

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...

I want to start with wishing you all a Happy New Year! 2023 is going to be a busy year for the CP Association. The Association is about you—our members, our supporters, and the difference we all can make. All of us are stronger than one of us.

The year started with a 'roll'! The CP Westman Chapter hosted a 'Welcome to the New Year' bowling event (**look inside for details**). The Westman 2023 Bike Race is going back to an in-person event at the Keystone Centre. We have booked the date for **Saturday, April 22, 2023**. If you live in the Westman Area, or know a person, business or family that would want to join a relaxed, fun day, call Susana at 204-915-8844.



We are planning some activities for later this winter, a great opportunity to get out of the house. Currently, we have partnered with **MB Possible** and **RCC's LIFE Program** for some recreational activities. Keep checking our website for updates at www.cerebralpalsy.mb.ca/events.

I am still busy with advocacy. The **IAS Pilot Project** will be up and running with the 30 participants announced (hopefully) by the end of January. Thank you to all that applied. Everyone selected will be notified by the IAS Team, (unfortunately not everyone who applied will be selected). The IAS Committee is trying to get a wide cross section of adults with a disability to improve the supports for all Manitobans.

There will be further consultations throughout the project, and we will all have a chance to be heard.

I am also working with **Barrier Free Manitoba** and the slow implementation of the standards and the lack of compliance enforcement. Check out BFM's report card www.barrierfreemb.com/whatsnew

As mentioned, 2023 is going to be busy. The next provincial election is slated for October 2023. As a member of the **DMVotes** steering committee, we are already planning the next campaign and meeting every two weeks. Stay tuned.

In late February, **Continuity Care** and the CP Association will be hosting an information session, with a question and answers session with the Department of Families regarding the DHSU. Keep checking our website and your mail box.

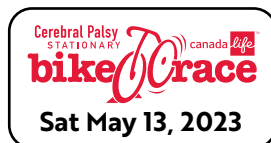
Again, thank you all for your support. 2023 is going to be a great year! —**David Kron** 🌟



The **CoHabit** Housing Initiative is moving along. There will be more announcements in the weeks to come. Thank you to the Steering Committee, the donors, and Margy and Shelley for their hard work and vision. We are practicing our putting in the office for the

CoHabit Golf Tournament on June 20th. Register online at www.CoHabit.ca/events

The **34th Annual Winnipeg Bike Race** is getting ready to launch! The website is being worked on with updates and the ability to get started. If you haven't signed up yet, call Susana and tell her Dave sent you. Like the Westman Race, we need you, your family, and businesses to sign up. Become an event Sponsor and cycle on Race Day! If you need more info or have questions, give the office a call 204-982-4842.



The CoHabit Communiqué

#LiveTheCoHabitDream

Matching Campaign *graciously gifted by Blake Fitzpatrick & the Meagher Family!*

When you give to CoHabit
you are helping grow
#TheCoHabitDream!



Until Dec. 31st donations will
be matched up to a total of **\$50,000!**



#LiveThe**CoHabit**
DREAM  Donate today at
CoHabit.ca

**We reached our goal
THANK YOU!**

Lacoste Spring Fundraiser



CoHabit

Live independently, With care

Stay tuned for details!

Wonderful Mother's Day Gift ideas!

**Beautiful
HANGING
BASKETS**

ORDERS due April 21

GIFT CARDS
for gardening or
the gift shop—AND
they don't expire!

PICKUP Sat May 6th



CoHabit

Live independently, With care

CHARITY GOLF TOURNAMENT
#LiveTheCoHabitDream

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

Sponsor or Register today!



Westman News & Notes

Sports Expo

On September 24th, 2022, CPMB attended the **Brandon Sport Expo** for a fun filled day of food and sports. Hosted by Brandon Wheelchair Sports & Leisure, attendees were able to participate inclusive and accessible sports including wheelchair basketball, badminton and rugby, boccia and yoga! 🌀



Welcome to the New Year Bowling Party

On January 15th, we "rolled" in the new year together at **T-Birds** with an afternoon of bowling! Pizza, prizes and fun were shared by everyone! 🌀



A great gift for a good cause...

