



CEREBRAL PALSY ASSOCIATION OF MANITOBA

inform

ISSUE 1 • JUNE 2020

inform yourself about what's happening at the CPMB–Cerebral Palsy Association of Manitoba!

INSIDE Westman News Bike Race & more!

"Be strong now, because things will get better. It may be stormy now, but it can't rain forever."

The Cerebral Palsy Association of Manitoba has a history of reaching out and reaching up to help all whom are affected by CP. **Today is no different.**

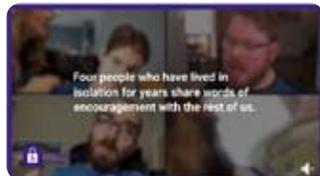


As you know, we had to cancel both our Winnipeg and Westman Bike Races this year. It was a tough decision at that time, but the correct one for everyone involved. To our donors, our volunteers, our members, our sponsors, our Bike Race Captains, our riders, and partners, I want

to say thank you. To the Board of Directors, to Sarah Yates – Howorth, our new partners, Margy Nelson & Shelley Betton, I want to say thank you. Your dedication, hard work and vision makes the CP Association what it is today, and what it will be tomorrow.

All of us are better than one of us. The advocacy will continue, the 'Locked Out of Life' Campaign will continue, our support of the Hampton & Sylvester human rights complaint will continue. The CP Association will continue.

During COVID-19 at full rage, we published a video – **Sharing Hope in Self - Isolation** <https://>



www.facebook.com/CerebralPalsyAssociationOfMb/videos/520010775368733/ Check it out. It is on CPMB Facebook page.

We started some new projects! **'Building a Home to Call Our Own'**,

has just begun. What a better time to start a major campaign than during a Pandemic? Our dream is to develop, along with partners, a communal living environment for adults living with CP and other physical challenges. Our home will encompass the assisted living model; apartment style, yet catered to addressing many of the needs of our members. It does take a village...Join us on July 28th 2020 at the St. Boniface Golf Course to support our dream.



The 2020-2021 year will look different, some programs will be smaller, our grants budget will be smaller, and we will have to do more advocacy and fundraising to make up the difference. We will have to reach out to others to partner.

CPMB has a **Health and Wellness Program** waiting to go as soon as we are able. The program is sponsored by Red River COOP, a great new initiative. Stay tuned for more news, ideas and support.

Be Well, Be Happy, Be Safe, DAVID KRON 



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2020 The CPMB Stationary Bike Race that never was, we stilled raised \$188,176.41. THANK YOU!

CPAM's Stationary Bike Race community of support is a diverse and fascinating crowd. My conversations with some of them took place online after the Bike Race that never was!

Thank you, captains, cyclists, sponsors, riders and volunteers. You raised more than \$188,176.41, despite the Race cancellation. You have my gratitude in spades.

Things have changed @ the Wellness Institute, our host sponsor for more than a dozen years.

Even before the Corona virus created the Wellness shutdown, preparations were ongoing for various classes to be delivered online via Zoom across Manitoba. Amy Yonda (Captain of Wellness Warriors) and coworker Dawn Ziemanski completed development of classes on mental health and managing chronic pain and illness, quickly.

As the director of the Institute—a separate not-for-profit with outreach programs funded by government—Karin Whalen has spent more than 75% of these COVID days in screening. Every staff person who enters Seven Oaks Hospital enters through the Wellness and exits from one hospital door. Temperatures are checked; social-distancing questions are asked and proper equipment in masks, gloves and gowns are dispensed by Karin and staff.



"I have been given a much greater appreciation for how healthcare workers operate," Karin says. When the new normal enables Karin to return to the facility, fulltime, she foresees changes. "We were somewhat set up for this remote-site delivery model but the pandemic forced us to up our game."



Lawyers like captain, Jeff Palamar, a labour and employment lawyer, at founding sponsor Taylor McCaffrey LLB are busier than ever.

Though their new offices at 201 Portage Avenue have been officially closed, accessing their technology is periodically essential.

"With the massive assistive programs being rolled out by the Federal government daily, we are all working to plug the gaps made evident in their application. Courts are open and the justice system continues to operate although live hearings can't take place. People are adapting and using technology. The major concern is for security of confidential matters.

"I read about people being bored and dusting off old hobbies but I can't even dream about that, in this super-busy time."

Parents and teachers have also been pushed by the virus: teachers had days to develop classes online with parents working at home, even while becoming surrogate teachers.

Tara Birch, president of the Board and the Lucy teams' coordinator, home-schooled four family members. "Some people love working at home but I miss the people and the energy they give me," admits Tara. "It's taken a lot of

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Westman News & Notes

Like Winnipeg's Bike Race, the 2020 Westman Race still did exceptionally well in fundraising by raising over \$48 000.00, with more coming in. We keep the online Bike Race donation system open until the end of August of each year, so



that the link that you sent out in March is still active. Here are a few of last year's bike race pictures so you are reminded of the action.



