

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 long time since our last newsletter and I want to thank you all for your patience. All of us at the CPMB office have been busy including Board Members as well as Susana, Taryn and myself.

As the first six months of 2023 have flown by, I would like to touch on a few of the highlights:



In March 2023, I had the honour of travelling to Ottawa to testify to the Canadian Senate in regards to the promise and pitfalls of Bill C22, *The Canadian Disability Benefit Act (CDB Act)*. This new benefit will be launching

in the next 18 months and is a generational change for adults with a disability between 18 and 64. The CDB Act is meant to be "stackable" with provincial benefits so that individuals living on government assistance will actually approach the poverty line.

The **Canada Disability Benefit** needs to be **adequate** enough to bring dignity and independence and **end poverty** for **people with disabilities**. The money matters. You can make it happen. **Canada Disability Benefit in 2023**



**BILL C22**

The next steps are the regulations for this new benefit which are just starting to be developed.

Keep track of Bill C-22's progress here: <https://www.disabilitywithoutpoverty.ca/bill-c-22/>

On April 22, the Westman Bike Race took place for the first time at the Keystone Centre in Brandon. Congratulations to the Westman Committee, and all Volunteers, Riders and Donors on a successful event! **See the full story on pages 2 and 3.**

Along with our Westman Race, our Winnipeg Bike Race was back bigger and better than ever. A big thank you to all Riders, Sponsors, Donors, Volunteers and the CPMB Board of Directors. And, a personal thank you to Taryn and Susana for making the day go off without a hitch! **Details start on page 6.**



In June, I had the honour of talking to **The Winnipeg Foundation** staff



**PODCAST**

about the impact their grants have within the community of Winnipeg with all the work that I do being at the junction for the impact of grants for CoHabit, Barrier Free Manitoba and for Disability Matters Vote and why they are so important. I did a podcast as well which you can view here:

<https://www.wpgfdn.org/health/because-effect-104-david-kron/>

Since January 2023, I have been meeting with the core committee for **Disability Matters Vote**. On July 13th, we launched the 2023 campaign in order to pronounce our 5 priorities. Please take a minute to visit the **dmvote.ca** website to learn more about the 5 priorities. They affect all of us! Sign up for updates so that you can stay informed about the progress of the campaign and participate.

Also on the DMV website <https://www.dmvote.ca/> please show your creative side. **We have a poster contest where you can win up to \$500!**

I want to thank you all for a great first 6 months and am looking forward to a wonderful fall and winter of 2023!  
—David Kron 🌟



**DMVOTE.CA**

# Westman News & Notes

## CPMB Westman Bike Race success at Keystone Centre!

This year was my first attending CPMB Westman's Stationary Bike Race. Because I work in Winnipeg at the office and from home, I hadn't met many of our Westman CPMB friends before April 22nd.

My partner and I made the drive out to Brandon on Friday night, the 21st. We were being teased with the possibility of snow, worried about a safe commute out and feeling grateful that this event would be held inside. Turned out the weather gods took pity on all of us folks driving out and gave us sunshine for our westward adventure. After we had settled

into the hotel for a little while, we made our way to the Keystone Centre. We were greeted by cheerful, determined and thoughtful, Susana. Then we met Tom and Eileen, the backbone of our Westman Chapter. I was amazed and impressed at how hard these devoted parents work so other people can feel supported. That evening, despite some minor technical difficulties, we set up the room in the Keystone Centre for the following day. We had a few little helpers, and I realized just how much the success of this event is a familial effort. Families and supporters of members come together to put this wonderful event on.

The next morning, it was the big day! I put my green Bike Race t-shirt on and headed back over to the Keystone Centre. Everyone was tasked with some last-minute setup and a job to do for the day. I was to update social media, answer questions and sell some water bottles! The first rider was to begin at 9:30, so people began showing up around 9 AM. It was so wonderful to begin meeting the faces of people I previously only knew as names on a distribution list on my laptop.

