

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...

It has been a very busy time since the last *Inform*. I want to take this opportunity to thank so many people including staff, Board Members, and volunteers for all of our events, and all the Members of the Association.

To start, thank you to Susana and Taryn, our wonderful marketing team. Taryn is a student that we hired from January to July 2022 to assist Susana with the marketing of all of our events. This includes the "30 Minutes for CP" in Westman, the Winnipeg Bike Race and the CoHabit Golf Tournament. Susana and Taryn, I couldn't do it without you. Moreover, congratulations to Susana on the wonderful job in coordinating the 33rd Annual Winnipeg Bike Race.



I want to thank Tara Schaan, our President, and the Board of Directors for their hard work, guidance and support.



Sincere thanks to Margy Nelson, Shelley Betton and the Volunteer Team for their hard work organizing the Lacoste Fundraiser in May and the success of the CoHabit Golf Tournament on June 21st, 2022. Both events support the CoHabit Housing Project. We are all still working hard to make a "home to call our own." More details to come out in the fall of 2022.

In April, Gemma Yates-Howorth organized two "Days of Movement" for the Association. The workshops were sponsored by Red River CO-OP. The "Days of Movement" were well received and well done. Thank you and congratulations Gemma. **See pages 8 and 9 for more.**

All the events in support of the Association this spring were a great success! Westman's "30 Minutes for CP", the Winnipeg Bike Race and the CoHabit Golf Tournament were all wonderful with a great bunch of volunteers, supporters and donors. **Look inside for details!**

In August, please look out for the reminder to renew your yearly Association membership, the personal support worker program application, and please note that our Scholarship application deadline is October 15, 2022.

On an advocacy note, I am still working hard on several different committees trying to make Manitoba a more inclusive space for all. It is a slow process however, a journey started is a journey that needs to be completed. Give me a call at the office, if you are looking for a detailed update. Some of the topics that I am working on are: a barrier free Manitoba, inclusive childcare spots, dignified income for members on EIA, and better supports / services for adults with disabilities in Manitoba that fall through the gaps.

On that note, I wanted to take a minute to reflect on the passing of Mr. Jim Derksen. I never worked directly with Jim as he was before my time, however he was a trail blazer and a great advocate to all Canadians with or without a disability. The work that has been started by Jim and his generation will live on for all of us to build on.



Please take a minute to look at a video that inspires me to change the world, (or my little corner of it).
—David Kron 



Westman News & Notes

CPMB Westman's 30 Minutes for CPMB is BIG Success!

The weather, no matter rain or shine, lifted spirits high for the 13 Teams who participated in the Cerebral Palsy Association of Manitoba (CPMB) Westman's 30 Minutes for CP Walk, Wheel or Run which took place Saturday, May 14th in communities all across Westman.

This year's captains and participants walked, cycled and even cleaned up the community all in support of CPMB Westman!

Teams around the Region participated in their activity of choice, for 30 minutes, while raising money to enrich the lives of our Members.

Funds raised stay in Manitoba to provide grants for much needed supports including custom seating systems, wheelchairs, scooters, strollers, walkers, adaptive bikes, iPads for communication, a summer camp sponsorship, as well as scholarships to aid students in furthering their studies.

Many thanks to everyone who contributed. See you in 2023!



This is why we do what we do...

One of our many equipment grants in the Westman area has given Amanda Dick a Fortress 425 Scooter!

We heard Amanda is very excited about her new scooter and as are we!

Congratulations on your new wheels Amanda. Scoot away!



Grant Recipient Amanda Dick on her new Fortress 425 Scooter

THANK YOU SPONSORS!

A&L

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- Southwest Agencies
- Sunrise Credit Union
- Sunspace by Elite Sunrooms
- The Town Centre
- Trench Works - Brandon
- UCT - United Commercial Travelers
- Western Archrib Structural Wood Systems

Together we raised **\$33,845.41!** FOR  CEREBRAL PALSY ASSOCIATION OF MANITOBA

WESTMAN, your generous support is appreciated!



