



Canadian Paraplegic Association  
Association Canadienne des Paraplegiques  
(Manitoba) Inc.

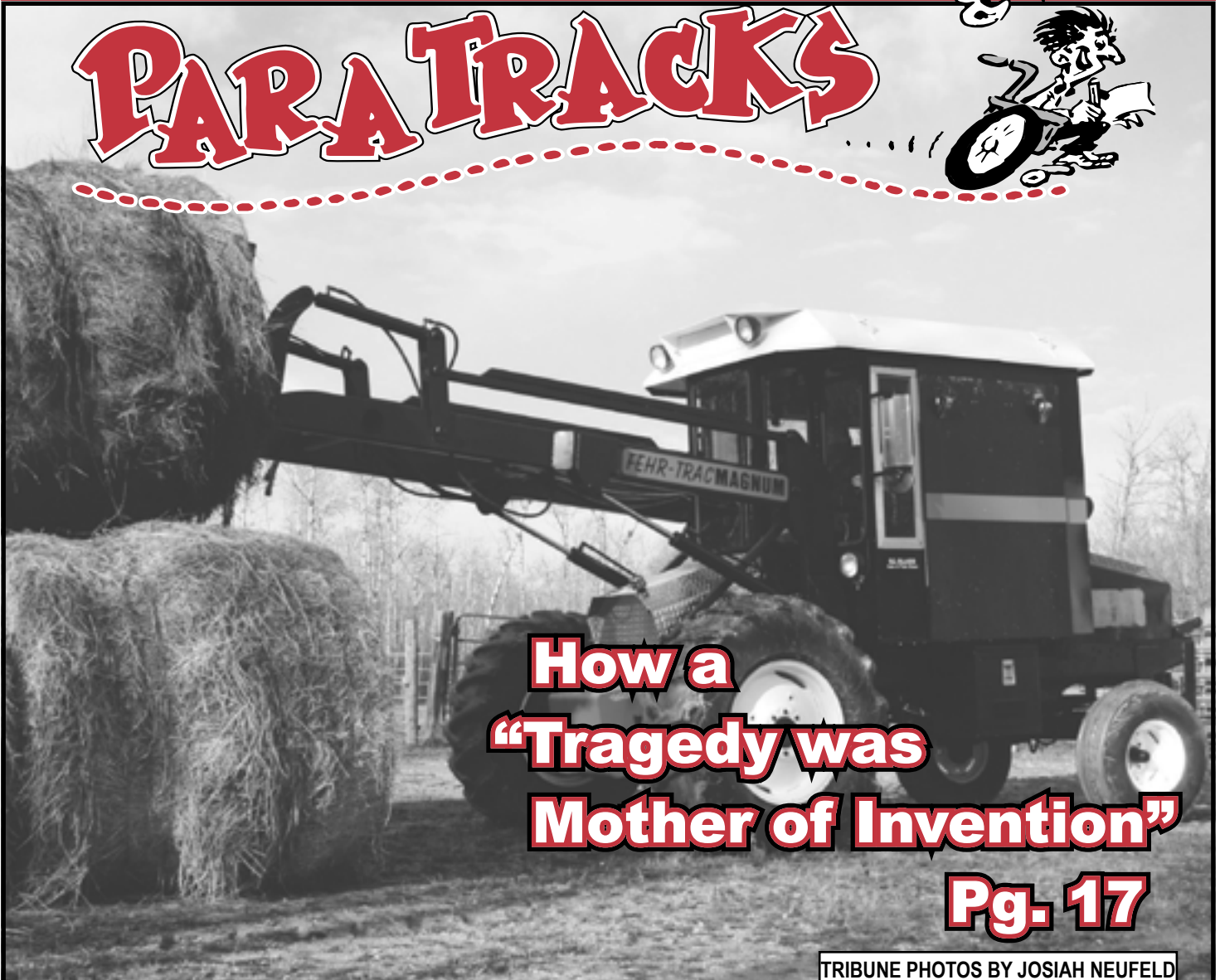
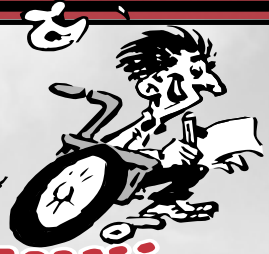
**MPF** MANITOBA  
PARAPLEGIA  
FOUNDATION INC.

**February 2011**

**Winter Issue**

*Newsletter of the Canadian Paraplegic Association (Manitoba) Inc.*

# PARA TRACKS



**How a  
“Tragedy was  
Mother of Invention”**

**Pg. 17**

TRIBUNE PHOTOS BY JOSIAH NEUFELD

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*\*paraplegic or tetraplegic*

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Visit CPA's website at [www.cpamanitoba.ca](http://www.cpamanitoba.ca)



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**and click on DONATE.**

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## MANITOBA PARAPLEGIA FOUNDATION INC. (MPF) NEWS

*MPF funds go to work in four main areas that are not supported by any other sources in Manitoba: special projects, product testing, research and direct aid to persons with a spinal cord injury who do not have the necessary financial resources for equipment and/or services. All requests for direct aid are initiated through CPA. Individuals must provide information on their financial status, explain why they cannot meet the expense within their own budget, and identify any other potential sources to support the request including potential for contribution from family.*

*CPA thanks MPF for its continued support to improving the quality of life of persons with spinal cord injuries.*

### MPF Trustees

Doug Finkbeiner, Q.C (President), Arthur Braid, Q.C (Vice-President),  
James Richardson Jr. (Treasurer) Dr. Lindsay Nicolle, Ernie Hasiuk, John Wallis

*MPF has approved several requests for financial support during the past few months.*

*Some of the highlights are as follows:*

#### *During the month of August 2010:*

- ✧ Financial support was granted to cover the cost of first term tuition, books and transportation for a CPA member who is attending the Civil Engineering Program at Red River College. The member is not eligible for provincial vocational funding as he is a new resident in Manitoba.
- ✧ Financial support was provided for the cost of first term tuition, books and transportation for a CPA member who is attending the University of Manitoba to obtain a Bachelor of Science Degree. The member is not eligible for provincial vocational funding as he was a recent high school graduate.
- ✧ Funding was provided for the purchase of two Stimu-

lite cushions for a CPA member. These cushions will prevent skin breakdown while the member uses his vehicle and other transportation.

#### *During the month of September 2010:*

- ✧ Funding was provided to cover the cost of courses for a CPA member who is taking classes at Red River College. This funding will allow the member to work towards completion of courses that would be transferable to a graphic design program.
- ✧ Financial support was provided for the purchase of custom cushions for two CPA members. These cushions will prevent skin breakdown and provide adequate protection after surgical repair of pressure ulcers.

Visit MPF's website at: [www.cpamanitoba.ca/mpf](http://www.cpamanitoba.ca/mpf)

Applications for assistance are available through the website or by contacting the CPA office.

## CPA Member Sean Gilmour Makes 2010 Canadian National Sledge Hockey Development Team

*Congratulations* to CPA member Sean Gilmour who made the 2010 Canadian National Sledge Hockey Development team. Sean participated in a 3 game series during December 2<sup>nd</sup> to 4<sup>th</sup> in Buffalo, N.Y. against the development team from the United States. Sean, a defenseman from Winnipeg, is the only Manitoba player on the National Sledge Hockey Development Program.

Team Canada swept the United States in the 3 game series with scores of 5-0, 4-1, and 1-0. In the 3 game series, Sean had 2 assists for his efforts. Sean will continue with the National Sledge Hockey Development Team in January for another 3 game series against the United States, this time in Ontario.