The beauty of the Westman Bike Race is that it attracts all the wonderful people in our CP community, and brings them together from across the region.

The first rider started cycling and the room filled with cheers. As the day went on, more and more people joined us at the Keystone Centre for a day filled with energy, good music, cycling and much fun. **In total, riders raised \$54,333.90 for our members in the Westman Chapter.** This was the first time our Westman Chapter gathered together since before the pandemic. I could feel the energy in the room, I could feel how grateful everyone felt to finally be together again. One big happy family reunited!

After the day had wound down, the volunteers were tired from hours of socializing, cycling and serving. We packed most of the room up, and gathered around one iPhone to watch the Jets playoff game, while we waited for some pizza. We shared stories of our experiences at Jets games and gorged ourselves on pizza and wings once the food was served. It was a very successful Saturday and we were all pleased. We're very excited to enter a Winnipeg team at next year's Westman Bike Race, to bring the whole family together!

A big shoutout to everyone who helped put the event together. Tom and Eileen, we would not have a Westman Chapter without you, you rock! To all of the volunteers, riders, captains and donors, THANK YOU! And David and Susana, your hard work is always valued and appreciated. **See you in 2024! —Taryn Fenez 🌟**







# THANK YOU SPONSORS!

HOME SPONSOR • Keystone Centre

MOBILITY SPONSOR • Freedom Concepts

REFRESHMENT SPONSOR

Benny's Restaurant & Catering Services

SHIRT SPONSOR • Regent Custom Cresting

MEDIA SPONSOR

CJRB Radio 1220 • DiscoverWestman.com

MERCHANDISE SPONSOR • Genumark

EVENT SPONSORS

360 Locating • A&L Cycle • Affordable Storage

Brandon Firefighters And Paramedics Local 803

Brandon Mobility • Curle Trucking

D5 Performance Horses

Dynamic Physiotherapy • easyhome goeasy

Elite Sunrooms • Fusion Credit Union

FYidoctors • Guild Insurance Group

Heritage CO-OP • Higg Electric

Investors Group • L&G Ag Service Ltd.

LCL Construction

Leon's Furniture & Appliances

Paradise Geothermal • Penner Lumber 2019

Power Baron Electric • Precision Toyota

Southwest Agencies • Springhill Lumber

Sunrise Credit Union

The Green Spot Home & Garden

Tutthill Construction

UCT – United Commercial Travelers

Western Archrib

# Together

## we raised \$54,333.90!

FOR



CEREBRAL PALSY ASSOCIATION OF MANITOBA



## WESTMAN, your generous support is appreciated!

TEAM NAME	PLEDGES	KMs
Tia's Troop	13,072.90	191.50 (2nd)
TiAiden's Turtles	8,870.90	139.40
Bakers' Dozen	8,670.30	187.50 (3rd)
Redneck Ryder's	6,181.50	167.50
Zach's Pack	2,987.10	58.50
Catie's Crew	2,800.70	165.80
Bryce's BobCats	2,440.80	208.40 (1st)
Spare Tires	2,272.00	—
Odin's Odyssey	1,873.40	178.80
Cody's Titans	1,732.00	186.00
Fusion Firecrackers	1,123.00	76.00
Serge's Crazy Peddlers	958.50	55.90
Ride or Die	860.80	139.20
Rivers Seniors Walkers	490.00	—
<b>TOTAL</b>	<b>\$ 54,333.90</b>	<b>1,754.50 KM</b>





# CoHabit Golf Fundraiser



## CoHabit

Live independently. With care

CHARITY GOLF TOURNAMENT  
Presented by Richardson Wealth

Tuesday June 20, 2023  
Glendale Golf & Country Club  
400 Augier Ave, Winnipeg

**RICHARDSON**  
Wealth

# This year we SOLD OUT!

## THANK YOU Sponsors, Golfers and Volunteers!

With your financial support,  
young adults with physical  
disabilities will look forward  
to a vibrant, fun and  
socially inclusive life!