RANK	TEAM NAME	TOTAL PLEDGES
1	Tia's Troop	9,405.00
2	TiAiden's Turtles	6,046.91
3	Baker's Dozen	3,700.00
4	Zach's Pack	2,833.50
5	Melissa Marvel's	2,427.00
6	Cody's Chargers	1,650.00
7	Physiofirst	1,565.00
8	Bud's Buddies	1,350.00
9	Bryce's Bobcats	1,195.00
10	Team Clay	1,150.00
11	Serge's Crazy Nuts	915.00
12	Redneck Ryders	825.00
13	Tyler's Team	783.00
EVENT DAY TOTAL		\$ 33,845.41



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Congratulations and special thanks to Tom and the Westman Committee for all their hard work!

CP PROUD

CoHabit Golf Fundraiser

On June 21st,
even the rain
couldn't dampen
the fun for all
our Supporters!



CoHabit

Live independently, With care

THANK YOU
*Sponsors,
Golfers and
Volunteers!*

**Together
we raised
\$96,000!**

SAVE THE DATE: CoHabit Golf Tournament
June 20, 2023 • Glendale Golf & Country Club



♥ **THANK YOU**

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Jennifer Smith Realty - Royal LePage Dynamic
Lake of the Woods Brewing Company • Your Best Shot

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Danali	Laurie Fischer	South Winnipeg Eye Centre
DM Creations	Lemon Hart Rum	St-Léon Gardens
Elite Communications	Lite Em Up Candles	The Nob

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Hy's Steakhouse	Thank you Ray Hayes - Auctioneer

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Bob Friesen		Bill & Theresa Parrish

♥ **There is no substitute for a feeling of belonging.**



CPMB Bike Race is a runaway success!

The Cerebral Palsy Association of Manitoba's 33rd annual Stationary Bike Race took place on Saturday May 28th at Shaw Park. The morning's dark skies



teased us with the chance of rain but by the afternoon, the sun was shining! We want to thank our **Presenting Sponsor Canada Life** for their continued support of our biggest fundraiser of the year!



This year we were pleased to have our big CPMB family reunite and spread the love. Many volunteers helped out, most of whom worked all day. The marvelous pit crew, switched out bikes, solved problems and recorded pledges and kilometres.



Registration teams welcomed riders and organized waivers. Some volunteers handed out milk, others coordinated the stats and tallies on the big screen, while others assisted with incentive prizes. A special thank you to our wonderful emcees, **Naomi** and **Scott** who did an amazing job setting the tone for a very fun day!



Our **Refreshment Sponsor McDonald's** set up refreshment tables where riders could enjoy a pre or post-ride muffin and coffee. **Event Sponsor Orangetheory Fitness** handed out coupons for two free classes, as well hosted a raffle for TEN free classes at a local Orangetheory gym! Not to forget, Bruce, David, Elwood and Eric handed out milk from **Dairy Farmers of Manitoba** to our riders and volunteers. At another end of the concourse, we had some lovely students from **Evolve College of Massage Therapy** set up their tables, where they offered short massages to relax fatigued post-ride muscles! Next to



them, riders could enjoy a rest in Freedom Concepts' cool Chill-out Chairs! **Mobility Sponsor Freedom Concepts** also provided us with adaptive bikes so riders of all abilities could participate in the Bike Race!



A little way down the concourse, a fierce competition was underway. The **newly formed Justice League** included **Founding Sponsor Taylor McCaffrey Lawyers** and teams from Public Interest Law Centre (PILC), TDS Law, Pitblado Law and Leegals Express. These legal professionals were racing to raise the most funds for CPMB. We cannot express how grateful we are for their heroic efforts!

Trophies were presented for results from the 2021 Bike Race. Coming in third for Total Kms was WFD Firefighters, second place going to Canada Life 2, and coming in first place for total Kms was Canada Life 1! Third place for total pledges went to Awesome Winnipeggers, 2nd to Ryder's Riders and 1st place went to Canada Life 1! We congratulate the winning teams and thank you for all your efforts!



