



# The Roundtable

Volume 4 Issue 1

Steve Holowka  
Editor

**Amy McClain**  
Volunteer  
Managing /  
Contributing  
Editor

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[www.  
bccerebralpalsy  
.com](http://www.bccerebralpalsy.com)

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(604) 515-9455 Or Toll Free in BC 1-800-663-0004 – Email: [roundtable@bccerebralpalsy.com](mailto:roundtable@bccerebralpalsy.com)  
102-317 Columbia Street New Westminster, B.C. V3L 1A7

## Creation of The Expert Patient/ Advocate Initiative's Extraordinary Youth Section By Mirielle Quamme

If you were to walk into the large room that I use for my office at the CPABC, you may wonder what paper source exploded—and if there were any casualties lost during the catastrophe. With twenty-five or more seemingly random piles of paper and books, claustrophobia seems to be the general welcome the room offers when one ventures into it. But like most things that must go through moments of uncontrolled upheaval, this one has the potential of turning into something extraordinary!

When the research is done, the growing piles of paper will be gathered and the disaster site reorganized, the CPABC's Expert Patient/ Advocate Initiative's Adolescent section will emerge.

This program will provide people who are touched by Cerebral Palsy with the information and the tools necessary to become an expert patient and an expert advocate. The unique step-by-step format of the EPEA Initiative's Adolescent section is being carefully designed to create a service that will ultimately help to increase one's independence and well-being. With this new program in place, the chaos that is faced by many in their teen years will be nothing more than a temporary uncontrolled upheaval that has the potential of being created into something extraordinary.

For now, the apparent disorder of paper that surrounds me, is gaining ground. In order to create an informational database that will be useful to teens, I first had to think of the different issues that a teen faces and what information that a teen would not only find practical and helpful but also interesting. To fulfill this mandate, the research for the EPEA Initiative's Adolescent section has focused its force on:

- Education;
- Advocacy;
- Employment;
- Transportation;
- Care giving;
- Housing programs;

- Equipment modifications; and
- Recreation.

In the early stages the information for this section seemed to only pile up every couple of days. However, once I realized that information and services needed to be researched for not only the Lower Mainland but the rest of the province as well, the paper seemed to take on lives of their own! Important information such as: how to adapt the sport of skiing to one's individual needs, could not be left out. Therefore, subjects like this, have created mountains of paper and lists of resources all over my office.

*"...never again will there be a teen living with CP, be heard saying, 'I don't know where to turn for the services I need. No one told me how to do this for myself.'"*

-Mirielle Quamme

This section's information on youth employment has become increasingly

important. Personally, I found this subsection particularly interesting to create. As a student, who only has a brief window of opportunity available to work during the year, the task of job searching sometimes seems worse than my term papers and final exams.

To make the information user-friendly, it is divided into three different areas: The **first** part focuses on self-assessment and career exploration. This section will help a person learn more about themselves and their needs as they relate to future employment. Self awareness is created by readers working their way through the tough questions proposed by this chapter, which will hopefully lead them onto a path towards successful employment.

The **second** part of the subsection deals with finding and getting jobs suitable for one's abilities and interests. Some subjects that are covered within this second part are: how to find a job, how to present yourself to a potential employer, how to write resumes and cover letters, and how to make the job your own.

The **final** part of this youth employment section is an appendix of useful employment resources. This appendix has information and contact information for Canadian work experience programs, internship opportunities, volunteer centers, and the BC Human Rights Commission on the subject of Employment.

(See **Creation**, pg. 2)

## Depth of Field: Information and Support Group Meetings 2001-02

Steve Holowka

We have just come to the end of another successful season of the Information and Support Group Meetings we co-present with the Development Disabilities Association. These meetings continue to be a valuable resource to people whose lives are touched by Cerebral Palsy and other disabilities. The meetings this past year have continued to provide those in attendance with a depth of understanding and of valuable resource information they could not find anywhere else. We are looking forward to presenting an even more useful season starting in the September.

This past season we presented sessions on such wide-ranging topics affecting people whose lives are touched by disabilities: Income Tax, Bullying, Holistic Health Care for people with disabilities, Self Advocacy, and many others.

The two sessions in particular that were the highlights for me were: The Advocacy Session; and the most recent session on summer leisure and recreation activities for people with special needs.

The summer leisure & recreation activities was our last session for the season and was helpful because it provided so much useful information for consumers and also provided the opportunity for organizations to get to know one another better.

The Advocacy session was the highlight of the season because of its peer to peer nature. Maria Glaze, Nash Tejani, Laila Radage and Ronda Karliner, each are parents of children with special needs, graciously agreed to share their

experiences advice with the group. I am so pleased that we were able to provide this service and to reiterate the importance of sharing so that we need not reinvent any wheels if at all possible.

### Next Season's Theme

We have worked with the D.D.A. to develop a tentative schedule of topics for next

***"We welcome your input into the content of the meetings to help keep them current and meaningful."***

season starting in September. The underlying theme of this coming season will be navigating the transitions in policy and how those policy shifts might impact people whose lives are touched by a disability.

The fall portion of the season runs from September to December. The time and location remain the same – third Tuesday of Each Month at the Douglas Park Community Centre. Tentatively, the topics for the fall are as follows:

- Sept 17 Special Education**
- Oct 15 Changes to BC Benefits**
- Nov 19 Early Intervention**
- Dec 17 Changes to MCFD 1 - Community living model.**

We are also exploring the idea of adopting new and meaningful ways to serve people whose lives are touched by Cerebral Palsy through information and support groups.

There has been high demand in the Tri-Cities area for support groups specifically designed for people whose lives are touched by Cerebral

Palsy. It is important that we respond to this demand by facilitating this type of activity.

Call, click, or visit us to find out more if you are interested in volunteering your time as a facilitator in your area. Or, if your life is touched by Cerebral Palsy and you feel you might benefit from meetings such as these then please contact us.

