



CEREBRAL PALSY ASSOCIATION OF MANITOBA

inform

ISSUE 2 • NOVEMBER 2021

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

INSIDE Westman News Bike Race & more!

From the Executive Director's Desk...

This season is a traditional time to give thanks. As Executive Director, I find myself grateful for many things. It is true that 'all of us are stronger than one of us'.

So first, I wanted to thank **Sarah Yates-Howorth** for her 7 years as Bike Race Coordinator, and over 28 years of friendship and dedication to the Association. Sarah is moving on to write and publish a few more books and other projects. We presented Sarah with a set of custom crafted bowls by artist Valerie Metcalf. Thank you, Sarah, for all the hard work and a job well done.

Second, our long-time member and friend, **Rita Denedchezhe**, is going through a serious health issue. Rita was admitted to HSC for surgery to fight cancer. On October 14th Rita made a public appeal to support CPMB before she went into the hospital. **DONATE here: <https://buff.ly/2YTrnV8>** Please send your thoughts for Rita and her partner Ray.

In the fall of 2020, the CP Association entered an agreement with MB Possible to support recreation and leisure activities across Manitoba, in Winnipeg, Brandon and in the Pembina Valley. You can see the invites in this issue of Inform on **PAGE 14**. Please tell them that "Dave" sent you. Enjoy!

In this year of delays and lockdowns, I wanted to thank Margy, Shelley and the team that put on the CPMB CoHabit Golf Tournament. We netted approx. \$64,000 to help get CoHabit off the ground. Thank you to all the Sponsors, Donors, Volunteers and Golfers for making the day a great success. **SEE PAGES 6/7**. Stay tuned for details.

- **Human Rights Complaint** about the gaps in Service for adults with disabilities. The **IAS Pilot Project** is just starting. Stay tuned for updates as they become available.
- **Bill 72 – EIA (The Disability Support Act)** was passed on October 14th. Myself, along with other groups and individuals (members) all spoke to make the Bill more person-centered and robust for our members. Please keep an eye out for public consultations and information.
- **Education** – I am a member of the **Minister of Education's Council on Inclusion**. If you have any great examples of where inclusion has failed or succeeded, please let me know, so I can add the examples into the official report.

UPDATES

At our upcoming **Annual General Meeting (AGM) on December 2, 2021**, the terms of three Board Members will be coming to a conclusion. I wanted to thank **Kelly Hunter** (Past President), for his insight and dedication to the Association over the years. I want to thank **Samantha Mitchell** for her time on the Board, and finally **Tim Beyette**, who wrote the best minutes, (even if I had to chase him a bit to get them)! Thank you all for your dedication to the Association.

I would be remiss in not thanking the members of the Board that are returning to us for another year, and I want to thank all the volunteers and supporters of the Association.

We will have a slate of new members to join the Board at our AGM in December. Again, all of us make the Association CP Strong! Thank you. —**David Kron** 🇨🇦



Sarah



Rita



Kelly



Samantha



Tim

Westman News & Notes

THANK YOU

to all our Sponsors & Supporters!

On Saturday, May 8th, while Staying Safe in Our Own Spaces, TOGETHER WE RAISED OVER \$50,008 to help enrich the lives of Manitobans living with CP!



Monies raised support activities and events in the Westman Region.