*Well done, Sean!*

*You represent Canada and Manitoba proudly.*

~ Scott Coates ~





## *Urban Development Initiative*

This initiative is moving forward and like many projects is developing and moving in the direction it needs to be most effective.

We found it necessary to change the initial procedure used to gather information, from a group to a one on one method. This change is taking place because many of our clients have schedules that won't allow them to attend group meetings held in the early evening. We now contact our clients and make appointments at a time that is convenient for them.

Given our time factor, we need to analyze the information gathered and move forward in developing our next steps. The information that we have gathered to this point from the participants is informative. We will now utilize this information to develop steps for the second sessions.

In my initial article I mentioned the dramatic change for a person to adapt from a rural to urban lifestyle. This is one of the biggest concerns for the group, knowing that they cannot return to their own communities and to develop the support they require. Our targeted stakeholder group primarily needs to relocate from small rural communities to a large urban setting without the luxury of family and social support networks. In our group we review the past services provided, evaluate the practice and effectiveness in an attempt to provide appropriate information and support to enhance members' abilities to make a more successful transition during such a traumatic period

in their lives.

Presently we are realizing that there is the lack of a wide range of support, limited resources of service providers and the complex needs for such a transition. There are a number of communities that have services but not to the extent required by our more high need clients. This sometimes is because of the lack of service, caregivers with the appropriate qualifications and the lack of proper facilities.

We must also remember that there are not too many communities that have the proper infrastructure to accommodate power wheelchairs, walkers, manual wheelchairs etc. Then we have the lack of accessible homes with all the amenities that are required by our members. We have to look at transportation, the ability to leave and return to the community. Therefore many people with a new SCI opt to remain in Winnipeg.

What seemed to be a straightforward project is becoming a very intense initiative that hopefully, in partnership with other service providers, will help our members become independent in their communities. With a more structured, individualized information process, self development and adjustment counselling supports, we believe these members will feel a sense of self accomplishment and move forward to enjoy satisfying lives.

*Willie Ducharme*

*Project Coordinator*

*Urban Development Initiative*

### **WINNIPEG HOUSING AND HOMELESSNESS INITIATIVE CELEBRATES 37 NEW AFFORDABLE HOUSING UNITS FOR FAMILIES AND PEOPLE WITH DISABILITIES**

**December 3, 2010**

**Winnipeg, Manitoba** – The Governments of Canada and Manitoba, and the City of Winnipeg today announced \$10.7 million in funding for Place La Charette, a new affordable housing project to be managed by Ten Ten Sinclair Housing Inc. The 37 new units will enhance housing quality and accessibility for families and people with disabilities in Winnipeg.

The announcement was made by the Honourable Steven Fletcher, Minister of State (Democratic Reform), on behalf of the Honourable Diane Finley,

Minister of Human Resources and Skills Development and Minister Responsible for Canada Mortgage and Housing Corporation (CMHC); the Honourable Kerri Irvin-Ross, Minister of Housing and Community Development; and Councillor Mike Pagtakhan, on behalf of Winnipeg Mayor Sam Katz.

"The Government of Canada is committed to making affordable housing available in Manitoba and across Canada for those who need it most," said Minister Fletcher. "The construction of Place La Charette means that more individuals and families will have access to barrier-free, affordable housing here in Win-



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nipeg.”

“Ten Ten Sinclair has been the driving force in the development of community housing for physically disabled Manitobans for decades,” said Minister Irvin-Ross. “Our goal as government is to help people with disabilities participate fully in society. Through initiatives like this and other new visitable housing developments, we are opening doors, providing a range of housing options for all families in Manitoba.”

“Being able to provide housing that is not only affordable, but tailored structurally for people living with a disability, is something we at the City are very proud to be a part of,” said Councillor Pagtakhan. “Having a safe and secure place to call home with the amenities to make daily living enjoyable is something the tenants of this facility will be able to experience for years to come.”

Place La Charette will be a combination of a 31-unit, three-storey apartment complex and six bungalow houses, for a total of 37 units for low-income families and people with disabilities in the neighbourhood of St. Norbert. The project is modeled after the recently completed Place Bertrand in St. Boniface and will incorporate fully accessible design features into all of the units as well as geothermal heating.

The funding was made available through Canada’s Economic Action Plan, the federal government’s plan to stimulate the economy and create jobs during the global recession, and through the extension of the Affordable Housing Initiative. The federal and provincial governments are contributing equally to an overall investment of \$176 million under the amended Canada-Manitoba Affordable Housing Initiative Agreement.

Persons with disabilities often have difficulty finding housing that meets their specific needs. Canada’s Economic Action Plan provides \$75 million over two years to build new rental housing for persons with disabilities. Overall, the Economic Action Plan includes \$2 billion for the construction of new and the renovation of existing social housing, plus up to \$2 billion in low-cost loans to municipalities for housing-related infrastructure.

Through Manitoba’s Long-Term Housing Strategy, HOMEWorks!, the Province of Manitoba, with the financial assistance of the Government of Canada is contributing \$378 million over two years for housing initiatives in Winnipeg and across the

province. HOMEWorks! supports ALL Aboard, Manitoba’s Poverty Reduction strategy by increasing the supply of quality, affordable housing for low-income Manitobans. More information about HOMEWorks! is available at [www.gov.mb.ca/housing](http://www.gov.mb.ca/housing).

Canada’s Economic Action Plan builds on the Government of Canada’s commitment in 2008 of more than \$1.9 billion, over five years, to improve and build new affordable housing and help the homeless.

The amendment to the Canada-Manitoba Affordable Housing Initiative Agreement, which included funding under Canada’s Economic Action Plan, signed in May 2009, brought federal housing support of \$88 million to the province. The Government of Manitoba will match that commitment for a total of \$176 million to assist those in housing need and, in collaboration with other levels of government and community partners, to make various types of affordable housing programs possible. In Manitoba, federal-provincial housing programs are delivered through the province’s department of Housing and Community Development.

More information on this and other measures in Canada’s Economic Action Plan, the federal government’s plan to stimulate the economy and protect those hit hardest by the global recession, can be found at [www.actionplan.gc.ca](http://www.actionplan.gc.ca).

To find out more about how the Government of Canada and CMHC are working to build stronger homes and communities for all Canadians, call CMHC at 1-800-668-2642 or visit [www.cmhc.ca/housingactionplan](http://www.cmhc.ca/housingactionplan).

Since 2000, the Winnipeg Housing and Homelessness Initiative (WHHI) – a partnership between Canada, Manitoba and the City of Winnipeg – has committed almost \$185 million to repair, rehabilitate, or construct over 8,400 housing units as well as assist those who are homeless or at risk of becoming homeless. The WHHI is a single-window office for community organizations to access information on government-funded housing and homelessness programs. For more information, visit [www.whhi.ca](http://www.whhi.ca).

*The Province of Manitoba is distributing this release on behalf of the Government of Canada, City of Winnipeg and Province of Manitoba*

# MANITOBA GOVERNMENT NEWS RELEASE

November 2, 2010

## PUBLIC INPUT WILL HELP PROVINCE DESIGN MADE-IN-MANITOBA ACCESSIBILITY LEGISLATION

Public discussions over the next few months will help the province design made-in-Manitoba accessibility legislation that would improve access for seniors and people with disabilities, Labour and Immigration Minister Jennifer Howard, minister responsible for persons with disabilities, and Healthy Living, Youth and Seniors Minister Jim Rondeau announced today.

