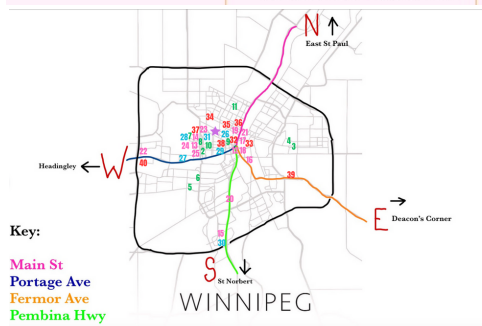




Specialized Services  
for Children & Youth  
Together Is Better

## Easy Stay Explorer: User-Friendly Guide to Accessible Hotels

VERY ACCESSIBLE (4)	ACCESSIBLE (3)	SOMEWHAT ACCESSIBLE (2)	MINIMALLY ACCESSIBLE (1)
2. WYNDHAM GARDEN WINNIPEG AIRPORT (460 MADISON ST)	12. FORT GARRY HOTEL (222 BROADWAY)	26. CANADA INNS HEALTH SCIENCE (720 WILLIAM AVE)	32. MARLBOROUGH HOTEL (331 SMITH ST)
3. BEST WESTERN WINNIPEG EAST (900 REGENT AVE W)	13. HAMPTON INN (730 BERRY ST)	27. HOLIDAY INN WINNIPEG AIRPORT WEST (2520 PORTAGE AVE)	33. ALT HOTEL (310 DONALD)
4. CANADA INNS DESTINATION CENTRE REGENT CASINO HOTEL (1415 REGENT AVE W)	14. DAYS INN (695 BERRY ST)	28. COURTYARD BY MARRIOTT WINNIPEG AIRPORT (780 POWERHOUSE)	34. TRAVELODGE WYNDHAM (1400 NOTRE DAME AVE)
5. HYATT HOUSE WINNIPEG SOUTH OUTLET COLLECTION (700 STERLING LYON PKWAY)	15. 4 POINTS SHERATON SOUTH (2935 PEMBINA HWY)	29. HOLIDAY INN AND SUITES WINNIPEG DOWNTOWN (380 COLONY ST)	35. RONALD MCDONALD HOUSE (62 JUNO ST) ** NEED RX
6. HILTON GARDEN INN WINNIPEG SOUTH (495 STERLING LYON PKWY)	16. NORWOOD HOTEL (112 MARION ST)	30. COMFORT INN WINNIPEG SOUTH (3109 PEMBINA HWY)	36. THE FAIRMONT WINNIPEG (2 LOMBARD AVE)
7. THE GRAND WINNIPEG AIRPORT BY LAKEVIEW (1999 WELLINGTON AVE)	17. MERE HOTEL (333 WATERFRONT DR)	31. VICTORIA INN HOTEL AND CONVENTION CENTRE (1808 WELLINGTON AVE)	37. COMFORT INN AIRPORT (1770 SARGENT AVE)
8. SANDMAN HOTEL AND SUITES (1750 SARGENT AVE)	18. INN AT THE FORKS (75 FORKS MARKET RD)		38. HOMEWOOD SUITES BY HILTON POLO PARK (1295 ELLICE AVE)
9. DELTA HOTEL BY MARRIOTT (350 STMARY AVE)	19. RADISSON HOTEL WINNIPEG DOWNTOWN (288 PORTAGE AVE)		39. SUPER 8 BY WYNDHAM (1485 NIAKWA RD E)
10. CANADA INNS DESTINATION CENTRE POLO PARK (1405 ST MATTHEWS AVE)	20. BEST WESTERN PLUS PEMBINA INN AND SUITES (1714 PEMBINA HWY)		40. SUPER 8 BY WYNDHAM (3760 PORTAGE AVE)
11. CANADA INNS DESTINATION CENTRE GARDEN CITY (2100 MCPHILLIPS AVE)	21. HUMPRHY INN AND SUITES (260 MAIN ST)		
	22. BEST WESTERN PLUS WINNIPEG WEST (4140 PORTAGE AVE HEADINGLEY)		
	23. BEST WESTERN PLUS WINNIPEG AIRPORT (1715 WELLINGTON AVE)		
	24. HILTON WINNIPEG AIRPORT SUITES (1800 WELLINGTON)		
	25. COUNTRY INN AND SUITES BY RADISSON (730 KING EDWARD ST )		



