

INFORM



The Cerebral Palsy Association of Manitoba

APRIL 2013

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Upcoming Events...

May 15 - Deadline
for Summer/Fall 2014
Scholarships

May 28 - Wine & Cheese
Networking for Parents
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July 27 - Sunset Evening –
Fort Whyte Alive -
Details to follow.

August - Goldeyes Game -
Date & Details to follow.

Aug 15 - Cody Zankowski
“For the Love of Sport” Golf
Tournament. Call CPAM
office for details.

Aug 23 - CPAM BBQ
(Kildonan Park South Shelter)
Details to follow.

Nov 15 - AGM (Annual
General Meeting) Location
& Details to follow.

Sep 4 - Start of September
2014

It has been a very busy spring, now if the weather would change...

As an Association, we can celebrate a successful 25th Stationary Bike Race, and a successful 21st Bike Race in Westman. On a personal note, I would like to thank the Pit Crews for their help on making the Bike Race run so smoothly. I would also like to thank all the Sponsors, Riders and Volunteers. I would like to thank Sarah Yates-Howorth for all of her hard work. A big congratulations to the Winnipeg and Westman Bike Race Committees for pulling off such great events!

We are doing several new things this spring and summer. First on May 28th, we are having a parents only “Meet & Greet Wine & Cheese” event from 5:30 to 8:00 pm at the Radisson downtown. It will be an opportunity to share experiences, share knowledge, and meet new people. Please RSVP at the office, or by calling 204-982-4811. We are sharing this event with the Muscular Dystrophy Canada Chapter in MB.

Along with the Wine & Cheese, the Muscular Dystrophy Chapter and CPAM are having a few meet & greets for young families to share their stories. Neither of our groups have many young members under 10 years old. By sharing events

we anticipate more participants. More details to follow. If you are interested let me know and I will add you to the list.

Last years Family Retreat did have some issues, as I mentioned in the Nov 2013 “Inform” newsletter. First was the weather; the date we received from Camp Arnes in early May did not help with the great outdoors. The grounds were a swamp and people could not go maneuver safely around. As we see this spring, it would have been more of the same. Second, Camp Arnes had renovated the pool deck and they took out the pool lift with only a two weeks’ notice. This made the pool unusable for folks that needed a hand into the pool. Third, the camp was busy, and we felt crowded.

Camp offered good times over the years, but it was very expensive. So the question is, how do we have a successful camp that is worth the money? Until we can find a better date in the summer and another economical venue, we can’t offer camp. For that reason, we are not having a retreat this year. We are going to Fort Whyte Alive to have a “sunset evening”, and I am looking at having an evening at the Goldeyes Ballpark. I am currently investigating other venues for holding our retreat.

MORE Upcoming Events...

Dec 13 - Holiday Christmas Party - Academy Lanes 194 Academy Rd. Times & Details to follow.

March 7, 2015 - Annual Stationary Bike Race Wellness Institute

March 21, 2015 - Westman Stationary Bike Race

Our Silver Anniversary

In my first year as coordinator, this year's stationary Bike Race was overwhelming. Fortunately, when I agreed to take on the task I had no idea of what was involved, especially since neither Elwood Haas, the founder of the race, nor Marnie who has so capably managed it for seven years, was involved. Luckily for me, David Kron stayed the course and after all is said and done, we're still friends. Thank you David.

But I owe thanks to more than David. Without the efforts of the 36 team captains, who fundraised throughout the duration, kept their team riders on course and on time, fanned, fed and encouraged their riders throughout the day, CPAM would not have raised \$147,674.50 on race day. Thank you each and every one of you captains. I hope the experience was good for you. And if I did fail to say "hello" and offer what encouragement I could on race day, please know that I'll do better next year. I hope you're going to join us again on Saturday, March 7, 2015. Once again, we are going to be at the Wellness Institute on Leila Avenue, proud sponsors of the race for our tenth year, this year. As of this publication, the cash and cheques are still coming into the office and the amount of funds

raised is rising. If any of you team captains has not yet brought in your receipt books, pledges and incentive sheets, please do, as soon as you can. David Kron is at the office every day of the week; my hours are on my phone at 204-982-4842. Call first and one of us can help you.

