



Canadian Association
Paraplegic canadienne des
Association paraplégiques
(Manitoba) Inc.

MPF MANITOBA
PARAPLEGIA
FOUNDATION INC.

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FALL/WINTER ISSUE

Para Tracks

Newsletter of the Canadian Paraplegic Association (Manitoba) Inc.

On Top of the World: Gold In Athens for Manitoba Athletes



Photo courtesy of Canadian Paralympic Committee, Benoit Pelosse (Photographer)

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**paraplegic or tetraplegic*



The Days of Caring event is a unique opportunity that Winnipeg's United Way arranges for companies to make a difference in their communities by helping a non-profit group complete a project or hold a special event. In June, Cambrian Credit Union, descended on our CPA Manitoba office and in one day work together with CPA staff to apply a sharp-looking, modern colour scheme to our walls. Everyone had a chance to dress in some comfy old work clothes and have a day away from the computer and telephone!!!

The United Way arranges matchups between nonprofit groups and corporations to come up with A Day of Caring anytime during the year. So if you know of another nonprofit group



Cambrian Credit Union and CPA staff - the "before" photo. Stop by our office at 825 Sherbrook for a look at the new colours.

that could use a helping hand, let them know about the United Way day of caring.

Thanks once again to Western Paint (for a great deal on the paint!!!), Cambrian Credit Union and the United Way for making a difference at CPA!

DID YOU KNOW?

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CPA Members can be referred to the program by contacting Pauline Wood-Stieman @786-4753 ext. 228



Voices in the Darkness Being Heard In the Global Arena

by Lorne Chartrand

No issue dominates national and international news so completely as the current race to the Oval Office. No election, in recent memory, has been anticipated with so much fear and apprehension. When the last issue of ParaTracks hit the streets, we were facing a Canadian election and looking forward to the arrival of summer. This issue, we try to hold on to the fragile sanity that the virtual absence of summer has left us with, and face an American election, which may have further repercussions for Canada and the world than any other election ever has.

To be certain, this is very nearly a single-issue election. Concerns over the economy, healthcare, child poverty, have all taken a back seat to America's position on the war in Iraq. Disability rights aren't even on the radar screen.

George W. Bush's position is well known; he's been defending it ever since he embarked upon it. Casting the rest of the world's opinion aside, President Bush feels America has the right to condemn countries to the "axis of evil" as he/it sees fit. Labelling the United Nations irrelevant, Bush assigned America's sons and daughters to lay down their lives in numbers he never could have predicted. Oops.

In a realization that America's position is worsening as members of the coalition pull their troops out, Bush has gone back to the United Nations insisting that the assembly has a responsibility to help overturn the crisis in Iraq. No apologies, nary a "please" nor a "thank you".

Enter Democrat, John Kerry; although he's taken some time to decide, the Eureka finally happened and Kerry has chosen the path of "opposition" to the views of Mr. Bush. Nice move - this has given him the chance to frame the situation thusly:

"Saddam Hussein was a brutal dictator who deserves his own special place in hell. But that was not, in itself, a reason to go to war. The satisfaction we take in his downfall does not hide this fact: we have traded a dictator for a chaos that has left America less secure."

Correction. The world has traded a dictator for a chaos -- and we don't have a vote. During the Cold War, there was the fear of communist Russia that restricted America's ability to play gunslinger around the world. In our Brave New World, the globe dances to the beat of the American drum. Americans, in this election, have an opportunity to determine how their government, and through it their country, will act in the world.

In Winnipeg, many expatriate Iraqis live a tortured existence, knowing that their loved ones tremble at the violence on the streets. They rack up huge international cell phone bills as their only connection to the terrible news. Several are employees of Winnipeg's Handi-Transit system. Global issues are often nearer to you than you know...

UN Secretary-General, Kofi Annan, has said that "painful lessons" have been learned through the Iraq experience. "Lessons for the US, the UN and other member states. I think in the end everybody's concluded it's best to work together with our allies and through the UN," he said.

In September, The DPI Summit brought the world to Winnipeg, and reminded us that our individual actions do matter. During the Summit, United Nations Ambassador Luis Gallegos (Ecuador), said that, in the end, "governments and laws will not change societies. People will change societies and they will lead the way to a holistic society." Gallegos was referring to disability rights, but the same goes for world peace.

People have led the way towards a barrier free society in Ontario, through the proposed Accessibility for Ontarians with Disabilities Act (AODA). Replacing the previous Ontarians with Disabilities Act, 2001, which was dismissed as ineffective, AODA is designed to address both attitudinal and physical barriers that might be encountered by people with a range of disabilities. The proposed Act includes a number of essential features recommended by CPA Ontario and other organizations representing people with disabilities. CPA Ontario expects significant changes to arise from the implementation of the act.

As citizens, we must urge our governments to do the right thing. Governments are increasingly receptive to input from community groups like CPA, which is evidenced by legislation like the AODA. The United Nations is the voice of the people on the world stage, where games of much more drastic consequences are played out. They implore you to write letters to all governments, including your own and any government anywhere in the world that does harm to innocent lives. Our "civil society" employs a Charter of Rights, which gives us certain guarantees. The UN strives to provide for similar rights in all countries.

Finally, it was with great shock and sadness that the world received the news of the passing of Christopher Reeve. No matter what your view is on Reeve's public life, he was a tireless crusader in acquiring support and lobbying for legislative change to maximize opportunities for spinal cord research. His public efforts amplified the voice of SCI advocacy throughout the globe.

This issue of ParaTracks should hit the streets on the eve of the American election. Americans face a choice as pivotal as the pre-civil war election that brought Lincoln to power, except this time their choice affects every citizen, everywhere in the world.

God help us.

Stay warm, stay safe, and hug your loved ones everyday... because you can.



Research attempts to maximize functional recovery after incomplete SCI (AKA - making the best of what you've got left)

by Kristine Cowley, PhD

In this issue of ParaTracks, I will provide some examples from the area of spinal cord injury (SCI)-related research that attempts to increase the functional recovery of those who have sustained a spinal cord injury.