Our friends over at **BENNY'S RESTAURANT AND CATERING SERVICES** have an awesome deal for you: with your purchase of a \$20 Gift Certificate, **BENNY'S** will generously donate \$10 to the Cerebral Palsy Association of Manitoba!

TO SELL AND / OR PURCHASE GIFT CERTIFICATES:
CALL Tom (204) 724-6282 or EMAIL tiltt@mymts.net



Visit bennys.restaurant
For reservations, call 204.726.0207
or email bennys@wcgwave.ca

Cycle for CPMB • NEW location, SAME GREAT event!



CPMB Westman's Stationary Bike Race

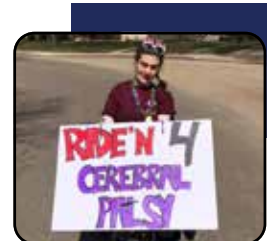
Saturday April 22, 2023
Keystone Centre, Brandon

Contact Susana • 204.915.8844
bikerace@cerebralpalsy.mb.ca



JOIN US

Become a SPONSOR or Enter a TEAM today!



2023 Save the Dates

APRIL 21

CoHabit Lacoste Order deadline

APRIL 22

Westman Stationary Bike Race
Keystone Centre, Brandon

MAY 6

CoHabit Lacoste pickup date

MAY 13

Winnipeg Stationary Bike Race
Shaw Park

JUNE 20

CoHabit Golf Tournament
Glendale Golf & Country Club

JULY 13

Members' night out at the Goldeyes

OCTOBER 6

World CP Day

NOVEMBER 25

Holiday Bowling Party

NOVEMBER 28

Giving Tuesday

JANUARY 12, 2024

CPMB 50th
Anniversary

Scan here for
EVENT INFO



REGISTER

SIGN UP

ATTEND

SPONSOR

DONATE

VOLUNTEER

CELEBRATE

HAVE FUN

ENJOY

#CPProud

CP is an Amazing Gift

Halldor Bjarnason is a remarkable man. When he was inducted into the Manitoba Hall of Sports Fame in November last year, his accomplishment confirmed my opinion.

Halldor holds the world record for the 1500 and 3000 metre races, first clocked at the Paralympic Games, Seoul, Korea in 1988. Dressed in a natty dark brown suit, complete with hanky, when I met him in Winnipeg recently, he seemed unimpressed by his award, coming "thirty years late" in his words.

Halldor was born in Winnipeg on Hallowe'en 59 years ago to Ken and Mildred Bjarnason. Many of us remember Mildred whom Halldor described as "small and scary but diplomatic too". I knew her as the top fundraiser on my CPMB Bike Race team when I was captain. Her efforts always awed me but, as I've learned, you would never say "no" to Mildred. Halldor is no different.

As his athletic therapist and close friend, Professor Glen Bergeron told me, "Halldor exudes positivity; he is open to all kinds of challenges. He simply doesn't accept no as an answer."

When Halldor was in grade ten, Bergeron met him attending a Sports Injury Course Glen was running at the University. After completing the course, Halldor returned to his high school, recruited students and invited Bergeron to conduct a training workshop. Thereafter, the students under Halldor's direction, attended all games and provided medical aid to anyone in the games who got injured.

At the time, Halldor was getting around Winnipeg on a standard trike which he had to replace yearly. When he decided to get a better trike, he found a bike maker in Cobourg, Ontario. The 14-speed trike with 20 mm tires was built to Halldor's precise measurements.

His racing career came about by accident, he explained, when he set up a CP Sports organization and attended the Disability Games in Edmonton. "Dad was told by a coach, I could be good if I stopped screwing around," he admitted. "I haven't stopped pushing since, just kept on going."