We welcome your input into the content of the meetings to help keep them current and meaningful. Please let us know your thoughts. ■

**Share** your thoughts with the Roundtable Editors on the issues that affect you and your family most. Mail your letters to our office or email them to [roundtable@bccerebralpalsy.com](mailto:roundtable@bccerebralpalsy.com). We invite you to submit articles to be considered for inclusion in the next edition due out this winter. ■

## President's Message

As we move through the summer toward fall and into a new round of transitions in the way our province serves people with disabilities, opportunities abound for leaders to step up to the plate and put their stamp on the direction of the CPABC. As of August I will step down as the President of the Association.

I was lucky to follow in Laurie Fisher's footsteps as President of the CPABC. I also feel that hers were big shoes to fill and that the Association will owe a debt of gratitude to Laurie for her long service, dedication and leadership. For me, it certainly has been a rewarding and challenging experience since October when I agreed to take on the Presidency.

What we've accomplished since October may not be entirely exciting. However, some would say that our continued operation is an exciting outcome. Other organizations that have had their budgets cut less than ours, have been and have not fared as well as us. With a bare bones budget, a skeleton staff and an uncertain future, we've done well. I think everyone involved in the Association should be proud of the fact that we have survived - thrived in fact - over the past year and a half. In the face of the dramatic cuts and sweeping policy shifts.

Thank you to all of the Board members, especially to the Executive – Carolyn, and Val – who have gone well over and above the call of duty. Thank you so much! ■

**Ginny**

### Creation... continued..

Although, the chaos of paper that currently resides in my office covers all the major topics facing teens and is a big part of the EPEA Initiative, it will not be the initiative's final result. They will soon be transformed into a part of a resource manual an important section on our website, and the bases for pilot support groups that will hopefully be coming soon to a community near you! These papers that for now are taking over my office, will one day form the basis of a program aimed at helping teens and young adults whose lives are touched by Cerebral Palsy in all four corners of this province to reach their fullest potential. ■

~ Mirielle Quamme

**Editor's Note:** *Mirielle has made an important contribution to the development of this program. You can contact her through the office at [epea@bccerebralpalsy.com](mailto:epea@bccerebralpalsy.com). You can also read Amy's interview with Mirielle on the online version of this newsletter found on our site [www.bccerebralpalsy.com](http://www.bccerebralpalsy.com). SH.*

## Thank You To our *Volunteers!*

### Fundraising

Carol Clark  
Joanne Waxman  
Cynthia Loveman  
Phyllis Nowosad

### Office Volunteers

Agnes Mezsaras  
Esther Lee  
Bill Chiang  
Dean Cheng  
Dohyun Kim  
Cynthia Litsky  
Lisa Degenhardt

### Program & Service

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Amanda Stark  
Avneet Dadyal  
Irving Sirlin  
Nina Sahota

#### Student Work Placement

Shahista Jaffer  
Anna Kellek  
Eilean O'Brien

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Claudine Santos  
Dieter Lang  
Katherine Ringrose  
Jelena Vladikovic  
Michael Abremski (& crew)  
Canadian Coastguard Auxiliary  
Gord Miller  
Kay Miller  
Mike Lang  
George Dojkov  
Tanya Evdokimova  
Parween Irani

### Web Site Development

Cathy Tan  
Pamela Liu  
Frederick So  
Davinder Dhillon  
Eric Molendyk

### Advice & Support

Nash Tejani

### Graphic Design

Phyllis Nowosad

### Public Relations

Nina Sahota

*A special Thank you goes to the Newsletter Editor,*

*Amy McClain* ■

## Notes from Community Partners

### *Respitivity Vancouver*

**Do you have a child with special needs? Need a break? Try Respitivity.**

Respitivity is a program provided by the Developmental Disabilities Association in to give parents a needed break by offering a one-night stay in a local hotel free of charge.

For more information or please call Joan Wakeham at: (604) 273-9778

## CONNECTRA

CONNECTIONS FOR INCLUSIVE COMMUNITIES

Connectra aims to establish connections between people living with disabilities and the community. In doing so, the organization hopes to reduce the barriers that keep people from becoming more involved within their communities.

Connectra's services include: identifying one's skills and interests, support meetings and workshops on setting goals, help with searches for jobs and other opportunities, giving advice, feedback and encouragement and so much more.

**For more info contact us at:**  
The Connectra Society  
770 Pacific Blvd. South  
Plaza of Nations, Box 27  
Vancouver B.C. V6B 5E7  
**Email:**  
[connectra@reachdisability.org](mailto:connectra@reachdisability.org)  
**Tel:** (604) 688-6464 ext. 127  
**Fax:** (604) 688-9236

## Words From The Executive Director

Since the last edition of The Roundtable we've seen a good deal of change- both within the Association itself and in the way people with disabilities are served in our province. To my thinking, we have responded well to both challenges. By "we" I mean the Association and also our community of organizations that serve the needs of people whose lives are touched by a disability. In particular, I think the CPABC has responded well- at the board level and at the office level.

There are three specific examples I have in mind: The CPABC's Expert Patient/ Expert Advocate Initiative; the newly renovated website; and The Transitions Partnership. First, the Transitions project is a group pilot project in which we are a partner with three other provincial organizations- The Muscular Dystrophy Association of Canada, BC Paraplegic Association, and the BC Spina Bifida and Hydrocephalus Association of Canada- BC. This program is aimed at providing young adults with disabilities the opportunity to develop an hone their job readiness skills in a unique and deliberate manner. This project will be an important part of our services to young adults with disabilities as part of the EPEA initiative that I will describe now.