“The Manitoba government strongly supports full inclusion for people with disabilities and seniors. We have made strides toward fulfilling this vision, but there is more work to do,” Howard said. “We believe Manitobans share a vision of a province where we can all work, live and play without barriers. Legislation can help us put together the plan that will achieve this vision.”

The ministers released a discussion document that outlines the province’s vision of a barrier-free society, the benefits of achieving this vision and the existing barriers that can be addressed through new legislation.

“The proposed legislation will enable people of all ages and abilities to live up to their greatest potential,” Rondeau said. “We want to create an age-friendly envi-

ronment where all Manitobans can work, learn and play without obstacles to their participation in society.”

In 2009, almost one-half of the formal complaints made to the Manitoba Human Rights Commission related to disability discrimination and 37 per cent of formal complaints to the commission were related to disability discrimination in the previous six years. The number of Manitobans with disabilities is expected to increase by 38 per cent between 2006 and 2031, while the number of seniors is expected to increase by 43 per cent in the next 20 years.

“We plan to remove barriers by working with the public and private sectors on long-term proactive solutions rather than only relying on human rights complaints to address issues,” Howard said. “We want to work with everyone to find practical ways to reduce barriers and prevent new ones. We believe that this approach will ultimately benefit everyone.”

Manitobans are encouraged to provide written submissions after reviewing the discussion paper, which is available on the Disabilities Issues Office website at [www.gov.mb.ca/dio](http://www.gov.mb.ca/dio) and the Seniors and Healthy Aging website at [www.gov.mb.ca/shas](http://www.gov.mb.ca/shas).

## MADE-IN-MANITOBA ACCESSIBILITY LEGISLATION

### *What is it?*

Accessibility legislation lays out the vision of the Manitoba that we all want – one where everyone can live, work and play free from barriers to participation. While the rights of people with disabilities and seniors are laid out in our human rights codes, the path to achieving full accessibility is not always as clear. Legislation will set out the process to come up with that plan – using the input from all Manitobans and the businesses and public services that affect them.

### *Who will it affect?*

Virtually all Manitobans live with a disability or know someone who does. Many of us will become disabled as we age or as the result of an injury. For businesses, making products and services more accessible can

increase customers. Attracting and keeping skilled employees, including people with disabilities and older workers, is important to our economic success. Promoting Manitoba as an accessible destination can increase tourism. Making Manitoba more accessible ultimately benefits everyone.

### *Why do we need it?*

The Manitoba Human Rights Code ensures that people with disabilities have the right to the same services as everyone. About 40 per cent of complaints to the Human Rights Commission are a result of public and private sector services not meeting this obligation. While the complaints process will remain an important tool to protect these rights, most Manitobans

would agree that preventing the barriers that lead to these complaints is a better option than only increasing accessibility in response to complaints. Legislation will lay out a plan to eliminate these barriers and prevent new ones, based on the advice of everyone affected, including business, government, people with disabilities and seniors.

### ***When will it come into force?***

Building an accessible Manitoba is a long-term goal. Many businesses and public services have already committed to this goal and are working towards it. We want to involve everyone in setting out the plan to achieve accessibility, with reasonable timelines and schedules to monitor progress. Some changes are already happening. Some changes can happen quickly and some may take several years. We want to allow for enough time that these changes do not create an undue burden, while also making sure that we make steady progress towards the goal of accessibility.

### ***Where does this legislation already exist?***

Several places have this kind of legislation to lay out a vision for full accessibility and a plan to get there. Countries like the United States and Australia and

provinces like Ontario all have introduced accessibility legislation. We can learn from their experiences and make sure that we design legislation that works for Manitoba.

### ***How does it work?***

The commitment to make Manitoba accessible must be shared by all – governments, businesses and public services. There are many good examples of accessibility in our province, and there's more we can do. Legislation will lay out our shared vision and a process to get there. The final design of the legislation will be guided by what we hear through consultation. In some places that have accessibility legislation, groups of people come together to set standards in a particular area. These groups include people with disabilities as well as others who will be affected by these standards, such as businesses. They work towards a consensus and also get public input. Once the standards are decided, they become part of the law and those who must comply receive information and education about the standards. Often the standards differ in when they will become law so that everyone has enough time to comply with them. There are regular reports on the progress that is being made towards the goal of accessibility.



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# Assistive Voting Device

Elections Canada tested an assistive voting device that allowed electors with disabilities to mark their ballots independently and in secrecy. The pilot project took place during the November 29, 2010, federal by-election in the electoral district of Winnipeg North. Elections Canada will evaluate the success of this pilot and will inform Parliament of the results.



## *What is an assistive voting device?*

The assistive voting device assists electors in marking a ballot; it does not store information or count votes. This device was available at the advance polls and at the local Elections Canada office from November 14 to 23, in the electoral district of Winnipeg North. Other voting methods were still available – the assistive voting device simply provided one more option to electors.

The device provides the following accessibility features, which makes it especially suitable for electors with visual impairments or limited dexterity:

- a tactile controller with Braille buttons
- a sip-and-puff attachment that allows voters to select options using their breath
- rocker paddles
- audio with volume and speed control to hear choices through headphones
- a high-contrast screen with text that can be made bigger

The device also has an audio and/or visual review function to confirm the choice of candidate before printing the ballot. It is also compatible with cochlear implants.

## *How does it work?*

To cast a ballot using the assistive voting device, electors first select the language and accessibility features they want to use. The device provides visual and/or audio instructions.

When the elector is ready, the device displays and/or speaks the candidates' names. The elector then uses the input method of his or her choice to select a name. The device displays and/or speaks the name of the elector's chosen candidate, giving the elector an opportunity to confirm his or her selection.

A printer attached to the assistive voting device will

mark a regular ballot, which will then be placed in the ballot box.

At the close of polls, officials count ballots according to Elections Canada's usual process. Ballots marked by the assistive voting device will be indistinguishable from those marked by hand.

## *Polling Site Accessibility Feedback:*

If you tested out any of the assistive voting devices and would like to share your feedback with Elections Canada, please call them at **1-866-294-6772** (toll free) or email: [info@elections.ca](mailto:info@elections.ca)

## **Rick Hansen Foundation and the Manitoba Provincial Solutions Team**

announces our deadline for

## **Quality of Life**

## **Funding Applications**

will be February 28, 2011

## **Funded projects**

will be announced by March 31, 2011.

Applications are available at [www.cpamanitoba.ca](http://www.cpamanitoba.ca) or  
Canadian Paraplegic Association (Manitoba) Inc.,

Room 211, 825 Sherbrook, Winnipeg, MB  
or by calling Adrienne Conley (CPA) at  
(204) 786-4753, ext. 222

Successful applications will identify and deliver  
Solution projects that respond to the priority needs  
of people living with spinal cord injuries in Manitoba  
using funds  
raised through Wheels in Motion.

Individuals and/or community projects that benefit  
persons with spinal cord injuries are eligible to apply.  
For further information on Quality of Life funds,  
please go to [www.scisolutionsnetwork.ca](http://www.scisolutionsnetwork.ca)

Projects must clearly demonstrate that the expected  
impact of the project will improve the quality of life of  
a person or group of people with spinal cord injuries.

**Proposals up to \$57,000.00 or less  
will be considered.**



# DEM Net – Disability Emergency Management Network

## What is DEM Net?

DEM Net is a provincial emergency management network developed and designed by people with disabilities in Manitoba to promote their involvement in the systems and supports that impact their lives as a result of a disaster or emergency.