—Sarah Yates-Howorth



From the University of Winnipeg, Halldor moved to Queens University in Kingston, where he pursued his legal studies, even as he cycled 20-30 km every morning in the gym. "You get into a routine: sprint race for two minutes hard; two minutes slowdown, then off again, expending a 100% burst of energy.

"For me, attending competitions gave me a great opportunity to travel. I travelled all over the world to compete. It was a great adventure for me. As part of the Canadian team, it was amazing to experience such camaraderie. At that level, you get to meet people very dedicated to what they do. They can do anything."

Glen Bergeron confirms that describes Halldor's personality too. "His physical challenges take a back seat to his desire to experience everything in life. To me personally and to my entire family, he is an inspiration. He's always striving."

The President of Queens University shared Bergeron's sentiments. When Halldor received his law degree and brought his medals home, the University president held a gala dinner in his honour.

Halldor is quick to say, "You can't do anything like this all by yourself. You need a group of people. I learned that people like to be asked to help but you have to ask."

He credits Larry Didow, who was committed to getting people with disabilities into the University of Winnipeg. His parents who pushed and supported him were top of his list and now—the best of all supports—his son who is his biggest joy in life, a gift that has given him his true purpose. ☺

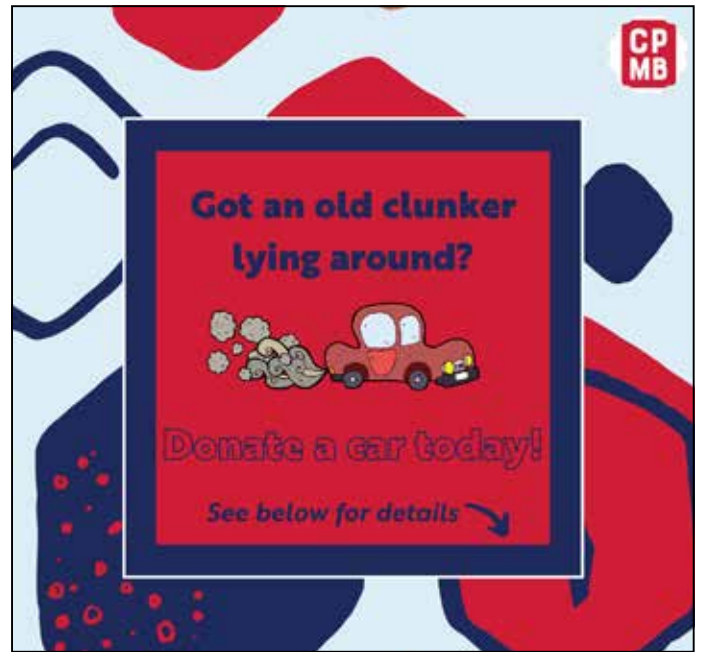
Thank you all for Supporting CPMB

- 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
- Donation in Honour of Catherine Lambeth
- In Memoriam – Ted Lees
- In Memoriam – Jared Woywada
- In Honour – Gloria Jamerson
- In Honour – Fran Loewen
- In Honour – John Myers
- Red River CO-OP – Wellness Program
- Westman Group Inc.



Holiday Bowling Party

On November 26th, 2022, the CP Association held its annual Bowling Christmas Party. Over 60 members came out for a fun afternoon of pizza, drinks, and getting their best score. Gifts were given to all who attended. 🎁



Donate your car and support 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...**



Music Therapy and Boccia in Brandon/Westman area

Music Therapy: 8 weeks

Ages: 12-26
Dates: Tuesdays January 31st – March 21st
Time: 7:00pm-7:45pm
Cost: Free
Location: Knox United Church, 451 18th St., Brandon, MB

If you/your child or youth require 1-1 support, we ask that family members/care givers/support workers stay for the duration of the class.

