

A Dog's Best Friend

Meet Larry Pempeit

**Information
is Power
The Education for
Life Bursary
Page Two...**

A CCD member Larry Pempeit first met Charlie, his service dog, during the second week of December 2007. Since that time, Larry says

his life has changed “big time.” Larry enjoys getting out of the house daily, “even in the winter,” and feels he lives a fuller life because of the increased mobility Charlie grants him. When asked how his relationship with Charlie has grown, he replies “she is the whole package deal, a really great friend.”

ACCD believes in the power of education and works to increase the public’s understanding of the circumstances surrounding the lives of people with disabilities. With this philosophy in mind, Larry gives the following advice about how to respond when encountering a service dog at work: “Guide dogs and service dogs are trained to assist individuals with all kinds of disabilities. Before you or your children pet a service dog, you need to ask the owner if it is okay. Remember, the dog is working and shouldn’t be distracted from its duties.”

As well as working with the public, ACCD monitors government and

community programs and services with the intent of educating decision-makers about the circumstances of people with disabilities. So, when the provincial government was reviewing service dog legislation in 2006 and 2007, ACCD was happy to meet with MLA Rob Lougheed to provide input.

Now, the Alberta Government is developing the policies and procedures that will accompany the Act. These guidelines will “help to ensure that Albertans who use service dogs have access to public areas without discrimination, and will increase awareness

about service dogs and issues faced by people with disabilities” (Government of Alberta Seniors and Community Supports, www.seniors.gov.ab.ca).



*Charlie assists
ACCD member Larry Pempeit*

Keep the following tips in mind when you approach a service dog:

- Respect privacy
- Receive permission and instruction before any interaction with the dog
- Provide a safe distance between your leashed pet and the dog and its handler
- Pass the dog and its handler on the right side at a respectful pace.

If you have questions about service dog etiquette, please contact ACCD.

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Information is Power



Together. We Hold The Power!

The Education for Life Bursary

I know what it is like needing someone to turn to for help...

In honour of its 25th anniversary in 1998, the ACCD implemented the *Education for Life Bursary*. With this annual award, ACCD encourages individuals to upgrade their educations and prepare themselves for the challenges of a post-secondary education.

In July 2007, ACCD carefully reviewed 21 applications from students seeking financial support through the *Education for Life Bursary*. As always, the task of choosing the successful applicants was difficult, but in the end, ACCD awarded bursaries to seven deserving, first-year, post-secondary students. One of those recipients is twenty-year-old Trenton Akers.

Trenton, born in Medicine Hat in 1987, has quadriplegic cerebral palsy. He and his family have always been committed to Trenton's education, and by the age of three, he was already attending school at an early integration program. Two years later he started kindergarten and continued in public school until grade twelve. Teachers from all paths of his educational journey have high praise for Trenton's success as a student and for his positive influence on his classmates.

When asked about his school years, Trenton explains that although he had



a full-time aide and a computer to assist him, school "had some trials as well... Until grade seven, I was in the Learning Assistance Program. It took long nights and a lot of hard work to gain entry into mainstream classes and to graduate." But graduate he did, "conquering" high school through hard work, dedication, and a belief that "the key to freedom and independence lies in

a good education."

Trenton also worked hard to educate others about life with a disability. In 2000, he co-starred in *Living at School With a Wheelchair*, a production that taught children about differences. Then, in 2004, he produced and starred in *The Wheel World*, a video that addresses the issues faced by wheelchair users in Medicine Hat.

Today, far from the halls of his old school, Trenton remains committed to his education and to helping others. Now a student at the University of Lethbridge, he plans on obtaining a doctorate degree in psychology. "With this knowledge," Trenton explains, "I hope to ... assist individuals, children, and families with special needs... I know what it is like needing someone to turn to for help, guidance, or just to make others understand."

ACCD congratulates Trenton on receiving a bursary and encourages his pursuit of "freedom and independence."

Ken Thomas: Athlete Extraordinaire



Ken Thomas, long-time member and supporter of ACCD, knows first hand about the Paralympics experience. He has competed internationally for 14 years, from 1981 to 1994. At the 1988

Paralympics held in Seoul, Korea, he won a bronze medal in the 800-metre wheelchair race. Recalling

that experience, Ken says, “Competing at the Paralympics and having 100,000 people watching us march into the stadium at the opening and closing ceremonies was a real highlight in my life.”