CEREBRAL PALSY
ASSOCIATION
OF MANITOBA

cerebralpalsy.mb.ca

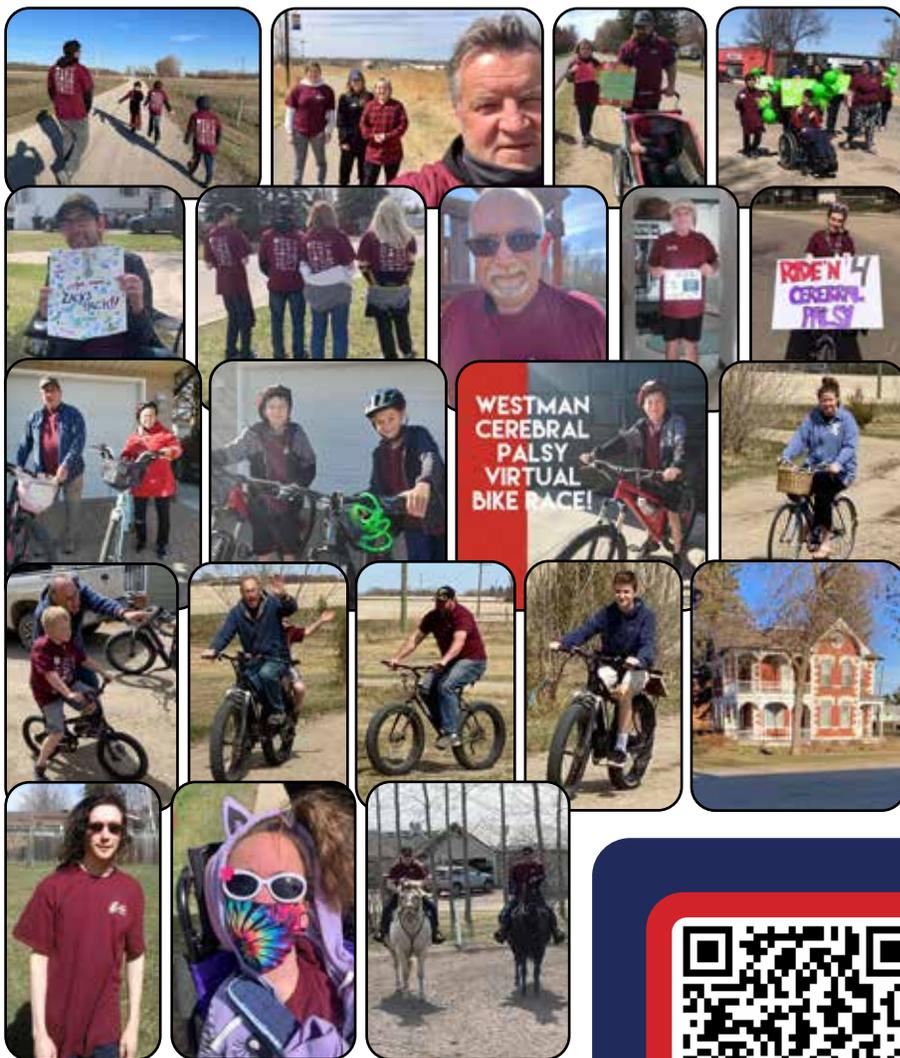
westman@cerebralpalsy.mb.ca

THANK YOU SPONSORS!

Together we raised over \$50K! 2021 Westman Total Pledges

A & L Cycle
 Benny's
 Boissevain Broncos
 The Boissevain Recorder
 Brandon Mobility
 Brandon University
 Burgess Law Office
 Cardale Tech Corp
 CJRB Radio
 Curle Trucking
 D5 Performances Horses
 Dueck Farms
 Dynamic Physiotherapy
 Easy Home
 Elite Sunrooms
 Evolution Bookkeeping
 Eye Outfitters
 FBC Small Business Tax Specialist
 FYi Doctors
 Freedom Concepts
 Fusion Credit Union
 Genumark
 Guild Insurance
 Investors Group
 Joe Beeverz
 L & G Ag Service Ltd.
 LCL Construction
 Leon's
 Mainline - King of Trucks
 Marino's Pizza
 Paradise Geothermal
 Power Baron Electric
 Precision Toyota
 Reactive Massage
 Royal LePage - Barry Gordon
 Scott D. Campbell, Certified Accountant
 Shippam
 Southwest Agencies
 Sunrise Credit Union
 Total Fix
 The Town Centre
 Trenchworks
 UCT
 Western Archrib
 X-Calibur

RANK	TEAM NAME	TOTAL PLEDGES
1	Tyler's Team	7,905.00
2	Tia's Troop	7,140.00
3	TiAiden's Turtles	6,857.00
4	Bakers' Dozen	6,815.00
5	Redneck Ryder's	6,657.00
6	Wheelin' Mouseketeers	3,667.00
7	Lucy's Belles	3,065.00
8	Zach's Pack	2,782.00
9	Bryce's Crushers	2,215.00
10	Melissa Marvel's	1,525.00
11	Bud's Buddies	1,380.00
TOTAL \$ 50,008.00		



SCAN ME



View our "30 Minutes for CP" PHOTO gallery here:

Upcoming Events...

2021 HOLIDAY PARTY

Saturday, Nov 27th • 1–3 pm

Uptown Alley

1301 St Matthews Ave



Join us for Pizza & Prizes
1st come, 1st served*
Proof of vaccinated required

RSVP to David 204.982.4842
by November 23

**Gift certificates will be provided
if event capacity is exceeded.*



2021 HOLIDAY
PARTY

Save the Date

NOVEMBER 12

CoHabit Lacoste Orders DUE

NOVEMBER 27

Holiday Bowling Party

DECEMBER 2

AGM via Zoom

FEBRUARY 2022

Day of Wellness

MAY 2022

Winnipeg Stationary
Bike Race

JUNE 21, 2022

CoHabit Golf
Fundraiser

Scan QR Code
for more
EVENT INFO



AGM

ANNUAL GENERAL MEETING

Again this year, we'll have
our AGM online to be safe.

DATE Thursday, December 2, 2021
TIME 6:45 – 8:00 PM
PLACE Via Zoom

PROGRAM - times are approximate

6:45 PM REGISTRATION – Log in
7:00 PM President's Welcome & Remarks
7:15 PM Presentations
8:05 PM Board of Directors meeting
– Election of Executive

You must be a current paid up member
to vote at the Annual Meeting.

You must RSVP in order to attend.

The zoom link and Board material
will be sent out via email.

There is no cost to attend the AGM but please

**PHONE/EMAIL YOUR ATTENDANCE
BY NOVEMBER 29, 2021**

204-982-4842 • 1-800-416-6166
office@cerebralpalsy.mb.ca

Join us for a day OF WELLNESS!



FEB 2022
Stay tuned for details

Your Donations Make an Impact...

CPMB supports "yAAC in a Box"

Although there was no Camp yAAC this year, campers were offered a creative stay@home solution: fun communication activities —"yAAC in a Box"— thanks to a grant from CPMB which covered all project costs. Campers and families alike were most appreciative of CPMB's generosity. ☺



Garrett attends Sun & Fun Camp

This summer, Garrett attended the RCC's Sun and Fun Camp thanks to a grant from the CPMB. Sure looks like fun in the sun was enjoyed by all! ☺



2021 '4 Guys Ride' Raises \$9100!

