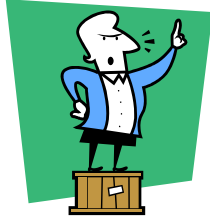


Options – Fall 2007

From the Soap Box

A John Young Perspective



When we discuss the harvesting of opportunity and equality, I find myself reflecting on the differences between the lower and middle classes (where lower and middle class refers only to the division of these two groups and is not intended as a socio-economic label) and how to bridge the gap that exists between these two groups in Manitoba. I realized too that this gap is a tenuous one at best and these two groups are not so very far from one another in terms of livelihood. To illustrate this point, it is important to discuss the safety nets that exist in each group. For the lower class, the safety net of Canadian disability social services is a process members of this group must qualify for. Whether or not this qualification lies on a negative spectrum is irrelevant – one must still qualify for access. For persons with disabilities, this means one must obtain continuous losses in order to get access to this safety net (ex. gaining disability social services because you were denied gainful employment or an education opportunity through injury or disease). This qualification, once secured, should allow you to float just above water, but in reality keeps your head far below the middle class threshold.

On the other hand, to be middle class or upper middle class (forget the rich – the rich are just plain rich and fall outside this pairing), you have to qualify for what we see in society as safety net items on the positive spectrum. But ultimately, how much of our society could stay middle class if they couldn't provide an initial down-payment for a home? How many would remain middle class if they were unable to qualify for 0% financing in the purchase of a new car? What if you were denied middle class standing simply because you did not qualify for

subsidized daycare and the subsequent tax obligation dictated your status? What if one partner had to exist without certain medicines because the premiums for two would be too costly under Health plans? How many could pay the full allotment of municipal taxes if the city didn't offer a homeowner's tax rebate? There are many more examples that we could think of in order to determine what constitutes the qualifications of middle class. If these rebates and slashes weren't given to the middle class, how big would this population actually be? My point is, quite simply, that both these groups have their own unique safety nets. Unfortunately, these safety nets are actually processes that promote patterns that keep members of both classes stagnant – persons with disabilities are striving for basic human rights while the middle class are struggling to protect their status.

When we consider the event of Thanksgiving itself, a variety of peoples from a variety of origins gathered to share cultural information and strategies on maintaining sustainable food resources. The true 'Harvest' was realized when the people came to understand how they were all in a similar situation, trying to feed their families and create a stable and comfortable lifestyle. Both classes exist on a curious dichotomy and both groups want the same thing: to be a good citizen, provide for families and participate fully in their own communities. The end result in terms of seeking a solution to bridging this gap is more humility – *we are not as safe as we think we are*. We can learn from members of all groups by embracing a full understanding of where people are coming from and going to. We are all running on a treadmill and society gears people towards these treadmills, running vigorously for opportunity under the illusion of progression. This illusion, I suppose, is called life. And so, my friends set your incline controls on your treadmill and be in control of your life.

Options – Fall 2007

Did you know?



1. ILRC has recently received copies of the new Food Guide. To pick up a copy, drop by the office.
2. Selkirk Computer Lending Library lends computers to low income households, students, seniors and persons with a disability. For more information please go to their website www.selkirklearningcentre.ca/ComputerLibrary.htm or contact ILRC for further information.
3. On June 18, 2007, the Canadian Transportation Agency released two new products aimed at improving the accessibility of air, rail and marine terminals at the 11th International Conference on Mobility and Transport for Elderly and Disabled Persons in Montreal. The products are The Code of Practice and the Guide to Passenger Terminal Accessibility. To obtain a copy of the Code and Guide call 1-888-222-2592 TTY:-1-800-669-5575 or visit their website at www.cta.gc.ca. These publications are also available in multiple formats upon request.
4. Helen Henderson, freelance journalist, writes for The Toronto Star newspaper. She writes only about issues that effect people with disabilities. The website is www.thestar.com , and then find the link on the top menu that reads **living** and this will take you to the next menu, and then find the link on top that reads **disabilities**.
5. **Ouch** magazine from the UK written by people with disabilities. www.bbc.co.uk/ouch
6. www.queeronwheels.com A website for gays and lesbians with disabilities.
7. ILRC has just finished updating our Housing Guide. For more information

please contact Information and Referral at 947-0194.