In Partnership with SMD, the committee was all ready to pilot a new sledge hockey program, in late April and

May. The spring of 2020 were months of possibilities and activities for the Westman committee with Boccia, Music Therapy and Floor curling set to start. Like the rest of Canada, the activities were curtailed by COVID-19.

As part of the CP Association grant program, we have currently given out over \$30,000 in the last 9 months for a range of items to improve the lives of our members in Western Manitoba. ☐

2020 Westman Bike Race Team Rank by Total Pledges

TEAM NAME	TOTAL PLEDGES
Brandon Mobility	11,212.50
Tia's Troop	10,035.00
TiAiden's Turtles	8,307.00
Bakers Dozen	5,855.00
Redneck Ryders	2,860.00
Melissa Marvel's	2,265.00
Lucy's Belle's	2,261.25
Jackson's Juggernauts	2,155.00
Bryce's Bobcats	1,655.00
Bryce and Maddy's Crushers	845.00
Rayna's Faithful Riders	670.00
Serge's Squad	225.00
TOTAL	48,345.75

Thank you The United Way of Morden and District

At the end of February, The United Way of Morden and District had a reception to celebrate the end of the 2019 Campaign. The Cerebral Palsy Association was a recipient of a generous allocation again! Over the last thirty years, the United Way of Morden has selected CPMB as a recipient.

Starting in March 2020, The United Way of Morden and the United Way of Winkler are merging to become The Pembina Valley United Way. Congratulations and thank you for your continued support. ☐

Your Donation Does Make an Impact: The '4 Guys Story' 2019

In late 2019, the CPMB presented a Freedom Concepts Bike and a Chill out Chair to two members at Sisler High School. Suad Qasim is pictured here, on her new Freedom Concepts Bike. Suad is new to Canada from Iraq, and this was her first chance to ride a bike.

The donations for these two items were raised by four gentlemen, Dean Keating, Kevin Turner, Greg Macaulay, and Bryan Toews. For the past 6 years, they have helped raise tens of thousands of dollars towards our equipment grants program. On behalf of all the members, and the Association, thank you!

Your donations do make an impact across all of Manitoba to all of our members! We provide grants for computers, wheelchairs, seating systems, Freedom Concepts bikes, and speciality chairs. This year across Manitoba, CPMB will have given out over \$100,000 in grant requests, scholarships and other direct support to our members. ☐



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planning and a new routine with the boys all on Google classrooms for school and Lucy working alongside them at the kitchen table.

"Sometimes I get up to 12 emails from teachers and with my work permanently set up on my dining room table, everyone is at a high stress level. It's like juggling and sometimes the ball is going to drop. You just have to have ice cream for supper."

Despite everything, Tara remains optimistic. "I view CPAM as the little engine that could; we are slowly getting things done and getting people better versed in recognizing people with CP and their disability as a valuable part of our world."

"Our fundraising is much more important than ever as things are changing so fast around us."



Captain of Ryder's Riders, Rachel Smith also has four young people at home. As she admits, "When technology doesn't work, it's stressful. This much togetherness is a little much."

Things are especially hard for households without computers and Internet access, which includes 40% of Winnipeg School Division One student homes. What happens school-to-school and teacher-to-teacher are all very different. The Smith family's River Heights School has been amazing, sharing I-Pads with those who don't have them for lesson delivery.

Ryder Smith is lucky. Throughout the day, he has many connections with his EA to help with lessons and he has a weekly physiotherapy session on Zoom. His twin Haydn gets extra help from a reading clinician.

"On the whole, everyone is managing well here; we have our routine and we're sharing some extra moments together to bake cookies or try new recipes. I feel I'm getting to know my kids better and have more respect for teachers," Rachel says.

In Dauphin, Melissa Landers has a busy family of three girls. Her youngest Olivia was diagnosed with CP just before her first birthday. "Though we have had no direct contact with CPAM, we feel the sense of community and it feels good. Olivia gets more one-on-one therapy via Zoom than she did before school closed."

An avid fundraiser for her first Race, Melissa feels strongly, "We need to ensure that everyone, who has given donations, knows these funds are going into people's homes, like ours, to make their lives more manageable. We need them all."

St. Paul's High School and St. Paul's College have been loyal CPAM supporters for years.

Jeremy Semchyshyn captains St. Paul's College Alumni team. "I'm no longer working; I call it my temporary millennial retirement. I'm doing my best to keep others and myself healthy. Although it was a smart but tough decision to cancel the Race, people were still happy to fundraise. We love the community and look forward to the Race each year!"