Thank you Guys for a great ride on September 14th! Details of the bike presentation to follow. ☺



Thank you all for Supporting CPMB

- Cerebral Palsy Association Members
- CoHabit Project Sponsors, Golfers, Volunteers and Donors
- Government of Manitoba – All Charities Campaign
- City of Winnipeg Charitable Fund (Funded by Employees & Retirees)
- Dr. Alfred E Deacon Medical Research Foundation
- Reston & District United Appeal
- The Prairie Dawn Foundation
- Tracy Taylor – Andrew Malo Memorial Scholarship
- Pembina Valley United Way
- Donations in Honour of Catherine Lambeth
- Donations in Honour of Rita Denedchezhe
- Sean and Kara Nelson
- In Memoriam – Carol Garvin
- In Memoriam – Richard Geer
- In Memoriam – Jean Gall
- In Memoriam – Margaret Nelson
- Red River Co-op – Wellness Program
- Westman Group Inc.

WANT TO FIND SOLUTIONS TO ACCESSIBILITY NEEDS?

Are you between the ages of 9 and 17 and want to address an accessibility need that would make your day-to-day life better with the help of technology? Feel like being part of a tv series that showcases inclusion and diversity?

Wookey Films is casting for a series that plans to follow a small tech team as they meet and work with young persons with disabilities in Canada to develop and build products and devices to improve quality of life.

If you or someone you know fits the profile, please email Catherine@ardoiseandco.com

CoHabit Golf Fundraiser

On September 14,
we enjoyed
an amazing day at
Glendale Golf and
Country Club
in support of



CoHabit

Live independently, With care

**Thank you to
our Golfers,
Sponsors and
Volunteers!**

**TOGETHER
WE RAISED
\$64,000!**



Awesome Volunteers and friends of CoHabit!



Blake eyeing a putt



Cam's Cuties looking good!



Sponsors Doug and Jan getting cozy for CoHabit



Thank you to our awesome CoHabit Volunteers!



...and John celebrates as he sinks his putt!



Sunglasses are needed to check out this golfer's outfit! Congratulations Laurie for winning our "looking sharp" prize!



David Kron, CPMB's Executive Director shares a laugh with Margy!



Margy and Shelley give a thumbs up to our amazing CoHabit supporters!



Even our CoHabit Sponsors' signs were socially distanced!

♥ THANK YOU to our Supporters

TITLE SPONSOR

Richardson Wealth

PAVING STONES SPONSOR

Maple Leaf Construction Ltd. • *Registration Desk Sponsor*
 Maxim Truck & Trailer • *Golf Cart Sponsor*
 The Keg Winnipeg • *Tee-gift Sponsor*

NEIGHBOURHOOD SPONSOR

Sigurdson Financial Group Inc. • *Closest to the Pin – Male*
 Tacium Vincent & Associates • *Closest to the Pin – Female*

NUTS AND BOLTS SPONSOR

BB Girls • Boston Pizza • BrainCore Neurofeedback
 Cerebral Palsy Association of Manitoba • City Press
 Dueck Builders • Eagle Industrial • Freedom Concepts Inc.
 Jennifer Smith Realty • Royal LePage Dynamic
 ONE Insurance • Vidir Solutions • Your Best Shot

PRIZE DONORS

Brazen Hall	Fort Rouge Glass	Peller Estates
Bridges Golf Course	Frankie's Italian Kitchen & Bar	South Winnipeg Eye Centre
Capital K Distillery	Glendale Golf & Country Club	St-Léon Gardens
Donna McLennan (dmcreationswpg)	Laurie Fischer	Sorrento's
Elite Communications	Lemon Hart Rum	TC Energy
Empire Spice Mills	Maplewood Golf Club	The Nob
		Wilson



SILENT AUCTION PRIZES provided by

Callia Flowers	Lake of the Woods Brewing Company
CaterRoyal	Luxe Furniture Company
CJ Agencies	Sigurdson Financial Group
Fairmont Hotel	Velvet Glove
Jones & Co.	Winnipeg Jets



FRIENDS

Alcom Electronics	Wendy Dacquisto	Brenda Hryshchuk	Jim Phillips
Brad Benoit	Bob Friesen	Eldon Krebs	Susan Stobart
	Randy Hiebert	Larry & Donna Lagace	



Bryce – Future CoHabit Villager
 could light up a room with that smile!



Sponsor Jen and Volunteer Coordinator Barb
 sharing a moment with Bryce!



A good day
 – every day!



Lovely Megan!



Guest speaker Tyson knocked it out of the park
 with his heartfelt words!

CPMB Bike Race hits Home Run at Shaw Park!

It's tough to contribute to an event as well run and successful as our Stationary Bike Race. When I was hired seven years ago, founder Elwood Haas's advised me, "Don't change too much. It works." And he was right.



But with a new venue, a few new sponsors and the recent COVID pandemic, his advice was not top of mind this year. We cancelled the race and postponed it three times but finally hosted the CPMB Stationary Bike Race at Shaw Park on Saturday, September 25. It was my last race and I couldn't have asked for a

better day: thank you to everyone who helped make it great. As well, the sun shone sufficiently to give us a brisk autumn day, ideal for cycling.