### Mission Statement:

**To minimize the risk to Manitobans with disabilities as a result of an emergency or disaster through networking, training and educational opportunities.**

### Advantages to the Community:

1. Linkages among the disability and disaster management communities for planning, advocacy and support.
2. Training is developed and presented by people with disabilities.
3. Training for EM personnel, including Disability Awareness training, will increase disability inclusion in mitigation, preparedness, response and recovery plans.
4. Public awareness tools, resources training and dissemination methods are created to inform Manitobans with disabilities, first responders and the community in general about the needs of people with disabilities in emergencies.

## “RESCUE”

### The first steps to understanding:

**R** – **Respect** people for their individual differences and be prepared to respond to their unique needs.

**E** – **Engage** the disability community in disaster planning and participate in training designed and delivered by people with disabilities.

**S** – **Supports** come in a variety of forms including: attendants, interpreters, policies/rules, built environment, resources and must be considered for each person.

**C** – **Communications** must be available in alternate formats including warning messages, planning documents and training videos, response and recovery information and signage to include everyone.

**U** – **Understand** that attitude, perception and stereotypes result in inappropriate labeling and treatment of people with disabilities will help you to better support each person.

**E** – **Everyone** benefits from an inclusive approach where people with disabilities are respected for the contributions they can make to address their circumstances.

## What we can do for you now!

- Offer online resources and links at: [www.ilrc.mb.ca](http://www.ilrc.mb.ca)
- Provide training for your individual, organizational or community needs
- Include you on our emergency registry of people with disabilities or Independent Living Attendants (ILA's)
- Provide access to planning and preparedness resources
- Deliver information on our networks and plans supporting the disability community
- Offer live links for participation in provincial meetings/training through web conferencing
- Offer cross disability resources through our network of community partners
- Include you on our provincial network promoting the inclusion and participation of disabilities in disaster management
- Provide information and referral support to ensure appropriate support to first responders and emergency managers with information and resources

### For more information contact:

Independent Living Resource Centre

Phone and TTY: (204) 947-0194

Fax: (204) 943-6625

Toll Free: 1-800-663-3043

Email: [thecentre@ilrc.mb.ca](mailto:thecentre@ilrc.mb.ca)

or visit our web site: [www.ilrc.mb.ca](http://www.ilrc.mb.ca)

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" I have been living with a spinal cord injury for over 29 years now. Although spinal cord injuries are similar, I recognize that everyone has different needs. Once you leave the rehab, whom do you have to rely on to have knowledge about the products you need? At The Access Store, you'll get the individual attention you deserve by knowledgeable people like myself. It's your choice as to where you buy medical products-why not choose the best!

I personally invite you to come down and visit our new location and/or go online and sign up for our newsletter. "

David Tweed, President

- ❖ You're dealing with people that actually use the same products. This includes staff members who have family that are also living with a spinal cord injury.
- ❖ We've been the #1 choice in Manitoba over the past ten years as a supplier of urological & medical equipment products. We are the only company to offer a free in-hospital, pre discharge consultation to review your supply order.
- ❖ We have access to virtually any brand name of medical product, wheelchair parts, tires, specialty items or urological products most available online. We are the leading Manitoba supplier for Coloplast, Hollister, Savaria, Access 2000 to name a few.
- ❖ We are the only company to carry or special order hard to find products or gadgets that may assist to enhance your daily activities. As part of our normal routine, we keep up to date on "what's new" out there.
- ❖ We receive the highest amount of support and education from the top brand name industry suppliers & manufacturers.
- ❖ We are authorized to bill to all 3rd party agencies including Blue Cross, DVA, NIHB, WCB, and MPI and we are recognized by all private occupational therapy companies.
- ❖ We offer discounts to all CPA members.
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# CRIME PROOFING THE MOST VULNERABLE

...BY PAUL A MACDONALD

**It's 3:00 A.M.** You are jolted awake by the noise of something breaking. Yes, you heard a sharp crack, but you have no idea where the sound originated. Sitting bolt upright with your ears turned up to full, you hear soft shuffling noises. The most obvious deduction is that the intruder is either a burglar or worse, a home invader. Now the fear starts to take hold because you are at an extreme disadvantage. You have sustained an incomplete S.C.I. which limits your mobility to the extent that you cannot defend yourself, crawl out the window or find a place to hide. You live alone, so it's unlikely that the Cavalry will show up when you have to confront the intruders. To make matters worse, you left the cell phone on the living room table and you do not have a landline. You are truly in a very sour pickle. What are you going to do? What can you do?

## VICTIM ...

...is a word that in today's world, will inevitably apply to almost everyone at some point in their lives. The reason it's a bitter pill to swallow is that a victim has lost control over their immediate future, and that loss causes feelings of weakness which lead to personal frustration. The often over used cliché is that you should hope for the best while preparing for the worst. If the worst comes to pass and the incident goes south, at least you were prepared for it. The plan you devised may not work, but then again, it just might. The key is not to wait until 3 A.M. before addressing the issue with a plan of action. Having a Plan B & even C is a good idea too.



## A DISTURBING TREND...

...has developed country wide in the last few years. There have been an increasing number of attacks on people who are vulnerable and unable to protect themselves. To make matters worse, these attacks are not only at night, or on the wrong side of the tracks; but also in broad daylight and crowded public places. The crooks are either getting desperate or simply more brazen, but that's a discussion for an expert in criminal psychology, which I am not. I do know that the Ostrich posture will not prevent a bad incident from happening to you. Being ready means **we will hold our heads up high, stare our attacker in the eye, and say "Bring it!"**

## OUT AND ABOUT

Attacks on persons with disabilities happen on the street as well as at home. I was fortunate to converse with Constable Garnie McIntyre who is the crime prevention officer with the Winnipeg Police Service. He agreed that crime has been on the rise, often involving persons with disabilities; but he was also quick to add that no one should stay at home due to fear of being attacked. Often a street mugging is a crime of opportunity. The attacker may be little more than an essentially good person making some bad choices. They may be more frightened than their victim, but, they must be taken very seriously.



## GETTING AROUND PUBLIC AREAS:

- ☞ The "Buddy System" does not apply to just swimming pools. Going anywhere in groups will discourage attackers. In fact, if you have neighbours who also use wheelchairs, organize a shopping convoy!
- ☞ If you have credit cards and don't need them with you, leave them at home.

- 
- ☞ Be aware of those around you when using an A.T.M. If your gut tells you that you should be nervous, it might be a good idea to trust in your gut.
  - ☞ Having a working cell phone is good, but it won't summon help fast enough. A personal alarm that is very loud will often scare off an attacker, frequently before his or her ears start bleeding. If confronted, make as much of a ruckus as you can. Get people's attention. Even if no one comes forward to help, the assailant will flee rather than having witnesses.
  - ☞ Try not to provoke him or her. If no one is around to help, let your pride take a hit and give the robber what he or she wants.
  - ☞ The better description the police get of the mugger, the greater the chances of an arrest. Try to remember the clothing, any identifying marks, even their posture. "A Dude in a Hoody" is not a good description!
  - ☞ It is **not legal** for even a person with a disability to carry an illegal weapon. Leave the Tazer & Pepper Spray at home or you might wind up sharing a cage with a bunch of dudes in hoodies.

### FORTIFYING YOUR CASTLE

There are many things you can do to "Burglar Proof" your home. For persons with disabilities, the options may have to vary to accommodate personal needs and mobility limitations.