Volunteers, many of them long-term, knew more about the schlepping of food, goods and bikes and feeding the hungry, than I did. They contributed enormously. Thank you, all of you. We had a productive volunteer's meeting on April third at the office where a handful of experienced volunteers filled me in on what I didn't know and might have done better in a very gentle and supportive way. Next year, the various rooms and responsibilities, including reception, refreshments, incentive prizes, draw prizes and the volunteer room will have an experienced captain or co-captain designating people and tasks throughout the day to ensure there aren't any holes in service. I am looking actively for help in recycling and clearing up throughout the day. Greg and Noah Penner and Monica Bock and family helped hugely but we need more people on this team. Is anybody up for some additional fun? To me, the race is always better when you're involved. We've got some ideas for streamlining what we eat during race day, how we deliver it and how

Sarah Yates-Howorth 2014 Bike Race Coordinator



we find services throughout the day. If you have any suggestions or want to volunteer, please let me know at the office (204-982-4842) or via email.

Huge thanks goes to our massage team under the auspices of Cal Zankowski. He and his students make an invaluable contribution to every cyclist with tight muscles after a hard race. And they do it all free, as volunteers. Whatever ails you can be and was assisted by some wonderful strong arms doing just the right thing. Thank you Cal and all of your students. Massage therapy makes stationary cycling so much more pleasurable and doable. We look forward to seeing you again next year.

Continued on page 8



WESTMAN NEWS & NOTES



Shane Benson



**Gary Mackay
fanning
Kevin Grindey**

Wayne Schmitz's 1st year team—Mellisa's Marvells accepting "3rd in Kms Trophy"



2014 Cerebral Palsy Stationary Bike Race in Westman

by **Chris Austin**

On Saturday, March 15, 2014 the 21st annual Cerebral Palsy stationary bike race was held in Brandon, Manitoba for the Westman area of Manitoba. The Race took place at the Brandon Town Centre and couldn't have happened without the 60 volunteers from the Town Centre, Cerebral Palsy Association, and Target. The turnout for the day was great with 13 teams taking part in the race and around 250 participants coming out to ride the bikes. Some local celebrities

came out and showed their support and took a turn on the bikes as well: Amanda Navid of "101.1 the Farm", Trent Barclay, Allie Mitchell, and Travis Marshall of "94.7 Star FM", Deputy Fire Chief Steve Romanik, Constable Dana McCallum, and multiple players from the Brandon University Bobcats teams.

Over the course of the day \$42,929 was raised and more money has come in since. The team to raise the most money was Chantal and Aiden's "Heartbreakers" and the team to ride the most kilometers cumulatively was "Tia's Troop". The competition for the furthest ride of the day was intense but all in good fun to help out a great cause.

Money from the bike race goes towards helping people living with cerebral palsy buy equipment that is costly but needed to help improve quality of life. Some examples of equipment would be sit-stand lifts for transferring, special equipment for schools and much more that is going to help make living with cerebral palsy a little more manageable.

A huge thanks to everyone who came out to the race and took part, and to those who couldn't make it but still donated money and gave encouraging words to those taking part. We hope to see you all again next year.

The 2013 Cerebral Palsy Ride

CPAM had the great fortune to be selected by 4 individuals that took their annual ride and added a fundraiser component. The Cerebral Palsy Association would like to recognize the generosity of those who donated and to Dean, Greg, Bryan and Kevin for partnering with us. Here is their story:

The first 100 km bike ride was organized by Dean Keating and took place in the summer of 2007 on the portion of the Trans Canada Trail that goes through Winnipeg.

It was organized with 50+ friends who wanted to exercise, and then culminate the cycling with a longer ride and dinner with spouses afterwards. Last year's ride started at Sandy Bay, north of Victoria Beach, followed the beaches on the east side of Lake Winnipeg, through Grand Beach, and ended at Gull Lake, 100 km later.