Working up to the Race was so different this year with every meeting held virtually. One meaningful exception: our final volunteers' prep meeting was held inside our garage, garlanded with potted mums and coloured lights. Over the years, my work with our volunteers has morphed from our original testiness with each other to true teamwork. Initially, the ladies knew what to do and I bossed everyone to get things right! After ordering a van load of cream cheese at that first race, I admitted defeat! But why bring up old mistakes?

On this Race, all of us were new to the task. Without our refreshment room to which most volunteers felt great loyalty and after our delicious McDonalds coffee and muffins, we utilized Shaw Park's barbecue carts. It smelled delicious and I heard no complaints about its taste.

The majority of our volunteers worked on the



four welcome tables; many like Reena and Vincent Gomes, Pat Locken and Tracy Taylor worked all day, taking breaks only when the incomers' queues lessened. Thank you, for your support in working out the glitches. Additional friends and family pitched in with grace!

On setup night, the extended family Pit Crew worked hard as usual to bring up and set

up dozens of bikes along the mezzanine. I enjoyed putting up the members' art show posters **(SEE PAGE 16)**

with Curtis Turczak despite masking tape without stick and accumulated dust on the shuttered stalls, which served as poster exhibit walls, Mindy's inventive idea backed by Susana's technical support contributed to the show. Throughout the day, the pit crew tuned up and switched out bikes without missing a beat. Most of the posters stayed up! Thanks, all of you.



Working the floor on Race Day, my phone and I clocked more than 12,000 steps. The large screen focused on teams cycling, families fanning and everyone buzzing with activity throughout the day. Parastorm had cycled outside throughout the month of May; Susana added their video to the large-screen mix, a successful inclusion of this

faithful team. The collaboration between the Goldeyes' technical support, Jason and Susana, goaded us onward with images, chatter and music. Thank you, Susana and Jason for making sense of it all. It brought us closer.

Neither our favourite television personality and longtime emcee, Janet Stewart nor our lively morning emcee Brenda Gorlick were in attendance. I missed them both. However, our two emcees rose to the task with considerable aplomb. In the morning, loquacious and knowledgeable, ED David Kron didn't miss a beat. In the afternoon, Scott Smith co-captained a team, helped facilitate his family's involvement and emceed successfully. Thank you, David and Scott.



I've worked with David Kron for seven years now, constantly aggravating him to make the changes I thought were necessary. For the most part, he accepted them with graciousness and when he didn't, he fought hard, weighed my expectations with the reality of a budget and we compromised. He kept me in check! Near the end of Race Day, David surprised me hugely with a slide presentation on the large screen about our work together, which made me cry. What a glorious surprise. I was awed by the large



ceramic serving platter with its four smaller bowls, commissioned from Winnipeg ceramicist, Valerie Metcalf. Thank you,

David; thank you, Susana and thank you to all of the board who made my work for the CPMB Stationary Bike Race a pleasure.

No mistake, I'm glad to return to my writing. But I will miss many of the wonderful people with whom I worked. I will miss our wonderful sponsors who contributed

generously to our operations and often surprised me with their extra friendly support. Thank you, Canada Life for continuing as our Presenting Sponsor and to Katerina, Chad and Bjorn with whom I worked most closely. My final hats off is toward our faithful cadre of captains, teams and riders whose loyalty boosted the Race's fundraising success, imparting great fun while we all worked together. I will see all of you at next year's Bike Race, I hope. In the meantime, please support Susana Schanel who is taking over the Coordinator's job. No doubt, you will love her as I do. Thank you everyone.



—Sarah Yates-Howorth

THANK YOU WINNIPEG!

Cerebral Palsy STATIONARY **bike** Race canada life

You helped our Cyclists raise over **\$174,734.71!**



PRESENTING SPONSOR Canada Life

HOME SPONSOR

Shaw Park, Home of the Goldeyes

FOUNDING SPONSORS

Taylor McCaffrey Lawyers

United Fire Fighters of Winnipeg Local 867

BREAKFAST SPONSOR

McDonald's Main

MOBILITY SPONSOR

Freedom Concepts

MERCHANDISE SPONSOR

Genumark

WELLNESS SPONSORS

Red River Co-op

Dairy Farmers of Manitoba

MEDIA SPONSOR

Winnipeg Free Press

EVENT SPONSORS

InMotion Network Physiotherapy Clinics and More

Steingarten & Company LLP

Innovair Group

Orangetheory Fitness

See you
in 2022!



DONATE @

DONATE

cerebralpalsy.mb.ca

YOUR SUPPORT ENRICHES THE LIVES OF MANITOBANS LIVING WITH CP

Are you an adaptive bike user?

We need YOUR help to validate an adaptive bike assessment!



You may be eligible to participate if:

- You live with Cerebral Palsy (GMFCS Level 2, 3, or 4), Down Syndrome or Autism Spectrum Disorder.
- You are between the ages of 5-21.
- You are currently attending elementary, middle or high school.
- You have experience using an adaptive bike.
- You are in stable health (no known cardiac/unstable health conditions).
- You live in Winnipeg or the surrounding areas.