**SAVE THE DATE: CoHabit Golf Tournament**  
June 18, 2024 • Glendale Golf & Country Club

#LiveTheCoHabitDream



♥ THANK YOU

to our Supporters

### TITLE SPONSOR

Richardson Wealth

### BUILDING BLOCKS SPONSOR

The Keg Winnipeg • Tee-gift Sponsor

### PAVING STONES SPONSOR

Johnston Group

Louise Redekop & Ruth Bauer • Pin Flag Sponsor

Maple Leaf Construction Ltd. • Registration Desk Sponsor

Maxim Truck & Trailer • Golf Cart Sponsor

Medallion Milk Co. • Beverage Cart Sponsor

MMP Architects

Pratts Wholesale Food Service • Putting Contest

### NEIGHBOURHOOD SPONSOR

Brandt Tractor Ltd. • Longest Drive – Male

Sigurdson Financial Group Inc. • Closest to the Pin – Female

Tacium, Vincent & Associates • Longest Drive – Female

Volvo Cars Winnipeg • Closest to the Pin – Male

City Press Ltd. • Sign Sponsor

Colliers Project Leaders

Enabling Access Inc.

Frankie's Italian Kitchen

### NUTS AND BOLTS SPONSOR

BB girls • Boston Pizza • Brazen Hall

Cerebral Palsy Association of Manitoba • Dueck Builders

Eagle Industrial • Freedom Concepts Inc.

Hill Sokalski Walsh LLP • HY's Steakhouse & Cocktail Bar

Jennifer Smith Realtor • Royal LePage Dynamic Real Estate

Lacoste Garden Centre • Lake of the Woods Brewing Company

Mordens' of Winnipeg • Prairie Chiropractic

The Nob • Your Best Shot

### FRIENDS SPONSOR

George Andrews • Bob Friesen & Marnie Strath

Roger & Kerry Kane • Gord Kostick • Bob Sokalski

JP Parenty & Michelle Smith • Curtis Rossow • Mack Smith

# What's new with the CoHabit Housing Initiative?

## Information Sharing:

**CoHabit** hosted an Open House on May 24th at the Caboto Centre to share information. Stations were set up to share details on: What? Where? Who? Why?

A survey was also developed to learn what the needs and desires are from prospective "Neighbours". This survey will also demonstrate to Government, that there is a need and a demand for accessible, affordable housing. For those who have not yet filled out the anonymous Survey, please do so. You can access the Survey via the **CoHabit** website: [cohabit.ca](http://cohabit.ca) or by emailing [kelsy@cerebralpalsy.mb.ca](mailto:kelsy@cerebralpalsy.mb.ca) to have a survey mailed out to you.

We will host another Information sharing event when we have our "next steps" finalized. Stay tuned.



## Grants:

**CoHabit** applied for and received a grant from both The Winnipeg Foundation as well as the Manitoba Accessibility Fund Grant (Province of MB.) to cover the costs to produce an accessible informational document: "The Guidelines for Planning and Building an Inclusive Community", that will outline best practice solutions for accessible residential environments including day-programming for persons with disabilities, and develop equitable employment opportunities.

## Fundraising Initiatives:

Funds are required to acquire the professionals necessary to get this project moving forward. To date, our fundraising consists of an annual Golf Tournament as well as a Spring and Winter Lacoste Garden Centre fundraiser. For 2023, we are on target to raise \$110,000.



## General Updates:

- Since 2020, we have had multiple meetings with the Province of Manitoba - Department of Families, WRHA and Shared Health – in order to help them understand our project, and work out financial details of supporting the "Neighbours" who reside at **CoHabit**. These meetings will continue into the Fall and beyond.
- Our desired site is the up-coming Southwood Circle – and with that, we have met countless times with the CEO of UM Properties, as well as members of MMP Architects, along with potential interested Developers. This project is currently seeking Developers via an RFP process through MERX – and will be analysed after Aug. 11th.
- Working to establish partnerships with local businesses in order to support and promote **CoHabit**.



