



OPTIONS NEWSLETTER

Winter 2009

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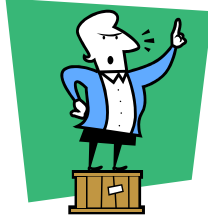


Thrive and Survive!

Created/Edited through
the ILRC Options Newsletter
Committee. The content of this
newsletter is not necessarily a
reflection of ILRC alone, it is a
reflection of our consumer population.

From the Soapbox

A John Young Perspective



Any organism that thrives in its own environment is considered successful, whether that is a crustacean, an insect, an animal or human being. In the 21st Century, how do we usually measure success? Is it freedom without worry? Is it financial? Personal? Does it mean doing better or doing more than the next person? Is the concept of thriving today tied into motivations: owning more toys, or the best house or the fastest car?

Unfortunately, in the disability community, the concept of thriving is very different when one is fighting just to gain the supports needed to simply get out of bed each morning. Thriving in the disability community is, for the most part, surviving on a fixed income that most people could not exist on. It is about engaging in political participation and community activism only if venues are accessible. Thriving in the disability community is having the ability and supports to carry out your own daily routines: shopping, visiting a friend, going to work, getting groceries and watching television. It is about getting access to transportation where the operators and systems are not jaded or inherently set up against you. It is about simply getting to where you want to go, when you want to go. Thriving is the ability to go to church on time and get picked up after; or the ability to shop for a new piece of equipment without cluttered and inaccessible aisles getting in the way. The fact remains that it is difficult to thrive when it can be a chore simply convincing others that you can be an effective volunteer, community member, worker or participant.

When I reflect upon this issue further, I come to realize very quickly that thriving in the disability community is nothing more than basic survival in an able-bodied one. If a person with a disability moves beyond this, they are actually considered 'special'. More than this – it is about thriving in an able-bodied society that is slow to understand the realities and the practicality of an inclusive one. These common sense considerations relate to simple comforts for everyone: automatic doors, levers in place of door knobs, easy access transportation.

Thriving and garnering successes has very distinct differences between community groups and populations. If we examine new immigrants to Manitoba, we will understand that much of their successes are measured by their ability to balance integration with cultural distinctiveness.

But, integration into what? Do we measure success for marginalized groups when they speak English, sing our Canadian anthem or when they pay taxes?

It is too bad that the successes of marginalized populations are often relegated to making the more advantaged feel better about themselves. Wouldn't it be nice if thriving meant simply living in this new millennium?



Board Corner

Dr. Zephania Matanga



The year was 1992, when I first came face to face with the Canadian winter, despite months and months of preparation and countless workshops on surviving harsh winters in Canada. I remember vividly one day in November when my wife expressed great surprise as she watched from the window the snow tumbling down. As a visually impaired person, I could not grasp the sense of it all. As I set my feet on the snow the next day, I was shocked as I went through the snow with my shoes. I felt very uncomfortable. I fell down several times, because at times I thought I was walking over the sand as I used to do in my home in Africa.

As if the Canadian harsh winter 'Baptism by Snow' was not enough, shortly after the new year in 1993, those dreaded extreme temperatures started to rear their heads. As the temperatures gradually fell, I began to question my decision as to whether I had made the right decision to come to Canada. The situation was then compounded by the confinement exerted on my family by the weather. As a family, when you are confined to one place, definitely tensions begin to rise. At that time, we had few friends and we did not know where to go. A love hate relationship began to develop. I had no choice but to stick with my family day in and day out. So, I had to battle both the cold weather and the annoying habits of my family. Although this confinement tested my relationship with my family, we did develop a stronger bond. The 1992 winter was like a prison to me, more so as a visually impaired person. I began to develop some survival techniques which included listening a lot to the television and calling home often. Calling back home created another big shock – a very big

telephone bill. This was really a nightmare. I developed other survival techniques, including spending more time on school work, research and I began to read widely.