The study will require 2 hours of the participant's time. The participant and their parent/guardian will meet with the research team at the testing area, Freedom Concepts Inc. (2087 Plessis Road in Winnipeg, 204-654-1074), where a member of the research team will fit the participant with an adaptive bike for the assessment. Once fitted, the participant will be asked to complete 30 meters of self-paced cycling at a comfortable speed for 3 trials. Performance data will be collected while the participant cycles. A small honorarium will be provided to each participant.

If interested, please contact:

Aashka Desai
desaia@myumanitoba.ca
Graduate Student
College of Rehabilitation Sciences
University of Manitoba



WE ARE HERE FOR YOUR NEXT OUTING

- Airport Service
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- Graduations
- Anniversaries
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*Out of town rates available.
Point to point or hourly service.*

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info@sunshinetransit.ca



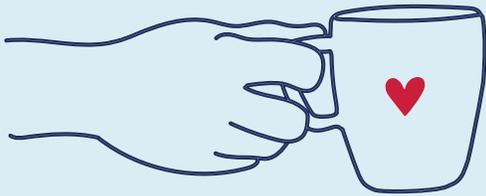
CoHabit
Live independently, With care

Lacoste
GARDEN CENTRE

CoHabit 2021 Winter Fundraiser

CoHabit is the creation of an “assisted-living style” communal space. Adults living with Cerebral Palsy and other physical challenges, can live together in an environment that is supportive of all of one’s needs: social, emotional and physical. Like all projects, funds are required to proceed with this project.

See the Order Form (on reverse) for information on how you can participate in getting us one step closer to building this “home” to call our own – **CoHabit - Live independently, With care!**



ORDERS DUE: **Friday, November 12, 2021**
 PICKUP DATE: **Saturday, November 27, 2021**
 PICKUP TIME: **9–11 am**
 PICKUP LOCATION: **Lacoste, 2787 St Mary’s Rd**

**Please consider sharing this information with family and friends; the arms-length approach is the optimal goal! The greater the number of sellers, the greater the reward!*

\$50 LACOSTE GIFT CARD TO TOP SELLER—BE SURE TO INCLUDE YOUR NAME!



**\$20/\$50
GIFT
CARDS**

Lacoste Garden Centre is partnering with the CPMB in order to assist in raising funds. Included is an Order Form with pricing and images of each item for sale, along with a chart to keep track of your sales.

Sending a poinsettia, swag, wreath, planter or gift card is a wonderful gift for family, friends and workmates.

QUESTIONS? Email/Text
Margy 204.795.6434 or Shelley 204.291.0921

Payment by credit card or e-Transfer.

Scan and email completed order form (on reverse) to margy@cerebralpalsy.mb.ca or shelley@cerebralpalsy.mb.ca

Orders can be paid by:

a) Credit Card: Email/Text

Margy 204.795.6434 or Shelley 204.291.0921

margy@cerebralpalsy.mb.ca or shelley@cerebralpalsy.mb.ca

b) e-Transfer:

- 1) Log into your online or mobile banking app and select the account.
- 2) Add davidk@cerebralpalsy.mb.ca as your recipient’s email.
- 3) Enter the amount, and a security question. Also provide name of donor and specify “CoHabit”. Safely share the security answer with davidk@cerebralpalsy.mb.ca. Make sure your security answer isn’t obvious and don’t share it in the e-Transfer email notification message.

♥ THANK YOU

to our Supporters



A good day – every day!

CUT HERE



Did you live in Manitoba Developmental Centre or know someone who did?

A Lawsuit May Affect You. Please Read this Carefully

You could be affected by a class action lawsuit involving the Manitoba Developmental Centre (“MDC”) in Portage la Prairie. The Manitoba Queen’s Bench has decided that a class action lawsuit will go forward on behalf of a “Class,” of people, which could include you. This notice summarizes your rights and options. You can choose whether to stay in the Class or not. There is no money available now and no guarantee that there will be.

WHAT IS THE CASE ABOUT?

This lawsuit says that the Province of Manitoba failed to properly protect the people who lived at MDC from the harm they suffered. The lawsuit says that MDC residents were physically, sexually and mentally harmed by staff and other residents. The Government of Manitoba denies these claims. The Court has not decided which side is right. The lawyers for the Class will have to prove their claims in Court.

AM I INCLUDED?

You are affected by this lawsuit if:

- You lived at MDC between July 1, 1951 and May 29, 2020; OR
- You are an estate trustee of someone who lived at MDC between July 1, 1951 and May 29, 2019, and who died *after* October 31, 2016.

WHO REPRESENTS THE CLASS?

The Court has appointed Koskie Minsky LLP to represent the Class as “Class Counsel”. You do not have to pay Class Counsel, or anyone else, to participate. Instead, if Class Counsel gets money or benefits for the Class, they may ask for lawyers’ fees and costs, which would be deducted from any money obtained, or be paid separately by the Government of Manitoba.

You may hire your own lawyer but if you do, you may have to pay that lawyer.

WHAT ARE MY OPTIONS?

Stay in the Class: To stay in the Class, you do not have to do anything. If money or benefits are obtained, you will be notified about how to ask for a share. You will be legally bound by all orders and judgments, and you will not be able to sue the Government of Manitoba about the legal claims in this case.

Staying in this Class will not impact MDC residence or any supports received by class members from agencies which are funded by the Government of Manitoba.