**Learn more and join us on social media at [CoHabit.ca](http://CoHabit.ca)**



## 34<sup>th</sup> Annual Bike Race Brightens Our Members' Lives and Keeps CPMB Association Lights On!



On Saturday, May 13th, 2023, CPMB held our 34th annual Stationary Bike Race with the continued and generous support of long-time **Presenting Sponsor Canada Life**. Our major annual fundraiser is many months in the making, all to be ready for Friday night set up at Shaw Park.

The first elevator ride up from the loading dock to the concourse is always a little surreal. A moment of silence, anticipation and serenity all at once. When the elevator doors open, you push a trolley of boxes forward and you get to see

the beautifully manicured baseball field and the almost eight thousand seats, completely empty. This exciting and quiet moment doesn't last very long as a train comes barreling through and we are met again with the familiar screeching

of steel on steel. This interruption brings us back to reality and we begin unpacking boxes. More and more volunteers arrive, and the pit crew gets to work unloading the trailer full of bikes and setting up each team's section. After making sure we had enough tables and chairs in the right places, I got to spend some time getting the team signs ready with Eileen. Eileen along with her husband Tom, Chair of the CPMB's Westman Committee, made the trip out from Brandon

to experience their first Winnipeg Bike Race. Eileen works in a daycare, so we shared funny stories about our experiences in childcare as we worked.

In a few short hours, everything was set up, and our pizza had arrived. We all sat in a few seats

below the concourse, had pizza and drinks, and exchanged kind words with each other. After a long day of setup, the day was over and we could relax until the morning.

The morning of, I brought my partner along with me. I was so excited to show her everything to do with the Bike Race, for her to experience the whole day. We helped Ruth set up the **McDonalds'** tables,

where riders could come get some coffee and a muffin. Riders also enjoyed a refreshing milk compliments of **McDonalds**. We finished aligning the t-shirt bags with every team's bike, unpacked all of the volunteer

t-shirts and set up the volunteer check-in table. I was so pleased to see so many smiling faces I had not seen since a year ago. Captains began arriving, I welcomed my friends who rode in the morning and came to support those who rode in the morning. Soon after that, the first rider had begun. 3...2...1 and we're off! The first ride is always a little lower energy, everyone is still waking up, and the sun hasn't come all the way out from beneath the clouds. Nevertheless, my teammates were there to cheer our captain on, who started us off strong. I spent part of the morning with my team, and during the remaining time I helped Susana hand out team captain vouchers. With everything she does, it is amazing to me how Susana can express excitement, love and joy to all of our wonderful teams. Even the ones she meets for the very first time, she takes a moment, remembers their name and introduces herself. She makes sure everyone knows how to get their lunch and makes all the new teams feel very welcome. This task is one of my favourites of Bike Race Day, as I get to stand back and admire Susana and the way she holds herself. I have

learnt so much from Susana over the past two years, and she continues to amaze me every time I get to work with her.



**The Cerebral Palsy Association of Manitoba gets no government funding. Your generosity at our major annual fundraiser, the CPMB Stationary Bike Race, enriches the lives of our Members and helps keep the lights on!**

My time to ride on the bike was at 11 AM. I went to go change into my shorts and by the time I was nearing my bike, they were already counting down! I ran to it and hopped on just in time for them to say GO! I thought...so much for a warm-up! While I was riding, not only did I have my closest friends around me cheering me on, I could look across the concourse and see 45 people riding their bikes along with me, I could feel the excitement and the energy. It was such a wonderful and safe feeling to be surrounded by so many people who shared the joy and compassion to support our CP Association Family.

In the afternoon, Eileen and I took our selfie frames and walked by each team, getting everybody to take pictures. It was so lovely to meet each team. My friends on my team took advantage of **Evolve College of Massage**, and the giveaway set up by **Jim Pattison Toyota on Regent**, which my best friend ended up winning!