8. If you want to find cooking directions for many packaged items, a place to look is on Amazon grocery, many of these pages contain directions to nutritional information as well as recipes. <http://www.amazon.com/browse.html/?node=5212911>
9. It's a home away from home and an ideal setting for respite – for organizations, families or individuals involved with people with disabilities, or out of town guests. Canadian Respite Services will rent you by the day, overnight, weekend, week or month. All furnishings, supplies and linens are provided. All you need to bring is your own food and a willingness to leave the apartment in a clean and orderly fashion. Located in downtown Winnipeg, there is ample parking on nearby streets and excellent on-site security

New Feature Improving Bus Accessibility

By Information & Referral

Buses are to be equipped with a new announcement system within two years.

A legal challenge by a blind lawyer in Toronto has prompted Winnipeg Transit to introduce a way to tell bus passengers about upcoming stops.

Options – Fall 2007

A new audio system playing recorded messages will announce stops within the next two years, an official said Tuesday.

"We've anticipated that a need for this type of technology would arise," said Dave Wardrop, a spokesman for city transit. "We've developed our buses to accommodate a system that can announce at least the major stops."

The change comes after a recent landmark decision by the Ontario Human Rights Tribunal.

When Toronto lawyer David Lepofsky, who is visually impaired, battled to have Toronto's transit system announce every stop, he created a precedent for transit systems across the country.

Toronto now has until the end of this month to implement the change on all city buses. This comes two years after the Ontario Human Rights Tribunal said all Toronto subways would be required to announce stops as well.

All stops must be announced, but in Winnipeg that may not happen right away. Wardrop said the city would have to find a balance between meeting the needs of the visually impaired and the distraction of having every stop announced.

"It's something we'll have to look at and consider," he said. This is not acceptable for our community.

The current practice on Winnipeg buses is for passengers who need help to ask as they board if the driver could announce their stop. As well as blind passengers, this method is used by passengers who are traveling routes they don't know and also by people who can't read English street signs.

Wardrop agreed the current system of driver courtesy is working, but that he wasn't surprised by the ruling.

The new system had already been figured into a \$142-million transit upgrade that was announced in February of 2006. Wardrop estimated the stop-announcing system would cost about \$3 million.

The upcoming change was applauded on Tuesday by Dave Murray, who has no vision in his right eye and occasionally loses vision in his left eye, leaving him momentarily in the dark. He's been riding city transit buses since 2001.

"I think this is great," he said. "It will allow people to be more independent, since they won't have to ask the driver anymore."

Murray said he felt strongly that city transit should announce all the stops and not just the major ones.

"If you just do the major ones, then you go right back to where you started," he said. "That wouldn't seem like much progress."

A spokeswoman for the Canadian National Institute for the Blind said the organization is pleased with the decision.

"We support the human rights tribunal and David Lepofsky," she said. "We believe all people will benefit from this change, not only the blind."

nisha.tuli@freepress.mb.ca

Taken from: Joe Bryksa/ Winnipeg Free Press

Developing Independence through Nutrition Education

D.I.N.E

By Vivian Shankaruk



As we are nearing the fall season and harvest time, I can remember the Horn of Plenty. The Horn of Plenty used to be filled with everything

Options – Fall 2007

people harvested from their gardens to be stored to tie them through our long, cold Manitoba winters. When harvests were lean, people had to ration their supplies and stretch their dollars. People got by and remained healthy but hoped for a better harvest the following year.

This story reminds me of the D.I.N.E program. This program is designed to educate and assist all people to make healthy food choices at minimum cost. Recipes are simple with few ingredients yet account for all food groups. Participants are given the new Canada Food Guide, learned about safe food handling, portion control, food labels and bargain shopping.

D.I.N.E was well attended and the participants found the information very useful and interesting. Most participants stated that they gained knowledge they can use on a daily basis. The participants had a theory portion within the program but also had fun playing food jeopardy. They also prepared recipes together and later sat down to share their creations with all participants. The food was enjoyed by all!

ILRC will be holding another D.I.N.E class in mid October. If you are interested in participating, please contact the Centre at 947-0194. We look forward to hearing from you.