Get out of the Class: If you want to keep your rights to sue the Government of Manitoba individually over the claims in this case, then you need to remove yourself from the Class, by “opting out”. If you remove yourself, you cannot get money or benefits from this lawsuit if any are awarded. To ask to be removed, send a letter to the address below, postmarked no later than **January 12, 2022**, that says you want to be removed from *Weremy v. The Government of Manitoba*. Include your name, address, telephone number, and signature.

You can also get an Opt Out Form at www.MDCclassaction.ca.

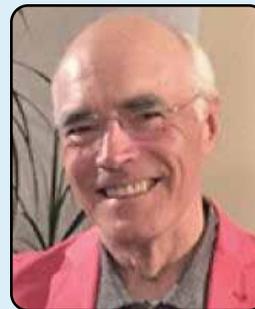
You must mail your removal request or Opt Out Form postmarked by **January 12, 2022**, to: Epiq Class Action Services Canada Inc., Attention: Manitoba Developmental Centre Class Action, 134 – 1364 McPhillips Street, Winnipeg, MB R2X 2M4, or send it by email at: info@mdcclassaction.ca.

HOW TO GET MORE INFORMATION

Go to <https://kmlaw.ca/cases/manitoba-development-centre-class-action/>, call toll-free 1-800-286-2266, or by email at: mdcclassaction@kmlaw.ca.

Getting information to people who need it. We ask for the help of family members, caregivers and friends of former residents in getting information to former residents who have trouble reading or understanding this notice. More information about this lawsuit is available at the website or by calling the toll-free number. Please show this notice to people who are impacted by this lawsuit or their caregivers.

In Memoriam PAUL GREGORY SARANCHUK



**Born Sep 24, 1950
Died June 8, 2021**

Paul passed away peacefully on June 8, 2021 at home, surrounded by family and friends, listening to his favourite music and boys playing in the park. It was exactly as he wanted.

Paul is survived by his immediate family

consisting of his dear wife Marguerite (nee Gagnon), and their daughters, Laura Rivero of Calgary (husband Yahir and grandsons, Emiliano and Tomas), Danielle Saranchuk of Winnipeg and dear Nicole Fontaine (son Lucas).

Paul is also survived by his brother Walter Stephen Saranchuk (Diane), and numerous cousins, nieces, nephews and many extended family members and special friends. Paul was predeceased by his mother Olga (nee Bohonos), his father Stephen Saranchuk, his stepmother aunt Mary Saranchuk (nee Bohonos/Cyhanevich), and his stepbrothers, William Bohonos and Joseph Bohonos.

Paul was blessed to have his dear wife Marguerite as his life partner. Being married for over 45 years, she was his companion, dance partner, and constant support. Paul’s family was his pride and joy. It was his driving force and motivation for his entire life.

Paul’s roots come from north end Winnipeg. Lifelong friendships began from elementary and junior high school to throughout his life. Paul was an A student at Sisler High School. He graduated from University of Manitoba with a BSC in 1971 and obtained his Law Degree in 1975. During these studious times, blue collar summer jobs and summer Grand Beach escapades with “the boys” prevailed and gave Paul life perspective.

Sports was a bonding experience throughout his life and he was a self-confessed golf-a-holic. All who knew him would know that his ‘hole in one’ on the ninth hole at Pine Ridge was one of his proudest moments.

Paul cherished all of his friendships, whether recent, occasional, or long term. Once you were Paul’s friend, you were his friend for life. Paul leaves us because it was his time, with no regrets. Only positive memories should dominate his departure. He wants to be remembered as a ‘nice guy’ and a faithful friend.

If so inclined, in lieu of flowers, charitable donations in Paul’s name can be made to CancerCare Manitoba, Holy Trinity Ukrainian Orthodox Cathedral, 1175 Main St., Winnipeg, MB R2W 3S4, DASCH Foundation or the Children’s Rehabilitation Foundation.

As published in Winnipeg Free Press on Jun 10, 2021

CPMB Community Partnerships — Join us...

Manitoba
Possible.
IN-PERSON AND VIRTUAL

Music Therapy

Join us for fun virtual and in-person music therapy sessions throughout September to November for both youth and adults.

LOCATION: Knox United Church
415 18th Street, Brandon

IN-PERSON YOUTH (ages 6 - 12) Thursdays, 6:30 - 7:15 pm
September 23 - November 25

IN-PERSON ADULT (ages 13 - 21) Thursdays, 7:30 - 8:15 pm
September 23 - November 25

VIRTUAL Tuesdays, 6:30 - 7:15 pm (Youth)
Tuesdays, 7:15 pm - 8:30 pm (Adult)
September 23 - November 25

SIGN UP
Contact Samantha Anderson
sanderson@manitobapossible.ca



Manitoba
Possible.

Boccia Night

Learn a new skill, make friends and have fun at monthly boccia games from October until May!

DETAILS
Oct 25, Nov 15, Dec 13,
Jan 10, Feb 14, Mar 14,
April 11 and May 9
6:00 PM - 7:30 PM

SIGN UP
Contact Samantha Anderson
sanderson@manitobapossible.ca

Sergeant Tommy Prince Place
90 Sinclair St.

BROUGHT TO YOU IN PARTNERSHIP WITH







As per the current public health orders, you are required to provide proof that you are fully immunized to participate in this event. You will be asked upon arrival to produce your digital or physical COVID-19 vaccine card or vaccine record as well as photo identification for verification.