**Legend:**  
SSCY Centre

#2-11 green-very accessible  
#12-25 pink-accessible  
#26-31 blue-somewhat accessible  
#32-40 Red-minimally accessible

**FREE passes available to the...**

CANADIAN MUSEUM FOR HUMAN RIGHTS

**Submit your name to David**  
**204-982-4842**  
[davidk@cerebralpalsy.mb.ca](mailto:davidk@cerebralpalsy.mb.ca)

**and we'll enter your name in a draw for a pair of tickets!**

## HOW ACCESSIBLE IS IT?

SCALE	LEGEND
<b>Minimally Accessible:</b>	<ul style="list-style-type: none"> <li>Includes an accessible elevator wide enough for power wheelchair and regular wheelchair.</li> <li>Includes Accessible parking</li> </ul>
<b>Somewhat Accessible:</b>	<ul style="list-style-type: none"> <li>Includes all amenities of a minimally accessible suite</li> <li>Includes a range of amenities like; Free breakfast, Microwave, Refrigerator, electric kettle coffee and tea machine, Tv in rooms</li> <li>Includes: free shuttle, separate rooms to keep parents/kids or caregiver separate and pet friendly suites</li> </ul>
<b>Accessible</b>	<ul style="list-style-type: none"> <li>Includes all/most amenities of a minimal and somewhat accessible suite</li> <li>Includes rooms that are specifically designed for wheel chair accessibility, wider door frames, larger square footage for room to move around, king or queen beds that are lowered</li> </ul>
<b>Very Accessible</b>	<ul style="list-style-type: none"> <li>Includes all/most amenities of a minimal, somewhat, and accessible suite.</li> <li>Includes a roll in shower, shower/tub with railings and seats, emergency cord in washroom, equipped kitchens or kitchenette and railings around toilet, with a bath commode available upon request</li> <li>Includes Visual aids; tactile signs and braille, hearing accessible suites, higher level toilets and lower countertops/sinks</li> </ul>

**Your milestones are our mission.**

Est. **1974** CP PROUD

# CPMB in our Community...

## The 4 Guys Ride again for CP!

The annual **Four Guys Ride** happened on **September 13, 2023**. CPMB has great fortune to be selected by Dean, Greg, Bryan and Kevin who took their yearly ride and added a fundraiser component. We recognize the generosity of their supporters and thank them for partnering

with us. Presentation of the Freedom Concepts Bike and Chill-Out chair to the lucky recipients will happen in the coming weeks. #CPProud 🌟



## Vital Conversation at The Gathering

David and fellow panelists Louise Simbandumwe (SEED Winnipeg) and Sky Bridges (The Winnipeg Foundation) had **"A Vital Conversation: In**

**our hands - leading change"** on **October 20, 2023** at **The Gathering**, an annual event where Manitoba's community builders connect, learn, and celebrate success. 🌟



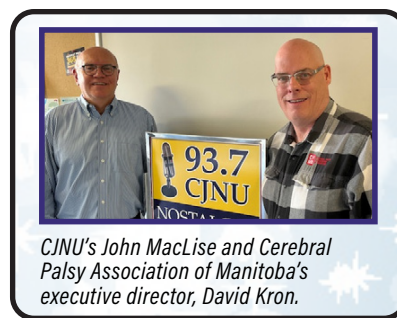
## Encouraging Philanthropy in Manitoba's Youth

David and Susana were proud to be part of **The Winnipeg Foundation's Youth in Philanthropy Conference on November 1, 2023**. It was great to chat with Manitoba's youth—educating and encouraging the important habit of community giving! 🌟



## Encouraging Philanthropy in Manitoba's Youth

On **December 6, 2023**, David was live on air with **CJNU's John MacLise**. David talked about CPMB and educated



listeners about CP. We sincerely thank CJNU for their continued support of our Association. #CPProud 🌟

## David featured in Winnipeg Foundation's 2023 fall magazine

"Disability matters, and folks with disabilities are here, in their community, they're knocking on the door, and we want to be counted," says David. "We're here and we're not going away."