The EPEA initiative is the Association's other major step forward over the past eighteen months. The main goal of this initiative is to put the right information in the right hands at the right time. The EPEA is branched out into three main sections- Children & Families, Youth & Adolescents, and Adults. In each section we will provide two main types of information: First, that information aimed at helping people to understand how their particular type of Cerebral Palsy affects them now and what to expect in the future; and second, that information on services available

AND how to develop the self-advocacy tools to access them effectively.

Many of you have already surfed our site, and if you haven't please do. The site is rich and informative- and still growing- as well as a launching pad from which we will serve many of our stakeholders in areas outside the lower mainland. The site- and in particular the growing Members Only section- will play an important part in how we deliver many components of the EPEA.

The EPEA is a simple reflection of our core values and services. This Association has long been known as a repository of information and a good referral source. Through the EPEA we are embracing this reputation and working toward a vision for the future: To be the acknowledged leader in providing information, support, and guidance to people whose lives are touched by Cerebral Palsy in our province.—It really is a simple vision with profound meaning to so many people- people you probably know.

**For more info** on any of the programs mentioned above, or to contact our Executive Director Steve Holowka call, click or visit us. Steve can be reached via email at [sholowka@bccerebralpalsy.com](mailto:sholowka@bccerebralpalsy.com). ■

- Steve

### RTES Summer Camp

The Richmond Therapeutic Equestrian Society is holding a summer camp on August 26th-30th, from 10:00am to 3:00pm. This program is for special needs children between the ages of 8 and 13. The cost is \$125/ child.

**To register, please call the Disability Resource Center at: (604) 232-2404**

RTES Twin Oak Stables 8160 Railway Ave. Richmond BC V7C 3K6  
**Tel: (604)241-7837**

### Basketball For Males

Basketball for males is a program for males between the ages of 14 and 20 who live with developmental challenges or a learning disability. This program is recreational and non-competitive. Games take place on Tuesday evenings from 7-9pm at the Marpole Community Centre in Vancouver. The cost is \$16.

**For more info contact Ann Carr:** (604) 228-9527 [carra@shaw.ca](mailto:carra@shaw.ca)

**That's Using Your Head!**

Computers are vital in the workplace and are great for recreation. In today's world everybody uses and depends on them. Jeff Moulins is no different, but the challenges that he overcomes just to use a computer are.

The Cerebral Palsy that Jeff lives with severely affects his arms, legs, and his fine motor skills. This makes it very difficult for Jeff to run a computer on his own, but not impossible.

To operate a keyboard, Jeff uses a head pointer, which fastens to a headband and sits on top of his head. The head pointer is long and extends over the keyboard. Jeff leans forward to guide the pointer over the board and types in the keys with the pointer. Jeff was unable to put disks in the

CD Rom on his own. He searched for a product that would meet this need but found nothing available.

Jeff and his occupational therapist, Dawn Chisholm looked to the Tetra Society of North America for help. Tetra is a nonprofit organization, which specializes in inventing devices to assist people with disabilities in overcoming life's obstacles.

Jeff met with Tetra volunteer Jay Drew. Jay designed a device, which focused on using Jeff's abilities to load CD's into his computer.

Jay used magnetic drill bits to attach suction cups to Jeff's head pointer. Jeff is able to lean forward and press the suction

cups onto the CD he wants to use. He then places the CD into the CD Rom and waits for the suction cups to release. The suction cups stick for up to 30 seconds giving Jeff enough time to pick up and load his CD's into the computer.

Jay Drew said that, "The idea of using suction cups to lift the CD's came from printing presses that use suction cups to transfer sheets of paper to the press. I also remembered an engineering project at UBC where one of my classmates had used small suction cups to build a mechanical page turner."

With some help, lots of patient perseverance and by using his head, Jeff Moulins was able to overcome another challenge.



*"The idea of using suction cups to lift CD's came from printing presses..."*

**Special Notices:**

Celebrating Additions to the CPABC Family

**Our Executive Director, Steve Holowka, will be out of the office on leave starting early August. He will return to the office at the end of October. Steve and his partner, Lisa, will be falling in love with their new baby, due in August.**

While Steve is out of the office, please feel free to contact the office. During Steve's Leave, the office will be open

**Monday to Thursday from 9:00am to 5:00pm.**  
**Call, click, or visit us at: (604) 515-9455 Toll free 1-800-663-0004 [info@bccerebralpalsy.com](mailto:info@bccerebralpalsy.com) or [www.bccerebralpalsy.com](http://www.bccerebralpalsy.com)**  
**102-317 Columbia St. New Westminster BC V3L 1A7**  
**(1 ½ blocks east of the Columbia St. Skytrain Station)**

**Congratulations to the Buburuz family!**

On June 19<sup>th</sup>, Luanna Buburuz gave birth to Nicholas Barry James Buburuz. Nicholas weighed in at 5lbs 10oz. Nicholas has three big brothers Andrew, Stephan, and Dawson. Luanna and her husband Steve, and the rest of her family are very excited to have this new addition to their family.

Join us as we offer the Buburuz family our warmest wishes on the arrival of their new baby boy!

**To Reach The Unreachable Child**

**By Kathy Simola, Canadian Deafblind & Rubella Association- BC**

As Louann Walker in Life Magazine, October 1990 tells us "There is nothing in our experience to help us understand what a deaf and blind child perceives. Stuffing our ears with cotton and closing our eyes is a false exercise because we have already seen-we have knowledge of the world. Even being plunked down in a foreign country where we don't speak the language is not equivalent, for our minds already have structure: We know how to learn a language. The experience of children who are both deaf and blind is far more alien. How can they hope to communicate when linguistic patterns are based on hearing and sight?"

How does a deafblind child roast a marshmallow? This summer Canadian Deafblind & Rubella Association-BC Chapter is looking forward to camping in the park-like surroundings at the Victory Hill Residences.