Step Out to the Great Outdoors

By Doris Bercasio

The ILRC has been providing avenues for consumers that have resulted in a variety of outdoor experiences for people with disabilities, but we're not done yet! If we have just peaked your interests in the areas of fishing, hiking, sailing/boating and the great outdoors,



we are inviting you to expand on your new found interests by joining us on a one or two night camping trip.

This adventure is for those who have never had a chance to camp before and want to ease into the experience by learning some skills and being exposed to exploring the great outdoors. You won't have to rough it in tents on this weekend or prepare meals but you will get the chance to enjoy the camping experience by learning how to set up shelter, build a fire, cook on a camp fire and learn more about fishing, hiking, sailing/canoeing that you may have already been exposed to over the last few years. You will take control of what you want to learn and experience this weekend. How you use your skills in the future will be up to you. People with disabilities will be your guides to ensure the learning experience is considerate of your needs from a cross disability perspective. You will enjoy the amenities of "The Ridge" on Pelican Lake near Ninette, Manitoba. If you have never tried camping before, this weekend is for you,

All accommodations are wheelchair accessible in cabins with meals provided and transportation arranged by ILRC. Consumer demand will determine costs and if attendant support is required.

If you are interested in stepping out to the great outdoors, let us know ASAP, as we will be booking the site soon for next summer. Call Doris at 947-0194 for more details or to register.

Peer and IL Skills News Bulletin

By Libby Zdriuk

As the summer season begins to wind down, we begin to look ahead to new ideas, changes or getting back into

Options – Fall 2007

routines. While the Peer Supports vision and mandate stay the same, it is important to recognize the adding of new flavor to workshops and Peer Groups for an ever changing community. I believe that the program to some extent has been able to adapt and provide services to the community with measurable outcomes of success. Some former groups have moved beyond the needs of the program to successfully meet and adapt to changes on their own. (The Self Advocacy Network.)

Workshops have been created and delivered successfully too many kinds of audiences. I, myself, as the Peer Support Consultant, have had the opportunity to learn so much personally and from the community in the last year. The variation of the workshop themes from this past year have shown that together we can accept change and meet it head on. We have been able to incorporate new concepts into the program while also being able to add life to old ideas.

I hope you have felt that your ideas have been well implemented into the program. I am happy to continue working with all of you to keep taking strides to continue making the program a success.

Here are some upcoming things taking place in the program

On **Monday October 22nd** we have a guest speaker from The Consumers Association of Canada here to talk about shopping tips, grocery basics, Fraud and Scam Awareness as well as background information on Alternative Financial Services. Bring your questions and pens. Registration deadline is **Wednesday October 17th**.

On the horizon we are working on A Housing Workshop geared for Youth, New Peer Support Groups, a Tenants Rights and Responsibilities Workshop as well as new movies for movie

night. Please be sure to check out our website at www.ilrc.mb.ca for details.

Don't forget all of our workshops are broadcast over the internet. Should you wish to participate online please call me at 947-0194 or email libbyz@ilrc.mb.ca

Keep those suggestions coming!

UEDP Peer Support Group

By Robson Ross

It is that time of year again, when farmers gather their harvest, the colors of autumn glow and ILRC also changes with the season, as a new 'gathering' is occurring right here: the Urban Entrepreneurs with Disabilities Project is changing and expanding, a unique and new Peer Support Group is beginning in the month of September.

The UEDP Peer Support Group will consist of entrepreneurial individuals with disabilities sharing their stories with other members of the group. Growth and development of businesses will be explored by those already involved in the UEDP program, or who are interested in involvement with the program. The UEDP program itself is an essential beginning to training and familiarity with developing a business; however, the UEDP Peer Support Group is also an important component of the program, in that it provides consumers with an opportunity to speak with individuals going through the same challenges and rewards experienced by other business entrepreneurs. It has often been said that education can be offset by experience; the UEDP program offers consumers access to the education and the UEDP Peer Support Group enables consumers to share their stories one-on-one. These experiences are both empowering for the

Options – Fall 2007

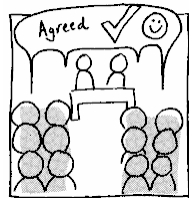
participants, as well as enlightening for consumers who may feel isolated.

Group work promotes solidarity, enthusiasm, friendships, and a renewed desire to enter the business world with the support of others, and, of course, the ILRC.