David does where many hats. He says, "Cerebral Palsy is just one of my stories."

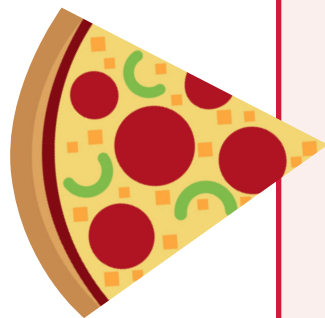
For the fully story from David's desk, check out page 47 here:

<https://rb.gy/e0216b> 🌐

## CP Awareness in Brandon

On December 12, 2023, David visited Mrs. Todd's Grade 5 class at Linden Lanes School in Brandon to chat with the children about CP. **David, ever the consummate story teller, shared his story and helped clarify what CP is and is not.**

And then, everyone enjoyed a delicious pizza lunch! **Set up a CP Awareness Lunch & Learn with David today!** 🌐



### From the desk of...



#### David Kron

Cerebral Palsy Association of Manitoba

David Kron wears many hats. As both the executive director of the Cerebral Palsy Association of Manitoba and one of the organizers and spokespersons for the recent Disability Matters Vote campaign, David is constantly discussing and advocating for issues related to cerebral palsy, disability advocacy, and accessibility in Winnipeg.

"Cerebral palsy is just one of my stories. One of my things. One of the chapters," says David. "I was born early, my lungs weren't very well developed, and my body wasn't processing oxygen, so I had brain damage. I'm missing the signal to tell my legs to relax. The wiring's all there, but the part that generates that signal isn't there, or it's been damaged."

David went to school at the University of Winnipeg and graduated with a political science degree, and then worked for the City of Winnipeg's Handi-Transit service for nine years.

"I answered the phone and got yelled at," says David, jokingly. "It was actually a good job for me because I understood the folks I was talking to, what they were going through. When they got upset and swore and slammed the phone because their ride was late, I got that too."

Because conditions can vary, David also emphasized that it's crucial to ask individuals about their preferences for how to address their conditions. Language and terminology surrounding disabilities is always evolving, and David emphasizes the importance of respectful and person-centered communication.

"There's certain words I won't even say because I find them offensive," says David, "But I have no problem with the word 'disability.' It's a culture. It's not who I am, but it's part of my story. Like I said, what I say to people when they ask that question, I say, 'well, how do you talk to your friend?'"



Although there have been advances in medical science and technology related to cerebral palsy, such as Botox treatments and the use of iPads and other technology to assist in communication, David also stresses the need for continued research and improvements in treatments.

One thing in the works that David is particularly excited about is the Cohabit program, an initiative of the Cerebral Palsy Association, which will create an inclusive housing community for individuals with cerebral palsy. Cohabit is still in the planning phase, but when completed it will provide affordable and market-rate housing options with various support services, fostering a sense of community among residents. Cohabit will strive to provide essential services within a close radius to individuals, emphasizing the importance of both physical and social interaction for a fulfilling life.

"Disability matters, and folks with disabilities are here, in their community, they're knocking on the door, and we want to be counted," says David. "We're here and we're not going away."

## What is Cerebral Palsy?

Would your workplace  
or child's classroom  
benefit from some  
**CP Awareness?**

Set up a  
**Lunch & Learn**  
with David today!

Contact David at 204-982-4842  
or [davidk@cerebralpalsy.mb.ca](mailto:davidk@cerebralpalsy.mb.ca)



Join us **MAY 11, 2024**  
Blue Cross Park, Winnipeg, MB

## It's not too hard to ask someone to Sponsor!

**WE NEED SPONSORS!** *Only with your support can CPMB continue to enrich the lives of our Members!*

Choose a Bike Race Sponsorship below or let's chat to customize a package for your company! Contact Susana today at 204.915.8844 to confirm your level of support of CPMB!

### \$5000 - VIP Breakfast Sponsor

Before the 2024 Bike Race begins, we will host a "thank you" breakfast for Sponsors and Special Guests. Your company provides a promo item to all attendees with your logo featured on special cocktail napkins as well as all 2024 Bike Race materials (\*website, t-shirts, marketing, social media, jumbotron and more).

