



Issue 36 Winter 2016
Special Canadian Issue

Maple Leaf Edition

We Belong!

From

SEA TO SEA TO SEA

...or do we?

About the Riot...



The Riot! is produced at the Human Services Research Institute. Its purpose is to give voice to self-advocates everywhere.

We all want to feel like we have somewhere we belong. In this Canadian “Maple Leaf” issue of The Riot, People First of Canada members share their stories of belonging.

Throughout this issue you can think about how things are where you live. You be the judge!

We thank everyone who helped with this issue. Without self-advocates willing to help, The Riot could not exist.

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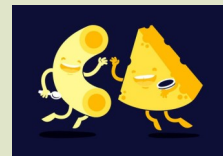
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FUN FACTS

Did you know that CANADA...

- ☆ Is the second largest country in the world, right after Russia
- ☆ Consumes more macaroni and cheese than any other nation in the world
- ☆ Has more lakes than the rest of the world's lakes combined
- ☆ Produces more than 3/4 of the world's maple syrup
- ☆ Once had a territory that had license plates shaped like polar bears (Hmmm...wonder why?)



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We Belong! (Or do we?)



Oh Canada – the **True North** strong and free. Canada is a country where everyone is accepted and included. Well...most of the time.

For some Canadians labeled with an intellectual disability, it doesn't always seem that way. Sometimes people have great experiences being included, and sometimes not so much. Sometimes society and government works with us, and sometimes they don't. Here's a snapshot of some of the latest issues in Canada and what People First of Canada has to say about it.

Jobs

PFC believes in real work for real pay.

We want jobs with good pay like everyone else. The central province of our country, Ontario, promised to close all of their sheltered workshops. They will help us get regular jobs in the community. But we also know that many of us still don't have good jobs and are living in poverty. Not having enough money also means that we aren't included because it costs money just to live an ordinary life.



Institutions

PFC believes in the right of every individual to live in their community.

Did you know there are still institutions in Canada? The good news is, we are working to close them. Our prairie provinces are working to close the last of the large institutions. The institutions in Alberta and Saskatchewan are closing but there have been some steps back.

Choice

PFC believes people have the right to make their own decisions and choices.

Some of us have other people making decisions for us. In Nova Scotia, a young man with disabilities is fighting to change the Incompetent Persons Act for the right to live his life, make his own decisions, and be free from his guardianship. Nova Scotia's Incompetent Persons Act is the worst!. It can even limit a person's day-to-day decisions like what to wear. Not cool. Changing this act will help ensure the rights of people with intellectual disabilities.



Schools

PFC believes it is the right of every child in Canada to receive an education in the regular school system.



Things are looking up! We are seeing more students included and less segregated classrooms. More universities and colleges are opening their doors and including (and accommodating) people with intellectual disabilities. But we also know that some youth with disabilities are not always included. What can we do about that? These are only a few issues in the bigger picture. What's most important is what life is like in our hometowns. We ask, **"Are we included? Do we really belong?"**

Want the latest on institutions?

Go to www.institutionwatch.ca

**"An institution is not just a place,
it's the way people think."**



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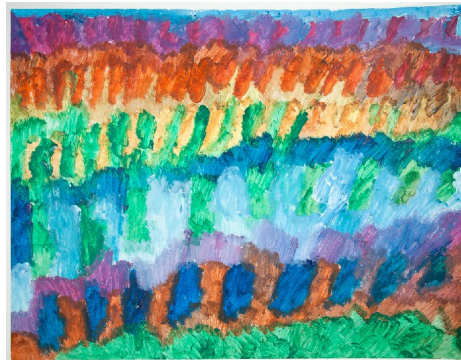


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and developmental disabilities

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PEOPLE
FIRST
of CANADA



PERSONNES
D'ABORD
du CANADA



People First of Canada is the national
organization representing people
with intellectual disabilities.

Check Us Out!

E-mail People First:
info@peoplefirstofcanada.ca

Twitter: [@PeopleFirstCA](https://twitter.com/PeopleFirstCA)
www.peoplefirstofcanada.ca

People First of Canada Spring Board Meeting



People First of Canada's School Language Project

People First members from across the country have been trained to deliver a School Language presentation to middle school students. The presentation is about language, inclusion, and human rights. It challenges students to be inclusive in their language and not use the r-word. It also teaches students about human rights and the rights of people with disabilities. Over 3,000 students have seen the presentation!

DON'T USE IT! TAKE THE PLEDGE!



Spread The Word To End The Word.