1. An installed alarm system is good for blanket protection, even when you are at home. The prices range by company and level of service ordered. The expenses involved are an important factor in the do-ability of this course of action.
  - a. There is usually a purchase and installation fee of the equipment.
  - b. In Winnipeg, you will have to obtain a city alarm permit.
  - c. You will be charged a monitoring fee, usually on a monthly or quarterly basis.
  - d. If you do not own the place you live in, you may need to get permission to install an alarm system from the owner or property manager.
2. Homeowners insurance is a good way to protect your belongings, but it won't replace your heirlooms. If it's impossible to replace, stash it good!
3. If the above options are too rich for your blood, there are still inexpensive things you can do.
  - a. Programmable timers run from \$10 to \$40. They can be used to turn on or off most appliances at preset times. Multiple program timers allow you to set varying on and off times to foil anyone watching for a pattern.
  - b. Identify weak zones in your home that can be used to gain easy access by intruders. Windows, doors with windows & basement windows are the most often used to break and enter.
  - c. Is there a phone in the bedroom? A cell phone would be better than a land line. If you already have a cell, it probably would not be too expensive to add a second emergency phone to your plan. This way there is always a phone in the bedroom.
  - d. A contentious issue is on whether to have some sort of weapon to defend yourself. The choice should be based on how prepared you are to use it if push comes to shove. Hesitation is all the motivation a criminal needs to claim his or her advantage. I can advise no one which way to go on this as it is a very personal choice, but still worth thinking about. Constable McIntyre indicated that where law is concerned, a person has the right to defend themselves, but it is always up to the courts to decide if reasonable means were employed.





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- e. If you live in ground level dwellings with easily reachable windows, fill the empty space beneath them with something that will make noise being moved.
  - f. Be aware of what is happening in your part of the city. The Winnipeg Police Service offers Internet based services to help citizens stay informed.

- i. The Crimestat web site tracks activity in all Winnipeg Police districts. A browser can pull up statistics & maps showing the proximity of serious crimes to your neighborhood. This service may not be easily understandable to some, but it is not the only service offered.

<http://winnipeg.ca/CrimeStat/>

- ii. Another service offered is **E-Watch** which lists details about recent crimes in all Winnipeg districts. There is even an email service you can subscribe to for weekly activity bulletins sent directly to you.

<http://winnipeg.ca/police/watch/>



- iii. A Crime prevention manual is available for free download. It is 80+ pages and full of very good information & tips. One may even find themselves saying **"I did not know that"** on more than one occasion while reading it.

[http://winnipeg.ca/police/PDFs/Crime\\_Prevention\\_Book\\_2005.PDF](http://winnipeg.ca/police/PDFs/Crime_Prevention_Book_2005.PDF)

- iv. If you do not have Internet, I have been assured that requests for printed manuals are taken and honored. Call the WPS Non emergency number and ask the operator to connect you with public relations.

## **AND NOW... WHAT IF?**

### **SOMEONE IS STORMING YOUR CASTLE**

In a perfect world, you would be prepared for this with a plan of action or an emergency exit. Unfortunately these things happen when we least expect them. Every situation is different, and many people do not know for sure how they will react until the heat of the moment. That makes it very difficult to define some ground rules on how to deal with a home invasion. If the worst case scenario happens, there is little you can do but cooperate with the intruders. The goal is to get them away from your home as quickly and painlessly as possible. Try to note their appearance for a police description, but be careful they don't suspect you are trying to take a mental picture. If you have an alarm system, you could have a "panic button" rigged up in the bedroom to send a silent alarm should you be facing intruders. Next to that, having an emergency cell phone in the bedroom at all times is the next best bet.

Crime against persons with disabilities is a hot button issue today. The topic cannot be adequately covered within the confines of a newsletter. The Crime Prevention Manual I suggested does not have a lot of material meant specifically for people with disabilities. That is where Constable McIntyre comes in.

If it can be determined that the interest is there, Constable McIntyre is willing to do a presentation geared directly to people living with disabilities. I am asking that if any of our readers and members would be interested in attending that presentation, please tell me so by sending me an email. If enough people show interest in this, an event could be held early in the New Year.

**When we refuse to be a victim we choose to be the victor!**

[pmacdonald@smd.mb.ca](mailto:pmacdonald@smd.mb.ca)



## Career Assistance Program for Persons with a Disability

**The following information regarding the Career Assistance Program for Persons with a Disability might be of interest to CPA members who have considered exploring employment with the provincial government.**

The Civil Service Commission website states "Persons with a disability, being a targeted group for employment with the Civil Service of Manitoba, receive special consideration in all competitions within this government." Every employment bulletin includes the following:

**Employment Equity is a factor in the selection process. Applicants are requested to indicate in their covering letter or resume if they are from any of the following groups: women, Aboriginal people, visible minorities and persons with a disability.**

All Employment Opportunity Notices are sent through our Fax Gateway to many organizations representing persons with a disability (PWD). The organizations promote these opportunities within their client base.

### **CSC Career Assistance Program for Persons with a Disability**

In the 2001 / 2002 Budget, the Civil Service Commission was granted 5 staff years and salary dollars to promote placement of Persons with a Disability in government jobs. The intent of the program was to assist departments in making any necessary accommodations required to allow a disabled person to function well in a position they were qualified to handle.

The supported positions are intended to be 6 to 12 months in duration, at the end of which time the receiving department should make every effort to continue the employment relationship with another term or permanent placement. The length of the internship is flexible, depending on the extent of the accommodation required.

To promote this program to the disabled community and encourage persons with a disability to apply for positions in the Manitoba Government, the Civil Service Commission takes part in an Employment Fair for Persons with a Disability, sponsored annu-

ally by the Manitoba Business Leadership Network Inc. (MBLN). The MBLN's mission is to engage the business community in promoting the benefits of hiring qualified individuals with a disability by providing Manitobans with a disability the opportunity to acquire meaningful employment.

Representatives from all departments in government took part in meeting potential applicants at the fair display booth and answering questions about the program. Our goal in participating in events such as this, is that the government's position on promoting employment for persons with a disability will become more obvious to the disabled community. It will also promote our Career Assistance Program for Persons with a Disability and encourage departments to actively take advantage of the staff years and salary dollars available." (Retrieved from the Civil Service Commission website on November 30, 2010).

I recently assisted a CPA member to prepare an application to the Career Assistance Program for Persons with a Disability. Part of the preparation entailed telephone contact with Cateland Penner, Coordinator, during which time we gathered information about the program and the application process. Ms. Penner suggested the applicant review the Manitoba Government website and, in particular, the text that describes the various government departments, identify which departments were of interest, and indicate in his cover letter the skills, knowledge, and experience he possessed that might rendered him a candidate for employment in the provincial government.

The CPA member and I reviewed the Manitoba Government department listing from which he selected a few departments that were of interest, discussed the skills (education, training, employment and personal experience) he possessed that could lend themselves to promoting the function/purpose of each department. We reviewed and made changes to his resume and prepared a cover letter in which he identified himself as belonging to a minority group (a person with a physical disability), briefly

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described the nature of his disability, and identified government departments which were of interest to him and outlined the skills, abilities, and knowledge he possessed and how these would complement the purpose and function of those departments.

Application to the Career Assistance Program for Persons with a Disability does not ensure employment. The selection process for this program is similar to all job competitions in all industries. You submit a resume and cover letter, which is reviewed. You may be invited for an interview if your resume

and cover letter convince the reader that you are a good candidate. Many apply; few are chosen.