### \$2500 - Lunch Sponsor

Riders who collect \$250 in online donation by May 1, 2024, qualify for a FREE LUNCH on Bike Race Day as a "thank you" for their fundraising efforts. Your company logo will be featured on the FREE LUNCH VOUCHER and all 2024 CPMB Bike Race materials\*.

### \$1600 - Event Sponsor

**SAVE \$100 on the Co-op Ad!** See your logo in a Winnipeg Free Press front page top banner Bike Race print ad, in addition to your company logo being on all the 2024 CPMB Bike Race materials\*.

### \$1100 - Event Sponsor

Your company logo will be featured on all 2024 Bike Race event materials\*. If you have a Corporate Team, amplify your presence with a **Community Table**.

### \$600 - Co-op Ad Sponsor

Split the cost with CPMB on a Winnipeg Free Press print front page top banner Bike Race ad featuring your company name and logo.

### In-kind T-shirt Bag Sponsor (max. 1)

Your company supplies the branded keeper bag that each team (approx. 50) receives containing all their Rider Bike Race T-shirts. Your company logo will also be featured on all 2024 CPMB Bike Race materials\*.

### Customized Sponsorships are available

Please contact Susana to discuss how to maximize your company presence at the 2024 CPMB Bike Race.

## Sign me up to Sponsor the 2024 CPMB Bike Race!

\_\_\_\_\_  
CONTACT NAME

\_\_\_\_\_  
CONTACT EMAIL

\_\_\_\_\_  
CONTACT PHONE NUMBER

\_\_\_\_\_  
COMPANY NAME

\_\_\_\_\_  
COMPANY WEBSITE

- \$5000 - VIP Breakfast Sponsor
- \$2500 - Lunch Sponsor
- \$1600 - Event Sponsor
- \$1100 - Race Sponsor
- \$600 - Co-op Ad Sponsor
- In-kind T-shirt Bag Sponsor
- Customized Sponsorship—*Let's chat about how to maximize your company's support of CPMB!*

**Your support enriches the lives of our Members and helps keep the lights on!**



Submit the completed form to [bikerace@cerebralpalsy.mb.ca](mailto:bikerace@cerebralpalsy.mb.ca) or by mail in the supplied reply envelope.—Thank you!

# Great Bike Race Co-op ad Opportunities!

As an Event or Co-op ad Sponsor, your logo will run on the front page of the Free Press!

Join **Trapp Doors** in supporting the 2024 CPMB Bike Race. Their ad below ran Jan. 26, 2024.  
Contact Susana today at 204.915.8844 to confirm your level of support for CPMB!

Join **TRAPP DOORS**

and Give the Gift of Freedom!

Gather 14 Riders  
Cycle for **CPMB** CEREBRAL PALSY ASSOCIATION OF MANITOBA



REGISTER TODAY at [supportcerebralpalsy.ca](http://supportcerebralpalsy.ca)



**35<sup>th</sup> CEREBRAL PALSY STATIONARY bike race**

**CPMB** canada *Life*

Saturday **MAY 11, 2024**  
Blue Cross Park, Winnipeg



**SIGN UP**

This ad generously sponsored by trappdoors.ca

Help us celebrate with fun, 50th Anniversary commemorative items **FOR SALE**, all in support of CPMB!



50 YEARS



**Order online: [cerebralpalsy.mb.ca](http://cerebralpalsy.mb.ca)**

**OR Submit your order below to the CPMB office today...**



**\$10.00 each**  
**Bicycle License Plate**

50th Anniversary CPProud Established 1974 custom bicycle license plate made from recycled aluminum. 6" w x 3" h



**\$15.00 each**  
**Ceramic Mug**

50th Anniversary license plate full colour wrap-around image. 11 oz.