Deafblindness is a unique disability in which the child or adult is neither blind nor deaf, but a combination of the two, providing unique challenges in the field of communication. Communication must be an integrated approach using whole body methods for the best results. Further difficulties with communication can arise as many of our kids and adults have secondary disabilities; a common one being Cerebral Palsy. One young girl lives with spastic quadriplegia and is generally found in a wheelchair or standing frame. Others have mobility and thus are able to walk, but their hands remain tightly fistled, limiting their grasp and release functions.

The communication difficulties combined with physical limitations presents many unique situations that the deafblind individual must overcome. Thus, the Canadian invention of intervention was born. Intervention provides the individual with the information to make sense of their world; information to make informed choices. The first rule of intervention is "do with, not for". How does a deafblind child roast a marshmallow? With intervention.

A family training retreat is desperately needed to bring families from all over B.C. together to share the joys and challenges of raising a child who is deafblind. To increase awareness and interest in becoming an intervenor, and to decrease family isolation. The program features a three-day educational, recreational, and social opportunity for families who live with deafblindness. For more information contact: **Wylie Bystedt(CDBRA vice president) at (604) 540-8543.**

# Your Board of Directors

*a special group of volunteers. Their primary role is the governance of the Association. The members of the Board each bring something different to the table and in doing so compliment each other. The Board is the underpinning of how we provide the information, support, and guidance to people whose lives are touched by Cerebral Palsy in our province."*

President: Ginny Worsley-Mohrbutter Vice President: Carolyn Armstrong  
Secretary/Treasurer: Valerie Hamilton Immediate Past President: Laurie Fisher  
Members At Large: Lorraine Gunn, Eileen Magsajo, Luanna Buburuz, and Kathy Clark

## The Board of Directors: Profiles in Dedication

### Kathy Clark

Kathy Clark's youngest son lives with Cerebral Palsy. She joined the CPABC to take the knowledge she has gained in raising her son to and pass it on to others as a means of giving support to others whose lives are touched by Cerebral Palsy.

Kathy is inspired by the support network that the CPABC has created and she believes that this support is what makes the association so important to people

living with Cerebral Palsy.

She says the goal of the CPABC is to inform people about Cerebral Palsy and what they can do to help people whose lives are touched by Cerebral Palsy to get along in the real world.

She hopes that the CPABC will continue to provide this much needed support and help people for years to come. ■

### Valerie Hamilton

Valerie's four-year-old son lives with Cerebral Palsy. He was born nine weeks premature and was diagnosed at fourteen months. She became a member because she wanted to know first hand what was out there for people whose lives are touched by Cerebral Palsy and their families.

She says that the value of the CPABC cannot be measured. There is so much to be learned, in fact, she learns something new every day. The knowledge available at the association is endless for people of all

ages: children, teens going out on their own, adults, parents and caregivers. Moreover, one is enabled to advocate for one's self and for others with help from the association. Through their excellent networks people are able to find out about different therapies and resources.

She believes that the CPABC is important to people whose lives are touched with Cerebral Palsy because it is a convenient location to find the things they need with out the hassle and time consumption of being passed around from office to office. ■

### Carolyn Armstrong

Carolyn is the mother of five-year-old twin boys who live with Cerebral Palsy. She first became a member of the CPABC after she was introduced to a friend on the Board of Directors. She became a member of the Board of Directors because she wanted to become more involved in helping others through educating and gaining knowledge for herself.

Carolyn's kids are her inspiration to work with the association. In addition, she feels honored to work with such a dedicated group of people.

She says that the power to understand is to educate and believes that this is what makes the association important to people living with Cerebral Palsy. Therefore, goal of the association is to educate and lend support to those who need it.

She hopes that as understanding increases, the battles that people whose lives are touched by Cerebral palsy will disappear. ■



Support the CPABC by playing Bingo at Burnaby Bingo Country Bingo Hall at Middlegate Mall

**Tuesday October 8**

7155 Kingsway (Kingsway past Edmonds) Call our office for directions! The CPABC holds a certificate of affiliation under the GPEB of the Ministry of Public Safety and Solicitor General

## NOTICE OF ANNUAL GENERAL MEETING

The AGM of the CPABC will take place on Friday September 27, 2002 at the CPABC office. Please help us by calling to RSVP – 604-515-9455 - if you intend to be here for the AGM. Current paid members are welcome to attend and vote at the AGM. Because we want to use your membership fees and donations wisely, we are ONLY ADDRESSING ASSOCIATION BUSINESS at the AGM – this year we won't be holding a social event. Thank you for your understanding. ■

## THE CRANIAL SACRAL SYSTEM

by Beth Williston, PN

The cranial sacral system is made up of a number of components: bone; thin membranes; and cerebral spinal fluid. The bones of the skull and the sacrum (the last bone at the end of the spine) are the bony component of this system. The second component of the system is a fluid that is produced by the brain, called cerebral spinal fluid. Lastly, are the thin membranes that keep the entire system as one functioning unit. It is these membranes, which are attached to the cranial bones and sacrum that run the entire length of the spinal cord, "connecting" the cranium to the sacrum. In addition, these membranes actually surround the brain and spinal cord. By surrounding the spinal cord, they enclose the cerebral spinal fluid around the spinal cord, providing it shock absorption. The development and performance of the brain and spinal cord is dependent on the vitality of the cranial sacral system. An imbalance or restriction in the cranial sacral system could potentially cause any number of sensory, motor or neurological disabilities. These problems could include chronic pain, visual difficulties, scoliosis, motor-coordination impairments, learning disabilities and many other health challenges.

### HOW CRANIAL SACRAL THERAPY IS PERFORMED

CST is a method of detection, mobilization and correction of problems involving the central nervous system (brain and spinal cord). The practitioner performs a physical assessment by hand testing for restrictions in the cranial sacral system. This is performed through monitoring the rhythm of the membranes, which results from the circulation of cerebral spinal fluid. The therapist uses the cranial bones and the sacrum as handholds to manipulate these membranes, and thereby indirectly mobilizes the spinal cord and brain. By matching the tissue tension at sites of restriction, the therapist promotes the release of tissue stress, which enhances the healing process.