For further information related to the Career Assistance Program, please call 945-2332 and ask to be connected to Cateland Penner, Coordinator, Career Assistance Program for Persons with a Disability. You may also wish to “Google” Career Assistance Program for Persons with a Disability. If you require assistance to prepare resume or cover letter, contact your CPA Rehabilitation Counsellor, Vocational Services.

~ Laurence Haïen ~

## *Seeds of Success*

I have gotten away from thinking too much about my injury these days (a positive sign of rehabilitation I am told), but when asked to write an article for ParaTracks about my vocational success, I began to reflect on what factors contributed to my experience. I came up with a few personal attributes like the fact I am as stubborn as a mule and competitive, but I knew there was more to my success than me alone. At nineteen, I wasn't really sure what a “vocational counsellor” was, let alone what an important role he/she would play in my rehabilitation over the next decade. Did I just say decade? It's hard to believe that somebody from CPA was following me along my winding career path for all those years, and for their involvement, I am grateful. The ongoing interest and encouragement of the vocational counsellor(s) as well as their efficiency in accessing resources such as Vocational Rehabilitation for Disabled Persons, were the seeds of my success academically and now professionally.

I was fortunate that the skilled professionals at CPA recognized early in my rehabilitation that I needed something BIG to accomplish to give me that sense of being a functioning, capable and productive member of society. It wasn't long before I began to channel the chaos of the aftermath of a burst lumbar vertebrae into vocational success after success, one university credit at a time. I mean, let's be honest, I thought I was broken, dependent on others for help and couldn't fathom being completely autonomous, especially financially. But, through building a relationship with my vocational counsellor(s), I was able to explore and discover my potential as a student.

I started out at Brandon University completing a 4 year Bachelor of Arts, Specialist (Psychology) and returned to my home town of The Pas, MB. I started with the Norman Regional Health Authority as a Psychogeriatric Clinician (a mental health professional for the elderly) for 2 years and then returned to Brandon where I had a “professional identity crisis”. I continued to work in the mental health field but was growing weary of people asking me “so what are you exactly”? Referring of course, to my professional designation, and I was unable to give them a clear answer. I was a bit depressed by this ongoing source of professional frustration and so I of course contacted a CPA Vocational Counsellor.

Again, I was given an amazing opportunity to extend my education through the assistance of CPA and returned to school to complete a 4 year Bachelor of Science of Psychiatric Nursing. I felt comfortable with my physical limitations throughout my studies at Brandon University most likely due to the fact that I learned that the best way to have your needs met is to be open and honest about your disability and make sure you talk to the right people. In my experience, the “right” people tend to be Student Services Counsellors and Administrators and approachable professors. But, even the grumpy ones surprised me and made some accommodations when I approached them for assistance. After 3 years, (I had some transferrable credits) I managed to graduate With Greatest Distinction and took home an Honorable Mention for the Gold Medal and the Brandon Regional Health Authority Silver Medal. Oh, the advantages of returning to school as a more mature student with years of life experience!

When all was said and done at University, I *finally* felt I had the professional identity I had desired all those years. Now it was time to put the new degree to the test. Initially I chose to continue working with a population that was familiar (geriatrics) and then I realized that part of my desire to return to school was to learn new skills to increase employability, portability and job satisfaction. Subsequently, I decided to take a huge leap and began working as a Registered Psychiatric Nurse for children and adolescents (YIKES). I am now currently employed full time (1.0EFT) as a Community Mental Health Worker at the Child and Adolescent Treatment Centre in Brandon, MB. I am an Intake worker which means I have a very busy and diverse job as the first contact with children who are experiencing

a disturbance in their emotional/psychological or developmental health.

I love my job, I really do...and how many people actually get to say that (disabled or able-bodied)? My advice to you (if you are the advice taking type) is get connected with a vocational counsellor if you haven't taken that step yet. Or talk to a counsellor through Student Services at a college or university you think you might like to attend. You don't have to know what you want to "be when you grow up" before you start your vocational journey, you just have to have a little determination and a big desire to move beyond your physical limitations into greater independence and self fulfillment.

*Thanks so much for reading. All the best.*

~ Monica Pugh, RPN, BScPN, BA Spec (Psych) ~

## **Prairie Seating Trade Show**

**Please come see *and try* the newest  
Wheelchairs, Cushions, Mattresses and  
Health Care Equipment all in one place!**

**April 4 and 5, 2011, 11am-2pm, Canad Inns Polo Park  
FREE ADMISSION! Call 612-0399 for more details.**

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by phone at 204-612-0398**



# **The Rehabilitation Journey: Impact on My Personal and Professional Development. Resources from the 4<sup>th</sup> Annual SCI Conference**

~ By Scott Coates ~

As an individual who has had a C-7 incomplete spinal cord injury (SCI) for the last 17 years, I have observed and identified some of the advances that have helped many individuals with an SCI. As a Rehab. Counsellor for the last 18 months, I have been exposed to the role that service providers play in the creation of our client community rehab. plans. I first heard about the conference through an e-mail and when the opportunity arose to attend the 4<sup>th</sup> Annual Spinal Cord Injury Conference in Niagara Falls, Ontario, I could not have asked for a better opportunity to meet, collaborate, and identify new advances and strategies that can be transferred to my own practice as a Rehabilitation Counsellor.

As a consumer at the conference, I was able to meet and collaborate with different doctors, researchers, and other consumers and I was amazed to go around the room and listen to the passion and focus of the many individuals involved with the SCI community. I was impressed with the new development in research in such sessions as Loss and Gain of Function: Activity-Dependant Plasticity after SCI, Muscle-Bone-Fat Interactions, and Wheelchair Skills Training for people with Spinal Cord Injury – What, Who, When, Where, How and Why? These research presentations help facilitate my personal learning that can be transferrable to my profession as a Rehab. Counsellor with individuals with an SCI.

My job as a Rehabilitation Counsellor focuses on service delivery to my clients with an SCI. Developing and incorporating the community rehab. plan includes a variety of goals. The goals of the rehab. plan focus on such goals that include Health and Wellness, Transportation, Financial, Employment, Educational, Equipment and Supplies, Family, Sexuality, and Accommodation issues.

The presentations included two sessions that provided me with valuable information that can be applied with many of my clients who are concerned with transportation and health and wellness.

## **These two sessions focused on:**

1. Planes, Trains, and Automobiles: Travel After Spinal Cord Injury by TIRR Memorial Hermann Institute for Rehabilitation and Research

2. Nutrition, The Missing Link: The Role of Nutrition in Rehabilitation by Joanne Smith

## **Planes, Trains, and Automobiles: Travel after Spinal Cord Injury**

A week before I arrived at the 4<sup>th</sup> Annual Spinal Cord Injury Conference, I had a few inquiries regarding air travel. The questions and concerns that I have received from clients can include: **How will I get through security? How will I board and de-board the plane? What is going to happen to my wheelchair?**

The presentation by TIRR Memorial Hermann Institute for Rehabilitation and Research educates their patients to the idea of travel after an SCI. Project Airport is a partnership between rehabilitation hospitals and airline industry. TIRR provides patients with readiness and preparedness for self-care education classes, transport to the airport, a presentation by TSA, information on ticketing, going through security, navigation and use of airport transport, checking of equipment, boarding and de-boarding the plane, and finally return to the rehab. facility, all before discharge from the hospital. The program “Project Airport” educates individuals with an SCI and helps overcome barriers in regards to air travel, creating an awareness of air travel, the supports available, and the creation of self confidence to travel.