After awarding the trophies, it was time to give out the Andrew Malo Memorial Scholarship, provided by Tracy Taylor. **Cade Kuehl**, a student and researcher at the University of Manitoba was this year's recipient. Congratulations to Cade—may this scholarship aid you in continuing your studies and honing your passions.



We had a special guest present at the bike race this year, Jeff Bruce. Jeff founded the WFD Firefighters and Bruce Family and Friends teams and is a long-time member of the CPMB family. We were honoured to have him visit on Race Day and greatly appreciate the continued support of **Founding Sponsor UFFW Local 867!**



We want to give a shoutout to the **Goldeyes** for their support this year, we had a blast at Shaw Park. A special thank you to Regan, Melissa, Will, Dee, Jason and Jocelyn for all their support throughout the day. 🌟

Taryn's thoughts on her First Bike Race...

In preparation for the CPMB Bike Race, Susana and David described it to me many times as an awesome, magical day. We ordered signs, shirts, prizes and packed everything up. On Friday, the evening before the bike race, we brought everything over to Shaw Park. There were many experienced volunteers there to help, all who seemed to have the biggest smiles. I met a few people that evening as it ended off with a Pit Crew Pizza Party sponsored by **Freedom Concepts**.

The next day, just before the Bike Race, I met more and more people who work hard to put this fundraiser on. From the encouraging words of the pit crew, the welcoming arms of the volunteers at the entrance, to Bruce's passionate sales pitch for the milk, it was all coming together. There were tote bags with shirts as well as the bikes, all lined up facing the baseball field, awaiting their worthy riders.

I had convinced my friends to form a half team, **Adam's Angels**, and my ride time was at 11 am. I was there to cheer on my friends in between directing and welcoming other riders. During my ride, I realized just how much support surrounded me. It really was a magical time. Like a big family reunion, I was surrounded by beaming faces, hugs and good conversation. Not to mention the energy during the countdowns to begin and end the races. The cheering and counting could be heard from very far away I'm sure, the support on the concourse was monumental.

As I met more and more people who were there to support CPMB, my heart filled. This is the kind of event, these are the kind of people, that fill your bucket and re-ignite the fuel in you to do good, even when the world seems to be working against you. I cannot express how grateful I am for the opportunity to work with David and Susana, and to be a part of the Bike Race this year. I have been working with Susana to create content for social media describing "why we do what we do" and this day solidified that these people, are why we do, what we do.

None of this would have been possible without our marvelous Bike Race Coordinator, Susana Schanel. Susana appears to have an everlasting amount of love and smiles to give out. She has the ability to coordinate an entire Bike Race with a thousand moving parts, all while making people laugh and filling the room with love. She sets an amazing example for people like myself, who are just starting to step into leadership roles and are finding their footing. I admire all that you do Susana, thank you!—Taryn Fenez ☺

And THANK YOU TARYN, David and I could not have done this without YOU!



THANK YOU MANITOBA!

Cerebral Palsy STATIONARY **canada life**
bike & Grace

With your help, we raised \$182,644.29!



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Your support enriches the lives of Manitobans living with CP! #CPProud