Prior to the 2013 ride, it was decided to add a fundraising component to the annual ride. We wanted to see the funds we raised used locally, so we chose to work with the Cerebral Palsy Association



of Manitoba and Freedom Concepts, a local business that manufactures bicycles for children & adults with special needs. We were able to raise \$4200.00, enough money to present a bicycle to Sean, six days prior to his twelfth birthday. Dean Keating, Greg Macaulay, Bryan Toews, Kevin Turner would like to recognize the generosity of those that donated to this great cause.



CPAM Scholarships & Awards...A lifetime toward education.

My Grandfather had one piece of advice when I was growing up. It was "David, you can make a living with your mind or your body. Go to school". An education is an expensive endeavor, whatever your goal is for employment, self-

realization or general interest. It is the goal of CPAM, to help all that have been touched by CP. If you are planning a post-secondary education or a graduate studies; the deadline for the fall semester is May 15th. (Alternate date for Spring 2015 - Oct 15, 2014)

We do provide scholarships to any accredited college or university in Canada, as long as you are a member of Association. We do

take a look any other courses or programs that will help out on the journey. (Priority goes to post-secondary education) Please contact me at office for the proper forms and I can answer any questions; Davidk@cerebralpalsy.mb.ca or 204-982-4811.

Don't know the plan yet, but you are graduating from high school, let me know, we do have an award for everyone graduating every spring.

Parents Networking Wine & Cheese Event



DATE: May 28, 2014
TIME: 5:30 pm to 7:30 pm
PLACE: Radisson Hotel – Downtown
288 Portage Ave
Winnipeg, MB R3C 0B8

Please RSVP by May 23rd, 2014 to
David Kron • 204-982-4811
davidk@cerebralpalsy.mb.ca

Pitblado Law and CPAM Workout a Sweet Deal: An Innovative Fundraiser

Pitblado Law helped celebrate our twenty-fifth Cerebral Palsy Association Stationary Bike Race this year, when they became a bronze sponsor for the first time. Not only did the well-known law firm contribute to underwriting the race, they also undertook a new fundraising initiative. They commissioned 120 delicious chocolate-and-shortbread cookies which offered purchasers a chance to win an iPad Air.

After the bike race on March 8, A.S. Gill, known to his friends at the Wellness Institute and elsewhere as Andy, won the fancy new piece of equipment. He was thrilled.

“My grandkids showed me a few moves, now I am happy I can use it,” he said. “They’ve brought me into me into the high-tech world they live in every day. I always like to support a good cause and this

is the first time it has ever paid off by giving me a prize.”

The Pitblado Law cookies sold for \$25 each, one dollar for each race year. Each cookie was numbered. At the end of the Bike Race, CBC Anchorwoman, Janet Stewart pulled Andy Gill’s number out of a hat. We handed over the iPad Air to him at the Wellness Centre, March eleventh.

A total of \$1375 was raised by the draw contributing to the overall proceeds of this year’s Stationary Bike Race.

Bike Race Coordinator, Sarah Yates-Howorth was enthusiastic.



“Thanks to Pitblado Law for the initiative. As a new member of our sponsorship team, they’ve already contributed a new idea and some new energy to assist in our attaining this year’s success. Topping the \$150,000 mark exceeded my expectations and bodes well for funding next year’s programs.”

IN MEMORIAM



In Memoriam - Ashley Bruce ***September 28, 1989 - February 22, 2014***

I would like to express condolences on behalf of myself and the members of CPAM to the Bruce Family and friends. Ashley participated each year in the Cerebral Palsy Bike Race. Ashley started out at a very young age as a participant with her dad's team, and later captained her own team competing against her dad's team of firefighters. Ashley and her dad spent endless hours recruiting riders and fundraising. The Bruce family have been long time members of the Association and one of the original teams for the Bike Race.