By improving circulation of cerebral spinal fluid, the immune system is enhanced, which subsequently strengthens the body's ability to repair and defend its self. In summary, CST encourages your own natural healing mechanisms to dissipate negative effects of stress on your central nervous system.

### HOW CAN CRANIAL SACRAL THERAPY MAKE A CHANGE FOR ME?

Often, in a short period of time, CST may help you to sleep better. Once sleep becomes restorative, it may have many beneficial effects on your entire body. CST can improve the ease and efficiency by which we move. Most people experience a decrease in their pain levels after the first few treatments. This alleviation of pain is often accompanied by a return of ease in the body. By enhancing the cerebral spinal fluid pumping mechanism, all body systems tend to improve in function – some in a way you just can't put your finger on – it just works better and you just feel better. This may be experienced as better digestion, better bladder control, fewer headaches, less dizziness, an overall sense of well being. Whereby this may not cure Cerebral Palsy, and cannot restore damage to the Central Nervous System, it can enhance functioning of the nervous system and slow any further deterioration. By releasing the membrane around the brain, we may see a decrease in spasticity, enhanced function of all involved organs, increased muscular coordination, and enhanced quality of life. The effects of CST rely, to a large extent, on the body's natural self-corrective abilities. The therapist's hands-on approach simply assists the hydraulic forces inherent in the cranial sacral system to improve the body's internal environment, and strengthen its ability to heal itself. ■

*Editor's Note: The CPABC neither recommends nor endorses one treatment or therapy option over another. We see our role as one of presenting the options to those whose lives are touched by Cerebral Palsy so that they can make more informed decisions about how they choose to manage the way Cerebral Palsy affects their lives. This article is included for informational purposes only. For further information, please contact the office at 604-515-9455 or Toll Free in B.C. 1-800-663-0004 or by E-Mail [info@bccerebralpalsy.com](mailto:info@bccerebralpalsy.com)*

### Mirielle Quamme: The Experience and Know-How Behind The EPEA Initiative's Youth Section

Mirielle Quamme is a fourth year Bachelor of Arts student at UBC. She doesn't really know where life is going to lead her after she gets her degree, but she is ready for an amazing journey. One journey led her to work as a summer student for the CPABC for the past

three years. This year, she was given an important task: Create the EPEA section for Youth and Adolescents.

The EPEA is a program designed to put the right information in the right hands at the right time. Through this initiative The CPABC aims to ensure that people whose lives are touched by Cerebral Palsy will have access to all the information, support and guidance that they need when they need it. (*Mirielle... p. 7*)

***"[The EPEA] will prove that people living with Cerebral Palsy are not alone in the struggles that they face, and help them to connect with peers."***

***-Mirielle Quamme***

..., Mirielle...

The first goal of the initiative is to provide the information and tools to become an expert on how Cerebral Palsy affects the individual and their families now and in the future.

The second goal is to educate these same people about the services available to them in our province and how to access them as effectively as advocates on their own behalf.



Mirielle Quamma

Mirielle believes that this program will reaffirm the fact that there are people and organizations out there that can and are willing to help - especially in times of profound challenge and change. She feels that it will prove that people living with Cerebral Palsy are not alone in the struggles that they face, and help them to connect with peers. Furthermore, it will give teens and young adults hope for the future.

Mirielle hopes that people will use the resources that are available to them, resources they may have not even known existed. She said, "I would like to see the program encourage people to be bold and search for what they need or what they want instead of thinking the status quo is as good as it gets." Lastly, she hopes that new services and networks will be established as people start looking for what they need.

The greatest change that Mirielle hopes to see as a result of the EPEA initiative, is that people will become more informed and educated, that their self confidence and independence will build, and that people will be able to advocate successfully on their own behalf.

When the EPEA Initiative is in place it will be available on our web site: [www.bccerebralpalsy.com](http://www.bccerebralpalsy.com)

Thank you, Mirielle, for your hard work and good luck with the next amazing journey that your life takes you on! AM■

## My First Day Of Kindergarten

By Amy McClain

Looking back on where I've been and what challenges I've faced in my life, I'd have to say that the biggest transition I have ever faced is going in to school.

No one prepares the other kids of what to expect from a little girl who walks "funny" and who definitely looks different from them. No one prepared me for how to handle it either.

How do you answer questions like "What's wrong with you?" The first time, I answered I said, "There's nothing wrong with me, there's something wrong with you!"

The next question was, "Why do you wear plastic things on your legs, and why do you walk funny?" and I said,

These are splints, and YOU walk funny!" I think if I could turn back time I would have said, "There is nothing wrong with me. I'm just different that's all. I

wear these splints so that one day I will be able to walk better and with better balance. You know what, I like walking like me, talking like me, being me, because that's what makes me different from you and every one else. I don't want to be like every one else, I am me and that's all that counts."

To come to this understanding I had to learn about myself and my condition called spastic diplegia Cerebral Palsy. To get to this point I took fifteen years to analyze myself and what makes me different.

In my opinion, the most important job that parents of children living with Cerebral Palsy is to educate them as best they know how. It's never too early & the CPABC can help. ■

***"How do you answer questions like 'What's wrong with you?' The first time, I answered I said, 'There's nothing wrong with me, there's something wrong with you!'"***  
-Amy McClain

  
**Support the CPABC at Burnaby Bingo Country Bingo Hall at Middlegate Mall**  
**All day Tuesday October 8!**

**Check us out on the web**  
**at**  
**[www.bccerebralpalsy.com](http://www.bccerebralpalsy.com)**  
**Thank you for reading**  
***The Roundtable.***

## DONORS MAKE THE DIFFERENCE

Steve Holowka

**OUR DONORS** have shown us that they appreciate the **many ways to give to the CPABC.**

Most prefer to make an **annual gift.** And that's great! Many have seen how easy **monthly giving** can be and that, too, is fantastic! In fact, if more people were to switch to monthly giving, the CPABC would be much better off.

