

# The Ripple



January/ February 2008



**HAPPY  
NEW  
YEAR!**

## SRSAN Meeting

Date: January 16, 2008

Location: Taber Heritage Inn

Time: 10:00 am - 3:00 pm

### Take Your Wings and Fly

It's your inner beauty within thee. The world is filled with opportunity for you to see, so don't let your disability affect your ability to succeed.

Today you have to lead to make life better for those who follow, you have the power to make today's dream a

reality for tomorrow.

By Wendy Orzel

### Mission

To speak on behalf of people with disabilities and teach them leadership skills.

### Vision

The vision of the SRSAN is a world where:

- Everyone has the opportunity to make informed choices and participate.
- We can be leaders in helping people with disabilities achieve their own goals.
- There is respect and equality for all.
- We believe in ourselves and we can take pride in our accomplishments.
- We work together to succeed in making positive changes in our communities.

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# The Race Of a Lifetime



Once upon a time, there was a bunch of tiny frogs who arranged a running competition. The goal was to reach the top of a very high tower. A big crowd gathered around the tower to see the race and cheer on the contestants. The race began... honestly, no one in the crowd believed that the tiny frogs would reach the top of the tower. You heard statements such as "Oh! Way too difficult" "they will NEVER make it to the top" OR "Not a chance that they will succeed! The tower is too high!"



The tiny frogs began collapsing one by one except for those, who in a fresh tempo were climbing higher and higher. The crowd continued to yell "It's too difficult! No one will make it!" More tiny frogs got tired and gave up, but one continued, higher, and higher, and higher, this one wouldn't give up. At the end, everyone else had given up climbing the tower, except for one tiny frog, who, after a big effort was the only one who reached the top. Then all of the other tiny frogs naturally wanted to know how this one frog managed to do it. A contestant asked the tiny frog how he found the strength to succeed and reach the goal. It turned out that the winner was deaf!



The wisdom of this story is: Never listen to other peoples tendencies to be negative or pessimistic because they take your most wonderful dreams and wishes away from you the ones you have in your heart. Always think of the power words have because everything you hear and read will effect your actions therefore, always be positive, and above all be deaf when people tell you that you can't fulfill your dreams.



To the world you might be one person, but to one person you might be the world



# Self Advocates Say

• What does being a self advocate mean?

\*Understanding your rights and being able to voice them.

Why should I be a self advocate?

\*So I can learn to be independent and make my own decisions.

How do I become a self advocate?

\*You can join a local self advocacy group. Keep up with current events, by reading the Ripple or any other newspaper. Understand what your rights are and assert them, for yourself and others.

How do I support a self advocate?

\*By offering advice and information, through experience and resources, so they can make informed decisions. Helping advocates attend meetings.

What difference can being a self advocate make?

\*All it takes is one person to start a Ripple in a pond; and the whole pond feels the Ripple.

## JOKE CORNER

Q) Why did the bunny cross the road?

A) Because he wanted to show his girlfriend he could hip-hop!

Shirley: I hope we get our keys out of our locked convertible soon.

Laverne: Me too. I've been trying to get the window open with this coat hanger for the past hour.

Shirley: Well hurry, it looks like it's going to rain and the top is down.



# Calendar of Events



January 2008



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 New Years Day!	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16 SRSAN meeting in Taber 10am-3pm	17	18	19
20	21	22	23	24 PDD Board Meeting Lethbridge	25	26
27	28	29	30	31		



February 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11 <b>Leadership Today Feb 11-13, 2008 Lethbridge</b>	12	13	14 Valentines Day! 	15 <b>Society of People First Alberta Conference</b>	16
17	18 Family Day! 	19	20	21	22	23
24	25	26	27	28 PDD Board Meeting	29 Leap Year!	



# CONGRATULATIONS

Randy Chandler for winning the Roy Stelfox Award!

This award is presented in memory of Roy Stelfox who was a founding member of the PDD South Alberta Board and served on the Board from 1997 until his death in 2001. Roy was a tireless advocate on behalf of people with developmental disabilities and was committed to the Mission, Vision and Guiding Principles of the South Alberta Board. This award will be presented once a year to a person with a developmental disability who is funded through the PDD South Alberta Board. The award will recognize the winner for making a difference in their life or in the lives of other people with developmental disabilities.



## Internet Facebook Safety



People need to be well aware of the risks when they join a social networking website like Facebook or any other website. Here are the top four safety tips:

- 1) Choose your internet Friends wisely. Remember these people will see private information about you. If you stop being friends with someone, remove them from your friend list. Do not agree to be friends with anyone you don't know well enough to call a friend in "real life."
- 2) Monitor photos of you posted by others. Remember that if your name is attached to a photo, it's out there for anyone to see. Remove any photos you don't want the world to see.
- 3) Set your privacy settings. Check back regularly and make sure they are up-to-date. Keep strangers from seeing your list of friends and other personal information. Do not put your phone number or home address on your profile.
- 4) Most social networks (like Facebook) give you full access to your account privacy settings and this is where most of the security comes from. We recommend you set every setting to "Only My Friends" so that someone needs your permission to see your personal information in your profile. If you are uncertain then act on the side of caution, and take the time to educate yourself as to what each setting might mean.

**Important  
DATE!**

**Upcoming Training  
Leadership Course**

February 11-13, 2008  
9:00 am - 4:00 pm in Lethbridge

March 17-19, 2008  
9:00 am - 4:00 pm in Lethbridge

**Train the Trainer**  
May 12-15, 2008  
9:30 am - 3:30 pm in Lethbridge



1 T-Shirt for \$15.00

OR

2 T-Shirts for \$25.00

Hoodies for \$35

Lots of colors and sizes

**RESPECT ME**, for respect  
presumes equity. Do not tell,  
correct and lead. Listen  
**support and follow**. Do not  
work on me. **Work with me.**  
By Norma Kunc & Emma Klift

Be a RIPPLE of Hope  
Everyday!

**Excellent**

## Tell Us What You Think!

**UPDATE**

Write:  
527 - 6 Street South  
Lethbridge, Alberta T1J 2E1

**Call  
Me!**

Phone: (403) 320-1515  
Toll Free: 1-866-320-1518  
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**E-mail  
→ Me ←**

Email:  
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The Ripple was created with pride for you  
by the following

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