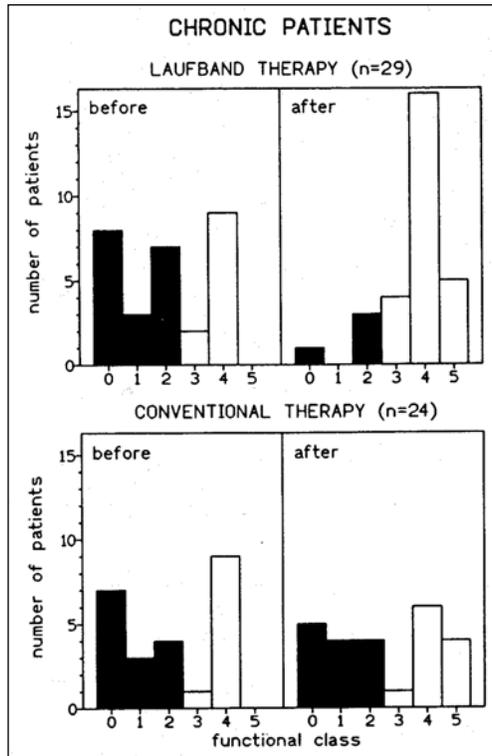
So, what am I talking about? Functional recovery? Basically, it's research that tries to get the neurons you have left after a spinal cord injury (in your brain and/or spinal cord) to do the best job they can to make you move as much as possible.

I'm going to describe three examples of research in this area - all involving 'incomplete' SCI (incomplete in these experiments means they have some voluntary movement below the level of their injury), and all involve training or modifying a person's existing neuronal circuitry to maximize function.

The first area originated in Montreal, at McGill University, under the direction of Hughes Barbeau. Interestingly, the studies in humans were an extension of earlier efforts of Serge Rossignol and Hughes Barbeau dating back to the late eighties and early nineties, where they showed that training could vastly improve the walking ability of cats with chronic and complete spinal cord injury. Chronic is used to refer to an injury that has stabilized and where no more improvement is expected, whereas acute refers to the initial period after a spinal cord injury, when increases in motor and sensory function may still be occurring.

This first area of research represented a new rehabilitation approach that involved locomotor training in combination with body weight support (BWS), which could also be combined with functional electrical stimulation, and/or drugs to enhance a person's ability to walk after injury.

So, to start, they would take a newly spinal cord injured person, put them in a harness and then have them try to move their legs while on a treadmill. Often, when the experiments began, the researchers had to move the subjects' legs to make them step because the subjects were unable to move them on their own. The harness was used to support the subjects' body weight, because these subjects couldn't stand on their own, and it could be adjusted so that



any amount of their body weight was supported (all, down to almost none). Eventually, as each subject became better at walking on the treadmill, the weight supported by the harness would be decreased with the ultimate goal to be for the subject to completely bear their own weight. These researchers found that, with training, newly injured persons with incomplete spinal cord injury appeared to be better able to walk if trained on a treadmill rather than if they received conventional rehabilitation, which doesn't involve treadmill or walking training until the person has enough strength to stand and perform some walking movements on their own (or with a walker).

From cats with complete spinal cord injury, Rossignol, Barbeau and others learned that if cats were trained

to stand, they could stand, and if they were trained to walk, they could walk. But the cats trained to stand couldn't walk very well, and the cats trained to walk couldn't stand very well. So, the researchers concluded that in complete spinal cord injury, the effects of training are very task specific and not easily transferred from one task to another. Susan Harkema and her research team recently showed this to be the same for human subjects with complete spinal cord injury. In particular, if humans with complete spinal cord injury are trained to stand, their ability to stand improves and if they are trained on a treadmill to walk, their ability to walk on the treadmill improves. Lorne reported about this in the last ParaTracks, where he summarized the talk by Susan Harkema at the Will to Win Symposium. And so, it seems as though training can help to improve the neural circuitry that controls a certain task - be it standing or walking. These changes could involve strengthening the afferent (sensory) pathways, the neural pathways within the spinal cord and/or the efferent (motoneuron) pathways activated during stepping or standing movements. So some of the improvement seen in the incomplete injuries may have been due to strengthening the neural pathways within the spinal cord, which is what is thought to happen in the incomplete subjects trained to either stand or walk.

Because of the work of Barbeau and others trying to improve the walking ability of those with incomplete spinal

cord injury, researchers have begun a large scale randomized clinical trial comparing the use of treadmill and body weight support training to conventional rehabilitation therapy. Harkema and Barbeau and others reported on the methods used in this clinical trial in 2003, but the results of this trial have not yet been published.

Laufband Therapy

At about the same time that researchers in Canada were looking at the effects of treadmill training and body weight support on walking ability in spinal cord injury, researchers were conducting similar research in Germany.

Wernig, Muller and others called their training Laufband therapy, and it was similar to that of Barbeau in that it involved training a person with incomplete SCI to walk on a treadmill with varying amounts of body weight being supported by a harness that was suspended above the treadmill. The amount of weight supported by the harness was gradually reduced, with the final goal being to have the subject walk on the treadmill without any body weight being supported. In the Laufband therapy, both chronic and acute subjects were included, and they were generally classified as ASIA C or D (which means they were incomplete, with the ability to move some or all of their muscles below the level of their injury). The results of Laufband therapy on 29 subjects with chronic SCI (0.5 - 18 years after injury) was compared to the effect of conventional rehabilitation therapy on 24 subjects, and is shown below. In this series, the black columns are those subjects that needed a wheelchair for mobility and help by therapists to 'walk' on the treadmill.

The white columns represent those subjects that can walk (with or without aids, and class 5 is without a mobility aid). You can see by the histogram that before training, 18 of the 29 subjects in the Laufband group and 14 of 24 in the conventional therapy group needed a wheelchair for mobility. After training, only 4 of the 18 in the Laufband therapy group still needed a wheelchair whereas 13 of the original 14 in the conventional therapy group still needed a wheelchair. Looking at the histogram from the conventional therapy group, it is interesting to note that the only change that 4 of those in category four moved into category 5, meaning they were able to walk with an aid before therapy and now could walk without any aids. Otherwise, there wasn't any real change in walking ability for those receiving conventional therapy. Also, of interest from this work is their observation that muscle strength at rest was not much changed as a result of this training; rather, the subjects had improved their ability to perform coordinated walking movements with the muscle strength they already had, so the improvement wasn't the result of a muscle strengthening effect.