As the day wound down, the last ride ended and we began packing up. We packed up quite quickly and that was it, CPMB's 34th annual Stationary Bike Race had come to a close. **Total funds raised for CPMB is \$197,760.98! Well done! and thank you!**

A big shoutout goes to everyone who was involved in putting the day together. David and Susana, as always, you crushed it! Thank you to Tara and our other Board Members for all that you do. Thanks to all of our captains, riders, sponsors and donors, we could not do this without you! #CPProud  
**—Taryn Fenez** 🙌



**THANK YOU MANITOBA!**

Cerebral Palsy STATIONARY **bike Race** canada life™

**With your help, we raised \$197,760.98!**

**PRESENTING SPONSOR  
Canada Life**

**FAITHFUL EVENT SPONSORS**

**United Fire Fighters of Winnipeg Local 867  
Taylor McCaffrey Barristers & Solicitors**

**EVENT SPONSORS**

**Jim Pattison Toyota on Regent  
Wawanesa Mutual Insurance Company**

**BREAKFAST SPONSOR**

**McDonald's**

**HOME SPONSOR**

**Shaw Park, Home of the Goldeyes**

**MEDIA SPONSORS**

**Winnipeg Free Press**

**Now Country 104.7FM**

**Nostalgia Radio CJNU 93.7FM**

**MOBILITY SPONSOR**

**Freedom Concepts**

**MERCHANDISE SPONSOR**

**Genumark**

**MASSAGE THERAPY SPONSOR**

**Evolve College of Massage Therapy**

**RACE SPONSOR**

**Tough Duck**

**RECRUITMENT SPONSORS**

**Western Fashion Group 2017**

**Turning Leaf Support Services**

**201 Portage**



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



# CPMB Bike Race Results

Team Name	Total Pledges	Total KMs
Canada Life 1 & 2	\$ 37,017.40	339.64/232.52
Ryder's Riders	14,621.20	108.60
Distance Matters	8,843.50	207.65
Riders for Richard	8,252.60	193.30
Charlotte's Crusaders	8,243.40	129.15
Lucy in the Sky with Diamonds	7,144.30	116.64
Team Nexom	6,832.50	312.59
Kai's Pedal Pushers	6,076.50	154.47
Cambrian Credit Union	5,627.70	215.45
The Toon Squad	5,418.30	234.06
*Public Interest Law Centre (PILC)	5,400.00	269.69
Mina's Ministry	5,212.00	107.33
Owens Heros	5,160.40	190.36
Équipe de Marianne	5,104.36	141.63
Para Storm	5,033.50	139.80
WFD Firefighters**	4,786.50	144.84
*Taylor McCaffrey Lawyers	4,556.74	158.64
Bruce Family and Friends**	3,989.00	118.20
*TDS Tigers	3,982.10	191.83
John's Bike Riding Friends	3,892.95	259.36
*Leegals Express	3,853.50	214.81
CP Warriors 1	3,672.60	155.60
Ashley & Allyson's Angels	3,482.09	233.30
Adam's Angels	3,244.64	157.32
*Pitblado Pedallers	3,193.40	202.85
Équipe de Marianne 2	3,096.00	162.67
Spare Tires	2,557.90	-
Freedom Concepts	2,509.40	272.60
A.J. Riders	1,826.50	196.61
Heather's Pedal Pushers	1,681.30	87.55
Prolific Predators	1,486.00	226.29
Pub Crawl Bikers	1,306.60	292.71
CP Warriors 2	1,291.10	155.42
Wook Up Like This	1,211.00	135.53
*Gindin Segal Law**	1,147.70	99.12
Andrew's Angels	1,046.50	238.96
Les Bleus pour Marianne	1,000.90	220.62
St. Paul's College Students' Assoc.	1,000.60	204.45
Dueck Builders	920.00	229.54
Matt's Maniacs	755.00	107.71
Karing for Kaity Team 2	620.30	202.96
EY Winnipeg**	562.00	93.58
Friends For LIFE**	525.00	81.16
Winnipeg Goldeyes Baseball Club	355.00	-
Karing for Kaity	221.00	184.58
<b>TOTAL</b>	<b>\$197,760.98</b>	<b>8,121.69</b>

