

INFORM



The Cerebral Palsy Association of Manitoba

JULY 2014

Inside this issue...

Bike Race Results
Report *PAGE 2-4*

Mike FM Winnipeg
PAGE 5

Upcoming Events...

Aug 23 - CPAM BBQ
Kildonan Park -
See invite at right

Aug 24 - Deadline for
Personal Support Worker
forms

Aug 31 - Come out to the
Ball Game! Goldeyes vs Gary
Game time 1:30 pm

Sept 2 - Start of September

Oct 15 - Deadline for Spring
Summer Scholarships

October - Westman Bowling
Details to follow.

Nov 15 - AGM

Dec 13 - Holiday Christmas
Party - Academy Lanes
194 Academy Rd. Times &
Details to follow.

Mar 7, 2015 - Annual
Stationary Bike Race
Wellness Institute

Mar 21, 2015 - Westman
Stationary Bike Race

The Cerebral Palsy Association of Manitoba invites you to the ANNUAL PICNIC & BARBECUE

DATE **Saturday, Aug 23, 2014**
TIME **12:45 pm to 3:30 pm**
Food and drinks will be provided around 1:15 pm
PLACE **Kildonan Park** - NOTE: The Park IS DIFFERENT THIS YEAR.
LOCATION **South Picnic Shelter - SITE 1 A & B** (see map below)
RSVP **By August 21, 2014** to davidk@cerebralpalsy.mb.ca or
204-982-4811 or 1-800-416-6166

Look for the CPAM signs & follow the CPAM logo & arrows.

When booking HANDI TRANSIT, please note that the Pavilion is the designated Pick-up/Drop-off spot.

Please bring everything that you will need like sunscreen, mosquito/wasp repellent, hat, jacket, lawn chairs, and attendant support.

The picnic will be cancelled if it is pouring rain, but a light drizzle will not stop us!

Call/email the office with how many will be attending (adults & children), that way we will be sure to have enough food.

The Cerebral Palsy Association of Manitoba is not responsible for injury or accident to anyone at this event or using the park facilities.



A Successful Bike Race Celebrated: A Results Report

“And the winner is.” **Sandra Scott and the Great-West Life team** who raised more than \$27,000 at our 25th Stationary Bike Race back in March.

The Stationary Bike Race is about fundraising and it's about a whole lot more besides. To honour our top fundraisers this year, we decided to host a celebration. Our title sponsor **Great-West Life** agreed to help us out and we enjoyed a lunch and a small prize-winning ceremony on Monday, June 16. All our captains were invited and some were able to come. Here's what we celebrated.

As I said, the **Great-West Life team**, with **Sandra Scott** as captain, was our top fundraising team.

Investors Group was next, with **Keith Potter** at the helm.

Finally, our favourite **CP Pedalers** co-captained by my daughter Gemma Yates-Howorth and her friend Bekah Grisim were also up for a prize for their fundraising efforts.

Thank you everyone. Riding the 25 minutes and handing in your pledge, no matter how large or small is a major victory and is much appreciated.

But the bike race is about so much more and this year with the additional generosity of **Freedom Concepts** and our own CPAM board, we awarded **the Smiths** with a custom piece of equipment.

Equipment grants are among our most popular requests. **Ryder's Riders** were the top family fundraisers. President of **Freedom Concepts**, **Ken Vanstraelen** presented

young **Ryder Smith** with a **Chill-Out Chair**, which had been custom-made for him. Check out the photo to see how comfortable Ryder is in his own chair. His parents and all four of his siblings were there to share their pleasure. This is something tangible, which we can all recognize as a motivator in making the event a success. It has heart.

Our favourite hostess CBC-TV Anchorwoman **Janet Stewart** said it best when she told everyone at the lunch, “Just seeing him smile helps me know why I turn out every year urging riders onward. Like any kid with CP, thanks to Freedom Concepts I'm able to ride a bike myself for the first time.”

Thanks again, Janet for co-hosting the event with me. And a special thanks to **Donna Wills** at **Great-West Life** who was enthusiastic in helping plan the event. Not only did she help by bringing in folks and awareness, she also obtained a free lunch for us all. **Thank you so much Donna Wills and Great-West Life for your marvelous support.**

But let's not stop there. With help from our friends: those generous donors who donated the top prizes we recognized our top four individual fundraisers as well. **Charles Henaire**, the GWL team won two day passes to the Winnipeg Folk Festival. **Deb Young**, from Investors Group was awarded gift certificates from Walmart and another for a night out at The Keg. **Grant Mitchell**, Taylor & McCaffrey, won his and her watches from the Schanel and Turczak families **Sandra Scott**, GWL team captain, won an original from the Smash Series, created by David Rice Jewelry.