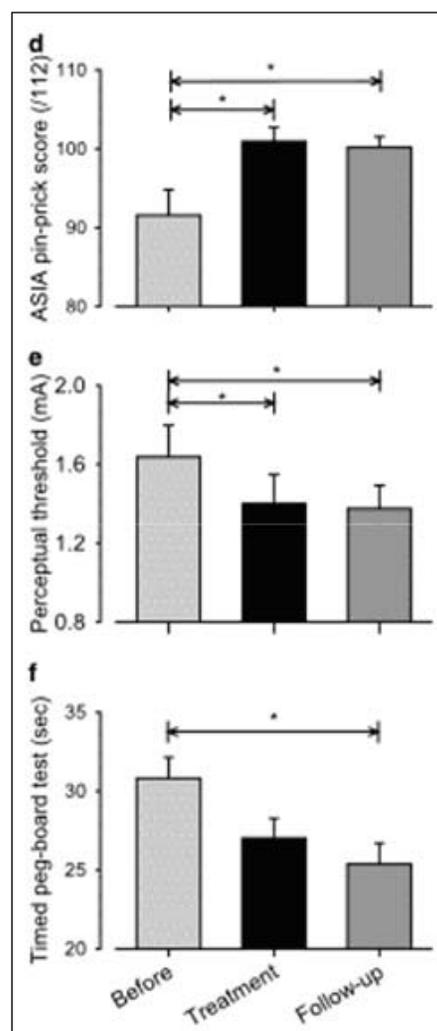
And more recently... 'training' the brain...

A recent story posted on the CPA National Web site explored "functional brain stimulation," and I am including it as another example of researchers trying to activate the existing 'circuitry' with the intention of improving function after SCI. In this study, Nick Davies and other researchers in England wanted to see if they could modify neuronal activity using trans-cranial magnetic stimulation (TMS) of the motor cortex and then improve either motor or sensory performance of chronic incomplete SCI subjects. They used a magnet to activate neurons in the part of the brain that starts movements and then tested various sensory and motor functions of four chronic SCI subjects.

These researchers reported that there was improvement in the subjects' motor performance (monitored using a peg-board test, see f) as well as their ability to sense electrical stimulation (see e), and pain (a pin prick test, see d), as shown below.

Since the researchers can't rule out the possibility that these subjects got better at the pegboard test because of practice, they intend to do some double-blind controlled trials in the future, where they will give some subjects sham or fake treatment and others the real treatment. Then they will test all the subjects (without the tester knowing whether they had the true or the fake treatment), and if only the subjects who received the real treatment show improvement, then the researchers will be able to conclude that the improvement was due to the magnetic stimulation.

These researchers also noted an improvement in ability to sense pain and electrical stimulation after receiving the magnetic stimulation of the motor cortex (see d and e). However, in another recent report, TMS of the motor cortex has been shown to reduce pain and cold temperature thresholds in



healthy subjects, suggesting that, for an as yet unknown reason, TMS of the motor cortex seems to lower our threshold for certain sensations (pain, cold). So it could be that in the study of the four SCI subjects in Davies' study, the TMS acted in a similar manner, increasing the subjects' ability to feel by decreasing their perception threshold of their intact sensory pathways. Either way, these researchers intend to do more work in this area to see whether any benefits of TMS can be maintained and used to enhance the function of persons with SCI.

So, in summary these three examples show some of the work being done to improve the functional ability of persons living with incomplete spinal cord injury, in the absence of successful spinal cord regeneration. Who knows, rehabilitation after spinal cord injury may be look completely different in the next few years, if these research efforts can be shown to greatly improvement the walking ability of acute (and potentially chronic) incomplete injuries.

Manitoba Paraplegia Foundation (MPF) News

MPF funds go to work in four main areas: special projects, product testing, research and direct aid to persons with SCI. CPA thanks MPF for its continued support to improving the quality of life of persons with spinal cord injury.

MPF has approved several requests for financial support during the past few months. Some of the highlights follow.

During the month of June 2004, MPF provided:

- Funding for a bladder scan machine for use in the Rehabilitation Hospital Spinal Cord Injury Outpatients Clinic. This equipment will assist persons with spinal cord injuries to become more independent by learning a bladder routine.

- Assistance to a CPA member for the purchase of a wheelchair cushion to complement his recently purchased new wheelchair.

- Funding for a new design shower/commode wheelchair for use at the Rehabilitation Hospital. This piece of equipment will allow patients at the Rehabilitation Hospital to try out the shower/commode wheelchair and have the Occupational Therapy Department assess its use before recommending it to community members.

- Funding for the purchase of a tilt-recline wheelchair for a CPA member who resides in a personal care home. This wheelchair would allow for weight shifts to prevent further skin breakdown. Most importantly this wheelchair would allow family to take the CPA mem-

ber on outings to see her children and grandchildren.

- An interest-free loan to a CPA member for the purchase of a manual wheelchair that was designed and built to exact specifications as required.

- Funding for the purchase of a roll away-bed, padded foot protectors and a protective leg panel for a CPA member who is a sponsored

During the month of July 2004, MPF provided:

- Funding to cover the cost of a moving company's packing fee. Due to this member's physical limitations, decreased physical tolerance and increased pain, she is unable to perform this task on her own. By providing this assistance, the CPA member was able to access more suitable accommodation for herself and her children.

- Funding for the cost of transportation to allow a CPA member currently residing in the Rehabilitation Hospital to travel to her home for a visit.

During the month of September 2004, MPF covered the registration fee to allow a CPA employee to attend a National Spinal Cord Rehabilitation Conference in Toronto. This conference has enhanced the employee's knowledge related to SCI rehabilitation and provided insight on current practices used in major rehabilitation centres from across North America.

Visit MPF's website at: www.cpamanitoba.ca/mpf. Applications for assistance are available through the website or by contacting the CPA office.

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immigrant and is not eligible for assistance from any government program.

- Funding for the cost of repairs to a CPA member's motorized hoist lift as well as one month's fee for the rental of a replacement while the member's lift was being repaired.

- Funding to cover the deposit fee required for a cellular phone for a CPA member. This member requires the phone for personal safety.



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DPI Brings the World to Winnipeg: World Summit' 04

An international summit held in Winnipeg, attended by delegates from around the world and supported by sophisticated media gathering, recording and translating equipment, as well as adaptive equipment to accommodate hearing and visual impairments would normally attract intensive media coverage. The Disabled Peoples' International (DPI) *World Summit '04 - Diversity Within*, held from September 8-10, was all that, yet it received only light media coverage, while springboarding a couple of disability related stories into the spotlight. The lack of media coverage focused on the actual summit was likely due to the issues being outside of society's mainstream. Disability issues are usually met with appropriate levels of sincerity and empathy by the media, if not a full understanding...

So what was the ambition that brought the DPI summit to Winnipeg, and why was it held here? Winnipeg is the birthplace of DPI, an organization that champions the rights of disabled persons around the world. The main goals of the summit were: 1) To recognize the diversity of experience within the global disability community. 2) To strengthen the network of diverse groups so that they may speak with one voice. 3) To gather input on resolutions that will be considered in the creation of the United Nations anticipated Convention on the Rights of the Disabled.