**\$30.00 each**  
**Unisex Jersey Vneck T-Shirt**

50th Anniversary license plate full front decal. Bella+Canvas pre-shrunk 90/10 cotton-polyester blend. Heather slate. Sizes: XS, S, M, L, XL, 2XL, 3XL



**\$30.00 each**  
**Ladies Jersey Vneck T-Shirt**

50th Anniversary license plate full front decal. Bella+Canvas pre-shrunk relaxed fit 90/10 cotton-polyester blend. Heather slate. Sizes: S, M, L, XL, 2XL



**\$25.00 each**  
**Youth Jersey T-Shirt**

50th Anniversary license plate full front decal. Bella+Canvas pre-shrunk 90/10 cotton-polyester blend. Heather deep teal. Sizes: S, M, L

**ORDER**

**YOUR ORDER:**

	Quantity	Size
<b>Bicycle License Plate</b>	_____	n/a
<b>Ceramic Mug</b>	_____	n/a
<b>Unisex T-shirt</b>	_____	_____
<b>Ladies T-shirt</b>	_____	_____
<b>Youth T-shirt</b>	_____	_____
_____	_____	_____
_____	_____	_____

**BUYER INFORMATION:**

\_\_\_\_\_  
FIRST & LAST NAME

\_\_\_\_\_  
EMAIL

\_\_\_\_\_  
PHONE

\_\_\_\_\_  
ADDRESS

**SHIPPING INFORMATION:**

If you prefer to have your order delivered to you, confirm your shipping details (if different from the address above).

– Shipping within Manitoba is \$10 per order.

– Shipping outside of Manitoba is \$25 per order.

\_\_\_\_\_  
FIRST & LAST NAME

\_\_\_\_\_  
PHONE

\_\_\_\_\_  
ADDRESS

**PAYMENT:** For offline orders, to pay by credit card or e-transfer, call Susana at 204-915-8844.

**PICK-UP IS FREE.** Select your preferred pick-up location:

– Pick up at CPMB Office, 903 - 213 Notre Dame Ave., Winnipeg

\*We will contact you to schedule a pick-up time.

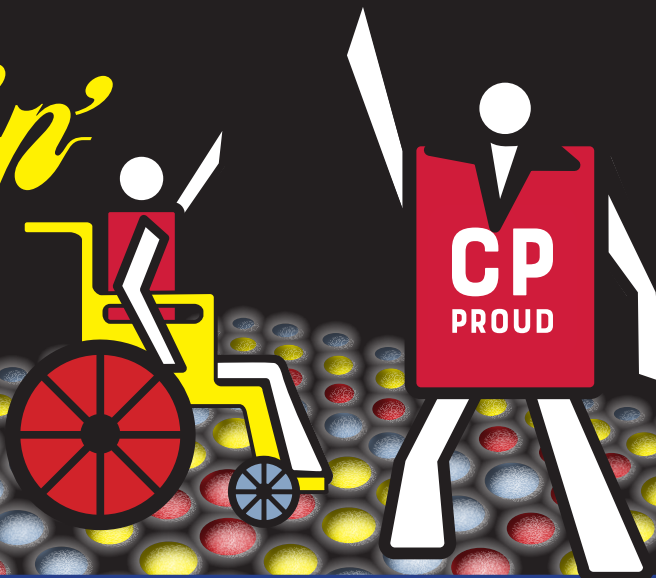
– Pick up at Westman Bike Race, April 20, 2024 in Brandon, MB

– Pick up at Winnipeg Bike Race, May 11, 2024 at Blue Cross Park

Tear off page and post as a reminder!

**CPMB**

# Stayin' Alive!



CEREBRAL PALSY ASSOCIATION OF MANITOBA

## 2024 SAVE THE DATES

**January 12**



CEREBRAL PALSY ASSOCIATION OF MANITOBA

**Happy 50<sup>th</sup> Birthday to us!**

**April 20**



**Keystone Centre Brandon**

**May 11**



**Blue Cross Park Winnipeg**

**June 18**

**CoHabit Charity Golf Tournament**

**Glendale G&CC Winnipeg**

**July 11**

**CPMB at the Goldeyes +50/50**  
*in support of CPMB*

**Blue Cross Park Winnipeg**

**August 8**

*CPMB 50<sup>th</sup> Anniversary*  
**SUMMER CHIQUE GALA**

**Blue Cross Park Winnipeg**

**November 30**

**HOLIDAY Bowling Party**

**Uptown Alley Winnipeg**

**December TBC**

**AGM**  
**Annual General Meeting**

**Winnipeg**



[www.cerebralpalsy.mb.ca](http://www.cerebralpalsy.mb.ca)