If the UEDP Peer Support Group is a gathering you would like to attend, please call Heidi Hellsten to inquire further at 947-0194.

Dear Advocacy

By Amber McBurney



What is the Human Rights Code and how does it protect me?

Unfortunately, it still happens all too often that people in our community face discrimination; differential treatment due to personal characteristics. It is important to know how your rights are protected against discrimination under the Human Rights Code, and if/when/and how to make a complaint to the Manitoba Human Rights Commission.

There are a number of Protected Characteristics under the Code, these characteristics are ancestry; nationality or national origin; ethnic background or origin; religion; age; sex (including pregnancy); gender-determined characteristics; sexual orientation; marital or family status; source of income; political belief; and physical or mental disability. If someone were to treat you differently without reasonable cause, because of one of these characteristics that you possess, you may have a Human Rights complaint. The primary areas where discrimination is prohibited are employment, provision of public services and rental of premises.

Examples of discrimination include the refusal to make reasonable accommodations for

someone's disability in a workplace setting, refusing a public service due to someone's source of income, or denying someone rental property due to ethnic background.

It can often be difficult to determine someone's motivation for a certain action, and discrimination can be difficult to prove. If you feel you have or are being discriminated against, try to get as much information in writing as you can, and any witnesses who would be willing to support your claim. Upon contacting the Human Rights Commission, an Intake officer will guide you through the process and the different options.

If you want to learn more about the Manitoba Human Rights Commission, you can access their website www.gov.mb.ca/hrc or call 945-3007, toll free 1-888-884-8881, TTY 945-3442

It is your responsibility to protect your rights!

*Information for this article was compiled from public information available on the Manitoba Human Rights Commission website.

Can You Use a Free Home PC?

By Margita Tobolkova

My old computer broke down beyond repair, but I had no money to replace it. A friend gave me a tip I would like to pass on to you:

Aboriginal Centre of Winnipeg Inc. on 181 Higgins runs a Computer Essential course lasting 5 days. At the completion of the course, each participant can get a free home computer for two years. After that period, extension can be negotiated. I forgot if the printer also comes with the equipment, because I had my own. But I am sure the keyboard, the screen; mouse and I think even speakers all come with that.

Options – Fall 2007

The program is available to anyone. You don't have to be aboriginal to qualify. All you have to do is attend five days of classes. They go through basics, word processor, Excel, Power Point and Publisher. I think it's a good refresher course, even if you think you know it all. I found it a useful refresher. Call the education department on 989-6395 for information and enrollment.

If you have a friend who has difficulties with the English language, the International Centre behind Portage Place offers the same program. It's easier for newcomers from non-English speaking countries.

PACE

By Vivian Shankaruk

We are reaping what we have sown! Our PACE graduates have spread the seeds and we are now in the process of harvesting some new students who are eager to become Independent Living Attendants. Our class commenced on August 13, 2007 and will end on September 14, 2007. We started another fall session on September 4, 2007 which will end on October 5, 2007.

We continue to have an influx of applications for the PACE program so we are trying a new way of meeting the community's demands. Our class size is now smaller but we are offering more classes throughout the year. We hope that this way our students will have even more experiences in the PACE program and consumers will get to know them better.

Fall is a time for reflection and as I look back, I cannot imagine our community without a PACE program. Students gain knowledge of people living with disabilities and consumers have taught them and shown what inclusion and independence really mean. These experiences

are then shared within numerous communities - people from a variety of cultures want to be involved in the PACE program to understand and grow as participants in the community.

The PACE committee has also taken a look at the requests from the community and they designed a PACE challenge test for HCA's who have not taken the PACE program. The test was offered in July with 5 people challenging. We will be offering another challenge test in mid October.

PACE is always looking for more students, consumer trainers, and volunteers. Please continue to plant the PACE program seed which allows us to harvest more graduates. As the program grows, so does the acknowledgement of inclusion and independence!

Toronto Ball Hockey

By Dan Smith



On the right, in goal Dan Smith, longtime contributor to ILRC operations

I have played ball hockey in Winnipeg for two seasons put on by SMD (Society for Manitobans with Disabilities). They picked ten players from here to enter a competition in August to play. There were three other teams from Calgary, Toronto and London which we played.