Captain of the team, Andrew's Angels, Dorian Malo and her fiancé Nathan Peters had been planning their wedding for over a year. When everything was shut down, they decided to get married anyway. Their pastor offered them his church to host the ceremony and they married with just parents and witnesses, present.



"It was not what we planned but it was a very nice ceremony. We live-streamed it," explained the new Dorian Peters.

Our afternoon emcee and anchor woman for local CBC-TV news, Janet Stewart arrived in Winnipeg from Halifax 19 years ago. Volunteer Angie Rondeau picked her up from the airport, later sold Janet her first Winnipeg home and the two became fast friends.



"I grew up unable to cycle; I didn't really know why," explains Janet. "When I first walked into the Race and saw a community of people of all abilities riding bikes together—athletes next to grandmothers and hockey players beside someone on a special Freedom Concepts bike—I laughed and cried. Here was what I had been looking for my whole life: a community who recognizes the need to modify the bicycle and not the person."

Janet has become the face of Winnipeg during this pandemic for many, appearing on CBC Local TV-News, five nights a week. "In every newscast I work to have a degree of normalcy trying to be myself. I'm grateful Manitobans are taking this seriously."

Like everywhere else in Winnipeg, the CBC newsroom has been much changed with only one-tenth of its personnel onsite. Producers work from home, making communication harder.

"The extra need for us is always to be present; I must be known and trusted. CBC's credibility is everything," Janet explains.

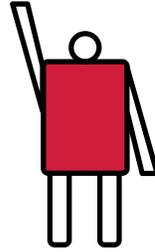
Introduced to the CP family through retired firefighter Jeff Bruce, Captain Mark Oswald took Jeff's contagious enthusiasm to heart. "The Race is inspiring: seeing how our involvement can help so many families."

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2020 Winnipeg Bike Race Team Rank by Total Pledges

TEAM NAME	TOTAL PLEDGES
CANADA LIFE	39,124.00
RYDER'S RIDERS	16,181.00
BRUCE FAMILY & FRIENDS	10,385.00
THE AWESOME CP PEDALERS	9,105.71
WFD FIREFIGHTERS	8,915.00
IG WEALTH MANAGEMENT	8,780.00
EVOLUTION HOCKEY	7,875.00
RIDERS FOR RICHARD	5,622.00
LUCY IN THE SKY WITH DIAMONDS	5,565.00
ÉQUIPE DE MARIANNE	5,455.00
CAMBRIAN CRUISERS	5,135.00
KAI'S PEDAL PUSHERS	4,372.00
CHARLOTTE'S CRUSADERS	4,250.00
CIPH MANITOBA	4,215.00
TAYLOR MCCAFFREY	4,043.00
ASHLEY AND ALLYSON'S ANGELS	3,380.00
FRAN'S ANGELS	3,350.00
THE TOON SQUAD	3,340.00
CP WARRIORS	3,230.00
LEEGALS EXPRESS	3,010.00
ROBERTSON COLLEGE KRANX	2,942.50
PARASTORM SWIM TEAM	2,810.00
INJURED RESERVE	2,350.00
RED RIVER CO-OP TOUR DE FRIENDS	2,145.00
PITBLADO LAW	2,106.00
ST. PAUL'S COLLEGE ALUMNI	2,100.00
PUBLIC INTEREST LAW CENTRE	1,900.00
ROBERTSON COLLEGE CYCLOPATHS	1,747.50
FREEDOM CONCEPTS	1,510.00
LUCY'S HOCKEY HEROES	1,505.00
PROLIFIC PREDATORS	1,407.00
KILOMETRES FOR KYRIE	1,330.00
ANDREW'S ANGELS	1,215.00
RACING FOR ROMEO	895.00
MOTI	840.00
ST. PAUL'S COLLEGE STUDENT ASSOCIATION	818.70
WOOK UP LIKE THIS	735.00
LES BLEUS POUR MARIANNE	730.00
WELLNESS WARRIORS	692.00
BROOKLYN BIKERS	665.00
TEAM EY	650.00
WINNIPEG POLICE BLUE SPOKES	630.00
KYRIE'S CREW	415.00
MCDONALDS MAIN	270.00
ST. AMANT CLINICAL SERVICES	190.00
FRIENDS FOR LIFE	145.00
INMOTION NETWORK	100.00
TOTAL	188,176.41

Free to Be Me: 10 Hopeful Things



BY MINDY TUCKER, Member

"In times of old when I was new and Hogwarts barely started..." Whoops this is not my Harry Potter fan fiction.

In these uncertain times, I have taken refuge in one of my favourite things, and no it's not singing. Well maybe but nobody will ever hear that, Harry Potter is one of my favourite fandom's to participate in. It gives me hope. which brings me to a few things I am looking forward to doing with my Summer.