Whatever your circumstance, we can all turn to alternative survival methods when facing or living in a new environment. This moral certainly extends beyond snowy winters and into the populations of new immigrants and the disability community. Embrace hobbies, skills and expand your resource and support networks. For basic winter survival, add a pair of snowshoes.

RDSP Deadline!

A Quick Reminder from Gary Dyson

For those RDSP applicants under 50 years of age, remember that you have until December 31st to make your RDSP contributions in order to get your 2009 Bonds and Grant contributions in your plan.

This is not the same as a Registered Retirement Savings Plan when you have the first 60 days of the New Year to contribute for the previous year, or the Registered Education Savings Plan where any unused Grant or Bond money can be used at any time. With the RDSP, if you don't contribute in time then you will lose out in getting Grant and Bonds for 2009.

During the holiday season, things can get a little busier. Be certain you are receiving all of the funds you are entitled to. Speak with your financial advisor and don't forget to mark it on your calendars! Happy Investing!



Social Networking – Staying Connected

By Marcia Matanga

Social networking sites are a revolutionary new advancement in internet communication. They are creating new and exciting opportunities, both for leisure and business. Some of the most popular social networking sites are Twitter, Facebook, MySpace, and Blogspot. One might wonder why social networking is so popular, and what the benefits of using it are. If you don't have any social networking accounts, you may wonder why people spend a lot of time on these sites. You may think they are being unproductive, but once you understand that social networking is as much of a place as it is an activity, all of your thoughts change.

Social networking sites like Facebook, MySpace and Twitter provide you with a home on the internet. They are a place where you can keep in contact with friends and family. By changing your status, uploading photos, and sharing voluntary information, you give your friends and family a small glimpse of your life and let them know what you are up to. It gives you a small piece of the web that you can call your own.

One of the great things about online social networking is that it provides you with an easy and quick way to keep up with your friends and family, free of long distance charges. When living with functional needs or just having a busy life, it can be difficult to keep in touch with everyone. This phenomenon of online networking allows you to add people as friends so that you can keep closer in touch with them.

Social networking allows you to express yourself in many ways. By filling out your

profile you can allow people to see your basic information such as your hobbies, interests, education and work. You can also customize color schemes, add pictures and songs and express your personality in many ways. Online social networking can be very beneficial and fun, as long as you use it safely. Some of the top social networking sites right now are Facebook, Twitter, Blogspot, MySpace, Imeem, YouTube, Flickr, and Hi5.

Become a fan of ILRC's Facebook page by searching Independent Living Resource Centre on Facebook. We frequently keep you up to date with what's going on in our organization!



Manitoba Riding for the Disabled Association

Compiled by Gary Dyson and MRDA Director Peter Manastyrsky

The Manitoba Riding for the Disabled

Association (MRDA), founded in 1977, is a charitable non-profit volunteer organization that provides therapeutic horseback riding to children with disabilities in Winnipeg and the surrounding area. Qualified Canadian Therapeutic Riding Association Instructors and volunteer Physiotherapists / Occupational

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Therapists are responsible for the delivery of the program. The program is also indebted to the generosity and dedication of up to 100 volunteers who act as side-walkers and horse leaders. Currently MRDA receives no government assistance and solely relies on fundraising, the generosity of the business community, foundations and personal donations.

The majority of riders range in age from six to twelve years, with a variety of disabilities. Riding improves balance and coordination, strengthens muscles, increases circulation, quickens reflexes and decreases spasticity. The goal of therapeutic riding is to nurture the physical, psychological and social benefits to the rider.

Each year MRDA continues to advance the cause of helping children with disabilities. Through our riding program we have seen many lives changed for the better. Each child is unique and the program helps give the support needed for them to become independent, confident and most importantly smile. MRDA continues to work to help make a difference in the lives of many families. Each and every family affected has reason to hope because great advances are being made in the area of therapeutic riding. For approximately 95% of the riders, our program is the only program they are able to participate in.