CP
PROUD

CPMB Bike Race Results

Team Name	Total Pledges	Total KMs
Canada Life 1 & 2	\$29,630.50	282.10/356.90
Ryder's Riders	16,838.80	201.44
Lucy in the Sky with Diamonds	8,548.70	229.90
Charlotte's Crusaders	7,596.00	149.51
Cambrian Cruisers	7,182.99	254.94
Riders for Richard	5,940.90	219.26
•Public Interest Law Centre (PILC)	5,858.00	231.25
Distance Matters	5,724.00	174.61
WFD Firefighters	5,676.20	241.40
•Taylor McCaffrey Lawyers	5,464.20	201.20
Équipe de Marianne	5,199.10	199.32
Bruce Family and Friends	5,015.72	169.90
CP Warriors	4,943.00	165.27
•TDS Tigers	4,732.00	221.06
Kai's Pedal Pushers	4,429.20	178.87
Mina's Ministry	4,423.89	143.42
*Vélo-ciraptor	3,710.90	67.29
Parastorm	3,607.50	102.27
Ashley & Allyson's Angels	3,151.40	132.60
•Leegals Express	2,963.50	159.87
IG Wealth Management	2,954.00	-
The Toon Squad	2,805.70	157.92
Les Bleus pour Marianne	2,733.00	239.56
Andrew's Angels	2,546.30	206.63
*Adam's Angels	2,527.64	88.37
Pub Crawl Bikers	2,330.90	174.58
•Pitblado Pedallers	1,896.00	271.72
A.J. Riders	1,630.50	165.61
Freedom Concepts	1,629.50	178.45
Heather's family and friends	1,608.00	210.78
Jeremy's Bike Riding Friends	1,593.10	260.22
*Mina's Ministry 2	1,405.67	89.81
Prolific Predators	1,330.00	196.57
CP Warriors 2	1,062.60	189.73
Spare Tires	968.00	-
Wook Up Like Dis	801.00	222.97
St. Paul's College Students' Assoc.	697.50	129.66
*McDonald's MFR	476.00	114.54
Aspen Winds Dust Devils	135.00	-
Orangetheory Fitness	45.50	130.58
Heather's Hustlers	25.00	-
TOTAL	\$182,644.29	7,110.08

•Justice League / *Half team

THANK YOU Sponsors, Captains, Riders, Volunteers and Donors —We'll SEE YOU again in 2023!

Two Days of Movement sponsored by Red River CO-OP

April 9th

This was the first day of the two Days of Movement sponsored by **Red River CO-OP**. The Cerebral Palsy Association of Manitoba hosted both days at Tommy Prince Place. We had ten people on the first Day of Movement. Some people were not too sure about the food demo, but after Annika did her workshop people were asking me for another day with Annika!

Food demo with Annika Quirante

Our day started off with the food demo with Annika Quirante from the Dairy Farmers of Manitoba. She showed the audience some healthy snacks, that were for people, like us who are on low income. Annika was down-to-earth: she didn't show us something with ingredients that were unfamiliar to everyone.

One of her food tips was just to buy frozen berries—they're way cheaper to buy and much easier to find.

The great thing about Annika was she was very nice and very excited about healthy snacks. Annika was easy to understand; she used stuff that most people had at home. Working with Annika was so positive. She brought the best recipes that were so easy for our group.

The Art demo with Natasha Halayda

The art was the second demo on day one. Natasha Halayda has worked with people with disabilities before and got everyone to try print making using potatoes and other vegetables like carrots. Everyone loved this art demo and as Samantha Mitchell told me, "I wouldn't have thought about doing that."



Natasha was so excited about art; that made everyone get even more excited about doing this project. The best example was this little boy got so into doing this potato print making that he made two prints.



Natasha said that art is something that helps everyone to get out of their minds. We had so much fun making our art that we forgot the time. Maybe next time we could have people do a Facebook art show.

April 30th

We had 14 people, several of whom didn't even sign up but we were happy to have them join us! April 30th, was a rainy day but that didn't stop people from showing up to day two of the **Red River CO-OP** Days of Movement.

Day two was all about getting your body moving. We had dancing and then chair yoga to calm people down after dance. It was a big hit with everyone.

Dance with Brenda Gorlick

We danced and moved our chairs for two hours. Brenda has been dancing with some of the people in the group for more than ten years. She knows how to make people who are disabled dance so well.

Dancing makes people very happy and proud of themselves. Brenda makes everyone move in whichever way they know how. We got our blood pumping with Brenda. She has something about her that makes everyone wants to dance with her. Like one of the member's mothers said about the day, "Everyone had lots of fun dancing with Brenda".