Options – Fall 2007

I have flown a lot through my life time and this was my first time with West Jet. I never had better service. The flight times were rough with very early starts. We left Winnipeg on the 6:00 AM flight. I had to be at the airport by 4:00 AM. Got up at 2:00 AM as the van got to my house to take us to the airport by 3:00 AM. I am very much a West Jet fan.

Once we signed in, I was never left alone till they boarded us. This I greatly appreciated. West Jet just could not do enough for you.

We had to play a game Friday Night. I am the goalie along with another goalie. Along with such a long day and being overly tired, we received quite a beating. We played two more games on Saturday and another on Sunday. We did not win one game which was disappointing but for one period I had a shut out (ha ha). The coaches, never the less, were satisfied with my performance. The teams we played were all young and very aggressive (note that I am a spry man in my 80's) and played very well together and were very good on their passing. Although we did not win a game, we were awarded for being the best sportsman team there. Just too good for us but a wonderful experience for me. Meals, accommodation and air fare were paid for by SMD, for which we are grateful.

We were well entertained. During the day we went on walks which I had to miss as I had a weak battery which had to be charged two or three times a day in order to keep going. Saturday night we had a comedian entertain us telling jokes solid for an hour and a half. He kept us laughing all the time. Up till Sunday noon we ate buffet style. As a wind up, we all sat down to a full course chicken dinner and a picture taken of each of us holding our trophy.

The only other negative thing was the accommodation. We stayed in a college dorm

which was not accessible but we seemed to manage. At least we had a bedroom to ourselves. The dorm had a park next door to them with lovely flower gardens and a forest. During my walk through the forest I saw a deer.

Our plane flight left at 7:00 AM so had to be picked up at 5:00: AM. I was very tired when I got home and very happy that I had the opportunity to go to Toronto as it was a wonderful experience.

Writin' and Rollin'

A Youth Perspective

By Libby Zdriluk

When I think of fall, I can always remember that expression, "time to turn over a new leaf". For me the past couple of months have not necessarily involved turning over new leaves, but watching them change colors. When I first considered the option to move out, I guess I felt like I was as ready as I could be, but still hadn't assessed all the coming realities.

When you make the jump to become independent in your community, you need to be able to adapt too many different scenarios. Your environment, your attitude and even the relationship with your parents becomes an interesting dynamic. All of the above examples have helped me begin to change even in less than 2 months.

I have had to work on developing relationships with my attendants in order to communicate. The responsibilities of making sure you have enough laundry detergent or milk in the fridge. The little things that you expected your parents to do now impact your daily way of living. I never could have imagined that since I moved out I would come to see my parents in a completely different light. This is not to suggest that I have somehow entirely surpassed their need for help, but I look at them differently now,

Options – Fall 2007

not as much as a care giver role but a friend. I have enough faith in myself to know that I will be ok on my own and my parents have enough belief in me to not worry. (Although I'm still expected for Sunday meals!) I guess the big picture of moving out breaks down into goals. Your first grocery trip, first bill, first party. I have come to realize that while adapting to the changes of being independent, the rewards in beginning to find out who we are is very satisfying.

New Faces, New Places

By: Lori Ross



Seeing as it's Fall and the theme of this edition of Options is Harvest Time, I find it very appropriate when looking at our staff and what's going on at the Centre at this time.

As you know here at the Centre one of our mottos has always been "a change is as good as a rest", so with that in mind our social work students who were with us Angela Prince, Karen Bryant, Robson Ross, Ariel Voisey, and Stephanie Mathies have gone back to classes and we now have a new compliment of 3 new students Lori Timmerman, Tammy Walker, Brittney who will be with us for the next few months helping out in a few different programs. It is our hope that you all get an opportunity to meet them.

And as is with the leaves on the trees some of our staff are leaving for new challenges and experiences. While I was on holidays I was contacted and told that Eric Dasilva was leaving to take on a job with new but related challenging skills with the WRHA, we wish him well and we will miss his dry sense of humor.

Congratulations to Doris who is leaving Leisure Ed to go teach English in Korea for a year Doris has proven to be a great asset to both the

Program and the Centre with her great contributions with the filming and production of a number of our many vignettes videos. ILRC would like to say Thank You and hope you come back in the next year.