MRDA operates from the facility of Teske's Equestrian Centre -1237 McCreary Rd. If you would like to contact the Manitoba Riding for the Disabled you can phone them at 925 – 5905, e-mail at mrda@shawcable.com or visit their office at 202 – 200 Main Street Winnipeg Manitoba R3C4M2.



Did you Know?



Check out:

www.google.com/accessibility - A new home for accessibility at Google. Google often writes about accessibility as well as developing and releasing accessibility features and improvements, such as the RSS Reader for Android phones. This website brings all these resources together into one location.

The Residential Tenancies Branch has published the rent increase guideline for 2010. Take a look at the guideline online at:

<http://www.gov.mb.ca/finance>

No, it isn't the season for Gardening but information has no season or boundaries...Do you have a physical disability and enjoy gardening? Go to:

<http://www.envirolandscaping.org> This is a website which explains how gardening can be adapted for people who have a physical disability and would like to maintain this leisure activity.

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Do you wish you could estimate your taxi fare Before you take the trip, try: www.taxime.ca This site uses Google maps to estimate how much your cab fare will cost. These estimations are for fare estimation across North America.

Have you ever heard of Kijiji? It's a free advertising site for everything under the sun. If you're looking for a free site to advertise items you have for sale or items that you're looking to buy at less than store cost within Winnipeg, hop onto: www.winnipeg.kijiji.ca. Specific to Kijiji, there are a number of free or low cost December events within Winnipeg that can be found on the site.



Once a Gamer ...

By Robert Mitchell

I am a *Gamer*. I enjoy video games of all kinds, PC or console, role-playing (RPG) or action. I thrive in playing a villain online and ousting the odd would-be hero with a maneuver or two. I say I rather excel at it now.

Whatever images or stereotypes one chooses to attach to the title *Gamer*, there are some interesting tidbits of information concerning

the wildly successful video game industry itself that may force some of these stereotypes to evolve. Video games are a \$50 Billion a year industry as of 2009 (*Industry Tracker NPD*). The release of Microsoft's Halo 3 in January, 2008 set a record for highest grossing entertainment product with \$173 million in sales in a *single day*. To put this in perspective, the highest single day grossing film (*Warner Bros. The Dark Knight*) raked in \$68 million on release day. As an addition, Activision Blizzard's *Call of Duty: Modern Warfare 2* shattered all records with a single day sale tally of \$310 Million (*November 12, 2009 The Globe and Mail*). Clearly, the video game industry is on pace to compete with the *silver screen* or film industry. Some might say it already is ...

There is more research and development done in this industry now on increasing accessibility to gamers but the idea of 'accessibility' to a software publisher is centred on making a product easier to play and enticing casual gamers into the fold. The notion of accessibility in the disability community is different.

If we consider for a moment how the industry itself represents \$50 Billion of product sales and revenue, the disability community of gamers could represent in excess of \$8 Billion a year in revenue. Accessible gaming is a wave for the future. For people with disabilities, the process of getting online to conquer a kingdom or two, blast through a legion of aliens or race down a track in a nitro-charged sports car can be difficult. Challenges begin with retailers who have no clue if a game is accessible or not. Does the game support various alternative devices? Following installation, the user must reconfigure settings and customize the system to relevant adaptive hardware. This does not often address the general lack of awareness most Help Desks have when dealing with some set-up problems. Once

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inside the game, further issues can occur such as the inability to modify control or difficulty settings or a lack of descriptive narration for a visually-impaired gamer.

Persons with disabilities should have equal access to the video game industry, not necessarily due to entitlement alone but due to the economic potential they represent. As the disability community remains committed to issues of inclusion in the 'real world', it will become just as important that these issues are addressed in a virtual one, especially when some governments are on the verge of taxing virtual assets. Persons with disabilities are consumers, buyers, participants, family members and tax payers. They could also be \$5 to \$10 Billion in revenue per year for the global video game industry.