Think about it! A *small amount each month* allows you to have an even greater impact on making a difference in people's lives. With your monthly gift, you will change someone's life for the better.

And now you can donate your car and receive a tax benefit. You will make a difference in someone's life by donating that old car.



**Call the office at 604-515-9455 to find out more.**

If you live in the Vancouver area, and you have some old clothes you don't know what to do with, why not call **604-515-9467** to arrange a pick up? We are pleased to recycle **DONATED USED CLOTHING.**



We also have ten drop boxes in convenient locations across Vancouver where you can leave your clothing donations. This program has been growing because of **caring people like you** who continue to support it. **THANK YOU!**

**Monthly gifts** are truly important to us, just as they are to other organizations.

And to provide some incentive to those of you considering making a **monthly gift**, we will send a **Seymour Charity Bear to each new donor who makes a commitment of \$30.00 or more per month.**

Even if **monthly giving** is not your choice, you can **purchase a Seymour bear of your very own.** Seymour usually sells for \$12.00 each with all proceeds going to the CPABC.

If you do need more incentive, then consider how *your monthly gift goes to work right away* to provide the information, support, and guidance to people whose lives are touched by Cerebral Palsy.

Recently a donor asked me point blank: **"Why do you need money? What do you do with it?"** I was so happy he asked me this question. I explained to him that the lion's share of the gifts go toward keeping the CPABC's doors open.

So much of what we do is activity-driven.



We work with people whose lives are touched by Cerebral Palsy. We spend a good amount of time providing information and resources to schools, social workers, and others who provide services to people with disabilities.

Most of what we do, though, is so

focused on working with individuals and families to help create the best course of action for them. Not long ago I attended a family's IEP meeting at their school. The parents were so pleased at the impact the CPABC's presence made, they feel confident about the direction for next school.

Another way to give is to **VOLUNTEER YOUR TIME.** Why not consider sharing your expertise with an organization that helps so many people.

### Why not become a member of the CPABC?

Log onto our web site, at [www.bccerebralpasy.com](http://www.bccerebralpasy.com)

and follow the links to the membership form

## Corporate Donors

### Founder's Circle – Annual Gifts of More Than \$1,000.00

**BULLDOG BAG LIMITED**

### President's Circle - Annual Gifts of Between \$750.00 and \$1,000.00

**UNITED PARCEL SERVICE CANADA LTD.**

### Executive Circle - Annual Gifts of Between \$500.00 and \$749.00

HUDSON'S BAY COMPANY  
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EMPLOYEE VOLUNTEER PROGRAM -  
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ROYAL BANK OF CANADA

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### Advocate Circle- Annual Gifts of Between \$250.00 and \$499.00

COMMONWEALTH INSURANCE  
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### Friends of the CPABC- Annual Gifts of Between \$100.00 and \$249.00

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AFM STARS INVESTMENT CROP.

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## Service Organizations

### Founder's Circle – Annual Gifts of More Than \$1,000.00

I.O.F. FORESTERS COURT CHILLIWACK # 7704, CHILLIWACK  
ROYAL CANADIAN LEGION, BRANCH 40, PENTICTON

### President's Circle - Annual Gifts of Between \$750 and \$1,000.00

IOF FORESTERS-INTERNATIONAL HEADQUARTERS

CLOVERDALE ELKS LODGE NO. 335

Executive Circle - Annual Gifts of Between \$500.00 and \$749.00  
ROYAL CANADIAN LEGION, CARIBOO #94

### Advocate Circle - Annual Gifts of Between \$250 and \$499

NEW WESTMINSTER FIREFIGHTERS CHARITABLE SOCIETY  
ROYAL CANADIAN LEGION, CASTLEGAR



Support the CPABC by playing  
Bingo at

**Burnaby Bingo Country Bingo Hall  
at Middlegate Mall on**

**Tuesday October 8**

7155 Kingsway (Kingsway past  
Edmonds) Call our office for directions  
and information! The CPABC holds a certificate  
of affiliation under the GPEB of the Ministry of Public  
Safety and Solicitor General

## Grants

LONDON DRUGS FOUNDATION THE GEORGINA FOUNDATION The B.C. Gaming Commission

Our donors are the cornerstone of The CPABC

## Employee Groups

The following employee groups from Companies across the province give to the CPABC

EMPLOYEES of POWEREX  
THE HYDRECS FUND PROVINCIAL EMPLOYEES COMMUNITY SERVICES  
TELEPHONE EMPLOYEES COMMUNITY FUND

CANADA SAFEWAY LIMITED EMPLOYEES CHARITY TRUST  
FOUNTAIN OF HOPE - BANK OF MONTREAL  
EMPLOYEE CHARITY FUND

Employees of the following companies across the province give through the United Way:

CREDIT UNION CENTRAL OF BRITISH COLUMBIA  
CRESCENT CUSTOM YACHTS  
B.C. PAVILION CORPORATION  
CANADA POST CORPORATION - ZONE A HEAD OFFICE  
CIBC  
COAST MOUNTAIN BUS COMPANY  
PORT COQUITLAM

COAST MOUNTAIN BUS COMPANY  
SURREY TRANSIT  
COAST MOUNTAIN BUS COMPANY, NORTH VANCOUVER  
ENVIRONMENT CANADA PACIFIC  
WILDLIFE RESEARCH CENTRE  
HSBC LOWER MAINLAND  
MOTOROLA CANADA  
OFFICE DEPOT - STORE 724