Manitoba
Possible. 

Sledge Hockey in Winkler

Join our Recreation team for sledge hockey Saturdays in Winkler! On-ice instruction partnered with Nicholas Klassen and Silas Penner.

DETAILS
Saturdays at Winkler
Exhibition Centre
1045 Grandeur Ave, Winkler
Starting October 23, 2021
10:15 - 11:30 AM

SIGN UP
Contact Jaylene at
jlrwin@manitobapossible.ca;
(204) 918-0145
Please include the participants
name and contact info for
registration

Manitoba
Possible. 

Wheelchair Learn to Curl

Join our Recreation team and Curl Manitoba to learn wheelchair curling for youth and adults!



DETAILS
Saturdays at Granite
Curling Club
1 Granite Way, Winnipeg
Nov 6, 13, 20, 27, Dec 5, 2021
12:30 PM - 2:00 PM

SIGN UP
Contact Samantha Anderson
sanderson@manitobapossible.ca
Masks must be worn until you're
on the ice surface.

Free To Be Me: Accessibility Hacks To Personalize Your Life (thank me later) —Mindy Tucker

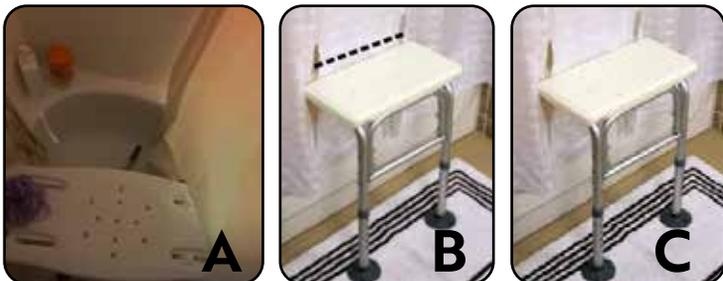
"I love myself today, not like yesterday, I'm cool, I'm calm, and I'm gonna be Okay..." I really need to stop putting my karaoke song lyrics anywhere near these newsletter articles. So anyway, we know that accessible products are often hard to come by, and if one does come across them, they, may as well, be in vault 713 at Gringotts.

Over the last seven years I have scoured the inter-webs trying to find products which would make life easier, for me and others, while also not breaking the bank in the process.

The following list contains some of my findings. Look at me sounding all scientific-y. Some photos have been taken from Amazon as I cannot take photos of myself. Also, said in my very fast TV voice from the 90s, "I am not an Amazon affiliate. Any purchases you make from this list and the cost you incur are yours and yours alone, I will not be responsible for anybody's accessible shopping binge."

Accessible Shower Curtain (\$2)

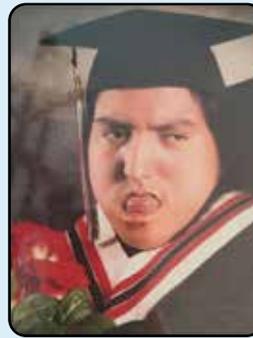
If you use a shower bench or chair you may struggle with actually keeping the water in the shower, especially if you need assistance. This was the bane of my existence until I found a shower curtain made to accommodate a bench. After receiving the shower curtain and seeing how it was made I realized all it is was a shower curtain which has a flap in it where the end of the shower bench and the curtain would intersect. (See photo C below) This creates a seal between the bench and the outside curtain, as there is no extra material falling in front of the bench itself. Which makes this very simple to DIY.



Once you know where on the shower curtain and your bench intersect all you need to do is cut off the extra material at the dotted line if your bench does not extend past the edge of the tub. (See photo A and B.) Or, if you have a bench which has a vertical groove within it, measure the length of the slit and cut a flap which you can then place inside the vertical groove to create the seal. (See photo C.)

Because I like to change out my liners I just use regular dollar store shower curtains and then have a decorative one in front. The best part, it actually works. (My bench does not have a groove in it to fit the whole shower curtain) but I found my way still works, since I use it as a liner rather than an all in one. (Pictured in photo A) Final tip: make sure when you're using a shower curtain if it's a liner or one to put the shower curtain inside the shower. Otherwise no seal will be created and you will get water all over the floor. I thought this was general knowledge but some people do not know this.

In Memoriam LESLIE JAMES PASHE



Born January 6, 2000
Died September 12, 2021 (age 21)

We regret to announce the sudden passing of Leslie Pashe on September 12, 2021 in Winnipeg, MB at the age of 21 years.

Left to cherish his memory are his mother Donna Pashe; father Les Hall; siblings Lance, Bradley, Marcus, Destiny and Ashanti; grandmother Ruth Hall; grandfather Maurice

Goodvoice; foster parents Rebecca and Patrick Bollegraf and brothers Colton and Jesse; along with numerous aunts, uncles, cousins and friends. He was predeceased by his sister Sarina.

Leslie graduated June 2021 from Sisler high school where he attended for 5 years. He was known for his beautiful smile and easy going personality. Leslie enjoyed life's simple pleasures, naps being his absolute favorite. His cat Milo would join him, and could always be found curled up on his lap. Once almost not being noticed as Leslie was boarding the school bus, luckily no one had to pick the cat up from school. Leslie's favorite day was Saturday because he didn't have to get up for program and he got to stay snuggled in his blankets and sleep longer. He enjoyed listening to music and loved having his hair washed and styled. Leslie was a sweet quiet and handsome young man who enjoyed the company of his family and the attention the girls at school gave him. Leslie will be missed by so many and loved forever.