PEOPLE
FIRST
OF CANADA



PERSONNES
D'ABORD
DU CANADA

info@peoplefirstofcanada.ca

www.peoplefirstofcanada.ca



I promise not to use the R-word.

I support the removal of the offensive use of the R-word from everyday speech.

I will encourage the acceptance and inclusion of people with intellectual disabilities.

I pledge to show respect to everyone.

Schools Should Go "All In"

By Janet Charchuk
Prince Edward Island People First President



I believe it is very important for everyone, no matter what their ability, to be included in school. I attended my community school from

Kindergarten to grade 12 with my friends. Some of the things that helped me to be included were supports when I needed them, like Education Assistants, a Resource teacher, or peer helpers. Supports like extra time or using technology also helped. Most importantly, the friends that I did lots of things with like sports or clubs helped me to be included.

Sometimes things were a challenge but I had people who helped me work it out. One example is when I didn't make the school basketball team but I stayed on as team manager.

Since high school I have taken some adult education courses and community college part time. I am not finished taking courses yet. I am taking longer to do them but that is okay.

Some of my friends have told me that including me helped motivate them to do their best and made them better people. Inclusive education helps people who have challenges but more importantly it helps everybody to have an awesome education experience.



FACT: Canada still has provinces and school districts with segregated schools for students with intellectual disabilities.

You Be the Judge!

Mark how many maple leaves you give YOUR area on including kids with disabilities in schools. (None is the worst, 5 is the best)



Being Involved Isn't Free

By Calvin Wood

First Vice President of People First of Canada

When asked if he has enough money to live on AND be included, Calvin said this.

The way it is now, after we cover our basics, there is not much left over to do other things like go out in our community.

Some of us volunteer at places like nursing homes, local hospitals, learning centres, soup kitchens, and churches.

But even volunteering takes money. We have to get there to volunteer. There is no local bus service where I live, but even when there was, a lot of us couldn't afford a bus pass. So we have to ask someone to drive us.

It's the same with recreation activities or to take in events. Even if the event is free, getting to the event is not. If you want to work – there is a cost to get to work and then some of the money you earn is taken back if you are on assistance.

Being on low income, it's hard for lots of us to cover anything else after paying our expenses. It would make it better for all of us if we had more income or were able to get funding to be a part of something, take courses or join recreation programs. It doesn't always cost a lot, but it does take money to get out in the community and be included.



You Be the Judge!

Mark how many maple leaves you give YOUR area on being inclusive for those who get public assistance. (None is the worst, 5 is the best)



What's Disability Got To Do With It?

By Jo-anne Gauthier

Just like any young couple in love, Jo-anne and Mike got married and decided to have a child. To Jo-anne's surprise, most people did not react the way she thought they would.



She heard a lot of bad things. "Oh no really, what are you going to do with it?" "Are you going to keep it?" "Is someone else going to take care of it for you?" She thought everyone would be so happy for them! But they were not. When Sylvia was born, many were shocked that she was okay and that they were good parents.

Jo-anne's foster mother passed away when she was pregnant with Crystal, their second child. Her foster father was not happy. He called her terrible names. He asked how she could possibly raise two children. They proved him wrong and raised two amazing daughters.

Jo-anne asks "What does my speech have to do with how I raise my kids, Mike has a hard time walking but what does that have to do with raising kids? Maybe he can't do everything with them but we always did lots of things like riding bikes, hiking, going on picnics, and watching them do their own activities."

Jo-anne and Mike have a new adventure



they are planning – to move to Vancouver. This is pretty scary for them but they know they will have each other.



FACT: Many parents with disabilities worry their children will be removed from their care.

Real Work for Real Pay

People First of Canada believes in real work for real pay. We believe that everybody who goes to work has the right to earn at least the minimum wage. We don't believe in the model of sheltered workshops using people with disabilities as slave labour.

You Be the Judge!

Mark how many maple leaves you give YOUR area on community jobs for people with disabilities. (None is the worst, 5 is the best)



FACT: Some sheltered workshops in Canada have renamed their services, but they don't really help people find jobs.

**NOW
HIRING**

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- ✓ Learn very little?
- ✓ Have no opportunity to advance?
- ✓ Make less than minimum wage?

If you answered yes to any of these, we are the company for you!

Positions require some bending of your human rights and a lot of paperwork.

Send your resume to:
Notagoodjob Company
Notown, Canada NON ONO

Getting My Job

By Dewlyn Lobo
People First of Canada Second Vice-President



People with disabilities find it hard to get a paid job. Even getting a volunteer job is not always easy. But we are like everyone else so give us a chance. If you teach and train us, we are ready and willing to learn. Here's my success story.