\*Justice League / Half team\*\*

**THANK YOU Captains, Riders, Volunteers, Sponsors and Donors**  
**—SEE YOU in 2024 for our 35th Bike Race!**



**Stay tuned for activities over the summer and Disability Matter Votes updates at [dmvote.ca](https://dmvote.ca)**



**Visit [electionsmb.ca](https://electionsmb.ca) for information on:**

- **Accessible Voting**
- **Registering to Vote**
- or
- **Getting Paid to Work the Election**





## Got my travel buggy wheelchair!

**Leonard Trinidad** is riding in style in his new travel buggy wheelchair thanks to a grant from CPMB!

The generosity of our donors makes purchasing mobility equipment like this power wheelchair a reality AND it provides much needed freedom and independence to our Members like Leonard! *Enjoy the ride Leonard!* 🌍



## Thank you all for Supporting CPMB

- Cerebral Palsy Association Members
- City of Winnipeg Charitable Fund (Funded by Employees & Retirees)
- Dr. Alfred E Deacon Medical Research Foundation
- Starbuck All Charities
- Melita Donors Choice
- The Prairie Dawn Foundation
- Rural United Way – Pembina Valley
- Reston & District United Appeal
- Winnipeg Optimist Athletics
- Donation in Honour of Catherine Lambeth
- In Memoriam – Mrs. Louise Lage
- In Memoriam – Mrs. Diana Nixon
- In Memoriam – Sean Vint
- In Memoriam – Donald Knudsen
- In Memoriam – E. Barnak
- In Memoriam – Hudson Lezack
- In Honour – Gloria Jamerson
- In Honour – Fran Loewen
- In Honour – Ms. Mina Cissé
- The Winnipeg Foundation
- Pembina Valley United Way
- Westman Group Inc.
- The Field of Dreams Foundation – Goldeyes

# UPDATES



## Bill 72 – Is now called: Manitoba Supports for Persons with Disabilities

On April 1st, the Manitoba Government launched the new benefit program for individuals with long term and significant disabilities. Please take the time, if you receive EIA-Disability, and you do not know if you are on this program (you are on if you get CPP Disability or qualify for CLDS) to contact your EIA worker

to get an application. Go to <https://www.gov.mb.ca/fs/manitobasupports/index.html> to learn more.

You need to ask for the application. It is important to apply. There is a small increase in the basic month allowance and there might be more enhanced benefits in the future. ☺

## Class Action Lawsuit for those individuals that resided at The Manitoba Development Centre (MDC)



MDC has been operating in Manitoba for decades housing persons labelled as developmentally challenged, delayed or disabled. The plaintiff alleges that members of the class were physically, sexually and psychologically abused at MDC. It is alleged that the Province of Manitoba breached its fiduciary and common law duties to the class through the establishment, operation, and supervision of MDC. In particular, it is alleged that the MDC failed to care for and protect class members, which resulted in loss or injury, including psychological trauma, pain and suffering and loss of enjoyment of life.

If you or a loved one lived at MDC from between July 1, 1951 and May 29, 2020, and were alive as of October 31, 2016 you may submit a claim. <https://mdcclassactionsettlement.com/> or call 1-844-306-0263 for more information. You may be entitled to compensation. ☺



CPMB

Got an old clunker lying around?

Donate a car today!

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...**



DONATE A CAR



Manitoba  
**Possible.**

# SUMMER BOCCIA BALL

**All Ages • Thursday's bi-weekly**

July 20, August 3, August 17, August 31

5:15 - 6:45 pm at Knox United Church, Brandon, Manitoba

**Learn to play Boccia Ball in a fun,  
accessible, and inclusive environment!**

Register by contacting  
Chayce Viczina  
cviczina@manitobapossible.ca  
(204) 224-5764