Among the dignitaries who attended the convention were UN Ambassador and Chairman of the Ad Hoc Committee on an International Convention on the Rights and Dignity of Persons with Disabilities, Luis Gallegos (Ecuador), Manitoba Premier, Gary Doer, and the illustrious Ken Dryden, former Montréal Canadiens goaltender and current Minister for Social Development. DPI will gather input from the summit and present it to international organizations such as the United Nations and the World Bank.

Events like the DPI summit follow the direction of the UN General Assembly resolution 56/168 of 19 December 2001, which established an Ad Hoc Committee "to consider proposals for a comprehensive and integral international convention to promote and protect the rights and dignity of persons with disabilities, based on the holistic approach in the work done in the fields of social development, human rights and non-discrimination and taking



At the opening ceremony, from left to right; Bengt Lindqvist, Venus Iligan, Marca Bristol, Jim Derksen, Marie White

into account the recommendations of the Commission on Human Rights and the Commission for Social Development."

The resolution also "Calls upon States, in cooperation with regional commissions, the United Nations High Commissioner for Human Rights, the Division for Social Policy and Development and the Special Rapporteur on disability of the Commission for Social Development, to hold regional meetings and seminars to contribute to the work of the Ad Hoc Committee by making recommendations regarding the content and practical measures that should be considered in the international convention."

An international convention is an agreement that is legally and politically binding to states. Countries that ratify a convention are legally bound to adhere to the principles outlined in it, and cases of non-compliance may be brought before an international authority. Contracting states must report periodically on their progress in implementing the principles of the convention.



Visitors from Thailand and Pakistan

Countries that *sign* an international convention signify their agreement in principle with the intent of the treaty, but are not legally bound to it until they *ratify* the convention. At this point the country is bound by the articles of the convention and must conform to its principles under international law. Countries must enact legislation within their borders to meet the terms of the convention before they can ratify it.

When addressing the summit on its final day, Ambassador Gallegos cautioned, however, that "Governments and laws will not change societies. People

will change societies and they will lead the way to a holistic society. This is the principle of our endeavor." What a convention will do is provide legal recourse to individuals, whose rights have been violated under the convention.

The three-day summit saw forums on the subjects of bioethics, indigenous peoples, women, youth, the Arab experience and human rights and convention monitoring as each experience relates to disability. Following each forum delegates were asked to draft three resolutions that would be presented at the plenary sessions on the last day.

The conference was an eye-opener in terms of the conditions in which disabled persons around the world exist. In our privileged society we continuously struggle to increase the level of inclusiveness for all persons, while in many countries around the world, disabled persons struggle for their very lives, suffering from inappropriate levels of care, medications, supports, and even basic human rights.

The summit, then, was an ambitious undertaking, and DPI should be proud of its efforts. Anyone who attended the event had to be impressed by the exceptional organization of the event. There was a palpable level of enthusiasm in the air as delegates rushed around building networks with their counterparts who share the same concerns and live in various parts of the globe. As many who work and live in the community of disabled persons will understand, unity and organization are the keys to moving our issues forward. As Canadians, it is important for us to realize that our society is a leader in diversity, in accepting the challenge of inclusiveness

and in listening to the voices of those who speak for their communities. In realizing that, we can then understand our responsibility to support the effort to establish a UN Convention on the Rights of the Disabled, as well as other efforts toward the same effect.



Winnipeg Mayor Sam Katz; Manitoba Premier, Gary Doer; DPI chairperson, Venus Iligan; Liberal MP, Raymond Simard



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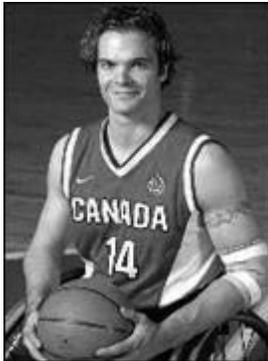
MANITOBANS AT THE 2004 PARALYMPICS!!!!

by *Tricia Klassen Morton*
Manitoba Wheelchair Sport Association

The **Manitoba Wheelchair Sport Association** and the **Canadian Paraplegic Association** would like to congratulate all those Manitoba Athletes and Coaches for their outstanding participation in the 2004 Paralympics in Greece.

Manitoba was represented by: Joey Johnson and Travis Gaertner in Wheelchair Basketball, Glenn Mariash for Air Rifle Jared Funk in Wheelchair Rugby and Bill Johnson manager for the Canadian Men's Wheelchair Basketball Team.

TRAVIS GAERTNER - ATHLETE -- BASKETBALL



Birthplace: Winnipeg, MB
Hometown: Chicago, I Birth Date: January 16, 1980
Height: 4'10" Weight: 110 lbs
Language(s): English/French
Occupation: Actuary
Club: Milwaukee Bucks, Winnipeg Thunder
Coach: Bill Johnson, Steve Wilson, Mike Frogley
Classification: 3.0
Began Wheelchair Basketball: 1991

Highlights
1997 World Junior Championships Gold Medal
1998 World Championships Bronze Medal
2000 Paralympic Games Gold Medal
2002 World Championships Bronze Medal•

Travis is one of the fastest players in the game and has been on the National Team since 1998. He started in the Junior Provincial Program ran by the Manitoba Wheelchair Sports Association (MWSA) and progressed to their Provincial Team. When not studying for actuary exams, (he works as a full-time pension actuary in Illinois), Travis enjoys reading C.S. Lewis hand biking and spending time with his friends.

JOEY JOHNSON - ATHLETE -- BASKETBALL



Birthplace: Winnipeg, MB
Hometown: Lorette, MB
Birth Date: July 26, 1975
Height: 6'2" Weight: 230 lbs
Language(s): English
Occupation: Athlete
Club: Winnipeg Thunder, Wollongong Hawks (Australia), RSL Lahn-Dill (Germany)
Coach: Bill Johnson / Mike Frogely
On the National Team since: 1995
Classification: 4.5

Highlights
1996 Paralympic Games 5th Place
1998 World Championships Bronze Medal
2000 Paralympic Games Gold Medal
2002 World Championships Bronze Medal

In Brief Joey first got involved in wheelchair basketball when he was eight years old. This year, he played basketball in Australia and Germany. Joe returned home to play on the Manitoba provincial team for the National Championships where he won the silver medal and was named to the All-Star Team.

