

# INFORM



**The Cerebral Palsy Association of Manitoba**

## NOVEMBER 2013

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## Upcoming Events...

### Thursday, Nov 14, 2013 ANNUAL GENERAL MEETING (AGM)

6:30 – 9:30 pm  
Canad Inns – Fort Garry,  
1824 Pembina Hwy  
Ambassador Room F

*There is no cost to attend  
the AGM but please phone/  
email your attendance by the  
deadline date Nov 8/13. 1-204-  
982-4842, 1-800-416-6166,  
office@cerebralpalsy.mb.ca*

### Sunday, Dec 15, 2013 HOLIDAY BOWLING PARTY

Academy Lanes  
194 Academy Rd.  
Details to follow

### Saturday, Mar 8, 2014 WINNIPEG BIKE RACE

### Saturday, Mar 15, 2014 WESTMAN BIKE RACE

## I just wanted to say Thank You...

As our fiscal year end is drawing to a close, I would like to thank a few people for their support, passion and hard work to making the Association successful. First, Marnie Loewen for being a great co-worker, a wonderful organizer and keeping me on my toes! Marnie, as you might know, has moved on to Open Access Resource Centre. Marnie was the Bike Race Coordinator for the past 7 years. The 2013 Race was the most successful ever thanks to Marnie and all the riders and volunteers. I would like to thank Kelly Hunter our President, who has come out to almost all the events and lent a hand. Also my thanks to Susana Schanel, a Board Member who has helped to put together the newsletter and joined the Bike Race Committee. Finally, thanks to Chris Moffatt, our IT Guy and Webmaster, who donates his time to make the Association look good and function better.

The Board of Directors have passed the 2013 – 2014 Budget. We have increased the budget amount for the personal support worker program due to increased demand. We are investigating new programs and activities for children and new potential partnerships. One of the ideas is a Parent Wine & Cheese event so that everyone can network and share stories.

If you were a participant of the Family Retreat last May at Camp Arnes, you would have noticed the grounds were a mess. It was difficult to go off the paths to explore. There is also no longer a pool lift for our members to use,

and swimming is an important part of our experience. For these reasons, we are not able to hold a retreat this year, although we are currently exploring new venues for 2015. However, I do have several thoughts on doing a few different things around town. If you have any ideas please get in touch. It is important that you let us know what you need the Association to be for you.

## Annual General Meeting (AGM)

Thursday, Nov 14, 2013

6:30 – 9:30 pm  
Canad Inns – Fort Garry  
1824 Pembina Hwy  
Ambassador Room F



**Jared Funk, Wheelchair Rugby**

*PROGRAM - times are approximate*

6:30 pm – REGISTRATION –  
socializing, snacks, beverages  
7:00 pm – President's Welcome  
and Opening Remarks  
7:10 pm – Guest Speaker(s) –  
Changing Minds Changing Lives:  
Jared Funk, Wheelchair Rugby &  
Kristin Albo – Canadian Paralympic  
Committee  
8:15 pm – AGM & Reports  
8:45 pm – Presentations and  
Closing Remarks  
9:15 pm – Board of Directors  
meeting – Election of Executive

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

## CPAM BBQ



CPAM held its annual BBQ/ Picnic at St. Vital Park on August 24th. It was a wonderful day, hot sunny with over 90 members and family coming out to enjoy Hotdogs, games and fun. Look forward to seeing you next year.



## Bike Race Update

To many of you I'm the writer/publisher of Lucky Lou Gets Game and my earlier children's books all featuring active heroines with cerebral palsy. I've been a member of the CPAM since soon after our daughter Gemma was born 25 years ago. I've raced in the CP Stationery Bike Race, captained a team and now have taken over coordination of our twenty-fifth annual Bike Race to be held on March 8, 2014 at the Seven Oaks Wellness Centre.

Thanks to Marnie Loewen, who arranged everything so well, I'm ploughing through copious notes and trying to reach out and say "hello" to those of you, whom I don't know who race for funds at the Cerebral Palsy Stationery Bike Race. If I haven't delivered a captain's gift, called to see who you are or to see if you can get involved by cycling, volunteering or schlepping any of the numerous items that need to be schlepped closer to race day, please call me at the office 204-982-4842. Introduce yourself and say what you'd like to do or give me an idea for some change you'd like to see. I'm at the office on Portage Avenue regularly on Thursdays, often as well on Wednesdays or Fridays too. If you can't reach me there, try my cell 204-899-4052.

We are going to miss Elwood and Connie Haas, who won't be around to assist us celebrate our 25th Bike Race. But I'm determined we will do them proud and raise the funds we need. If you have ideas or want to contribute a prize, sponsor some aspect of the race or just turn up and cycle, don't hesitate. No doubt I'll do some things very differently from Marnie; many things will no doubt remain the same. David Kron will be taking over Elwood's role in charge of the crew that keeps the bikes running smoothly. I've no doubt he'll be both different and

the same in his approach: friendly, helpful and direct. Come to the point; come to the race; come to the office and we'll put you to work and get started. See you soon.