REHABILITATION  
CENTRE FOR  
CHILDREN



# CPMB in our Community...

## A BIG Thank you to the United Way Pembina Valley!

On February 18, the **United Way of Pembina Valley** generously presented the Cerebral Palsy Association of Manitoba with a \$1,000 grant in support of the local sledge hockey program. The group plays out of the Winkler arena every Saturday. Player/organizer Nic Klassen and the CP Association's Susana Schanel accepted the donation from United Way board member Ashleigh Viveiros.☺



**United Way**  
Pembina Valley



## Bea got her bike!



A BIG thank you to **Winnipeg Goldeyes**

**Field of Dreams Foundation** for the amazing gift of mobility. Bea can cycle around school in her new Freedom Concepts bike! Thanks to the Grade 1 Class at Stevenson-Britannia School for making May 4th so special for Bea! #CPProud ☺

## May 10 was McHappy Day!

**McHappy Day** was a great time for Taryn and Susana collecting donations and selling fancy socks in support of **Ronald McDonald House Charities®**.

A portion of the sales of every item purchased on McHappy



Day also supported the cause! We love McHappy Day! ☺



## Glad to attend the NAAW BBQ on May 31st



We were so pleased to attend the **NAAW Barbeque!** A wonderful event

held on May 31st in celebration of **National AccessAbility Week** put on by Manitoba Possible and CCRW.

We were welcomed by Elder Barb Nepinak and Drummer Derek Hotomani, followed by some speeches. Hannah Yang, an incoming Ambassador with Manitoba Possible, told us about her personal

experience growing up without role models for children with disabilities, which fuels her passion for her advocacy work. Then we heard from Lindsey Cooke, Director of Provincial Services with Manitoba Possible and our very own, David Kron. They discussed the past, present and future of the *Accessibility for Manitobans Act*.

Later, we enjoyed a nice barbeque outside! Thanks so much, Manitoba Possible—an inclusive & accessible society and CCRW for putting this together. This is why we do what we do! ☺

## Brandon hosts the Accessible Sport Expo



On June 10, David represented the Cerebral Palsy Association of Manitoba at the **Accessible Sport Expo** hosted by Brandon

### Wheelchair Sports & Leisure.

Participants took part in wheelchair sport demos like fencing, badminton and yoga. A great day was had by all! ☺

## Family Mental Wellness Festival beats the heat!

On Saturday, July 8, David and Pam braved the heat to represent the CPMB at the **Family Mental Wellness Festival** at

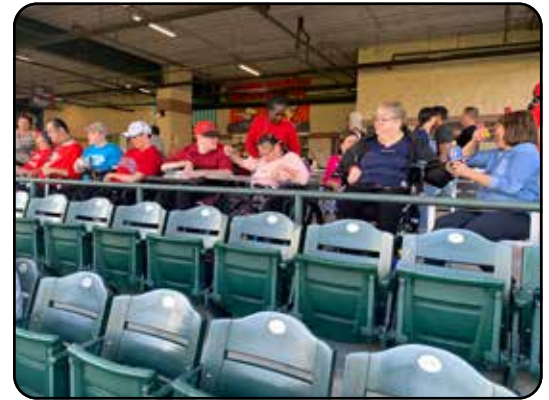
Assiniboine Park. Families enjoyed the day's activities in spite of the hot temperatures! ☺



# More of CPMB in our Community...

## CPMB Members make a BIG HIT at Shaw Park

On July 13th, 108 CPMB Members, Friends and Family enjoyed a fine evening for baseball—Goldeyes style! Thanks to all who attended!



### WE ARE HERE FOR YOUR NEXT OUTING

- Airport Service
- Sightseeing
- Shopping
- Weddings
- Graduations
- Anniversaries
- Sporting Events
- Concerts
- Nightclubs
- Medical appointments
- Funerals



**WHEELCHAIR ACCESSIBLE  
LIMO & TRANSIT SERVICES**



*"I can't say enough about Sunshine Transit, specifically Gary Jakeman and his limousine service. He is extremely professional, kind, considerate, and really keeps his vehicle looking immaculate at all times. This is such a well needed transportation service in Winnipeg for anyone who is in a wheelchair and wants to be driven in style and grace."*

*Out of town rates available.  
Point to point or hourly service.*

**204-667-5332    [www.sunshinetransit.ca](http://www.sunshinetransit.ca)  
[info@sunshinetransit.ca](mailto:info@sunshinetransit.ca)**



# Free To Be Me: 3 Safety Tips For Travelling On Summer Nights

"Summer dreams ripped at the seams, but oh, those summer nights." Oh, I'm sorry you caught me singing again, but it provides the perfect intro into what I wanted to talk about today.