There is hope, of course, as we have come a long way in the past 5 years. Edmonton's BioWare has created a critically-acclaimed RPG in *Dragon Age* that is considered quite accessible to limited-mobility, specific visually-impaired, and hearing-impaired users ([check www.ablegamers.com](http://www.ablegamers.com) for the review). We recognize that the gaming experience is not the same for one person as it is for another. Many games include options and features designed to interface with data gloves, biofeedback devices, 'sip and puff' switches, screen-reader and speech recognition software. Some adventure games (*Terraformers*) incorporate a form of sonar for visually-impaired players to locate, identify and interact with objects or orient themselves in-game. Numerous special interest groups and resources have sprouted up in the gaming industry profiling and promoting accessible gaming, such as Accessible Game Developers (AGDev), ablegamers.com, and the International Game Developers Association. China is on the cutting-edge of 'switch gaming', creating modules and devices that mimic complex PC commands

through a series of simpler gestures or single-hand or fist movements.

In Winnipeg, the entrepreneurial game development incubator Fortune Cat Games Studio is poised to support game creation talent. It is important that we encourage not only revenue-generating *hit* games (ex. Blizzard's World of Warcraft, Microsoft's Halo) or games of educational value (ex. SimCity or historical teaching software) but we must reinforce the accessibility of all game software. If you have information or feedback on accessible games, our Information and Referral program would be interested in collecting this data.

This isn't just about human rights; this is good for business. Now if you will excuse me, I have a dungeon to conquer ...



A Little Eggnog Might Help ...

By Margita Tobolkova

They say each season has its charms. As for winter, that may be true if you ski, make ice sculptures or have kids. I don't fall into any of those categories. For me, winter is snow shoveling, short days and, of course, holidays.

I consider snow shoveling an exercise. I am not a kid anymore; my joints are not what they used to be, so I frequently let others shovel

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my side walks. Meanwhile, I wallow in bed getting depressed.

It's well known that shorter days can bring depression. I mean, it's dark at 5 pm. What can you do when it's dark? Watch TV and sulk. My dog Holly walks me 3-4 times a day. She is black – good luck finding her in the darkness. All I do is yell “Holly! Holly! Holly!” She responds unless she finds something to eat. But at least she breaks the winter tedium.

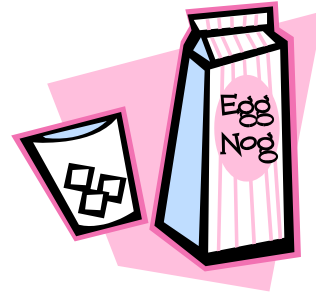
Goodness gracious, it's the holiday season! People expect Season's Greetings in a card form. I don't disappoint them. I write to people who wrote to me first. So my cards often arrive after holidays. But at least it shows I made the effort and spent money on the card and a postage stamp.

Then, there are gifts. Very seldom do I know what people want. Sometimes I make gift baskets. Last year, I bought expensive coffees from Black Pearl roasting house. Some of the people I gave it to still have it in the fridge. Others respond to a bottle of wine or brandy. When I was a child, socks or underwear were usual gifts. Can I give a pack of *undies* to someone who invites me to dinner?

What about gifts I receive? I must have told everyone a thousand times that I am allergic to cosmetics. You can guess what I get the most of: creams, powders, soaps, perfumes. I also get boxes of chocolates. They are probably from last year. I rewrap and pass them on. Sometimes I get gifts to improve my life. My brother sent me a book on Buddhism because he converted to it. Other times, I get gadgetries to ease my kitchen chores. They don't. And that's how it goes every year.

How to survive winter without getting 'snowed out'? Try making a “calendar” for 90 days. In the morning, cross off one day. Then it's only 89 days to go. The next morning it will be 88

days. And so on. In the meantime, get yourself a big bucket of eggnog, keep scratching days off your calendar and, before you know it, winter will be over.



Voice your Choice!