GLENN MARIASH - ATHLETE -- SHOOTING



Classification: SH1 C
Birth Place / Home Town: Winnipeg, Manitoba
Born: 5/3/65
Occupation: Technical Assistant, Manitoba Hydro
Club: MWSA, Gateway Gun Club
Coach: Bob Kirstead

Highlights
2004 Swiss Open Pfaffikon, Switzerland
2004 Hessenpokal Bad Orb, Germany
2003 European Championships Brno, Czech Republic
2001 European Championships Vejl, Denmark

Glenn is an avid outdoorsman, who enjoys hunting, Fishing, riding ATV's, which probably explains why he likes the sport of shooting!! He also enjoys the people involved in the sport and the fact that it forces you to focus and keeps your mind working. Theses are Glenn's 4th Paralympic Games.

JARED FUNK - ATHLETE -- RUGBY



Classification: 0.5
 Birthplace: Winnipeg, MB
 Hometown: Niverville, MB
 Birth Date: 1/30/74
 Language(s): English
 Occupation: Graphics Designer
 Club: Team Manitoba, Canada Ice
 Coach: Dan Joanisse, Joseph Soares, Benoit Labrecque
 On the National Team since: 2002

Highlights
2003 World Wheelchair Games Silver Medal
2003 Quebec Rendez-Vous Silver Medal
2002 Canadian National Championships
2002 World Rugby Challenge Bronze Medal

Jared was a member of the Canadian National Team from 1995 - 1997 and is again involved in the National Program after sitting out of the sport 1998 - 2000 with an injury. Jared has always been highly involved with team sports playing football, hockey and volleyball, and was a provincial volleyball all-star prior to his motor vehicle accident.

'TOBANS IN THE POOL



Kirby Cote, Rhea Schmidt, and Tom Hainey were all Manitobans representing Canada in swimming. Cote, who became Canada's first medallist at the Games with gold in the 100m butterfly, won a medal in every event she entered. She finished the Games with five gold and two silver medals.

Cote, a swimmer from Winnipeg, won the women's 50-metre freestyle event for visually impaired athletes.

Canadian swimmers were unstoppable in the pool at the Paralympics with 40 medals.

(CP Press Photo)

Cote won a medal in every event she entered.

2004 Paralympic (Manitoba Athlete) Results

Wheelchair Basketball	Manitoba Representatives Players - Joe Johnson and Travis Gaertner and Manager Bill Johnson		
September 18th	Win	CAN 78 - BRA 55	
September 19th	Win	CAN 83 - ITA 54	
September 21st	Win	CAN 66 - AUS 38	
September 22nd	Win	CAN 63 - FRA 43	
September 24th	Win	CAN 63 - GBR 45	
September 25th	Win	CAN 79 - JPN 48	* Quarter Finals
September 26th	Win	CAN 91 - NED 70	* Semi Finals (The Men are Charging towards the Gold!!!!)
September 28th	Win	CAN 70 - AUS 53	* GOLD MEDAL!!!!!!!!!!!!!!!!!!!!!!
Wheelchair Rugby	Manitoba Athlete - Jared Funk		
September 19th	Win	CAN 33 - GER 30	
September 20th	Loss	CAN 30 - GBR 32 (OT)	
September 21st	Win	CAN 33 - BEL 29	
September 22nd	Win	CAN 36 - AUS 33	*Quarter Final Win
September 24th	Win	CAN 24 - USA 20	* Semi Final Game!!! On to the Gold
September 25th	Loss	CAN 29 - NZL 31	* Canada Gets Silver
Shooting	Manitoba Athlete - Glenn Mariash		
September 21st	R7 - 50m Free Rifle 3 x 40 - Men		*Finished 16th in his heat but did not qualify for the final
September 22nd	R3 - 10m Air Rifle Prone Mixed		*Finished 38th in his heat but did not qualify for the final

Once again **CONGRATULATIONS** to all the 2004 Paralympics, we are all very proud!!!

If you would like more information and results on all Canadian Athletes who participated in the 2004 Paralympic Games visit www.paralympic.ca.

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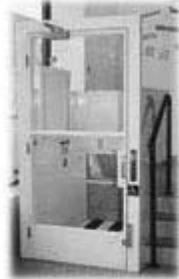
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How the Raccoon Came to Be

by Marvin Smoker

This abbreviated story was passed down to us by Marvin (Forever Earth) Smoker, of the Martin clan, from the Kahkewistahaw reserve in Saskatchewan. A traditional Cree, Ojibway and Dakota powwow dancer and storyteller, his stories are performances, usually told orally. For those unfamiliar with First Nations culture and mythology, the story is similar to a parable, there is something to be learned...

The following note on Nanabush, appears in Thompson Highway's play, "Dry Lips Oughta Move to Kapuskasing"

The dream world of North American Indian mythology is inhabited by the most fantastic creatures, beings and events. Foremost among these beings, is the "trickster," as pivotal and important figure in our world is Christ in the realm of Christian mythology. "Weesageechak" in Cree, "Nanabush" in Ojibway, "Raven" in others, "Coyote" in still others, this Trickster goes by many names and many guises. In fact, he can assume any guise he chooses. Essentially a comic, clownish sort of character, his role is to teach us about the nature and the meaning of existence on the planet Earth; he straddles the consciousness of man and that of God, the Great Spirit.

Some say that Nanabush left this continent when the white man came. We believe she/he is still here among us-albeit a little worse for wear and tear-having assumed other guises. Without the continued presence of this extraordinary figure, the core of Indian culture would be gone forever.

One time, a long time ago, there lived in the deep forest by a creek, two old, blind men. And so that they could find their way to the creek to get water, they tied a rope from a peg in their Teepee that went to the fireplace and then to the creek. In this way they could get water by following the rope.

One day one of them got up early and put two pieces of meat in a pot and went to the creek to fill the pot with water. While he was going back to the fire to cook the two pieces of meat, the raccoon happened to see him - and you know how curious raccoons are - well, he ran up behind the old man, and looked into the pot that he was cooking in, and saw the two pieces of meat. Very sneakily, he took one of the pieces of meat - for he was known to play tricks on everybody, just like Nanabush (the Trickster) - and he took off into the bush to eat it and to watch the two old men.

Just then the other man came out of the teepee and went and sat down by the fire. He wanted his breakfast, so, fol-

lowing along the rope he made it to the fire and he felt for the meat in the pot and discovered only one piece. He jumped up and demanded from his friend, "cooking only for yourself, are you?" The first old man also felt in the pot and said, "I was sure I put two pieces in the pot." A big argument started, just as Nanabush happened by.

