

INFORM



The Cerebral Palsy Association of Manitoba

JUNE 2015

Inside this issue...

Bike Race Results
Report *PAGE 2-4*

Westman News & Notes
PAGE 5

Upcoming Events...

Sunday July 12
- Goldeyes Game

Saturday August 22
- CPAM BBQ & Picnic
at St. Vital Park
See invite at right

Late August 2015 - Look
for the Personal Support
Worker Program mailer

September 2015 -
Membership renewal

Sept. 2 to 29 - September

October 15 - Deadline for
CPAM 2016 Scholarships

Saturday November 7 -
Annual General Meeting
(AGM) Canad Inns, Fort Garry

Saturday November 14
- Westman Retreat

Saturday December 12
- Holiday Bowling Party

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

DATE **Saturday, Aug 22, 2015**
TIME **1:00 pm to 3:30 pm**
Food and drinks will be provided around 1:15 pm
PLACE **St. Vital Park** - NOTE: The Park IS DIFFERENT THIS YEAR.
LOCATION **Picnic Shelter - SITE 1 A & B** (see map below)
RSVP **By August 19, 2015** to davidk@cerebralpalsy.mb.ca or
204-982-4811 or 1-800-416-6166

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

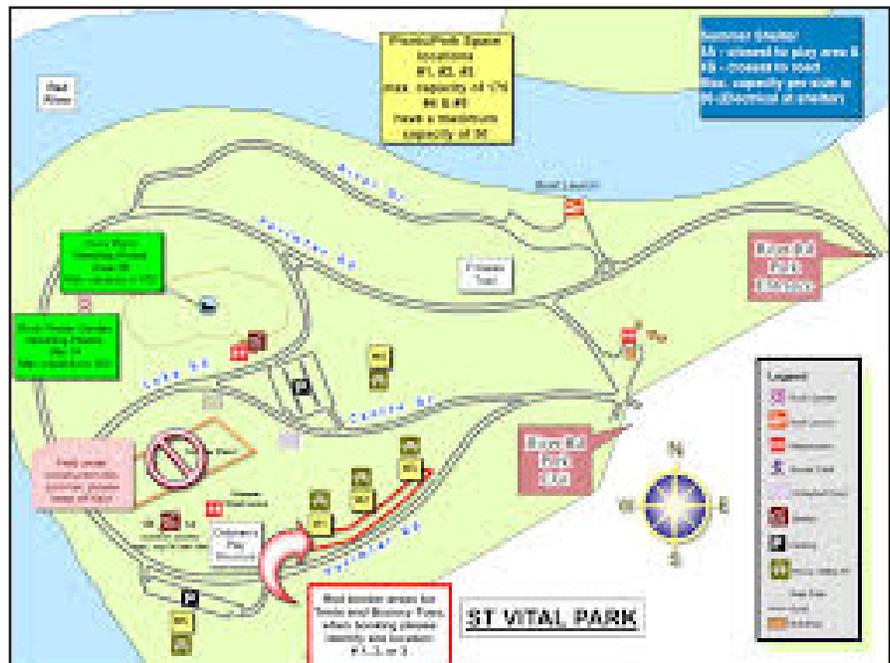
When booking HANDI TRANSIT OR PRIVATE TRANSPORTATION, please
tell them the PLAYGROUND DROP OFF.

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.*



CEREBRAL PALSY IS A FAMILY AFFAIR

After eight months of increasing rush, the CPAM Stationary Bike Race is over and so too our second annual Prize Day. David Kron and I initiated the event last year after wondering aloud why we expended such energy collecting sponsors and prizes for our incredible cyclists, only to slip those prizes out the back door with little recognition. It didn't make much sense to me.

As an Association, we've been lucky on several fronts. Not only does **Great-West Life Assurance Company** act as our title sponsor and underwrite the expenses of the bike race. But for the second year in a row, **Donna Wills**, our point lady at GWL, provided us with a venue and a lunch. That made two parts of the day much easier to accomplish.

We set out to celebrate the official end of our race collections. Not all receipt books nor pledges are yet in the Association's hands. To date we have raised \$185,118. Sponsorships, like that provided by GWL, are not a part of this sum. This year, we also collected some pretty awesome prize donations, everything from a hand-beaten copper bowl and a litho offset print to gift certificates from **Out of the Blue**, a funky dress shop in Osborne Village, a \$500 gas coupon from **Red River Coop**, and other gift certificates from **The Keg** and **Walmart**. On Thursday, June 11 in the Atrium of Great-West Life on Osborne Street, we handed out these prizes and more.