By: Joanne Legault

On November 3rd 2009 the Independent Living Resource Centre was excited to host “the Pros and Cons of the Manitobans with Disabilities Act” Forum, where we welcomed Patrick Falconer from Barrier-Free Manitoba, Ross Eadie, independent community member and politician and many audience members. The idea for this event was brought forth at a Peer Group called Hot Topic Tuesday. This group comes together once a month to provide a platform for members to bring up and discuss different topics of interest, concern and/or significance. The purpose of the discussion of the proposed Manitobans with Disabilities Act was to provide information and to facilitate discussion around this topic. The forum was not to determine which side was right or wrong but to become more informed.

Patrick's discussion focused on the rights that persons with disabilities have and that there is a disconnection between that and the reality of the situation. There are many forms of legislation in place that give and protect rights for persons with disabilities. The Canadian Charter of Rights and Freedoms is the major law in Canada and is superior to all

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other laws. Under section 15 of this charter, persons with disabilities are guaranteed equality “before and under the law”. In addition the Manitoba Human Rights code protects persons with disabilities from discrimination and requires that reasonable accommodation should be made to a point. These rights are substantial and clear. However Barrier-Free Manitoba believes that these rights and protection are not being adequately enforced because the mechanisms do not address them systemically. The outcome of the difficulty in current enforcement creates a problem where issues are often being fought step by step, or ramp by ramp rather than on a large scale. Barrier-Free Manitoba hopes to make large scale change through an Act that would supersede all previous laws without diminishing other rights and protections that are in place. Barrier-Free proposes a principle approach and not a charity model, target dates and a shift from a complaint driven system. Barrier-Free is looking at similar Acts that have been successful in places such as Britain, the United States, Australia and Ontario. These acts have been successful because of their strong guidelines and Barrier-Free believes that they provide a strong basis for the development of an even more effective legislation in Manitoba.

The second presenter was Ross Eadie, a representative of the disability community, who presented the alternative side. Ross agrees that there should be legislation but does not believe that the Manitobans with Disabilities Act would be beneficial. Ross explains that there already is legislation and it would be more beneficial to amend and change those legislations rather than adding new ones. It is important to be pragmatic and to come up with solutions that will hold up. Ross explained the importance of moving from “barrier free” to an “inclusive Manitoba”. He expressed the need for persons with disabilities to be recognized in all laws. For

example, the Manitoba Building Code could be adjusted to implement a more Universal design method that would improve the building process, blueprints and regulations for accessibility. Ross stressed that something needed to be done but it will take time. Short term thinking will only hurt further progress in disability issues. In addition we need to begin to see person first and disability second. With legislation like a Disabilities Act there is a potential for segregation to occur. There is also a great amount of funds that will be needed for implementation and enforcement. There is the possibility that money could be taken away from the Human Rights Commission and this would be detrimental. Ross discussed the UN convention on persons with disabilities. This commission entered into the “nitty gritty” of the situations of persons with disabilities. It is important to be thorough and do it the right way. It is important to continue the discussion, to think big and outside the box. We are all working toward the same goal.

This event was a great success and it was very informative and helpful to think critically about possible legislation. There was agreement that there must be a change in government systems and legislation. The question is: What is the best way in which to bring about change? It was evident that there was much passion and interest in this area; however the dialogue needs to continue.



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Dear Advocacy

Marie-Lynn Hamilton

When visiting the ILRC recently, I've noticed that the Handi-Transit pick-up and drop-off location has changed from an accessible location at the back of Portage Place on the Promenade to an inaccessible location in the front of Portage Place on Portage Ave. This affects my ability to visit the ILRC and use your services. Why has this happened and what can I do about it?

This move recently happened without the ILRC's or its consumers' consultation. Because this move fundamentally affects the ability for ILRC's consumers to visit us, we are actively advocating for a reversal to the traditional Handi-Transit location on the Promenade or for the current location to be made much more accessible.