Nanabush knew it must be the raccoon, for he was the only one who liked to play tricks on anyone, even two old, blind men... and he lived close by. So Nanabush went looking for him, and when he found him, he was laughing and rolling around and pointing at the two old blind men.

"Ha ha ha ha, I played a good trick on them," he said.

So Nanabush ran after him, and caught him, and he said, "I'm going to teach you a lesson. I'm going to make your eyes black and I'm going to put rings on your long, fluffy tail, so that you will

remember your bad deed and everybody will know you are a thief. My final punishment for you is to take all the moisture out of your mouth, so that every time you eat you have to soak your food in the water by a stream.

To this day, the raccoon has black around their eyes, rings around their tails, and they have to wet their food in water before they can eat it.

In the story of the Raccoon, the storyteller wants to convey what human emotions / mental effects can do to another. The aboriginal traditions believe in the Medicine Wheel, which has four directions and four basic concepts of a human being - physical, emotional, mental and spiritual. Readers might ask, "what's that got to do with being disabled or physically challenged?"

The two old men are physically challenged and have adapted to their environment but what happens if the environment has been disrupted? If one is physically or mentally challenged everything is in chaos.

The Raccoon character is used by Nanabush to teach a lesson to the people, about what could happen if one does not respect another human being and causes hardship to others to gain his own pleasure.

The Raccoon learned his lesson by the changes given to him by Nanabush. His appearance changes so he is reminded of his negative deeds. Now he has to adapt to his new physical self and as part of his healing and rehabilitation, he has to reconnect with the 4 elements of the Medicine Wheel - which is the physical, mental, emotional and spiritual of his new environment.

Interpreted by Pauline Wood Steiman



"Weesageechak" in Cree, "Nanabush" in Ojibway, "Raven" in others, "Coyote" in still others, this Trickster goes by many names and many guises.





The Mean Streets... The Wild World Of the Motorized Pedestrian

by Lorne Chartrand

Whether you use a wheelchair, know someone who does, or simply drive in traffic every day, you've probably noticed an increase in wheelchair traffic on streets and roadways in your community. Whether you drive a chair or an automobile (or both) might influence your perspective on the practice. From either perspective it would be hard argue that there isn't some danger in the practice.

Motorists are not normally looking out for wheelchairs in the streets, and to some, it is a startling occurrence. "Motorized pedestrians" who venture onto city streets often encounter motorists who "freak out" when they encounter a wheelchair sharing the road. It is their reaction that is most dangerous - they may react erratically in their panic. The motorized pedestrian must always exercise extreme caution when venturing out into the street. Still, there are also dangers lurking on the walkways...

I drive my wheelchair on the road all the time. I've often wondered when police might stop to question me about the practice. My answer would be that many sidewalks in the downtown area are dangerous for a motorized chair. There are many walkways that slant so steeply away from buildings that I'm afraid of falling over sideways and cracking my coconut on the newspaper stand or the lamppost. In some cases, you could fall into the street. Occasionally, a "motorized pedestrian" can travel a city block on the sidewalk, only to find they can't get off at the other end when they find there is no curb cut.

On downtown city sidewalks - which are often in poor repair - the ups and downs are real obstacle themselves. These conditions have scared many people into the streets. Trust me, anyone using a street would gladly use a sidewalk if it were flat, stable, and secure. The street is a scary place, but the sidewalk is often no better. Looking for alternate streets with better sidewalks usually means a long detour only to find the same or worse conditions. During a Manitoba winter, the shortest - and sometimes the only passable - route is the one without any snow on it. The front wheels of a motorized chair can easily sink into a poorly cleared sidewalk, leaving the motorized pedestrian stranded

and wondering if he/she will be discovered by future generations and put on display next to the woolly mammoth...

These conditions are worse for heavy, motorized wheelchairs, which give a ride about as smooth as a farm tractor. Stop to watch someone traveling on a city sidewalk sometime. Try to observe them negotiating a difficult curb cut. Then imagine having to do that every 40 ft. or so... in the snow...

The legislation that covers pedestrians, wheelchairs and scooters using highways and roadways is found in Manitoba's Highway Traffic Act (HTA), which defines a wheelchair or scooter as a "motorized mobility aid" and includes wheelchair users as "pedestrians". The document is what police officers who patrol those highways and roadways use in deciding what constitutes an offense.

The possibility for conflict exists in the wording of subsection 143(1), which states; *where there is a sidewalk that is reasonably passable on either or both sides of a highway, a pedestrian shall not walk on a roadway.*

Did 'ya catch the key phrase? "reasonably passable". It's a judgement call. Ultimately, it is the officer on the street who must interpret the act and decide if it is appropriate to issue a traffic ticket to a wheelchair or scooter user who they feel is in violation of the act. Not something any law-enforcement officer is likely to be comfortable with. However, as the practice becomes increasingly popular, it seems only a matter of time before it becomes a public agenda item.

The City and the Province both recognize that sidewalks



Yours Truly bookin'er Down Kennedy...



are sometimes impassable for motorized pedestrians where they would be completely safe for ambulatory citizens. The Province was just a little more careful - after all, the HTA is a provincial document and would be under scrutiny during a challenge in court. At both levels it was recognized that sidewalks are sometimes impassable, however, both officials that I consulted agreed that interpretation of the act is left in the hands of the officer on the street.

The issue is a direct result of increased mobility for persons with disabilities. Motorized wheelchairs provide access to the city that is not restricted by scheduled transportation. Advancements in mobility transportation have opened a wider world for persons with disabilities, as well as a legislative puzzle. Lawmakers seem hesitant to tread on anything that restricts mobility in the urban landscape.

What might be considered is this; wheelchairs have wheels, and therefore might be considered in the same legal view as cyclists who use the street. Walking down any city sidewalk, one often encounters them using a space usually reserved for pedestrians. Honestly, there are certain Winnipeg streets that are very scary for cyclists. Pedestrians have largely learned to accept that and are willing to share the walkway (okay, sometimes reluctantly). Motorized pedestrians are often safer to combine road and

walkway routes. What's needed is for everyone to take care and watch out for each other.

Currently, anyone who takes their mobility device into the street must keep in mind that they are probably doing this at their own risk - the legislation in the HTA largely protects government against fault in the event of mishap.

And no one wants that.

Editor's note: comments on this story are extremely welcome at paratracks@canparaplegic.org Especially anyone who has been ticketed for using a roadway. To access a copy of the HTA, go to http://web2.gov.mb.ca/laws/statutes/ccsm/h060_2e.php or better yet, go to the CPA web site at www.cpamanitoba.ca/news.htm and click on the live link to go directly to the act. (Many Winnipeg drivers will be shocked and amazed to find there is a section on "signals" under "Rules of the Road." (Sorry, couldn't resist.))