While Ken no longer competes at the international level, he does take part in various local races in Edmonton and area. As well, he keeps active by wheeling backwards in his three-wheel track wheelchair for 12 kilometres two times a week at the University of Alberta track.

To find out more about Ken and his endeavors, visit his website at www.backwheeler.ca.

Did You Know?

The Paralympic Movement

Did you know that *The International Paralympic Committee* (IPC) was founded in 1989 and represents the vast majority of athletes with a disability? “The IPC is committed to enabling Paralympic athletes to achieve sporting excellence and to developing sport opportunities for all persons with a disability from the beginner to elite level. In addition, the IPC aims to promote the Paralympic values, which include courage, determination, inspiration and equality.”

The first Olympic-style games for athletes with a disability – now called the Paralympic Games – were held after the 1960 Olympic Summer Games in Rome, Italy. The first Paralympic Winter Games took place in Örnköldsvik, Sweden in 1976.

Since then, the organization has grown to include 160 member nations. “More countries competed at the Athens 2004 Paralympics (3806 athletes, 136 countries) than in the Munich 1972 Olympic Games” with an “unprecedented” amount of media coverage.



Today, thousands of athletes with a disability participate in over 300 international competitions every year all over the world.

During the Vancouver 2010 Paralympic Winter Games, approximately 600 athletes will compete in four sports (Cross-Country Skiing, Ice-Sledge Hockey, Biathlon, Alpine Skiing) and over 50 separate medal events. Wheelchair curling will also take place for the first-time ever. There will be 10 days of Paralympic Games events, 1350 athletes and officials, and 40 countries participating.

The Vision of the IPC is *To Enable Paralympic Athletes to Achieve Sporting Excellence and Inspire and Excite the World*, and it will most certainly be reflected in Vancouver as we watch the 2010 Paralympic Games.

Information for this *Did You Know?* article was taken from www.paralympic.org.

Focus on Fundraising

Another ACCD All Star Hockey Fun-raiser scores!

On Monday February 18, 2008, ACCD hosted its 12th annual All Star Hockey Fun-raiser at the Clare Drake Arena in Edmonton. The game exemplifies the way that generosity, cooperation, and kindness can work together to create a successful and memorable day.

After the singing of *O Canada*, performed by 12-year-old Olivia Richardson, the game began with a ceremonial puck-drop featuring Master Corporal Paul Franklin. In 2006 Master Corporal Franklin's

was a part of a diplomatic convoy in Afghanistan. Without warning, a taxi loaded with rockets crashed into a vehicle he was travelling in. The horrific incident caused the loss of both of Master Corporal Franklin's legs.

Once the game began, the Faded Blues Hockey Club, led by Detective Bob Walsh, faced off against the Edmonton Eskimo Alumni team, led by Dave Zacharko. Both teams enjoyed the day and were happy to be helping ACCD in this effort.

The on-ice antics were only part of the day's fun. Off the ice, activities such as the *Puck Pull*, door prizes, a 50/50 draw, and the silent auction added even more excitement to the afternoon.

Many businesses and individuals also showed their support for ACCD. For



Master Corporal Paul Franklin, pictured here with his son, takes a few moments to address the crowd.

example, the Olive Garden donated the food for the volunteer appreciation party and the U of A Parking Services, Bee Clean Building Maintenance, and the U of A Golden Bears and Pandas all volunteered their services. All together, more than 50 volunteers contributed to the day's success.

Plans have already begun for the 2009 game; if you would like to donate items for the silent auction, sponsor a volunteer lunch, or volunteer your services, please call the office at 780-488-9088 or toll free at 1-800-387-2514.

Funds raised at the hockey game support ACCD's programs and services that focus on ensuring full participation in society for Albertans with disabilities.

You can help other young Albertans achieve their dreams

The *Education for Life Bursary* is made possible through the generous support of the Robertson-Wesley EI Clarke Trust Fund and from concerned and caring individuals and organizations.

If you would like to make a donation and help other students achieve their dreams, please contact the ACCD offices at 780-488-9088.

The on-ice antics were only part of the day's fun!

Clayton Knoll: ACCD Volunteer Supreme

For eight years, referee Clayton Knoll has officiated the ACCD All Star Hockey Fun-Raiser. His role? On the ice, Clayton does more than call offsides and keep track of goals. He plays a key part in keeping the game fun for players and the fans alike. He “helps keep the game close” and encourages the teams to have fun and entertain the crowd.