RIDGE MEADOWS HOSPITAL  
ROYAL BANK FINANCIAL GROUP, BRITISH COLUMBIA  
SURREY METRO SAVINGS CREDIT UNION ADMINISTRATION OFFICE  
THE CORPORATION OF THE DISTRICT OF WEST VANCOUVER  
VANCOUVER HOSPITAL & HEALTH SCIENCES CENTRE

VANCOUVER WHARVES LTD.  
THE OF CITY OF VANCOUVER  
PACIFIC POST PARTUM SOCIETY  
PRICE WATERHOUSE COOPERS  
RBC FINANCIAL GROUP - COWICHAN  
UNITED WAY OF THE LOWER MAINLAND

Caring individuals have also chosen to give through their local United Way –

UNITED WAY OF CALGARY AND AREA  
UNITED WAY OF THE CENTRAL AND SOUTH OKANAGAN / SIMILKAMEEN

UNITED WAY OF GREATER VICTORIA  
UNITED WAY OF KAMLOOPS AND REGION

## Individuals

**The CPABC Heritage Circle – Bequests and other Planned Gifts**

***The Estate of Mr. Ernest Hughes***

**President's Circle - Annual Gifts of Between \$200.00 and \$749.00**

**ANONYMOUS**

**KENNETH GAMEY  
STEVE HOLOWKA  
MICHAEL GUILLOU**

**Executive Circle - Annual Gifts of Between \$100.00 and \$149.00**

**J DENNIS HEINEKEY  
CARL HIGHSTED**

**ELAINE SLEATH  
V.J. MARCH  
MOSES KOH  
MURIEL PARLIAMENT  
ANITA DADSON  
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FREDERICK COLE  
KATHLEEN ELLIOT  
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J. DENNIS HEINEKEY  
E TISDALE  
K. SHIMIZU  
ELAINE SLEATH  
EILEEN MAGSAJO  
VAL HAMILTON  
JUNE HANNULA**

**Advocate Circle - Annual Gifts of Between \$60.00 and \$99.00**

DAVE FAIRHALL JEANNIE KWAN BRENT WILSON	GEORGINA IRVING MARIE YEO WALTER HARES	C.J. LEEDAM THELMA ATKINSON DONALD LOBB	RIOLITA DELA CRUZ PATRICIA ELLEFSON CYNTHIA LITSKY	PETER CUMBERBIRCH JAMES MEYERS
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**Supporter - Annual Gifts of Between \$45.00 and \$59.00**

MARY A. LEEMING RIOLITA DELA CRUZ JOHN SHAVE BEATRICE REID LEI DE SANTIS STELLA HORSLEY EDNA LUNDEN FREDA FENNELL W.B. MEGAW	LEONARD SEWELL BEATRICE REID VINCENT J. BEGG HUGH PALMER MARY HOMER SARAH HOLDEN JOHN GOUGE GORDON LOGAN GEORGE HOLLAND	S. MCGIBBON FRANCES JEKYLLES BARBEL ZUMPARO MARGARET MCCUAIG M. MCELROY JANE RABAS WINNIFRED CARSON SHIRLEY BAKER PAUL ISAACS	SYLVIA MILLER JUNE FOGARTY IRENE STEWART CLIFFORD STRACHAN ROGER BISHOP MANUEL MIGUEL PHYLLIS SHIMMIN W. SCHELL SHIRLEY BAKER	ROY KENDALL WILLIAM MUIR FRANCES JEKYLLES JOAN CHERRY CAROL CHESLOCK MARGARET BROWN
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**Friends of the CPABC - Annual Gifts of Between \$25.00 and \$44.00**

MARY PARKINSON MARION REED DONALD MACDOUGAL THOMAS BANKS HELEN WALDEN BETTY HARGREAVES ROLAND PRIDDLE MARION POLIAKOFF CAROL CHESLOCK THELMA ATKINSON BLANCHE SKIDMORE RICHARD LAKE	ENRICO MAGSAJO SALLY VEINER JOHANN ETTINGER MARY A. LEEMING ALISON PEYMAN EMILY ROTHWELL DOREEN GUILLAUME NGA MING HO ROBERT NYBO RONALD MILNER FRED BENDER HOWARD STEIN MICHAEL PITTS ANDREA FULTON ELIZABETH	HARRINGTON DONALD INGLEDEW J.M. HUDSON LAURIER MICHAUD MARTINE MCDONALD LINNEA FOURACRE ALFRED EVANS JEAN HART JOHN CARDO MICHAEL GUILLOU DEBORAH KELLOGG TATYANA KOLESNYK	DONALD CRUMMEY GRAHAM WEST DOREEN KEEL GEORGE SENAY DONALD STEWART PAUL BOUTIN HAROLD MARCUS LUCIA HOLMGREN RON JACQUES SYLVIA BROUGH D COLLINS MABEL SEFTON NAOMI HUGHES LUCIA HOLMGREN ELEANOR THOMAS LEE YAO	DORIS NIELSSEN LADYSMITH LOUISE NORDMARK GEORGE BUMSTEAD MARGARET WILKINSON DOROTHY SEIFRED MARY COLMAN MARION DUNN WANDA SHAW BRENDA BATER HILDA MARTIN E. LANKENAU ANNE CUTLER	TIMOTHY CARY PAMELA LIU CHARLIE PERRY GERALDINE SWENSON LINDA MUNRO J. MCLAUGHLIN SHERIL FREEDMAN RICHARD BROWN KATHERINE DINNING
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**Donor Circle - Annual Gifts of up to \$25.00**