An extended version of this article can be found on the CPA Manitoba web site at the following address: www.cpamanitoba.ca/forums/index.php?showtopic=112 All comments are extremely welcome.

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Communication Evolution - From Cell Phone to Smart Phone

by Regan Block

Where would we be today without cell phones? **Answer:** a few more bills in our wallets of course but we would also be less spontaneous, more worried about our loved ones, and really be in a bind when an emergency happens. For the most part, cell phones have made our day-to-day lives much easier and a little bit more complicated at the same time. In this review of products and services available I'll hopefully clear up some cell phone terminology and ask if you are ready for a 'smart phone'?

1992 - ah yes I remember it well...the middle ages of the history of cell phones. Back then, my very first cell phone cost \$500.00, was dash-mounted, and came with a hard-wired speaker and microphone. For \$50.00 a month, I got 30 free minutes of air time, extra time was 50 cents a minute, there was big time roaming charges when I left the province or country and really poor reception in what were then 'fringe' areas. Thank goodness that today is the modern age of cell phone technology, because none of that middle age stuff goes any more. Plummeting cell phone prices and vastly improved services are a direct result of advances in technology and lots of competition.

If you still have yet to jump on the cell phone train please read the next section, otherwise you may skip ahead to smart phones. (Do I ever sound like a programmer, eh?). Your first step should be choosing your cellular service provider. You should determine if you will be using your phone mostly around your home town/city, traveling around Manitoba, or commuting to other provinces or states. Reason being is that each of the cellular service providers have varying ranges and charges based on the individual networks currently in place. If, for example, you would like to have your phone on while you are out at the lake, chances are that your digital GSM phone may have poor reception. Purchasing a multi-mode phone would be a better choice for this kind of usage, since it will automatically switch from digital to analog modes, increasing the phone range.

Next you will have to decide how much you plan to use your phone. First, when? daytime or evenings? weekdays or weekends? Or would you only want to have a cell phone around for emergencies only? Second, how much time do you predict you will be using the phone? For example, a casual daytime user who is very active on weeknights and weekends could greatly benefit from a 'weekend and evening' package, which usually includes a decent amount of weekday minutes and up to an unlimited amount of weekend and evening minutes. Average airtime package price per month is about \$30.00. You can also get enhanced features such as call display, voicemail, and text messaging,

for 5-12 bucks more a month. Most people buy their first wireless phone and plan together as a 1, 2, or 3-year contract that includes a good quality phone and a decent plan. Not a bad idea, if you do not have the cash for that \$300.00 phone you had your eye on, but remember that you will still need to spend money upfront to have the cell phone activated on your network.

With your new phone, you may also want to purchase some accessories that can extend the phone's life and maybe even yours... I'm talking about a carrying case for the phone just in case you tend to drop yours at least once a month like I do, a headset that will allow you to talk hands free, and either a 12 volt car charger or an extra battery, for emergencies.

Now that you are wireless, the world will seem much smaller...

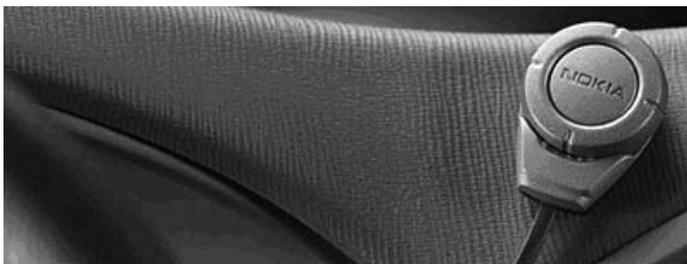
Why a smart phone?

Smart phones are the wave of the future. Actually, the wave has already hit us and we're just trying to stay afloat with the myriad of manufacturers and features. In general, I'd have to say that the two greatest advantages of smart phones over standard cell phones are expandability and connectivity. Imagine being able to download dozens if not hundreds of programs directly to your phone or through a wireless Bluetooth or wireless internet connection. Programs that can enhance your life, productivity, safety - and some are just plain cool. For a small taste of the kind of programs available for smart phones check out this website www.smartphoneprograms.com. Most smart phones run on an operating system called 'Symbian'. A website that shows a great selection of current smart phones and the applications that are available for them is at www.symbianware.com. It seems that most of the prices are in Euros, which is mostly because these phones have been more popular across the pond and are just starting to take off here in North America. At any rate, syncing up your weekly emails from Microsoft Outlook (or Outlook Express), your contacts, appointments, food menu, shopping list or whatever, from your home computer takes only a few seconds over a Bluetooth connection, while larger documents, pictures and media files will take somewhat longer. Please note that most of today's smart phones have the power and memory that rival some 1-year old palm devices and maybe even a 3-year old laptop. The external memory can be upgraded to 1 Gigabyte of RAM! Not many older laptops can boast that capability.

Actually, a smart phone works more like a palm device except that most (if not all) palm devices have touch



sensitive interfaces (screens) where you can use your stylus or fingers for input. The Symbian OS and its software partners do not have that kind of interface with smart phones, YET - so beware. That being said, hooking up a Bluetooth wireless keyboard will give you all the standard QWERTY characters you need and you never have to plug it in to your phone. You can even get a wireless headset that will allow you to answer your phone almost anywhere in your home because of the 10-meter (30 foot) range. One thing that I found "uber-cool" was a GPS (Global Positioning System) Bluetooth device that constantly communicates with navigation satellites up in space. With this hardware / software package you can calculate distances, routes, places to see, and even the speed you are currently traveling at.



CPA Manitoba member, Chris Mason, currently uses a Nokia 6600 smart phone (pictured above). I spent a few hours talking with him about the features, uses, and future of smart phones. A few of the cool features that he pointed out were using voice tags (voice activated calling), a text translator, a very usable contact list, a camera with zoom and night shooting, and of course Bluetooth connectivity. Another thing he mentioned is available is a Bluetooth 'car kit' which has a button for answering your phone using a larger button. He said that most likely this car kit could be modified to suit people with reduced mobility, and even have some additional functions added to this button (hello Rehab Engineering).

www.nokia.com/nokia/0,,4916,00.html. I won't say that

the uses for smart phones are endless, but there are many new ideas (programs) coming out every month.