When asked what he enjoys most about the games, Clayton says: “I am so happy just to be able to help ACCD; working with Bev and her team makes me look forward to coming back...and my wife always really likes the silent auction!”

Clayton is already looking forward to helping with next year’s event. And he never misses a chance to emphasize the value of the the volunteers and sponsors

and “getting the people out.” He wants everyone to spread the word about how much fun can be had at the All Star Hockey Fun-Raiser—it’s not just a hockey game, it’s a Family Day experience for all to enjoy.

Clayton Knoll knows where he will be for Family Day 2009—back on the ice. His kind face reflects the essence of this unique game: a game where, the Eskimos Alumni (aka “the Harlem Globetrotters” on ice), the Edmonton Police Faded Blues, and University of Alberta Pandas score the goals, everyone wins, and ACCD is always the champion of the day.

Thanks so much, Clayton, we couldn’t do it without you.

Mark your calendar now next year’s game: February 16, 2009.

Want to get involved?

ACCD needs board members

Do you have a disability and would like to make a difference in your community?

Are you 18 years of age or older and can commit to a 2-year term?

Do you have access to email?

Are you available for monthly conference calls and face-to-face meetings twice a year?

Are you familiar with the activities of non-profit organizations, including projects, programs, and resource development?

Yes? Why not volunteer to serve on the board of directors of the Alberta Committee of Citizens with Disabilities?

This is your chance to get involved with ACCD—a consumer-directed, grassroots organization dedicated to improving the quality of life of Albertans with disabilities.

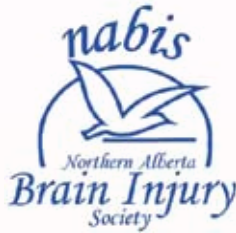
For more information, please call the ACCD office at 780-488-9088 (in Edmonton) or 1-800-387-2514 (outside of Edmonton) or email us at accd@accd.net.

We look forward to hearing from you!



Together. We Hold The Power!

Around Alberta Events Calendar



***The Northern Alberta Brain Injury Society
NABIS' 17th Annual Brain Injury
Awareness Breakfast
Friday, May 23, 2008 at 7:00-8:30 a.m.
Westin Hotel, Edmonton, AB***

Mrs. Marie Stelmach is the 25th Anniversary Patron. NABIS welcomes guest speaker Doug Rankmore from BrainTrust Canada. The breakfast kicks off Brain Injury Awareness Week: June 1 – 7. Call Mary at NABIS for tickets at 780-479-1757 for more information.



***The ACCD Annual General Meeting
May 30, 2008 at 7:00 p.m.***

Providence Renewal Centre in Edmonton.

If you would like to find out more about ACCD, our projects, and our services, you are welcome to join us. If you have any questions about the AGM, please contact Warren in Edmonton at 780-488-9088 or toll free at 1-800-387-2514.

***Vitalize 2008: Your Conference...Your Opportunity
Provincial Voluntary Sector Conference
June 12, 13, 14, 2008***

SHAW Conference Centre, Edmonton, AB

This conference celebrates its 20th year. The Vitalize Conference Mission Statement is "Addressing the developmental and educational needs of Alberta's voluntary sector, by offering a cost effective and value added conference, for a wide array of volunteer

board members, managers of volunteers, committee heads, elected officials and general volunteers with non-government, nonprofit organizations." Join 1,100 delegates, along with staff from all levels of government and private sector, to this one of a kind conference!



***The MS Society of Canada
turns 60 in May 2008***

May is MS Awareness Month. All through the province of Alberta there will be events and activities to celebrate this important milestone of the MS Society of Canada. The Alberta Division thanks its many supporters for their support through the years. This support has made a difference in the lives of over 11,000 Albertans with MS. Call the MS Society of Alberta at 463-1190 in Edmonton or toll free 1-800-268-7582 for more information on MS Awareness Month.

***The Alberta Council of Women's Shelters
September 8-11, 2008***

Shaw Conference Centre, Edmonton

Discovering the Common Core: Practical Frameworks for Change, the first World Conference of Women's Shelters. This conference offers "a new opportunity for family violence workers in Alberta and around the world to learn from international experts and each other." For more information, visit the conference website: www.womensshelter.ca.