@CerebralPalsyAssociationOfMb



@CerebralPalsyMB



@cerebralpalsymb



The Cerebral Palsy Association of Manitoba

**CP PROUD**

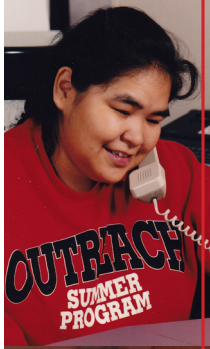
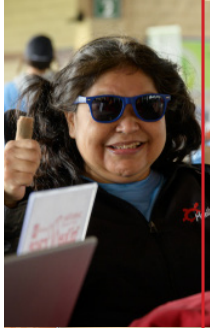
Direct line 204-982-4842  
Toll free 800-416-6166  
Fax 204-982-4844  
Email [office@cerebralpalsy.mb.ca](mailto:office@cerebralpalsy.mb.ca)

903 - 213 Notre Dame Ave.  
Winnipeg, MB R3B 1N3





*Congratulations  
Ray & Rita!*



## **In Loving Memory of our Friend Rita Paynter (née Denedchezhe) • (1972 – 2024)**

Rita was a presence. It has been said it takes a village to raise a child. Rita was a survivor of the Sixties Scoop, so Rita made a village for herself. Many of us knew Rita for the years she volunteered for CPMB in the office; she added her voice to a Freedom Concepts video and to our new Cohabit Video; she stayed all day at the Stationary Bike Race. She would never sign up as a volunteer like everybody else. Rita showed up and worked on her terms: selling water bottles, directing people at the Wellness Centre or simply hanging out and being there. As a personality, she was interested in everybody and everything. She always had plenty to tell you and she wanted to know everything you were willing to share. For Rita, people mattered. She was sad if you shared unhappy news; she celebrated when you were happy. And then she motored on.

I remember Rita as a much younger person when she showed up at school or at the house and stayed the weekend. Since she had first come down south from her Dene community, of which she became increasingly proud, she had a fierce determination to live her life to the full. And she did. Living as a foster child and moving more than once, struggling and getting through school, she told harrowing tales about what she'd experienced but never felt sorry for herself. Wearing AFOs—magic boots, as I call them—on her slender brown legs, she walked with difficulty and happily graduated to a power chair. Seeing her with her plaid flannel pyjama pants, her feet clad in moccasins, she tootled all over Osborne Village, downtown in the cold and wherever she wanted to go. Rita was always on the move.

Her power chair gave her the freedom she needed and if it broke down, she

immediately demanded a fix or she'd talk to the media. They loved her. She was vocal. Whether she was living in a downtown apartment or somewhere else, she turned up as a role model for all of us who worried about our children's future. If Rita could do it—and she showed us that she did—then they could do it too. Spirit was essential. At the CPMB retreats, she would curl up in a hug with Gemma and listen as I read aloud from Winnie the Pooh, from Animal Ark and all the other glorious children's literature for what seemed like hours. She loved it; she listened and later asked all sorts of questions, like why did you stop? She was curious and engaged.

She loved the Folk Festival. She camped out there one year. I cannot imagine how she managed. But Rita did. She found people to help when she needed it. She was never shy to ask. Sometimes, she phoned David a dozen times a day. He was her go-to person; why wasn't he always available?

Before the Bike Race, she turned up at the office with dozens of crumpled bills and half-written receipts: her donations. Math wasn't her strong suit but that didn't deter her in her collections. Who could say "no" to Rita and make it stick? She'd smile and keep on going. She played bocchia; she swam; she barked at little and lived life to the full.

Once she met and loved Ray, she would move heaven and earth to help him, advocating and pushing for his care. Others' needs always seemed to be ahead of her own. Still, she managed to get what she needed. Her pride and resilience was evident in her huge smile. We, who knew her, respected and admired her.  
**Miigwech, Rita. Rest in peace.**

*~ Thoughts of love from Sarah and David*

**Rita's Celebration of Life • Saturday, February 10, 2024 at 2pm  
Central Church of Christ, 170 St Mary's Road, Winnipeg**

*A Special Presentation will take place at the CPMB Bike Race on May 11, 2024, Blue Cross Park, Winnipeg*