Many of you will remember Vivian who started with us as a Social work Student a while back then was hired to work in Information and Referral. For the last few months she has been managing the PACE program for us. We would like to extend our appreciation for all of her assistance with both those programs as well as her inherent need to help everyone. Good Luck in all your future endeavors.

Also we are sorry to see Jarrett Remple leave us to go back to school where when he is finished he will become an educator of our future. Everyone here wishes him well and hopes he will keep in touch.

It is with great sadness that we have lost Jason Nesar who was working with us in the EAI program constructing a section of our website as well as putting together a database for the program. Please read the right up in this edition of Options.

In conclusion, although summer is over and Fall always leads to Winter (which is not my favorite season) Fall is the beautiful season on new colours and fresh crunchy leaves to walk through and at the Centre all our programs get into the swing again starting with our upcoming AGM, followed by the Disability Health and Wellness Conference on September 24th and 25th at the Victoria Inn please refer to article in our options.

Hope to see you all there to celebrate another successful year.

Autumn days are here again!

Options – Fall 2007

Come on down!!

By John Tanner & Melody Jones

Have you ever done something and said: “Boy I would like to do that again”. Well John Tanner enjoyed hanging from the Royal Bank located on Portage and Norte Dame so much that he did it again. In 2006, John was the first person who uses a wheelchair to scale down a building within Manitoba. John sends out a challenge to all thrill seekers to come and join him at the next ‘Drop Zone fundraiser.



In picture John (JJ) Tanner

A Sad Farewell

By: Lori Ross

It is with great sadness that we say goodbye to Jason Neskari who passed away Friday, August the 24, 2007. Jason came to work for us through a youth employment program and this was his first job experience. It didn't take long for everyone to meet and greet him because he made a point of talking to everyone. I believe Jason found the Centre a personal challenge because he was surrounded by people with disabilities who continually pushed the I.L. Philosophy. He learned about consumer control and responsibility by having specific job duties and learning to be accepting of all people

no matter what their disability, age, culture or even sexual orientation.

Jason started seeing the need to help others in the office in spite of his own disability and this resulted in his participation in something as challenging as flying a kite for the first time in his life.

Everyone saw such potential and individual emotional growth in his short experience with us. We will miss his loud boisterous voice.

Information and Referral

By Joanne Legault

Harvest time is a time for many people to gather & prepare for our long winter months ahead. Our home would be full of the smells of cabbage fermenting to be prepared for sour kraut, the crates of concord grapes picked waiting to be turned into wine & jelly, apples waiting for the pie making day. Each day had a task waiting. Similarly Within the community fall is a time when organizations begin to gather their resources and start planning for the new season ahead.

Information and referral and the disability awareness resource training have been a priority with many organizations for bookings of training days being scheduled. Tours of the center are being readily booked with one group consisting of 40 people touring the center and many others on an individual basis. If you are an organization requesting training please book ahead as our schedule is filling up quickly.

With the change of seasons comes the change of calls being processed through I&R. Summer months brought many calls enquiring about leisure activities, home renovations grants. Fall has brought an influx of calls in regard to housing. As a result of this the I&R

Options – Fall 2007

Team has updated our housing guide. The guide once consisting of only 2 categories being subsidized and accessible our new guide has of the following categories: 55 plus, pet friendly, low income, and aboriginal categories. Contact I&R for a copy of this guide. Along with the calls enquiring about housing come a number of calls related to employment. The following is taken from the province web site.

Manitoba Mentorship's provide employers with wage incentives of \$3.40 per hour to hire student's part time, in return for providing on-the-job training and mentorship support. Student participants are encouraged to market their skills to employers who can provide employment relevant to their fields of study.

Through Youth Serves Manitoba, students involved in part-time community service with an incorporated non-profit organization or registered charitable organization receive a \$500 bursary towards tuition or student loans after completing 100 hours of service.

Potential student participants can find their own sponsor agency and apply to them, or contact Volunteer Manitoba for assistance in identifying an agency at www.volunteermanitoba.ca.