Charles Henaire, Sandra Scott and Kelly Hunter



Sarah Yates-Howorth (L), members of the Great West-Life Team and Janet Stewart (R)



Janet Stewart, Sarah Yates-Howorth and Kelly Hunter for CP Pedalers



Sarah Yates-Howorth, Deb Young, Janet Stewart

A Successful Bike Race Celebrated: A Results Report



Ken Vanstraelen (L) with the Smith Family and Ryder in his new custom made Chill-Out Chair!



Janet Stewart, Grant Mitchell and Sarah Yates-Howorth



Kelly Hunter, Elwood and Connie Haas and Janet Stewart

continued from page 2

Not to forget those who cycled hardest and were presented trophies on bike race day. Thirty-five teams of 14 people each cycled a collective 8788 km. on that cold Saturday in March.

Winnipeg Police Blue Spokes went furthest and took the top prize. **Smith Carter Burnouts** were just half a km. behind them. Watch for a name change and an announcement from this team in the future. **Ernst and Young** came in a cool third.

There are a hundred and one people I'd like to thank for their efforts. Our sponsors deserve many kudos. They help ensure that the money we raise is used for equipment grants (like the one awarded to the Smith Family on prize day); scholarships to secondary students; activities and outings, advocacy, education, a personal support worker program and an office ably manned by **David Kron**, with occasional support from me, to help keep it all together. Funds raised in Manitoba, stay in Manitoba. Wow!

The bike race was an idea pushed by **Elwood Haas**, formerly of Great-West Life, a board member and pit crew captain every year until last year. On prize day, we recognized Connie and he for their long-time efforts, by awarding them a specially framed bike shirt. Typical of Elwood, he took the chance to thank his extended family and friends.

A lot of remarkable stories emerged on the day of the race; others followed.

First, there is the inevitable energy of those riders who cycle not once but twice to pick up the slack for others who couldn't turn up. Life happens and throws all of us into a tizzy at times but with our faithful cyclists no team was left riderless.

Our tireless accountant and assistant team of **Vic and Judy Warkentin** have spent countless hours counting and balancing the cash and on-line donations, finding missing pledge books and calling me to account for those about which I didn't make proper notes. Thank you both enormously. I'm looking forward to working with you again.

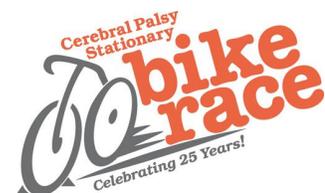
Some changes are being made to make our race even better. Watch for them as we work throughout the fall. It's a massive effort and tremendously exciting to be a part of. I loved it. I've decided to come back next year and Kelly, David and the board have agreed. **NEXT YEAR WE WANT TO START THE RACE ONE HALF AN HOUR EARLIER. THAT MEANS (9:30 - 4:30 P.M.).**

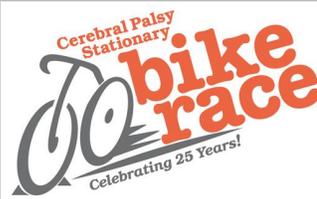
Talking of clearing up after the race, I want to put a challenge and a request out to people. A fair amount of clearing up must be done by the Pit Crew, the refreshment room folks and many more people before we leave the Wellness Institute. If anyone would like to volunteer on this crew, I promise I'll take you. Please contact me at the office at bikerace@cerebralpalsy.mb.ca

As someone who has participated in the past as a rider, captain, volunteer and now a coordinator, I can attest that it is much more fun when you're involved.

Stay dry this summer everyone. We've another challenge coming in September.