GEORGE DITCHBURN ORVILLE WHITE RON TYSON GUY LEBLANC NEW DORIS MICHAUX FERESHTEH DEHDAR C MALLEY JACK DEPUIT CECILE BRODEUR BRYAN ROBINSON IRENE INGRAM BRYAN ROBINSON	LOIS BORDEN RON TYSON DON HIGHSTED AMELIA CLARK PAULINE MC CARTHY SHIRLEY MCGILLIVRAY FRANCES MOOR J HUNTER LEI DE SANTIS G. TURNER W. BURROWS	ANTHONY REES DON HIGHSTED MARGOT BOULT DORIS NIELSSEN LADYSMITH ROSS RUDOSKY FRANKLIN BONNER WEST JULIE CAYER DAVID GREENAWAY JOE PETERS JOE PETERS	FRANKLIN BONNER PETER TAO KASHMIR BAINS LEEANN RYAN DESURATHAN NAIDOO TAMMY KOLISNYK AVNEET DADYAL LORI TEICHMAN M.A. CHRIS DIXON MURIEL COGSWELL ESTHER THOMAS BRIAN HART	ALLAN HUBLEY ED CLEMENS S CRUZ W PETER IRELAND CATHERINE BOBROSKE BRIAN HART SALLY BROWN K POWER FREDERICK BROWN ENID MEAD-ROBINS CLARICE BURROWS	MARGUERITE FIRTH GIL PETTIGREW CAROLINE PETERSEN JOAN ETHIER MARGARET DILWORTH GORDON BUTLER J. DE BRUIJN K CHALONER JEAN BELL
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## Gifts in Memory and in Honour of Someone Special

Caring individuals have made gifts to the CPABC In Honour of people who have touched their lives. We are proud to recognize those individuals here:

Barry Tietjen made a gift in lieu of holiday gifts to honour the Tietjen, Marsh, Litke, and MacNeil families

Ron and Jan Tyson made gifts In Honour of A. M. Provick, and Mr. Ed Hall

Steve Holowka made a gift in lieu of holiday gifts to honour Bob and Lene Lindsay

Caring individuals have made gifts to the CPABC In Memory of people who have touched their lives. We are proud to recognize those individuals here:

Ron And Jan Tyson made gifts In Memory of Ed Knott, Mr. Ray, Mr. Frank Whiting, Mr. Tom Dunlap, Mrs. Lempe Eksyma, Mr. Vigfusson, and Mr. A.M. Provick.

Lei De Santis and Family made a gift In Memory of Mrs. Lempe Eksyma

Ron and Jan Tyson and Lei De Santis and Family made gifts In Memory of Mr. Keith Miller

Mr. J. Scott Bond, and Ms. Marie Yeo made gifts In Memory of Mr. Nicholas Boumeester

Jeannie Kwan, Deborah Webb, and Charles Deighton made gifts In Memory of Mr. Charles

### Coutts

Deborah Kellogg, Janet Mathieson, and Patricia Ellefson made gifts In Memory of Ms Brenda Kelly

Beatrice Reid, made a gift In Memory of Ms. Tara Marcus

Karin Thordsen made a gift In Memory of Mr. Hans Wettsten



### Do You Like Bingo?

Support the CPABC by playing Bingo at Burnaby Bingo Country Bingo Hall at Middlegate Mall

ALL DAY

Tuesday

October 8, 2002

302-7155 Kingsway (Kingsway past Edmonds)

Call our office for directions!

The CPABC holds a certificate of affiliation under the GPEB of the Ministry of Public Safety and Solicitor General



\$12 each

Proceeds from the sale of each Seymour go to the CPABC.

Why not buy a Seymour Bear to bring with you to the Bingo Hall for luck? Call the office to find out more!

604-515-9455

**YOUR MEMBERSHIP IS IMPORTANT. Join Today!**

**The Cerebral Palsy Association of British Columbia**

102-317 Columbia St  
 New Westminster, B.C.  
 V3L 1A7  
 PHONE:  
 (604) 515-9455  
 Toll Free in BC  
 1-800-663-0004  
 FAX:  
 (604) 515-9466  
 E-MAIL:  
[info@bccerebralpalsy.com](mailto:info@bccerebralpalsy.com)

**We're on the Web!**

See us at:  
[www.bccerebralpalsy.com](http://www.bccerebralpalsy.com)

**Staff:**

Steve Holowka  
 Executive Director

Fereshteh Dehdar  
 Administrative  
 Assistant /  
 Bookkeeper

Your membership in the CPABC helps in so many ways.

When you renew your membership you:

- Help the CPABC speak with a louder voice
- Help us keep up to date on what your needs are
- help us in our efforts to raise awareness
- on issues surrounding CP

**Why not give a membership as a gift to someone you care about?**

To become a member or to give a membership as a gift, send your cheque along with your completed form to the address on this page.

**Support the CPABC!**



**When you purchase "Seymour The CP Charity Bear", you help the CPABC do important work!**  
 Each "Seymour The CP Charity Bear" is only \$12.00.  
 You can Support the CPABC by Becoming a Seymour Partner in your Business or Workplace

**Call to ORDER YOURS TODAY**  
**1-800-663-0004**



**YES! I Want to make a gift to the Cerebral Palsy Association of British Columbia!**

- \$125     \$75     \$50     \$35     My Choice \$ \_\_\_\_\_

I have enclosed a Cheque payable to the CPABC      I prefer to put my gift on my VISA card

Name \_\_\_\_\_ Card Number \_\_\_\_\_  
 Address \_\_\_\_\_ Expiry Date \_\_\_\_\_  
 City / Prov. \_\_\_\_\_ Name on Card \_\_\_\_\_  
 Postal Code \_\_\_\_\_ Tel: \_\_\_\_\_ Signature \_\_\_\_\_

*The CPABC protects your vital information. We do not share or sell our donor lists.*

*Thank you so much for your gift!*

*Yes. I would like more information on leaving a gift in my will.*

*I have already included the CPABC in my will. Send me information on the CPABC Heritage Circle.*