When changes such as this affect a community, the community must respond. If you do not support this move or have personally any problems with the current location, then you can call Handi-Transit at **986-3462** or Portage Place Shopping Centre at **925-4630** and file a complaint. You can also contact Manitoba League of Persons with Disabilities at **943-6099**. Additionally, you can call the ILRC and speak to me (Marie-Lynn) directly at **947-0194**. A problem with the current pick-up location might include:

- difficulty entering or leaving the mall through the doors nearest to the current Handi-Transit location
- having to actually go onto the roadway of Portage Avenue to either board or exit a Handi-Transit vehicle

- having to either board or exit a Handi-Transit vehicle that is *not* parked in the designated Handi-Transit location (this is marked by signs)
- difficulty with other vehicles at the current Handi-Transit location
- difficulty with pedestrians at the Handi-Transit location
- snow obstructing your path to or from the mall and a Handi-Transit vehicle
- inaccurate 'no show' warnings or fines from Handi-Transit
- any other inconvenience or difficulty

The ILRC is actively seeking resolution for the difficulties encountered at the current Handi-Transit drop-off location. Any complaint that you file may help in facilitating positive change. The ILRC hopes to see this issue resolved in a timely manner and we will be sure to give you an update in the next Options Newsletter. Thank you for all of your feedback!

Scent Free Environment

Many people have severe allergies, asthma, and environmental sensitivities to such things as hair spray, scented deodorant, perfume, aftershave, scented fabric softeners, etc. The ILRC believes it's really important to provide a scent-free, safe space for everyone, so please don't wear fragrances when you come to the ILRC or any of our events.



Season's Greetings!

Great Holiday Recipes

Sweet Cinna-Spice Ginger Cookies

- 6 tablespoons Shortening (Veg)
 - 6 tablespoons margarine
 - 1 cup SPLENDA® No Calorie Sweetener, Granulated
 - 1 large egg
 - 1/4 cup molasses
 - 2 cups sifted all-purpose flour
 - 3/4 teaspoon ground ginger
 - 1 teaspoon cinnamon
 - 1/2 teaspoon ground cloves
1. Mix together shortening, margarine, SPLENDA® Granulated Sweetener, egg and molasses in a large [mixing bowl](#).
 2. Sift dry ingredients together and add to shortening mixture. Mix thoroughly.
 3. Chill dough in refrigerator until firm (approximately 2 hours).
 4. Preheat oven to 350 degrees F.
 5. Form dough into 30 balls, approximately 1 level tablespoon each. Place cookies on ungreased cookie

sheet and pat down gently with fork making a criss-cross pattern.

6. Bake cookies in the center of the preheated 350 degrees F oven for 10-12 minutes. Do not over bake. Cookies will look chewy when they come out but will become crisp. Cool cookies on wire cooling rack.

No Bake Strawberry Cheesecake Delight

Ingredients

- 8 ounce container of Cool Whip Free
- 8 medium strawberries
- 6 packets or tsp. of Splenda
- 6 oz. of strawberry yogurt (nutrition facts will vary depending on type you use)
- 1/4 cup of low fat ricotta cheese
- 1/4 cup fat free milk
- 1 small package of Jell-o brand fat free-sugar free cheesecake mix
- 2 whole cinnamon graham crackers

Directions

Thaw an 8 ounce container of Cool Whip Free at room temperature. Slice 8 medium strawberries and set aside. When Cool Whip is thawed pour into large bowl. Add 6 packets or tsp. of Splenda or any other artificial sweetener to the cool whip. Add 6 oz. of strawberry yogurt (nutrition facts will vary depending on type you use), add 1/4 cup of low fat ricotta cheese, 1/4 cup fat free milk, the small package of Jell-o brand fat free-sugar free cheesecake mix and the strawberries and mix all together either with a spoon or a mixer. When you have it thoroughly mixed spread it evenly in an 11X7 cake pan. Crush the graham crackers and top the cheesecake with them. Refrigerate for 2-3

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hours then cut into 12 equal squares and enjoy. We promise you will love it!