This year we celebrated the families who belong and contribute to the wellbeing of the Cerebral Palsy Association of Manitoba. They're amazingly dedicated. A disability like CP proves that as the poet John Donne said so many years ago, "No man is an island." When disability comes into your family's life, it is never the individual alone who is impacted. The entire family—parents, siblings and extended family—family and business friends and an extended circle of doctors, therapists and community workers get involved in the life journey. To manage this life-altering event, you need the help of all of these individuals plus that of the Cerebral Palsy Association of Manitoba, which began as a self-help advocacy group formed by parents.

We celebrated families lucky enough to have their children survive and thrive into adulthood and many of those who have not. The three top fundraising teams were honoured first: **Great-West Life** with Captain **Sandra Scott**; **Investors Group** with **Keith Potter** at the helm and **Ryder's Riders**, the **Smith family team**.

Evan Patterson, Marketing Manager at **Freedom Concepts** awarded a Chill-out Chair to three-year old Jacoby Zebrinski from Selkirk. Winnipeg-based Freedom Concepts and CPAM jointly sponsor the Family prize.

Kelly Hunter, our Board President, presented some



Members of the Great West-Life Team, Sarah Yates-Howorth (R)



Ryder's Riders, the Smith Family Team, Sarah Yates-Howorth (R)



David Kron, Evan Patterson, Jacoby Zebrinski and family



Jeff and Susan Bruce, Kelly Hunter

CEREBRAL PALSY IS A FAMILY AFFAIR



Kelly, Cal Lambeth and Grant Mitchell



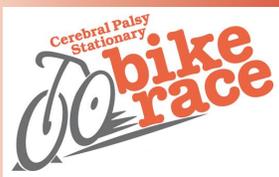
Kelly, Sarah and Cal Zankowski



Kelly, Grant & Maralee Jehle, Heather Wilson receiving her wheelchair, Cal Z.



Deb Young and Dale Riddell, Coop



special recognition awards. We recognized two riders and their families who have raced in 26 races to date: **Jeff and Susan Bruce** and **Grant Mitchell** and **Cal Lambeth**.

Parents, like **Cal Zankowski** whose son Cody died 10 years ago, still support the Association. For 10 years, Cal organized the team of massage therapists at the race. He also organized a Love of Sport Golf Tournament in Cody's honour. His good friends, **Grant and Maralee Jehle** donated generously to the tournament.

Steve Wilson told us his daughter's wheelchair was "being held together with duct tape". The Jehle's generosity enabled the Association to provide her with a new specially adapted chair. For many organizations, cute kids get equipment. But once you hit 18, this support ends, as does the equipment provision of the provincial government. CPAM understands the need for a wheelchair, often before the arbitrary 10-year replacement mark has been hit. Since disabilities are as individual as personalities, chairs that have been adapted to the individual, rather than the simple off-the-rack piece of equipment, are a necessity. CPAM supports the provision of this equipment, with

funds raised at the Stationary Bike Race.

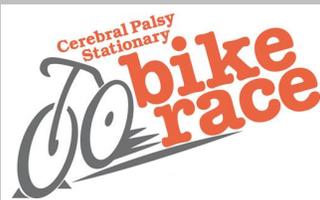
Fourteen individuals comprise the Stationary Bike Race teams, each one of them a fundraiser. As the top four individual fundraisers: **Paul Mahon**, President and CEO of Great-West Life re-gifted his prize to the Association. **Charles Henaire**, Deputy CFO at GWL, was awarded the hand-hewn bowl made by artist **Avery Ascher**. **Dale Riddell**, VP of the Red River Coop Board of Directors, awarded the \$500 gas certificate to **Deb Young**, Field and External Communications at Investors Group. **Grant Mitchell**, lawyer and partner at Taylor McCaffrey and father of the redoubtable Samantha won the Night-Out prize, a \$150 dinner certificate from **The Keg** plus \$100 from my favourite dress shop, **Out of the Blue** in Osborne Village.

It was a sunny, happy affair with a good lunch and decorated cake provided by GWL. Thank you everyone who attended and thank you to everyone who helped the Stationary Bike Race achieve its goals. Please join us next year. I have some new ideas to make the race even more fun. Sarah.