It just shows that people with disabilities can dance with no less skill than any other people.

Chair Yoga with Sally MacDonald

Yoga is the perfect way to calm down after getting our blood pumping with dancing. Sally has been doing chair yoga with people with disabilities for many years and it showed on Saturday. She just made everyone feel okay with her, by making everyone laugh. Because of her experience she was able to ensure that everyone understood what she was asking us to do. Just like Brenda, Sally knows how the body of someone with disabilities works. We all got so much out of yoga. I will ask Sally again for another Day of Movement. She is so awesome with all kinds of disabilities. The nice thing about Sally was that no matter if you had done chair yoga before or if you had never heard of it, Sally made everything so easy to understand.



Summary of the Two Days of Movement

Thanks to our awesome instructors and everyone who came out!

Special thanks to **Red River CO-OP**—we all had a great time!
—Gemma Yates – Howorth 🎱



Wendy's thoughts: "We relaxed/ stretched our muscles with peaceful and just-as-fun Yoga with Sally afterwards. A great time was had by all and a gracious thank you to the Cerebral Palsy Association for bringing us all together! Thank you Red River CO-OP for sponsoring the healthy treats, as well!"

Thank you all for Supporting CPMB

- Cerebral Palsy Association Members
- All the Sponsors, and Donors of the Cohabit Golf Tournament
- All the Sponsors, and Donors of the Winnipeg Bike Race
- All the Sponsors, and Donors of the 30 Minutes for CP Event in Westman
- Brandon Arthritis Support Group
- Government of Manitoba— All Charities Campaign
- Wawanesa Insurance Company
- Canada Life
- City of Winnipeg Charitable Fund (Funded by Employees & Retirees)
- Dr. Alfred E Deacon Medical Research Foundation
- Brandon Jeans Day Participants
- Starbuck All Charities
- The Prairie Dawn Foundation
- Tracy Taylor – Andrew Malo Memorial Scholarship
- Rural United Way – Pembina Valley
- Reston & District United Appeal
- Donation in Honour of Catherine Lambeth
- In Memoriam – Jean Gall
- In Memoriam – Melvin Zankowski
- In Memoriam – Lee Penner
- In Memoriam – Elly Brewster
- In Honour – Gloria Jamerson
- Red River CO-OP – Wellness Program
- Westman Group Inc

Wheelchair Basketball

On May 31st, a very fun time was had by the Selkirk School group (Dynamic Kids) at the Sport Manitoba Centre where they ran



drills for wheelchair basketball. We handed out some shirts and supported the team.

David got a little clinic from Jay Johnson, head of wheelchair sports, on how to shoot



a basketball in a wheelchair. It's harder than it looks! Better get started on training those arms, David! 🍷

CP MB

Got an old clunker lying around?

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See below for details

Turn your vehicle donation into generous support of CPMB! Working on our behalf, Donate a Car Canada will accept your vehicle for donation—running, or not, and there is no cost to you. **SCAN HERE FOR DETAILS...**



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Free To Be Me: Accessibility Hacks To Personalize Your Life

(thank me later)...continued—Mindy Tucker

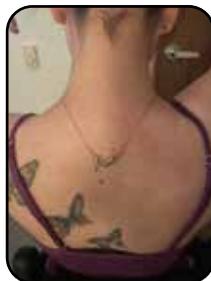
Over the last seven years I have scoured the inter-webs trying to find products which would make life easier, for me and others, while also not breaking the bank in the process.

"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."

Magnetic Necklace Clasps (\$15)

Sometimes the little things make the biggest difference. When I found these magnetic necklace clasps, which can be purchased in gold and silver, your girl went nuts. I bought three packs. I proceeded to spend an entire afternoon breaking my nails while putting these necklace clasps on. They are not hard to put on for an able bodied person. So moms out there you'll have a half an hour project on your hands if you do an entire jewellery collection.