I grew up in India and at the age of 17, I advocated for myself to get a paid job at the school. I worked there until I moved to Nunavut in 2006. When I lived in Rankin Inlet, I got a paid job at a restaurant. I worked there full-time until I moved to Ottawa in 2011. When I moved to Ottawa, I went to college and started looking for a job. Here, I needed an advocate to help me.

People First of Canada's executive director, Shelley Fletcher, believed in me and advocated for me. She helped me get a position at Member of Parliament Phil McColeman's office. For the first six months, I volunteered. Then we advocated for a paid position. It didn't work out at first, and I was very sad, disappointed, and discouraged. I felt I wasn't a valued team member, and that I would always be a volunteer. But we kept advocating and it worked! Now I have a paid job in the Human Resources department at the House of Commons. It's my dream job. I understand how people with disabilities feel when looking for a job. Don't give up. Speak up and advocate for yourself. Ask for help when you need it – sometimes we all need a little help.



Riot Eats



Game Day Chili Cheese Dip

(Excellent munchies for watching football or hockey games!)

Ingredients:

One brick of cream cheese

1 can of Stag chili (original)

1 ½ cups of grated cheddar cheese



Let the cream cheese soften on the counter for about 2 hours.

Using a pie plate or small square cake pan, spread the cream cheese evenly on the bottom of the pan. Pour Stag chili on top and spread over the cream cheese. Top with grated cheddar cheese. Bake in the oven at 350 for about 20 minutes until you can see that the cream cheese is bubbling on the sides of the pan.

Serve with taco chips.

A Little Love Q and Eh with Ms. Maple

Dear Ms. Maple,

I am a person who has disabilities and I have liked this guy for some time now. My problem is that he doesn't see me as person; he sees my disabilities first. How can I get him to see me as a person first?

Sincerely, See Me



Dear See Me,

I understand how you can be frustrated and sad. What you could do is talk to him and explain to him the kind of person you are first and your disabilities aren't something he should worry about. Let him know that you are more than capable to love and have a boyfriend.

~ Ms. Maple

Dear Ms. Maple,

I am friends with this lady for a long time. I really like her in that special way. I don't think she feels the same way. I think she wants to be just friends. How can I be friends with her when I want to date her?
Yours truly, Just Friends

Dear Just Friends,

I understand. Have you tried to talk with her about your feelings? Maybe she feels the same way but is too shy to tell you. Or maybe she only wants a friendship with you. Both of you should try to find a way where you are happy to be around each other. It would be upsetting to you both to lose a long-time friendship.

~ Ms. Maple





Winterscapes

As we say in Canada—if you don't like the weather, wait five minutes! Here are some facts about winter in Canada.

- * In Pincher Creek, Alberta the temps went from -19c to plus 22c (-2f to 71f) in one hour! That's long johns to a bikini in less than 60!
- * Winnipeg is the coldest Canadian city with temperatures that are often colder than those on Mars. Wow! *Mars?*
- * Nunavut has no highways or paved roads, and there are more snowmobiles than cars.
- * New Brunswick is the world's lobster capital and birthplace of the snow blower.



- * British Columbia holds the record for the biggest single-day snowfall in Canada 145 cms (57 inches) in 1999.
- * During the long winter in Yukon there is as little as 5 hours of daylight, but during the summer there can be 19 hours of daylight.
- * In the Northwest Territories from January to March ice roads are made across Great Slave lake so people can travel easily.
- * Quebec was the city hardest hit by the epic ice storm of 1998 with up to 10 cms (4 inches) of ice coating parts of the province.
- * Newfoundland and Labrador is home to iceberg alley where thousands of ice giants from Greenland and the Arctic float by in the spring.



Word Find Puzzle

Hey, Canucks! Want to give'r a go and find the following words? Look up, down, and side to side!