Register with Josh at Jmuloin@manitobapossible.ca by submitting your child's name and age. Due to the program having a maximum capacity your child/youth may be put on a wait list. Have questions, contact Jmuloin@manitobapossible.ca

Recreation Boccia Program: 8 weeks

All ages
Dates: Wednesday Evenings
 February 1st – March 22nd
Time: 7:30-8:30pm
Cost: Free
Location: Knox United Church, 451 18th St., Brandon, MB

Lead by volunteers Meredith and Bart Walker.

If you/your child or youth require 1-1 support we ask that family members/ care givers/support workers stay for the duration of the class.

Register with jirwin@manitobapossible.ca by submitting your child's name and age.

Supported by

Manitoba
Possible.



CEREBRAL PALSY
 ASSOCIATION
 OF MANITOBA

Free To Be Me: Accessibility Hacks To Personalize Your Life

...the last batch—Mindy Tucker (thank me later)

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."

Spill Not (\$30)

A hidden gem, a lot of people see it as a party gag, but I use mine daily, and if God forbid someone moves it, all hell will break loose.



The concept is simple: it holds your cup while you walk or roll and there is a long handle you hold it from. The only real instruction is to put the cup as centred as possible on the Spill Not. Low and behold it doesn't spill ever! I don't know the magic behind this, all I can figure out is that there must be some kind of weight in the bottom of it but who cares how it works—it holds very large mugs which is all I care about.



True test: I brought it to my mom's place and asked her to give me a glass of water, then I swung it at her, she screamed and then looked at me and said, "Give me that! How did that work?" Prior to this whenever I would drink my coffee I would have a spill line going from the kitchen to wherever I was going. Not anymore. If that wasn't enough, you can hold it with just one finger.

Billy shoes (Prices can vary)

Last but definitely not least, Billy shoes are completely accessible shoes for all ages. Which have zippers built-in so no laces need to be undone; but they also have laces so they look

like a normal shoe. There are so many styles and colours to choose from. I have a few pairs myself.

Pro Tip: We are all big kids at heart, and if you see a big kid shoe that you want, just find the appropriate size. These can be somewhat expensive, but if your foot is not growing anymore why not treat yourself. If your foot is growing these will last a while.



Also, the shoes can be covered by insurance with a doctor's note. Doctors love 'em. The amount of people I have surprised, doctors among them, when they ask if I need help with my shoe and I just unzip them, is amazing.

The website has a very comprehensive and easy sizing guide which is very accurate. This was the first pair of shoes I ordered online and they fit very nicely, if I do say so myself. Pictured above and below are the two pairs I have. They have boots as well and they are made for use with AFOs and other braces.



The first few times I put the shoes on, and even now I will go to take them off and forget which side the zipper is on or go to undo the laces. I can now shop for fashion knowing



Billy has taken care of the rest. Billy Shoes may be coming to Winnipeg stay tuned for details.

These are just a few of the accessible hacks I am currently using. I love finding new ways to do things so if you have any questions feel free to contact Mindy. Or let David know.

Share your accessible hacks on:
Facebook — @CerebralPalsyAssociationOfMb or
Instagram — @cerebralpalsymb

The Four Guys once again cycle to success!

Since the first ride in 2007, the Four Guys and their supporters have helped raise well over \$60,000 towards specialized bikes and chairs for adults in Manitoba. This year's presentation was December 13th.



**FOUR GUYS
CYCLE
FOR
CEREBRAL
PALSY**

Your generous support is appreciated!

With the success of the 2022 Four Guys Cycle for CP, Ashton received a Freedom Concepts bike and Emily got a Chill-Out Chair!

You are invited to

Cycle Together

FOR **CP MB** CEREBRAL PALSY ASSOCIATION OF MANITOBA

Cerebral Palsy STATIONARY **bike2Race** canada life

Saturday, May 13, 2023 @Shaw Park

Build your Team

Gather 14 Riders
Cycle TOGETHER

Each 25 minute ride supports the lives of Manitobans living with CP!



JOIN US

Contact Susana · 204.915.8844
bikerace@cerebralpalsy.mb.ca



www.cerebralpalsy.mb.ca



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