- **Sarah Yates-Howorth**
2015 Bike Race Coordinator



Kelly Hunter, Charles Henaire & Sarah Yates-Howorth



2015 Stationary Bike Race Final Results

| WINNIPEG TEAM NAMES | KM'S | PLEDGES |
|--|---------|--------------|
| Great-West Life | 287.9 | \$30,492.00 |
| Investors Group | 256.0 | \$17,960.00 |
| Ryder's Riders | 224.1 | \$13,653.00 |
| CP Pedalers | 194.5 | \$12,154.00 |
| Firefighters | 276.5 | \$7,702.00 |
| Taylor McCaffrey LLP | 322.4 | \$7,072.00 |
| Bruce Family & Friends | 200.2 | \$6,134.00 |
| Fans of Fran | 228.4 | \$5,896.00 |
| Cambrian Cruisers | 209.7 | \$5,500.00 |
| Lucy in the Sky with Diamonds | 158.5 | \$5,203.00 |
| Lucy's Marauders | 166.0 | \$5,018.00 |
| Riders for Richard | 186.3 | \$4,875.00 |
| ParaStorm Swim Club | 182.6 | \$4,606.00 |
| Ashley's Angels | 253.6 | \$4,354.00 |
| Out-Spoken! | 223.4 | \$3,940.00 |
| Equipe de Marianne's Team 1.0 | 231.7 | \$3,425.00 |
| Equipe de Marianne's Team 2.0 | 268.7 | \$3,200.00 |
| St. Paul's Crusaders | 211.8 | \$2,911.00 |
| Freedom Concepts Reciprocators | 163.6 | \$2,795.00 |
| Rayna's Faithful Riders | 224.8 | \$2,759.00 |
| Steingarten & Company | 200.6 | \$2,496.00 |
| CP Skidmarks | 107.8 | \$2,440.00 |
| E Y | 291.2 | \$2,440.00 |
| Winnipeg Wasps - Rugby Club | 259.5 | \$2,415.00 |
| Quarry/Creekside Physio | 364.0 | \$2,304.00 |
| Heather's Hustlers | 157.6 | \$2,165.00 |
| Warriors of Wellness | 215.6 | \$2,085.00 |
| D'Arcy & Deacon LLP | 211.2 | \$2,076.00 |
| Leegals Express | 185.6 | \$1,956.00 |
| Rehab Ctr for Children / Crusader Alumni | 232.3 | \$1,885.00 |
| Les Bleus Pour Marianne | 281.3 | \$1,798.00 |
| St. Paul's College Student Association | 273.9 | \$1,727.00 |
| A.J's Riders | 240.6 | \$1,686.00 |
| Prolific Predators | 187.6 | \$1,513.00 |
| Northland Pesky Pedlars | 158.7 | \$1,429.00 |
| Grant Park Pirates | 81.3 | \$1,400.00 |
| A49/WSP | 362.9 | \$1,390.00 |
| Winnipeg Police - Blue Spokes | 401.3 | \$1,224.00 |
| Lord Roberts Riders | 50.7 | \$285.00 |
| TOTAL | 8,734.2 | \$185,147.92 |
| WESTMAN TEAM NAMES | KM'S | PLEDGES |
| Chantal & Aiden's Heartbreakers | 141.2 | \$15,160.00 |
| Bryce & Maddy's Crushers | 162.0 | \$8,313.00 |
| Tia's Troop | 219.9 | \$7,116.00 |
| Tia's Turtles | 175.6 | \$5,529.00 |
| Tour de Rehab | 221.8 | \$4,586.00 |
| Vanguard Super Cycles | 189.4 | \$3,668.00 |
| Medichair in Motion | 184.0 | \$3,496.00 |
| Melissa's Marvels | 141.5 | \$2,680.00 |
| Sunrise Joy Riders | 81.6 | \$1,902.00 |
| Cody's Village People | 145.4 | \$1,865.00 |
| Maddy's Mustangs | 125.3 | \$1,288.00 |
| Anytime Fitness - Misfits | 167.4 | \$1,002.00 |
| Tour de Friends | 140.1 | \$874.00 |
| TOTAL | 2,095.2 | \$57,529.00 |

WESTMAN NEWS & NOTES

Congratulations, the 2015 Westman Stationary Bike Race has smashed all records for fundraising, with a total of \$57 529.00. I would like to thank the Committee and all the volunteers on such a successful Race. The committee consists of Tom Czerkawski, Eileen Czerkawski, Lorraine Lussier, Dave Cowan, Loraine Cowan, Meredith Walker, Wayne Schmitz, Judy McIntosh, Andrea Thiessen, and Alyssa McNish. Again, thanks for all of your hard work.