Private services will be held with burial taking place at the Old Sioux Village Cemetery, Dakota Tipi First Nation.

A tree will be planted and cared for by McKenzie's Portage Funeral Chapel.

As published on <https://www.mckenzieportagefuneralchapel.com/>

Colour Changing Shower Head (\$40)

I don't know about you, but, I have a lot of trouble with temperature, namely, I can't feel it. Ever since I was a kid I would scold myself in the tub all the time. This \$30 shower head from Amazon, which changes colour based on water pressure (no batteries needed), saves me from having that problem ever again. Cold water is green, warm water, blue, hot water is red, and flashing red means very hot. Credit goes to Jenny Kowalson who first showed me this. I have had my shower head for about two years now and it's about time to replace it. Such a simple yet effective way to manage temperature issues.



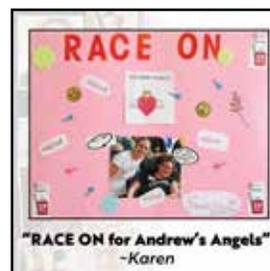
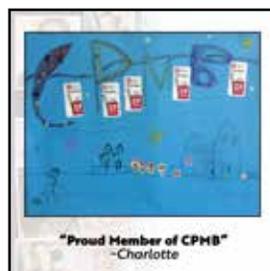
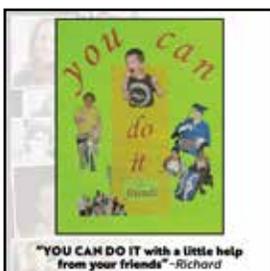
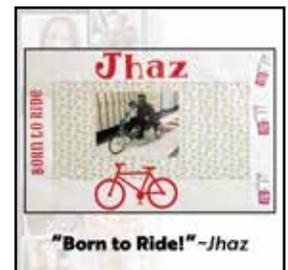
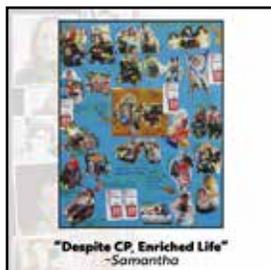
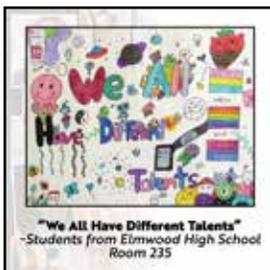
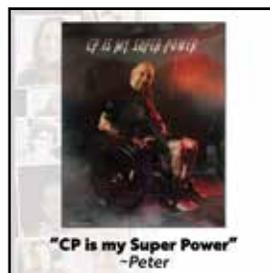
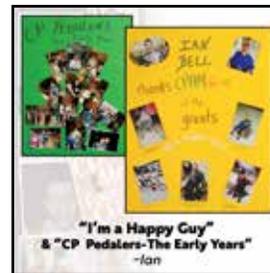
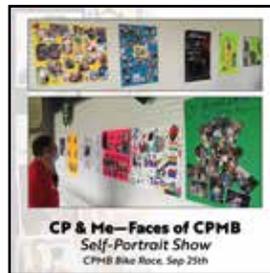
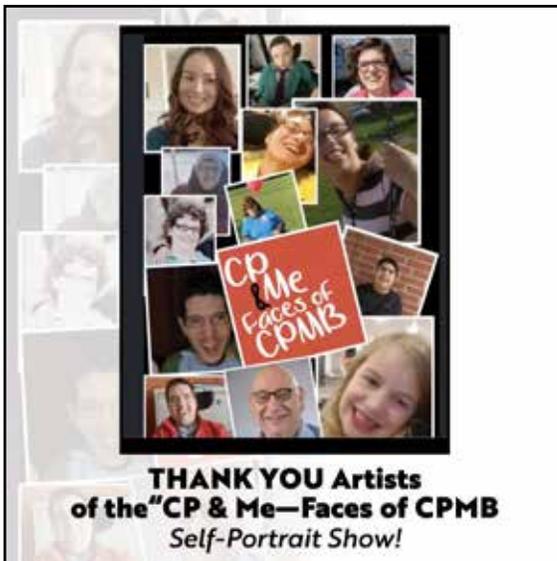
These are just a two of many accessible hacks I am currently using, I love finding new ways to do things so if you have any questions feel free to contact me, or let David know. Share your accessible hacks on Facebook or Instagram.

Look for more Accessible Hacks in the next issue of Inform!*

CP & Me—Faces of CPMB - THANKS CPMB Members!

This year's CPMB Stationary Bike Race was different because many of our Members were not able to attend BUT, they were represented through their art! All CPMB members were invited to create a personal poster, showcasing the most important aspects of their life—Disability excluded!

Many created amazing posters that were displayed at Shaw Park in our "CP & Me - Faces of CPMB" Self-Portrait Show. Individual artists were spotlighted on social media for 2 weeks starting October 6th in celebration of World CP Day. #CPProud! Special thanks to Mindy for her inspired inclusionary idea! ☺



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