A few tips for being safe and enjoying our summer nights as persons with disabilities.



The first and arguably easiest safe solution is to **chat with someone on your way home** (this provides entertainment for you) and allows them to keep track

of your progress until you reach an area you're comfortable in or you're back at your front door. This is also a great way to catch up with someone.



**Staying visible** is another way to keep safe at night, and there are many ways to do this: some use the **orange crossing guard vest** on the back of the chair or

put them on as a way of being easily seen by other drivers. But if you are not that type of person, I feel you, what you can do instead is a **use small light up glow sticks which pop on the spokes of your chair** you can put these in cool designs or do what I have done here.



**PRO TIP: Get some help if you can — it will save your back!**

Often with mobility aids, like wheelchairs or scooters, we put our backpacks behind us. This is not a bad thing, because, honest talk, sometimes it's the only place they fit, and or won't throw off the balance of the chair walker or scooter.



What I would recommend in this situation is and yes, I have tried it myself **getting a personal alarm and putting it on the zipper or zippers that are on the**

**outer most part of your bag.** When you open your bag, you know not to touch the alarmed parts however when another, potentially nefariously, person opens your bag, they may be trying to pull at it or wrench the bag open, which will then set off the alarm and the alarm is LOUD. Very loud. I took mine off after it disturbed my nephew while we put my chair in the car and my friend knocked it accidentally. Because that loud noise (was one decimal higher than hell) will deter any potential wrongdoers and send them running the other way. As well as hopefully alerting others to the fact that some thing is going on and potentially bring them to you.

I think I can say we love summer for the ability it gives us to be out and about with friends and enjoy the city. And we want you to keep doing those things with safety in mind and fun in your heart.

—Mindy Tucker 🌻

# CPMB MEMBER ANNOUNCEMENT



**CONGRATULATIONS Hayley Swidnicki on your graduation from Red River College!**  
#CPProud

Also, Hayley wanted to show off her new travel buggy at The Leaf which she was able to get through a grant provided by CPMB. *Looking good Hayley!*



**HAVE SPECIAL NEWS TO SHARE?**  
▶▶▶▶▶▶▶▶▶▶ **Please let us know!**



**We need to hear from you!**

Please follow this link to fill out our survey, or share the link with anyone who might want to share their ideas about **CoHabit!**

<https://buff.ly/43xhMi8>








**Friendly reminder: RENEW YOUR MEMBERSHIP TODAY!**

**Please find enclosed your CPMB membership renewal and/or visit our website at:**

**<https://cerebralpalsy.mb.ca/membership>**

*\*It is important that you sign up for updates!*



-  [www.cerebralpalsy.mb.ca](http://www.cerebralpalsy.mb.ca)
-  [@CerebralPalsyAssociationOfMb](https://www.facebook.com/CerebralPalsyAssociationOfMb)
-  [@CerebralPalsyMB](https://twitter.com/CerebralPalsyMB)
-  [@cerebralpalsymb](https://www.instagram.com/cerebralpalsymb)
-  [The Cerebral Palsy Association of Manitoba](https://www.linkedin.com/company/the-cerebral-palsy-association-of-manitoba)



Direct line 204-982-4842  
Toll free 800-416-6166  
Fax 204-982-4844  
Email [office@cerebralpalsy.mb.ca](mailto:office@cerebralpalsy.mb.ca)

903 - 213 Notre Dame Ave.  
Winnipeg, MB R3B 1N3