**- Sarah Yates-Howorth
2014 Bike Race Coordinator**





2014 Stationary Bike Race Results

TEAM NAME	KM'S	PLEDGES
Great-West Life	279.2	\$27,895.00
Investors Group	221.8	\$15,346.00
CP Pedalers	201.9	\$11,427.00
Ryder's Riders	216.2	\$9,854.00
Supé's Squad	213.4	\$8,320.00
Taylor McCaffrey LLP	285.3	\$7,784.00
Bruce Family & Friends	215.5	\$7,520.00
Fans of Fran	207.2	\$6,680.00
Firefighters	270.8	\$5,460.00
Lord Roberts Riders	242.0	\$5,422.00
Cambrian Cruisers	203.9	\$5,352.00
Cycling for CP	204.9	\$4,543.00
St. Paul's Crusaders	257.4	\$4,387.00
Out-Spoken!	252.2	\$4,178.00
Riders for Richard	229.6	\$4,015.00
Equipe de Marianne's Team 1.0	240.4	\$3,900.00
Equipe de Marianne's Team 2.0	229.6	\$3,515.00
CP Skidmarks	198.3	\$3,220.00
St. Paul's College Student Association	248.8	\$2,494.00
Rayna's Faithful Riders	217.3	\$2,431.00
Steingarten & Company	286.2	\$2,390.00
Heather's Hustlers	215.6	\$2,300.00
Les Bleus Pour Marianne	168.6	\$2,100.00
Winnipeg Police - Blue Spokes	319.1	\$2,010.00
Prolific Group Predators	259.7	\$2,002.00
Smith Carter "Burnouts"	318.5	\$1,960.00
Rehab Ctr for Children / Crusader Alumni	302.7	\$1,846.00
Warriors of Wellness	261.9	\$1,825.00
Leegals Express	190.6	\$1,810.00
A.J's Riders	274.5	\$1,492.00
Ernst & Young	308.1	\$1,420.00
Freedom Concepts Reciprocators	134.3	\$1,415.00
D'Arcy & Deacon LLP	266.9	\$1,251.00
Winnipeg Police - Tour de Force	263.9	\$1,078.00
Radio Ryders	191.0	\$60.00

Mike FM Winnipeg

Are you looking for something new? Looking for a source for local sports?

Winnipeg's newest online radio station is here. The radio home of the Winnipeg Rifles, Winnipeg Blues, the Manitoba Women's Junior Hockey League and the Elmwood Giants MJBL team.

Mike Gerl has started an adventure, a new business. Mike always knew that radio was for him. He finished his studies at the University of Winnipeg and the Academy of Broadcasting, and was looking for a job. Using his experience with the Manitoba Woman's Junior Hockey League doing PR, Mike saw the opportunity for something new.

In March, Mike started Mike FM Winnipeg, an online radio station that broadcasts local football, baseball and hockey. It's an ideal way to enjoy local sports no matter where you are in the world.

Mike FM is now going 24/7, and when there's not a game on the airways are full with a mixture of Country and Christian Programming.

Mike FM Winnipeg has Apps for Apple and Android platforms where most people are engaging the programming. The growth of the business has been slow but steady but as Mike says, "You need to start by building a solid foundation, I am very happy on our progress so far".

Mike is a member of CPAM and living with CP has been just one of the many challenges he has faced. However, he sees life as



an adventure and takes it one challenge at a time.

So, when you have a minute tune into Mike FM Winnipeg and catch a game.

www.mikefmwinnipeg.com

A great BIG Thank You...

Our family would like to thank you for helping us speed up the process for our Canadian Citizenship Oath Taking and taking time out of your busy schedule to join us on such a special event.

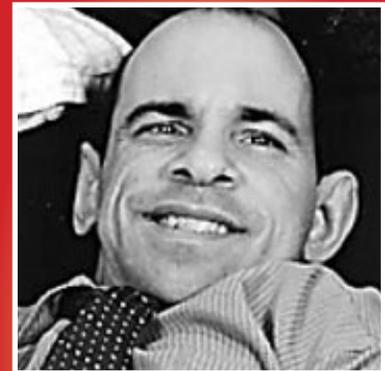


We would also like to thank you for nominating Victor to be one of the 110 lucky kids who went to Disney World in Orlando, Florida through the Dreams Take Flight 2014. It was such a magical day for him according to his dad and a dream come true. We really appreciate all your help and support. Again, thank you and bless your kind heart.



- **Joseann Vengco and Family**

IN MEMORIAM



**Darcy Michael
Mryglod**

**December 8, 1966 -
April 20, 2014**

Peacefully at home, Darcy left us to go be with the two people he loved and missed the most, his mom and dad.

Promoting Leisure Participation as Part of Health and Well-Being in Children and Youth With Cerebral Palsy

Shikako-Thomas K¹, Kolehmainen N², Ketelaar M³, Bult M⁴, Law M⁵.