**What does this all mean to me as a Rehabilitation Counsellor?** The program set up by TIRR Memorial allows me to become a better advocate for my clients. I can educate my clients about air travel, be better prepared to answer these questions, provide clients with the right questions to ask when travelling, and develop the self confidence to travel. I can become another support for my clients to help alleviate the barriers and fear of air travel.

As I learn more about the program, I have to ask the question **“How can I extend this type of program to CPA Manitoba and SCI clients?”** CPA Manitoba and the rehabilitation program do not currently have a “Project Airport” program, but since learning of this particular program, I have inquired with other professionals including occupational therapists and other

organizations, etc to see if “Project Airport” could be viable in our local rehabilitation program. The information that I have received from TIRR Memorial has been well received by other rehabilitation groups and organizations in the U.S. and hopefully the rehabilitation community can include a “Project Airport” in the future in Manitoba. The first step in the process begins with advocacy and education. The informational session by TIRR Memorial not only facilitates my own development as a Rehab. Counsellor, but creates an awareness of programs that help meet the needs of the SCI community.

### **Nutrition: The Missing Link: The Role of Nutrition in Rehabilitation by Joanne Smith**

The second session presented by Joanne Smith was very beneficial to my development as a Rehabilitation Counsellor and as a person with an incomplete SCI. After an SCI and the many years post-injury, nutrition plays an important role in the physical and emotional well-being of a person with an SCI by enhancing natural healing, enhancing overall health and digestion.

Individuals with an SCI can have a variety of secondary health issues. Inactivity, issues with obesity, constipation/diarrhea, UTI's, pressure ulcers, diabetes, heart disease, and osteoporosis, are all concerns individuals with an SCI need to be aware of. The presentation by Joanne Smith facilitated my learning as a Rehab. Counsellor and as a person with an SCI about some of the risk factors one needs to be aware of as I and my clients age. In regards to nutrition, an important question is **“What things do I need to ensure that I stay healthy?”**

Individuals with an SCI have some nutrient deficiencies and by identifying nutrient needs, individuals with an SCI can lead a healthier lifestyle. The common nutrient deficiencies include: vitamin A, B2, B12, Vitamin D, Vitamin E, Calcium, Chromium, Magnesium, Zinc, Fibre, and Essential Fatty Acids. Some may ask **“How do these nutrients help?”** These nutrients help an individual with an SCI regain energy, helps the cardio-vascular and intestinal system, establishes healing (wound healing), and helps detour the effects of osteoporosis, obesity, and diabetes.

It is recommended that individuals with an SCI eat a diet that is rich in fibre (fruits, vegetables, whole grains, and legumes), eat smaller more frequent meals, and reduce sugar intake to aid in our digestion. Pro-

teins are essential nutrients as they help with tissue regeneration important for pressure sore recovery. Due to the changes in our body after an SCI, nutrients and healthier eating habits help keep an individual's systems, organs and body functions operating more effectively and efficiently.

Many individuals with an SCI take medications to stay healthy. Stress on the liver from these medications can harm the liver and essential nutrients from foods such as broccoli, oranges and tangerines, cabbage, mushrooms, corn, and apples help to filter out the toxins aiding in a healthy lifestyle. The presentation from Joanne Smith has allowed me to educate and direct my clients and helped me develop my own focus on healthy living. Nutrition can play a key role in healthy living and healthier living creates fewer visits to health professionals and creates a more effective community rehabilitation plan.

I would like to thank the Rick Hansen Foundation for providing me with the opportunity to attend the conference and access valuable information that I can use on a personal and a professional level. The advances, innovations, research and technology presented at the 4<sup>th</sup> Annual Spinal Cord Injury Conference provides me with valuable information going forward into the future of SCI in the province of Manitoba. The information provided in the conference will allow me to provide the best service that I can to our CPA clients.

**CPA (Manitoba) Inc. thanks  
“M&S Meat Market” For their generous support  
to CPA's United Way Campaign**

**M&S Meat Market** is a specialty store offering a wide range of meat products. Not only can you shop at the store but you can have your next party, social, or wedding catered and enjoy a great array of tasty food.

Jan (John) Lesczynski the owner started his business 12 years ago and it has grown into a well respected establishment in North Winnipeg. Besides the meat, sausages, and steaks, you'll find a great choice of imported products from Poland.

Come and drop by and say hi to Jan and his friendly staff. You'll find them at 915 Main St. Hours of operation are Wednesday to Friday 9am-5pm and Saturday 8am-4pm.

# Tragedy was Mother of Invention

By Josiah Neufeld

Reprinted with permission from the Stonewall Teulon Tribune

*The moment 28-year-old Doug Barker* caught his skate on a rut and smashed head-first into the boards he knew his life would never be the same. At the hospital he got the grim diagnosis – his neck was broken in six places and all he could move was his shoulders.

It was a tragic blow to the young father of two, an electrician who loved to fish, hunt, golf, and coach hockey. “Get a computer,” his doctor advised.

Instead Barker got a tractor.

Nearly 18 years after the accident, Barker is stacking hay bales on his farm just south of Teulon. He’s doing it from his triumphant perch in the cab of a tractor he designed himself.

Barker, now 46, drives and operates this machine by pushing and pulling on two levers with his wrists. The contraption is fitted with a hydraulic wheelchair lift and a cab roomy enough for his wheelchair and four dogs.

Barker is euphoric.

“I’ve been dreaming about it for years,” he told the Tribune.

“It makes me feel like a whole person again. When you get hurt like that you can’t help but feel like a lesser person.”

Barker’s one-of-a-kind invention can stack bales, plow snow, rake hay, drill postholes and move earth. He hasn’t stopped playing with it since he put the finishing touches on it only a few days ago.

“I don’t think he slept much last night,” said Barker’s wife, Tracy, on the day the Tribune and other media were invited to Barker’s house to watch the quadriplegic inventor show off his masterpiece.

Right now the Barker farm only has three horses. They used to raise steers for beef.

“It was a lot of work, because I’m really not that good on a tractor,” said Tracy.

But with her husband back in the driver’s seat, they just might get some more steers.

The idea of building a tractor popped into Barker’s head several years ago. He was watching TV and saw a tractor built from an old combine frame. Barker figured the cab would have room for a wheelchair. He

bought the tractor and began to design his new toy, starting with chalk lines on the garage floor. It took a year-and-a-half and \$60,000.

“Nobody ever told me I couldn’t do anything,” said Barker. “If I tried something they always supported me on it, and this project is a testament to it.”

The Barkers spent \$40,000 of their own money on the tractor, and the Rick Hansen Wheels in Motion Foundation contributed another \$10,000.

Besides that, local business owners and friends donated \$10,000 in labour and materials.

Chris’s Mobile Repair Service donated all the hydraulic work – worth thousands of dollars. GC Glass from Winnipeg installed all the windows. “I wanted to square up with him, he wouldn’t take a penny,” said Barker.

Meanwhile, Barker’s son Tyler, his brother-in-law Jeff Malpus and two local welders, Rick and Blair McDonald, spent hundreds of hours donating the welding.

“The community has been right behind him ever since he got hurt,” said Barker’s sister Tracy.

Barker plans to launch a website about this tractor to inspire other people with disabilities.

“When you first get hurt you’re completely reliant on other people for all the activities of your daily life,” he said. “But then you spend the rest of your life clawing back as much independence as you can.”



TRIBUNE PHOTOS BY JOSIAH NEUFELD

Teulon area resident Doug Barker shows off the one-of-a-kind tractor he invented.