Sponsoring organizations can apply directly to Youth Serves Manitoba and contact Volunteer Manitoba or the nearest campus employment centre for student referrals. Students and organizations can also visit <http://www.myvop.ca>

On a personal note I have been on a quest to harvest some new technology skills. I have been using a trekker/maestro pda, which allows a person who is blind to know where they are at any given time granted there needs to be satellite signals a minimum of 7 within range. I have had my ah ha moments with the learning of this technology only leaving to feel once again empowered and giving me the true feeling of independence that I finally felt when I gave up

straining my eyes to see the little I could through my failing sight, and giving myself to learning to live and accept life without sight.

So with that said the journey continues only know I am equipped with a gps, now if they could only extend that battery life, solar powered would be a thought, oh and how bout a car that drives itself! RUSSELSHEIM, Germany — General Motors is preparing to launch a revolutionary self-driving system on the 2008 Opel Vectra.

The car will be capable of piloting itself at speeds up to 60 mph in heavy traffic without any input from the driver sitting behind the steering wheel.

GM claims the system, called Traffic Assist, will make driving safer and more relaxing. It uses lasers, a video camera and plenty of computing power to "see" signs, bends, other vehicles and lane markings, and to control the engine, steering and brakes to keep the car in the correct position on the road and maintain a safe distance from the vehicle in front.

The system is to become available on more models by the end of the decade — initially other cars on the Epsilon platform, including the next Saab 9-3, Cadillac BLS and Saturn Aura. Whether it will be launched in the U.S. will depend on whether administrators deem it safe — product liability laws are different in America.

GM expects the package to be about 50-percent more expensive than conventional active cruise control radar equipment, which controls distances but cannot steer the car.

What this means to you: No, it's not April fool's Day; GM really has developed a self-driving system. Great for traffic jams, but we're not sure about a car driving itself at 60 mph!

Options – Fall 2007

Fruits of Our Labor are Orange

By Margita Tobolkova

Autumn means orange to me. Just look at the leaves on trees. Then, there are all those ripe sunflowers where birds are happily feeding. All there has to be done is cut the flower heads and let them dry. Then we can harvest the seeds that birds have left for us. I used to grow gourds for decoration or gave them away. Some people can make bird's nests or feeders from them. I am not that clever. And, at last, there are pumpkins. I love to pass by fields where farmers grow large pumpkins for culinary purposes or for decoration.

Did you know that Orange Color is now in vogue? Why not make yourself fashionable. I suppose one can paint furniture orange, or redecorate whole house. Colour your hair orange. Get yourself an orange outfit. Go orange crazy.

Orange represents the time when we can enjoy fruits of our labour. Just think of all the farmers harvesting fields of wheat, corn and all the other produce. In our own small way, we can enjoy cooking and eating orange fruits and vegetables. There is nothing better than a bowl of good pumpkin soup with wild rice. And that fresh corn – Oh, what goodness. Orange food is very healthy for you. Did you know that? It's full of vitamin A, or something. So, let's enjoy sweet potatoes, squashes and whatever else is orange while the season lasts.

I was thinking of celebrating my fruits of labour with whatever orange I can get hands on. Yes, I can decorate my place with orange things. I'll get myself something new orange to wear. But I will definitely put a large bowl of fruit and veggies on the table to look at and to munch on. I have plenty of good recipes utilizing orange produce, so I will cook as much of that as possible. After

all, autumn will be over before we know it and then it's time for hardy winter dishes.

How about you? Are you planning at least one orange day? Why not. Come to work wearing orange, bring something orange for lunch and let everyone know you are celebrating fruits of your labour. I'll see you in ILRC in orange.



PEER SUPPORT/I. L. SKILLS PROGRAM
Independent Living Resource
Centre
3rd Floor Portage Place 311A – 393 Portage
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Winnipeg MB R3B 3H6

MANITOBA TENANCIES BRANCH **INFORMATION SESSION**

Tuesday, October 16, 2007
1:00 PM – 3:00 PM
ILRC Boardroom

This workshop will cover:

- **What are tenants/landlords responsibilities?**
- **Information about security deposits**
- **Guidelines/Policies/Agreements**
- **Solving Disputes**
- **Giving Notice**
- **Things to know before you rent**
- **Repairs/Damages**

For more information or to register, call Libby at 947-0194

If you need alternate media or help with any written work or printed materials and we will arrange to have assistance available for you.

* This event will also be broadcast online please e-mail Libby at libbyz@ilrc.mb.ca r your personal invitation *Deadline for Registration: Friday October 12, 2007