Author information

- ¹CanChild Centre for Childhood Disability Research, McMaster University, Hamilton, Canada keiko.thomas@mcmcgill.ca.
- ²Institute of Health and Society, Newcastle University, The Baddiley-Clark Building, Richardson Road, Newcastle upon Tyne, United Kingdom.
- ³Brain Center Rudolf Magnus and Center of Excellence for Rehabilitation Medicine University Medical Center Utrecht and De Hoogstraat Rehabilitation, the Netherlands Partner of NetChild, Network for Childhood Disability Research in the Netherlands, Utrecht, the Netherlands.
- ⁴Utrecht University, Faculty of Social Sciences, Department of Pedagogical and Educational Sciences, Utrecht, the Netherlands.
- ⁵CanChild Centre for Childhood Disability Research, McMaster University, Hamilton, Canada.

Abstract

Participation in leisure is a human right and is central to the health of children and youth. The World Health Organization's International Classification of Functioning, Disability and Health for Children and Youth supported a change in thinking about what outcomes are most relevant in the context of children's health and places participation as one of the constituent elements of health. Participation is also a fundamental rehabilitation and health promotion outcome for children with cerebral palsy as identified by youth, parents, and health professionals. Several studies have identified individual and environmental factors related to participation in leisure; new studies are now determining the best interventions to promote participation. This article summarizes recent findings and proposes important topics for neurologists to consider in exploring leisure pursuits with children with cerebral palsy and their families and in working with rehabilitation professionals to promote engagement in leisure opportunities as part of integrated care

From CanChild canchild@mcmaster.ca

CHARITY SPOTLIGHT

The Movement Centre of Manitoba is a non-profit organization that is committed to improving the physical health of children and adults with physical disabilities. Through the teachings of "Conductive Education", we strive to maximize the independence of our clients. We provide movement and learning opportunities with appropriate motivations and expectations, in order to overcome the challenges faced by the physically impaired population.

The Movement Centre of Manitoba is one of only two centres in North America to provide Conductive Education beyond school age and into adulthood.

Conductive Education is effective for those individuals with cerebral palsy, multiple sclerosis, stroke, head injury, and Parkinson's disease.

Please watch our story online at www.movementcentre.ca/video.aspx

MEET OUR PARTICIPANTS



1646 Henderson Hwy.
Winnipeg, MB R2G 1N7
Phone: 489-2679
Fax: 255-2947
www.movementcentre.ca

RICOH



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Thursday, August 28, 2014

Kingswood Golf & Country Club



Special Thanks to:

- Cerebral Palsy Association Members
- Manitoba Hydro Employees – Selkirk & Interlake
- Government of MB – All Charities Campaign
- City of Winnipeg Employee & Retirement Fund
- Dr. Alfred E. Deacon Medical Research Foundation
- Winnipeg Goldeyes – Field of Dreams Foundation
- Rural United Way – Morden & District
- Rural United Way – Altona/Gretna
- Rural United Way – Winkler & District
- Dreams Take Fight – Winnipeg
- The Bequests in Memory Robert Bryant



United Way





Walkers wanted!

To take part in the Steptember Challenge September 3 - 30, 2014

- A Team Leader recruits three team members and registers the team online; the cost (which includes a pedometer) is \$25.00 per person. Employers may cover the cost of their teams' registration fees.
- Each member of the 4-person team wears their pedometer for a four-week period in a fun team challenge that encourages participants to walk or do some other type of physical activity each day.
- Participants enter their daily steps into the Steptember website to climb a series of virtual mountains and measure their progress against teams in Canada, USA, Australia and Europe!

All net proceeds support Cerebral Palsy in Manitoba!

Interested?

Register at:

www.Steptember.ca

For more information, contact:

The Cerebral Palsy Association of Manitoba.

Phone: 204-982-4811 or

Email: davidk@cerebralpalsy.mb.ca



www.steptember.ca

***The Cerebral Palsy
Association of Manitoba
invites you to a
GOLDEYES GAME***



DATE - Sunday, August 31, 2014

Game Time – 1:30 PM

Shaw Park

One Portage Avenue East
Winnipeg, MB R3B 3N3

Get Game tickets and
a voucher for Hot Dog & Drink

Call/email the office with how many people
will be attending (adults & children)
davidk@cerebralpalsy.mb.ca
204-982-4811 or 1-800-416-6166.

Deadline to register is Aug 25, 2014