## Sarah Yates-Howorth 2014 Bike Race Coordinator



## Thank you Quilt



There was a picture of a quilt in the last newsletter. I have been asked a few times whose it is, and how to get one. The idea started with Laura Klassen, as a retirement gift for Laura Schnellert. The first challenge she faced was to round up 24 years' worth of Bike Race T-shirts. Friends and other long-time volunteers searched storage lockers and closets, and finally the task was done. The next step was to measure and cut the shirts into squares and lay them out in a pattern. After sewing the squares into strips and then the strips into the quilt, a one of a kind quilt was made. Thank you, Laura for all your hard work in making a masterpiece. Note: Laura has no interest doing another :)

# WESTMAN NEWS & NOTES

## YMCA Opens

On October 8<sup>th</sup>, 2013 the YMCA in Brandon officially opened. Tom & Eileen Czerkawski attended the opening and received a royal tour! Back in 2010, the CP Association of Manitoba Westman Branch made a pledge of \$25,000 in order to help the YMCA become more accessible. The money was raised by the Westman Branch, from efforts through Canada Safeway and the Bike Race. The \$25,000 helped build a totally accessible family change room. Pictured is the accessible pool and the sign that is proudly mounted outside



of the room. Congratulations Westman Branch, the whole Y is totally accessible and a real gem for the whole community!



## Westman Fall Family Retreat

On October 19 2013, the Cerebral Palsy Association met at the Victoria Inn in Brandon for the biennial Family Retreat. There was over 50 members there, from Virden, Holland, Brandon and across Westman. We had two information sessions, one on 'RDSPs' (Registered Disability Savings Plans) and the other on 'Wills and Trusts'. It was great to discuss planning for the future,



and networking with families that have "Been There Done That".

We had equipment displays from Freedom Concepts and Medi-chair, to see and try all the new products. The event wasn't all business; families brought their vans to share first hand various vehicle conversions. The highlight was a performance from Evolution Entertainers (Magic Show) after dinner. It was amazing to see what these two gentlemen can do at such a young age.



## SAVE THE DATE

Winnipeg Bike Race is **Sat., March 8, 2014**  
Westman Bike Race, Brandon, is **Sat., March 15, 2014**

For information on Sponsorship or entering a team please contact Sarah at the CPAM office:  
1-800-416-6166 or 204-982-4842  
[bikerace@cerebralpalsy.mb.ca](mailto:bikerace@cerebralpalsy.mb.ca)

## A great BIG Thank You...

The annual Walk for CP was held again on September 21st in Flin Flon with over \$2300 raised. Congratulations Nelson Family and Friends!



### **Cody Zankowski “Love of Sport” Memorial Golf Tournament**

On August 16, the **Cody Zankowski “Love of Sport”**

**Memorial Golf Tournament** took place and raised over \$10 000 for CPAM, St. Amant and The Children’s Hospital Foundation.

Planning for 2014, think about giving annually through...

### **All Charities Campaign - Province of Manitoba**

This system provides current and retired employees of the Manitoba Government and its affiliates with a convenient method of giving annually to registered charities of their choice. These donations can be made through payroll deduction.

All you need to do is request that your donation be directed to Cerebral Palsy Association of Manitoba (Charitable Business Registration No. (10690 4212 RR0001). The CPAM is listed as [C040] in the All Charities Campaign Catalogue.

See the online catalogue at the All Charities Campaign website:  
[www.allcharitiescampaign.ca](http://www.allcharitiescampaign.ca).

Download a copy of the All Charities Campaign pledge form.

(204) 982-4842 ○ FAX (204) 982-4844 ○ 1-800-416-6166 (MB. only)  
[www.cerebralpalsy.mb.ca](http://www.cerebralpalsy.mb.ca) ○ EMAIL [office@cerebralpalsy.mb.ca](mailto:office@cerebralpalsy.mb.ca)

## Special Thanks to:

- Cerebral Palsy Association Members
- Manitoba Hydro Employees – Selkirk & Interlake
- Manitoba Hydro Employees – Thompson
- Government of Manitoba – All Charities Campaign
- City of Winnipeg Employee & Retirement Fund
- Dr. A. Deacon Foundation
- Brandon Jeans Day
- The Bequests in Memory of Louise Muter
- The Bequests in Memory of Thelma Sheldon
- The Bequests in Memory of Thom & Marilyn Murray
- The Staff and Owners of BLU Restaurant
- Dreams Take Flight – Winnipeg
- Field of Dreams
- Rural United Way – Morden & District
- Rural United Way – Winkler & District
- Rural United Way – Altona/Gretna



**United Way**