CPAM is having a family retreat on November 14th in Brandon so keep your eyes open for more details.

SHAUN ARBUCKLE'S STORY

The Cerebral Palsy Association of Manitoba's Equipment Grant Program offers another way of coping with the SMD Wheelchair policy to provide only one chair per client. The Association uses the proceeds of its stationary Bike races to provide equipment grants, whose value exceeded \$70,000 worth of equipment given to individuals living with cerebral palsy throughout Manitoba, last year, including custom-made wheelchairs and various individual adaptations.

Shaun Arbuckle is a tall young man who lives with CP. His warmth and sense of humour earns him plenty of friends and support. And for years he and his family have volunteered at the annual bike race meeting and greeting folks, serving food and cycling for CP.

Recently, Shaun shot up past 5 ft. 10 inches and outgrew his old chair. He needed another one. "It's easier to move around inside my home in a manual chair," he explained. "Besides, I needed it to travel."

"Without a manual chair, young adults like Shaun are unable to visit friends and family whose houses don't have ramps," explains CPAM's Membership Director David Kron. "Imagine anyone lifting a 200-pound power chair plus the person in it! It's impossible. Even single steps in front of restaurants or shops—and there are thousands of these in Winnipeg—become impossible."

The Arbuckle family was invited to Toronto for a family wedding in which Shaun was participating. His parents had already bought him chair with a grow kit when both of them were working. The company has long since disappeared and Shaun's parents retired.

"We asked CPAM's David Kron for some help and he said he could get it sorted," explained Wendy Arbuckle. "The solution? The Association bought Shaun a new custom-built wheelchair."

The Canadian-made Helio is an ultra-light aluminum chair, which makes it accessible for caregivers to collapse and easier to push whenever it's necessary.

Shaun's chair also has a special footplate, which was designed and manufactured by the Rehab Hospital's engineer Denis Stanley.

"My greatest strength is that I can wheel myself around in my new house, using my hands," continues Shaun. "It's a good physio thing to get my upper body moving. Even though a four-week bout of bronchitis stopped my swimming for a time, I'm still able to wheel."

"My footplate holds my feet comfortably, allowing me to push my bum back whenever I slip. And I slip more times in a day than the Kiss drummer has licks in a song. It's a lot better than my other chair where I had to get boosted by someone else and it sure beats having a knee



block between my thighs and knees, like my other chairs had when I was smaller."

"Shaun's story is just one reason why the Association is so thankful to its sponsors, team captains and riders who raise the money we need to support equipment grants, scholarships, a personal-support worker program and assorted other activities and outings throughout the year," says Kron.

"The money raised is used to make the lives of individuals and families living with cerebral palsy throughout Manitoba so much easier. The Association receives no government funding."

by Sarah Yates-Howorth

MHA GOLF TOURNAMENT

You never know where a path, meeting, or a conversation will lead you. Last year, I met with the owners of the Selkirk Inn and Conference Centre. They wanted to be more accessible and welcoming to all. I went to the hotel, had a good meeting, and we both learned a bit about the other.

Almost a year later, I received a call from the **Manitoba Hotel Association**. The CPAM was nominated by my acquaintance Kevin Kelly from the Selkirk Inn and Conference Centre as the “charity of choice” for the 2015 MHA golf tournament. Not owning a hotel or a chain of hotels, (other than Monopoly), I did not know there was such an Association. The MHA was established in 1927, and their job is to advocate for and promote the hotel industry in Manitoba. The golf tournament has been going so long, that Jim Baker (President) could not

even remember when it started. Each hotel owner (Member) has the opportunity to bid for the golf tournament to come to their town or city and pick the charity. The golf tournament was a success for the MHA. Participants enjoyed a beautiful Manitoba spring day. It was also a success for CPAM, thanks to the poor golf skills of the MHA members! Many purchased “Mulligans”, which is a second chance to improve their golf score. With the Members generosity, the Mulligans alone raised \$1520.00 for the Cerebral Palsy Association.