To learn more about training workshops contact Doug at 947-0194.

If We Fail to Plan, We Plan to Fail ...

By: Doug Lockhart

Lt. General Russell Honore, Commander, Joint Task Force Katrina, U.S. Army (Ret.) presented to a conference on enABLED in Emergencies that I recently attended which stressed the importance of creating a plan to respond to the next disaster. We must plan to be survivors, not victims if we want to minimize the impact the next disaster will have on our lives.

When we think about it, we hear about disasters every week affecting people all around us. As I write this column, millions of people in Brazil are without power; 27,000 people in Vancouver Island are up to their doorknobs in water; and H1N1 is affecting all of us in some way. Will you let your planning or lack of it determine your fate the next time our community is impacted by a disaster?

On December, ILRC as part of the Disability Emergency Management Network, will launch a training video that is geared at offering the education and awareness required among people most at risk during a disaster. This video and training guide titled "Are You Ready?!" will provide the training necessary for you to be a survivor.

We recognize in disaster planning that "one size fits one" and that each person is unique. You need to plan for your unique needs to ensure an effective response in a time of crisis.

Be a survivor... plan for the next disaster!



Attention PACE Graduates, Consumers, and Attendants

In honour of the Personal Attendant Community Education Program, ILRC invites you to:

Cabin Fever Flashback!

Date: May 1st 2010

Time: 8:00 PM -1:00 AM

Place: Burton Cummings Community Center
960 Arlington Street

Everyone is welcome!!!!!!

For ticket prices and information contact:

Kelly Dagdick 947-0194 ext 319

Tina Gledhill 947-0194 ext 302

Please watch for further information in upcoming newsletters and on www.ilrc.mb.ca

Holiday Sight-Seeing

By Lori Timmerman

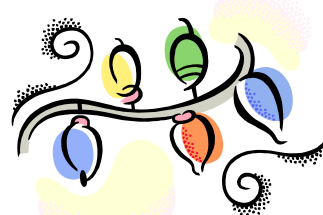
In the winter season, the cold weather can make it hard to get out for numerous reasons including reduced accessibility and motivation due to the cold, snow and shorter days. The result – many fun leisure activities might be missed. Of course, safety is the most important thing so there's no way to get around not being able to get out due to the snow or extreme cold. If lack of motivation is keeping you from getting out it's important to look at what motivates oneself to want to get out whether it is that activity that sparks something in you or having someone special to attend it with. In Winnipeg there are lots of activities to attend all year round, the key is knowing what is going on and where you can find that information.

One thing that I plan on checking out this year is a holiday light show. There are a few different holiday light shows (the dates, times, contact numbers are included at the end of the article and you can call for pricing), one being the infamous “Canad Inns Winter Wonderland”, a brilliant presentation of over one million lights and over 29 different theme areas viewed during the 2.5 km drive in the comfort of your own car. It's a great way to spend quality time with your family and celebrate the season of lights - 3 million watts of them!” and not only are there lights but also “you can bring your skates and take a spin in the covered skating area open until 9:30 pm, with a warm up change area. Plus horse-drawn sleigh rides on Friday, Saturday and Sunday on a first come first served basis.” If you don't have access to a vehicle another option is a light sightseeing bus tour or you can check out the “All That Glows” Exhibit at the Manitoba Electrical Museum which highlights holiday lighting trends from the 1980's up to now.

Social networking is a great way to find out information on things to do or to connect with people to attend events with. You can do this by attending workshops such as the ILRC New Adventures group, by volunteering or anything that connects you with other people. Another way to find out information on what's going on in Winnipeg is to do some research. There are numerous ways to do so such as by calling 311 to see what events the City of Winnipeg is holding, call different organizations to ask if they are having any events related to what you're interested or do a search on the internet. A couple of good internet websites to search for events are www.destinationwinnipeg.ca and www.travelmanitoba.com. If you would like a leisure activity contact list let me know and I can provide that to you.