The ease and difference it makes in my getting ready routine is unbelievable. You can use them on bracelets or even watches. They are so small and unnoticeable. Once they're on and they are incredibly strong. I have only ever had my necklace come off my neck maybe twice in over a year and a half without me taking it off myself and even then it requires a pretty good tug. I am giving these necklace clasps the CP seal of approval. They stay on to pretty much anything.



Alexa (\$30)

The Rosie of the 21st-century. I don't know what I did before my Echo Dots, no I actually do, I always got yelled at for not turning off the lights. Now my entire apartment is smart; with the exception of a couple of lamps, which admittedly, I don't use very often. I got my echo dots a couple of years ago because I didn't want to turn off lights, and didn't know it would evolve into what it has become today. I now have plugs for my kettle, and have made my "dumb" nightstand lamps smart as well. And yes she can and does make coffee. Beyond that it gives me reminders, get things done, water my plants, (which I still never do), order my meds, set alarms for cooking and so much more, I often ask her how to pronounce things. I also call her "Ally" in conversation so as not to trigger her unintentionally.

The coolest thing it does, if you have more than one, I happen to have two, One in my bedroom and one in the living room, you can use them as intercom's so you don't have to yell across a house, they call it drop in. I find it handy when my attendant is in a different room than I am.

When I got my Alexa's, I did end up getting all of the lightbulbs and most of the plugs at the same time and for everything it was less than \$500. The great thing about smart home ecosystems is you can add to them gradually therefore the cost is not as hard hitting as some other accessible items. There are many different smart home hubs out there, I choose Alexa because there are more options of accessories available and "skills" you're able to do with them since the technology is open source and people are constantly adding to the knowledge pool. (And this comes from an Apple girl.)

More Accessible Hacks in the next issue of *Inform!*

In Memoriam Eleonore Brewster (Elly) (Timmner)



Born Jan 16, 1951
Date of Passing Jan 20, 2021

It is with sadness that Eleonore Brewster (nee Timmner) passed away quietly at the Health Sciences Center January 20, 2022 of heart related complications.

There will be no service or gathering at this time with Covid restrictions in place.

In lieu of flowers, etc. please consider donating to the Heart & Stroke Foundation of MB., Cancer Society of MB., Cerebral Palsy Association of MB. or Winnipeg Humane Society.

Family and friends may sign a book of condolence at www.glenlawn.ca.

As published in Winnipeg Free Press on Jan 29, 2022

CPMB MEMBER ANNOUNCEMENTS



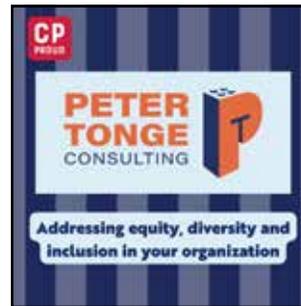
We want to say a big congratulations to **Rita & Ray**. We wish them a wonderful life together full of love and joy!



HAVE SPECIAL NEWS TO SHARE?

▶▶▶▶▶▶▶▶▶▶ Please let us know!

What's Your Gig? We'd like to share these messages from CPMB Members:



Want to do more to address equity, diversity and inclusion in your organization?

Peter Tonge Consulting can help. To learn more please contact Peter at peter@peterlangeconsulting.com or 204-996-6005.



Rhiannon is an artist, voice actor and film-maker! You can purchase pins, buttons, stickers and more at <https://buff.ly/3L2iURm> as well as RhiasArtsNCrafts on Etsy. She has created a CP Awareness Enamel Pin.



Chantal makes crafts and various creations. Check out the hand painted bottles for decor, mugs dipped in nail polish for a cool design, and more! You can find Chantal's creations here <https://buff.ly/3OZIEBa>

Have a side hustle you would like to share with us? Email susana@cerebralpalsy.mb.ca

CP Sales Corner — Adult Stroller FOR SALE



CONTACT Donna Ward
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ASKING \$600.00 or best offer (PAID \$1800)

- Adult large size stroller with 4 point straps
- Like a brand new stroller (only been used a couple of times.
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