I was asked to speak at the dinner after the tournament, and I spent a few minutes talking about a day in the life of someone with CP. I expressed what the condition is, and how it can affect both an individual and their families. The golfers “passed the hat” and raised another \$1000.00. I would

MANITOBA
HOTEL
ASSOCIATION

ESTABLISHED 1927

like to THANK the members of the MHA and the Golfers for a wonderful day and their generosity!



Special Thanks to:

- Cerebral Palsy Members
- Manitoba Hydro Employees – Selkirk & Interlake
- Manitoba Hydro – Charitable Donations Committee Brandon
- Starbuck All Charities
- Winnipeg Goldeyes – Field of Dreams Foundation
- 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 – Allyson Bruce



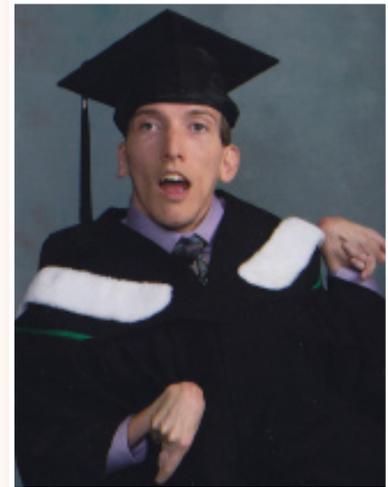
Kalvin Kristjansson

Hi my name is Calvin Kristjansson and over the last five years I completed my university degree at the University of Manitoba. I graduated last October with my Bachelor of Arts (general) degree with a major in history and a minor in film. Some of my favorite courses were Inuit studies and African history. As someone who is a part of a minority group in society, I was able to identify with the hardships of both African and Inuit people. This feeling continued into Film studies. In a few of these, I was able to identify with the various conflicts people of different backgrounds faced on film.

I also experienced adversity along the way. The class, Math and Art, was where I

faced my biggest challenge. I was unable to manipulate the tools needed for the course. I guided my assistants through the work. It was incredibly time consuming and consisted of plenty of trial and error. Through these frustrating times, I was able to succeed in passing the course. I felt a tremendous sense of accomplishment which continued until I was up on stage accepting my degree.

Now I have the next stage in my life to look forward to. During the spring and Summer, I'm going to do some consulting work with a massage therapist who has developed a curriculum for caregivers based around mindful care. I plan to use the knowledge I gained from my Arts degree by providing critical advice. This work will consist of me interpreting my own experiences as a care receiver to an audience of caregivers, providing a unique perspective for the curriculum. I also wish



to extend this perspective into my future employment. It would be great to be able to work in an advocacy position towards promoting equality for people with disabilities, or anyone who is a minority.

Even though I faced difficulties in my pursuit of education, I feel that what I got out of the experience was worth the time.

Members in the Community...



Congratulations to **Rita Denechezhe**, winner of the 2015 Independent Living Award from ILRC.

Congratulations to **Andrea D. Cole Bockstael**, and **Alex Ptashnik** for each earning a \$ 2000.00 CPAM scholarship to further their education. All three of them are great candidates.

The fall deadline for the 2016 Scholarships is Oct. 15th. If your plan includes post-secondary education, or just a course to get you job ready, call the office for the scholarship form.

If you know of an individual member, or have a family member with CP and you want to share an achievement. Let me know at the office via email at office@cerebralpalsy.mb.ca



IT'S ABOUT INDEPENDENCE

It's about helping children and adults with neuro-motor disabilities gain physical mobility, functional independence and confidence.

Since 1998, The Movement Centre of Manitoba has provided Conductive Education rehabilitation to countless Manitobans living with cerebral palsy and other neuro-motor disabilities.

Conductive Education embraces an integrative approach to learning and works simultaneously in the areas of movement, speech and cognitive ability instead of as separate components of development. To learn more about how Conductive Education can benefit you or someone you care for, please visit us online or give us a call today!

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

Visit us at www.movementcentre.ca or call us at (204) 489-2679 to learn more.
 1646 Henderson Highway, Winnipeg, MB R2G 1N7

**CPAM invites
 you to a
 GOLDEYES
 GAME**



VS



Sunday, July 12, 2015

Game Time – 1:30 PM

Shaw Park

One Portage Avenue East,
 Winnipeg, MB R3B 3N3

We have a limited number of tickets which will be distributed on a first come first served basis

Get Game tickets and a voucher for Hot Dog & Drink

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

**Deadline to register
 is July 8, 2015**