In Memoriam - Gladys Sobieski ***October 27, 1922 - October 16, 2013***

I would like to express condolences on behalf of myself and the members of CPAM to the Sobieski Family and friends. Gladys was the most "senior" of our members born in October 1922 weighing only 2 1/2 lbs. I met Gladys at her 90th Birthday Party, she was the star! Gordon Sinclair did a great column on Gladys' life for the Winnipeg Free Press. She will be remembered as a special person forever in our hearts.



Supper Central ***Fundraiser***

CPAM was lucky to be selected by Lori & Crystal and Supper Central as their charity of choice for March. They raised over \$300.00 for the Association. Thank you.

We are very proud to support the Cerebral Palsy Association of Manitoba for the entire

month of March! Purchase our Sweet & Sticky Japanese Chicken from our Made to Take cooler and \$5 from every full meal and \$2.50 from every half meal sold during the month will be donated to this charity!



CPAM Sales Corner

For Sale Backrest

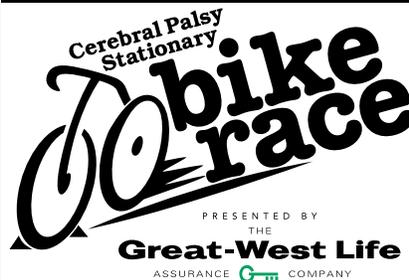


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for details.

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See You in 2015

Winnipeg Race March 7

Brandon Race March 21

Approximately 50,000 people in Canada live
with Cerebral Palsy. See our web site for more
information on how YOUR money helps!

CEREBRALPALSY.MB.CA.



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Artist
Oakwood Café



Special Thanks to:

- Cerebral Palsy Association Members
- Manitoba Hydro Employees – Selkirk & Interlake
- Government of MB – All Charities Campaign
- City of Winnipeg Employee & Retirement Fund
- Dr. Alfred E. Deacon Medical Research Foundation
- Winnipeg Goldeyes – Field of Dreams Foundation
- Rural United Way – Morden & District
- Rural United Way – Altona/Gretna
- Rural United Way – Winkler & District
- Dreams Take Fight – Winnipeg
- The Bequests in Memory of Ashley Bruce
- The Bequests in Memory of Ethel Wilson
- The Bequests in Memory of Eva Timmerman
- The Bequests in Memory of Mary Reimer
- The Bequests in Memory of R.D Stewart
- The Bequests in Memory of Gladys Sobieski



United Way

Our Silver Anniversary - continued from PAGE 2



This year, the battle for the top number of kilometres ridden was a hard one. Winnipeg Police Force's Blue Spokes beat out Smith Carter Burnouts for the first time in years, by just a half km. They clocked 319.1 and 318.5 respectively, out of a total 8,397 km cycled. Ernst & Young came in a close third at 308.1 km. with Rehab Centre for Children/Crusaders Alumni and Steingarten & Company giving them both a run for their trophies. Seven-year old Draycen Ralph, son of Captain Bill Ralph on the Blue Spokes team gave an awesome performance, not letting up a moment of his 25-minute ride. Well done Draycen!

I can't forget the Great-West Life team under Captain Sandra Scott whose family and firm commitment contributed top dollars to our pivotal fundraising event of the year. Thank you Sandra, Mark, Harry, Charles, Chris, Paul, Erica, Christine, Tim, Craig, Mark P.,

Nancy, Mike and daughters Katrina and Isabella Johnston, who have ridden alongside their dad Mark since they were babies. Sandra had some pretty able help from Stella and Weldon cheering everyone on throughout the day. On race day, the team raised \$24,422.

Behind the scenes, Vic and Judy Warkentin take in, record and keep careful track of all the cheques and cash donated. Their money-room operation is fluid and seems flawless. Thank you Judy, Vic and all of your money-room team. We couldn't do it without you.

And finally for me, with Kelly Hunter, at the helm of our awesome board and the rest of our bike race committee, providing hands-on support throughout the preparations and race day, we made it all happen for another year. Congratulations everyone. It was fun and fabulous. See you next year.