Check Out:

- **Canad Inns Winter Wonderland**
 - November 27, 2009 to January 3, 2010.
 - Website: www.redriverex.com
Email: inquiry@redriverex.com
Tel: 204-888-6990
- **All That Glows: Then and Now Manitoba Electrical Museum**
 - November 12, 2009 to January 7, 2010.
 - Website: www.hydro.mb.ca/museum
Tel: 204-989-9360



We are proud to say that our final P.A.C.E. session for 2009 has come to an end. We have graduated 76 ILAs this year.

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PACE Update

We will be hosting five new sessions in 2010.

January 18th – February 19th 2010

March 8th – April 9th 2010

April 26th – May 28th 2010

August 23rd – September 24th 2010

October 11th – November 12th 2010

If you are looking for an exciting career working with people with disabilities, PACE may be the opportunity for you.

You can obtain a PACE application from the ILRC Office on the Third Floor in Portage Place across from IMAX.

Opportunity may be knocking at your door!

New Faces; New Places

By Robert Mitchell

As is always the case with expanding non-profit development and the ebb and flow of personnel, Independent Living Resource Centre welcomes two new staff members into the fold: Krystal Polson and Tina Gledhill. Both individuals bring a newfound vigor and enthusiasm from their experiences working in the community. Their experiences promoting and living the IL Philosophy will be greatly appreciated. Feel free to pop in and say hello – we are sure they would appreciate the kind words.

Every year, ILRC welcomes the contributions of several students working through the Faculty of Social Work practicum program. These vibrant individuals bring the right combination of new ideas and a desire to make a difference in a variety of communities and populations. We hope that Meagan and

Mary-Ann enjoy their experience this winter at ILRC.

Former student – now staff, Marcia Matanga continues to work through various capacities at the ILRC. An intelligent and charming young woman, we are certain Ms. Matanga will continue to make a great impact in the community.

We Want You ... Not your Flu!



ILRC supports a “Stay Healthy” policy for all consumers, volunteers, visitors and staff members.

Please DO NOT come to the office if you are sick. Many people with disabilities have weakened immune systems and a simple cold or flu can easily become a dangerous illness.

Do your part to help everyone stay healthy this holiday season!



Options – Winter 2009

Halloween 2009

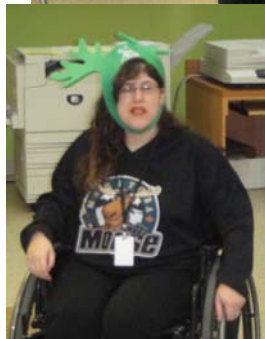
By Jean Klatt

Another Halloween has come and gone. Here at ILRC, staff and consumers were encouraged to come in costume. There were 7 of us that dressed up for the occasion. There were prizes and pizza!!

First Prize (day-off) – Kelly, as the Lady Medusa. What a heart-breaker.

Second Prize (1/2 day-off) – Doug as Peter Puck. Who is Peter Puck anyway?

Third prize –Tina. She got to 'cluck off' at 3:30



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MEMBERSHIP APPLICATION FORM

Your membership helps us in programs, production and mailing costs of this newsletter. Being a member has its benefits in that you can vote at our next annual meeting, you receive our quarterly newsletter, and most of all you support the Centre and what we do. If you have not renewed your membership, please do so. The cost is **\$5.00**.

Please inform us about the following:

I prefer not to receive any mailings from ILRC.

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Community Living Coordinator: Tina Gledhill
Tenant Resource Coordinator: Krystal Polson
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Peters, Melanie Fields, Mary Ann Cirio
Personal Attendant Community Education:
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Community Outreach: Gary Dyson
Kids on the Block: Zöe Kogan
IL Consultant: Marcia Matanga

Interested in being a member with a delayed membership fee? Send us your name and address – receive the Options newsletter and simply pay the membership later on.