# Flying High Again

*Reprinted with permission from the Winnipeg Free Press*

**Inspirational.** It's the first word that came to my mind the moment I met brothers Jody and Jan Zedril. The dynamic duo makes up the "Zedril Rally Sport" team, and they've just piloted their Mitsubishi Lancer to a second consecutive Canadian national Rally Championship. With Jan, 33, driving and Jody, 36, riding shotgun in the equally important co-driver position, the Winnipeg brothers have overcome seemingly insurmountable obstacles en route to becoming one of the most respected rally teams in North America. Together they have travelled a long and winding road, both literally and figuratively.

Because there are no rally events here in Manitoba, the Zedrils have crisscrossed Canada and the U.S., towing their rally car behind their van just to compete in their chosen sport. They've travelled day and night, often through terrible weather; they've slept in the van and eaten at more truck stops than they care to remember.

It's often said that the family that races together stays together, and the brothers are typically joined by their father, Richard, who lends not only moral support but also helps them prepare and repair the rally car.

Since their inaugural event in 2007, the brothers have competed in 33 rallies and won an amazing 22 times.

It should come as no surprise that the Zedrils have built such an accomplished rally team. The pair have always been the best of friends and spent their childhood racing each other on dirt bikes, snowmobiles and ATVs. Prior to taking up rallying, they were also accomplished motocross racers – Jan is a former Canadian national champion and Jody was also an expert racer.

That's what Jody was doing the day his life changed forever. In the summer of 1995, Jody was warming up for a motocross race when he crashed.

"I wasn't going fast enough and came up short on a double and flipped over backward," says Jody. "I was conscious the entire time. I hoped the feeling would come back, but it never did."

Jody has been getting around in a wheelchair ever since.

Life may have changed, but it never stopped. Only three months after the accident, Jan, who is a CNC machinist, had modified an ATV for Jody to ride.

I asked Jody what the doctors thought of that. "I don't know because I never told them," he said with a laugh. Following the accident, Jody stayed involved in the local motocross scene, and even served as secretary/treasurer of the Manitoba Motocross Association. He also started up a home-based business – nowadays he's a seasoned computer technician with a long list of clients.

Jody may have lost the use of his legs, but his spirit of adventure remained intact and he grew tired of being

a spectator. When the brothers started looking for something they could do together, rally was the answer.

The pair attended their first event as spectators in 2002 in the Ojibway Forrest Rally in Bemidji, Minnesota. They were immediately hooked. They wanted to go out and buy a rally car that day, but there were still a few more obstacles to overcome. To familiarize themselves with all facets of the sport, they volunteered at many rallies from 2003 to 2006.

"We wanted to compete but knew that, in order to do that, we would have to get to know them and they would have to get to know us," said Jody of the close-knit rally community.

It took them the better part of three years, attending numerous events, to gain enough confidence to submit an application to the sanctioning body that could give Jody the green light to co-drive. They were on pins and needles for six months before they got an answer, and it was ultimately a simple one. If Jody could free himself from the car in 15 seconds or less, he could co-drive.

The Zedrils purchased their car, a 2003 Mitsubishi Lancer, from another rally team in Stamford, Connecticut, and practiced driving the car at a few Manitoba remote locations before they travelled to their first event, the Snow Drift Rally in Atlanta, Michigan, in January of 2007. It was there that Jody finally got the opportunity to prove to the officials that he could exit the car in the required time. He figures that he got out of the car in about 14.9 seconds.



They finished third in that first race, and won the championship in their rookie season. They have since compiled an impressive list of wins, resulting in Canadian, U.S. Rally American and North American championship titles.

The brothers compete in the 2-wheel drive class in the Lancer, and have had huge support from Mitsubishi Canada. They know the car inside out and treat the car



like a spoiled child, doing all their own repairs and maintenance.

Don't let all those decals fool you though – this car is actually quite close to stock. The rules are pretty clear in the class they compete in: the only improvements can be for safety and reliability. That means beefier suspension parts and tougher brakes are allowed, but things are pretty much stock under the hood. The car is actually street legal. On the safety front, there's also important stuff like blinding lights for night driving, a roll cage, an onboard fire suppression system, racing seats and harnesses.

Jody and Jan communicate in the car via a two-way radio system with speakers and microphones inside their helmets. Jody must carefully map out the entire course and, during each event, calls out instructions to Jan ranging from direction to top speed on a corner to the severity of an incline or decline. The co-driver position is extremely important. When roaring through a wooded trail in the dark at more than 160 km/h, telling the driver to turn right instead of left would obviously be a bad thing.

When they talk about rallying, Jody is the more vocal of the two and is extremely knowledgeable about all aspects of the sport. Jan doesn't say much. He simply stands nearby, grinning with that unmistakable twinkle in this eye that seems to be a common trait among great drivers.

While filming an upcoming episode of our MTS Winnipeg on Demand *Willy's Garage* TV series, I had the opportunity to go for a ride with Jan. and let me tell you, this man can drive.

After being strapped in and given a crash course from Jody on rally navigation techniques, Jan and I were off in a flash, blasting down the roads that surrounded a gravel pit the production company had rented for the afternoon. It was the first time I'd ever been strapped into a car, wearing a helmet and race suit, in the passenger seat.

Early in our test drive, Jan was roaring down a steep hill with a hairpin turn at the bottom. We were travelling at about 160 km/h. Despite the fact that the Lancer is a front-wheel-drive model, Jan orchestrated a textbook Scandinavian flick and had the car going sideways through the corner like we were on ice.

I've had the chance to tool around in some pretty quick cars in my day, and have run more than a few laps in a stock car. But, sitting beside Jan while he masterfully manipulated his Mitsubishi, was surely the pinnacle of my motoring life. It was like witnessing a really great musician play his instrument.

My head was spinning but, when I looked over at Jan he was as cool as the Fonz, masterfully banging through the gearbox, feathering the brakes, hammering the accelerator and twisting that Lancer through the corners like a Samurai sword. Thankfully, Jan had the course memorized, because my navigation skills were surely blurred by the massive amount of adrenaline flowing through my veins.

When asked what they like most about rally, it wasn't

what you'd think. The Zedril brothers are not speed junkies. They both wholeheartedly agree that it's the rally lifestyle itself, the challenge, the outdoor adventure and all the travelling that comes along with the sport that makes it so appealing to them.

"It's truly an experience like no other, and it's an extreme privilege to participate in it," said Jody. "Being able to rub shoulders with past and present champions is very cool, and simply being associated with everyone at each and every event, including competitors, media, officials, organizers, volunteers, fans and spectators, is a great honour."

The brothers may be perennial Canadian rally champions, but they continue to dream big. They hope to one day compete in the mother of all events, the Dakar Rally. They also dream of a day when their rally careers present the opportunity to raise both money and awareness for the Canadian Paraplegic Association and the Rick Hansen Foundation.

With Jan at the wheel and Jody co-driving, it's a sure bet that their dreams are just around the next bend.

### ***Zedril Rally Resumé***

- 2009 - 2010 Canadian National 2wd Champions
- 2008 Canadian National Production Class Champions
- 2007 - 2008 North American Production Class Champions
- 2007 - 2008 U.S. Rally-America National Production Class Champions

### ***Rally Fast Facts***

Rallying, also known as rally racing, is a form of motorsport that takes place on public or private roads with modified production or specially built road-legal cars. The events aren't run on a race track, but rather in a point-to-point format where participants drive between special stages. Rallies can be won by pure speed within the stages or by driving to a predetermined optimal journey time within the stages.

*~ Paul Williamson / Willy's Garage ~*



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