So if you are ready to take the plunge, you should find that either a standard cell phone or a smart phone simplifies your day-to-day living. That is, unless you decide to read the manual for one of these devices. Actually, for standard cell phone, asking a customer service representative is easy as dialing *611 (free call). For those of you who are brave enough to opt for a smart phone, you most likely will be required to actually read the 300 page manual, but then again, having the coolest cell phone on the block would be worth a couple of nights reading wouldn't it?

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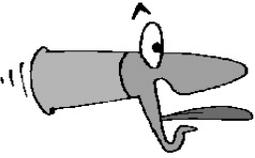
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CPA clients have recently discovered that the indispensable Magic Bullet suppositories are no longer available. Thankfully, David Tweed, owner of Winnipeg's The Access Store has negotiated with a local pharmacy to produce a suppository that is very similar to that of the Magic Bullets. Note that these suppositories are said to be a closer match than what other pharmacies in Winnipeg are producing. Clients can order the suppositories by phone at (204) 589-8955 (toll free 800-670-1670) or online at www.mysupplies.com. Clients will require a prescription from their physician indicating "10mg bisacodyl suppository", and will be required to read and sign a release form available by download from the website. Cost is approx. \$110.50/100 suppositories.

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CPA Manitoba needs volunteer help in making the association stronger, and bringing our message into the public arena. From clerical help, to staffing information kiosks during promotional events, even something like carpentry/maintenance skills are welcomed. If you have the free time and are willing to share some skills, please call us at (204) 786-4753 ext. 223. Or e-mail, lchartrand@canparaplegic.org We will put you on our list, noting your skills and interests!

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If you're interested in this *or any other* return to work plan, please contact Darlene Cooper @ 786-4753 ext. 225

CPA extends its sympathies to the families of the following loved ones who recently passed away:

*Irénéé (René) Lambert
Don Callander
Don Ross*





Axle Grease

by Ken Davis

Now that our cold, wet, mosquito-infested summer is over, we can look forward to seven long months of winter with no NHL hockey. I guess it beats waiting for the next hurricane to hit....Rapid Transit may not be dead, but I'm not sure if even the First Ministers' Health Deal can resuscitate it....Serious changes need to be made to the drug testing procedures of Canadian athletes. When guys like Colin Mathieson can't go to the Paralympics because of a so called "failed drug test", you know the system is whacked....Whether you agree with his politics or not, Steven Fletcher's recent victory in the election and subsequent appointment as Health Critic are historical firsts for the disabled community....Did you know that New York City has only thirty wheelchair accessible taxis, and that Edmonton has only two accessible cabs?....The state of Louisiana spends 93 cents out of every one Medicare dollar on care homes? And those same care homes pay some of the lowest wages in the U.S.?....Disability Rights Advocates, a California based law firm, are preparing to hand out the 7th Annual Eagle and Turkey awards to various individuals and corporations whose policies and actions either promote (Eagle) or discriminate against (Turkey) the disabled. Past Eagle winners include Portland International Airport, New Mobility magazine and Microsoft. Past Turkey winners include McDonald's Corporation Inc., Wal-Mart Stores Inc., and Chuck E. Cheese. If you want more details on each winner, check out www.disabilityworld.orgI was recently reading through a few postings on a disability bulletin board, when I came across dozens of individuals raving about how magnets had helped to end muscle pain. Personally, I'll stick with my bong....If you are like every other Canadian, and seriously thinking about taking a winter vacation somewhere warm, you better book soon. Many direct flights are already full....As this is my last entry of Axle Grease, I would like to say 'It's been fun, and thanks for reading these past years'.



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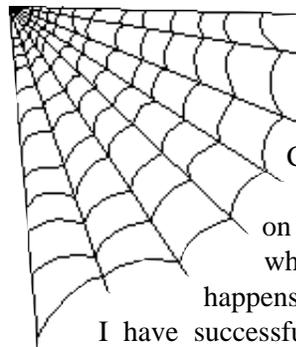
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Please note that Dan Joannis can be reached at the following telephone number: Dan Joannis (204) 787-2026

Toll-free: (800) 720-4933 (within Manitoba only)

Visit CPA's site at www.cpamanitoba.ca

WEBMASTER'S CORNER



Hello everyone... here we are again with another issue of ParaTracks and Webmaster's Corner. Over last few months there hasn't been too much activity on the web site in terms of traffic, which is a little disappointing but that happens.

I have successfully upgraded the Forums to 2.0 (which probably doesn't mean much to most). The only difference people might see is that it loads a little quicker and some different/new icons as well as a new calendar. If you have any disability-related events you would like to be posted in the calendar, feel free to send me a message.

Hopefully in the near future, we will try to get a contest going so be sure to check out the site regularly.

Just a reminder, registration in the News Forums is FREE. (I promise not to send out any unwanted e-mail.) Feel free to comment on any articles posted. As well... start your own topics or polls.

You can get to the News forum by either going to CPA Manitoba's homepage at www.cpamanitoba.ca and clicking on News, OR by going to the following address: <http://www.cpamanitoba.ca/forums/index.php?act=home>

CPA Manitoba Homepage: www.cpamanitoba.ca

If you'd like to see any particular categories added to the forum, please feel free to mail to me at:

webmaster@cpamanitoba.ca

If not delivered, return to:

Canadian Paraplegic Association (Manitoba) Inc.
825 Sherbrook St., Winnipeg MB R3A 1M5

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E-mail: winnipeg@canparaplegic.org

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CLASSIFIED ADS

For Sale – 2 adjustable beds - vibrator and remote. New \$1500 each, asking \$1000 each.

For Sale – Power stair climber (13 steps) - Call Northland at 786-6786

For Sale – Track for sling lift - Call Northland at 786-6786 Contact Ken at 895-1793 or ken.somerfield@shaw.ca after Nov 8/04.

For Sale – An excellent, well-maintained, and attractive 1988 GMC WheelChair Accessible Rally Van with Wheelchair Hydraulic Lift & Wheelchair tie-down system and safety belt. In Great condition. Phone 1-204-233-2699 or cultfast@shaw.ca. Ask for Henry.

For Sale – Fold and Go Scooter - "LIKE NEW" - Used only a few times. Completely dismantles and fits into the trunk of a car. Comes with battery recharger. Paid \$1600 - Asking \$1000 OBO. Phone Betty at 831-7176 or 292-0313 (cell)

For Sale – Invacare Action Arrow Storm (1994) power chair - Black with purple vein color - front & back shock suspension (extra pair of larger casters - no suspension) - new batteries & tires - gear motors 1.5 years old - will require seating customization. Asking \$800 (accepting offers) - For more info Call James at 949-1150.