"When I met you in the summer my heart beat sound..." wait this isn't that either. Stop singing!

Okay, seriously though:

Long hot days and cold coffee paired with pigeon-less nights on my balcony; which is newly cleaned. Watching the sunset with a few friends good music and good conversation, "Oh those summer niights". Okay I couldn't help that one.

Not to mention it'll also be nice get up and leave with out having to put 50 different layers on. Even better, not having the white stuff on the ground. Means getting around



without Handi. FREEDOM! Goes by the name Summer.

And the fashion! Can anybody say sandals!!! Oh how my shoe collection needs updating. That said, I can be barefoot, and it's socially acceptable both in and outside. I absolutely hate wearing socks. Watch out though, barefoot means I can cause a little more damage. That is, if I happen to run into you, or you happen to make me mad; and I 'happen' to run into you. I'm also looking forward to finding creative ways to connect with others. Zoom hangouts, virtual paint parties, crafting, and inspirational sign making. It's the little things that make a life.

Tell us what you're looking forward to this Summer. Connect with us on Facebook at @CerebralPalsyAssociationOfManitoba



Extra BIKE RACE T-SHIRTS on sale for \$5 each or come pick one up for FREE!

Sizes are
limited



A Long Time Partner of the Cerebral Palsy Association of Manitoba

From the onset of the CPMB Stationary Bike Race, Canada Life (formerly Great-West Life Assurance Company) have been title sponsors of our Race. As good corporate citizens, Canada Life has provided financial and moral support. Their initial sponsorship becomes the underpinning on which our other sponsorships are built; from their financial basis, the preparation for Race Day begins. As well, Canada Life has supported one, and now two powerfully competitive teams, whose individual efforts have put their pedals to the metal and racked up many km. of stationary power. The teams, with cycling input by CEO Paul Mahon and CFO Charles Henaire and with captain Chad Fowlie, have raised substantial additional funds.



Thank you, Charles, Paul and Chad and thank you Canada Life. Your corporate support makes a big difference to us. We hope you'll be back next year, when we plan to make the same efforts toward independent financial stability for the Cerebral Palsy Association of Manitoba and all of its members, with a slightly altered format to accommodate our new normal. Stay tuned for more details. ☐



OUR PROJECT: The proceeds of this golf tournament will kick-start the creation of a communal living environment for adults living with cerebral palsy and other physical challenges.

**Building a HOME
to Call Our Own**

SAVE TIME and REGISTER ONLINE at
<https://supportcerebralpalsy.ca/events/cpgolftournament>

**"The ache for home
lives in all of us,
the safe place**



**where we can go as we are
and not be questioned."**
~ Maya Angelou



**"Building a Home to Call Our Own"
INAUGURAL GOLF TOURNAMENT
JULY 28, 2020 | ST. BONIFACE GOLF CLUB**

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Mark Oswald has been both cyclist and team captain for the Winnipeg Firefighters team for many years; Winnipeg Firefighters, Local 867 are founding sponsors.

"We've always had safety as a priority whenever we respond to calls. Now we take special precautions such as donning more PPE to protect our responders, taking time to gather as much information prior to entering a residence or business to try and limit our exposures, even maintaining physical

distancing as much as possible. It's nice to see people recognize groups of workers who are now in a role that is like ours, helping in times of crisis."

Long-time cyclist for the Awesome CP Pedalers, Alexandra Michaels has adopted newcomers as family, over the years. As staff and circumstances have changed, Alexandra maintains her spirit. Not only does she file tax returns for dozens of members, free but throughout the epidemic, Florence and she have shopped for others in the early morning hours, walking everywhere, coming home, cooking up a storm, then sharing and delivering food to family.



As we adapt and carry on, we want to ensure the Race is safe in our new reality. There will be changes. I'll keep you posted. ☒



Thank you for all for Supporting of CPMB

- Cerebral Palsy Association Members
- Government of Manitoba – All Charities Campaign
- City of Winnipeg Charitable Fund (Funded by Employees & Retirees)
- Dr. Darcy Deacon Medical Foundation
- Brandon Jeans Day Participants
- Dreams Take Flight – Winnipeg
- Field of Dreams – Winnipeg Goldeyes
- Western Fashion Group
- Manitoba Hydro
- Starbuck All Charities
- The Prairie Dawn Foundation
- Tracy Taylor – Andrew Malo Memorial Scholarship
- Rural United Way – Morden & District
- Reston & District United Appeal
- Donation In Honour of Catherine Lambeth
- In Memoriam – Larry McLennan (Edmonton)
- In Memoriam – Mr. Sheridan
- In Memoriam – Sylvia Thompson
- IG Wealth Donation Matching Program
- Canada Life
- Red River CO-OP
- Westman Group Inc
- Clarington Investments
- Qualico – Acts of Kindness Grant



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