J	D	L	W	P	O	U	T	I	N	E	R	B	U	I
J	U	Q	T	H	E	A	T	R	E	D	E	Y	O	N
I	K	O	G	R	M	D	W	B	E	L	O	N	G	J
I	X	F	P	L	F	K	L	S	G	U	U	P	L	B
B	E	A	V	E	R	T	A	I	L	S	N	X	M	M
S	B	H	C	C	A	F	T	I	O	T	U	X	Y	T
I	K	O	H	Z	N	T	P	C	O	B	T	W	N	F
I	J	C	I	X	C	I	M	A	N	L	T	T	V	R
R	S	K	N	Q	O	M	A	N	I	C	O	R	W	U
D	F	E	O	V	P	M	P	U	E	C	Q	U	S	G
M	R	Y	O	P	H	I	L	C	W	K	U	T	P	B
S	G	K	K	P	O	E	E	K	R	K	E	R	T	Y
F	A	R	A	C	N	S	H	L	T	Y	D	O	E	A
B	L	W	N	Q	E	H	B	N	B	E	A	U	T	Y
E	H	P	V	Z	M	B	L	T	R	X	W	L	J	Y

MAPLE
BEAVERTAILS
POUTINE
HOCKEY
TIMMIES
LOONIE
TOQUE
FRANCOPHONE
RUGBY
EH
BEAUTY
CHINOOK
BELONG
THEATRE
CANUCK





Uncle Donny says...

**Phooey on
Belonging!!!**

I know a cat. Let's call him Grincheux. We get along. The reason is that Grincheux doesn't care much about people or much else. All he needs is some good eats, some exercise, and a place to get comfortable and sleep. Just like me.

Let me show you a picture. Here's Grincheux. He looks really happy to be going outside in this winter doesn't he? We don't need to belong to anything. That's the way it should be. All this talk about belonging to a community is a bunch of PHOOEY!



Now, let's see...

- So what if my neighbors help me when I need to get around town? Sally, who lives next door, gave me a ride to the store last week.
- So what if my girlfriend got us tickets to see the Saskatoon Blades? That was cool. The crowd was great. We cheered all game!
- So what if I feel so lucky to have a good job with great co-workers? They make me laugh!
- So what if I can get health care when I need it?
- So what if it really makes me feel good to help clean up my community after a hard winter?



Hey wait a minute! Hmm.... I guess belonging to a neighborhood and to a community is really great! My only question is this:

In Canada do we all belong?

From Sea to Sea to Sea?

I hope so! But's lets all try to do better!

Squiggly by Jeff Ladd



Reprinted from The Riot Issue 16 in April 2008

www.theriotrocks.org

Puzzle answers

Word Find Puzzle

Hey, Canucks! Want to give'r a go and find the following words? Look up, down, and side to side!

J	D	L	W	P	O	U	T	I	N	E	R	B	U	I
J	U	Q	T	H	E	A	T	R	E	D	E	Y	O	N
I	K	O	G	R	M	D	W	B	E	L	O	N	G	J
I	X	F	P	L	A	K	L	S	G	U	U	P	L	B
B	E	A	V	E	R	T	A	I	L	S	N	X	M	M
S	B	A	C	C	A	F	T	I	O	T	U	X	Y	T
I	K	O	H	Z	N	A	P	C	O	B	T	W	N	F
I	J	C	I	X	C	I	M	A	N	L	T	T	V	R
R	S	K	N	Q	O	M	A	N	I	C	O	R	W	U
D	F	E	O	V	P	M	P	U	E	C	Q	U	S	G
M	R	Y	O	P	H	I	L	C	W	K	U	T	P	B
S	G	K	K	P	O	E	E	K	R	K	E	R	T	Y
F	A	R	A	C	N	S	H	L	T	Y	D	O	E	A
B	L	W	N	Q	E	H	B	N	B	E	A	U	T	Y
E	H	P	V	Z	M	B	L	T	R	X	W	L	J	Y

MAPLE
BEAVERTAILS
POUTINE
HOCKEY
TIMMIES
LOONIE
TOQUE
FRANCOPHONE
RUGBY
EH
BEAUTY
CHINOOK
BELONG
THEATRE
CANUCK

People First of Canada Leaders Lost in 2015

Catherine Fortier



We were deeply saddened to learn of the passing of Catherine Fortier in July 2015. Catherine was a long standing member and one of the founding members of the People First movement. She served as the National President of People First of Canada from 1999-2002.

Beth French, a PF advisor, said of Catherine “She was a strong advocate for People First, francophone rights, and for women. She was a very hard worker and not particularly intimidated by the masculine flavour of the Board.”

She was part of the women’s leadership group of the early 90’s, and she was a wonderful role model. Catherine had a great sense of humour and a ready smile. She will be fondly remembered for her dedication to the movement and her advocacy on behalf of Canadians labeled with an intellectual disability. For those of you who may not know, she designed the PFC logo that is used by all People First chapters across Canada. She has left an imprint in our hearts, and her legacy will live on through our movement.



Neil Mercer



Neil Mercer was a man who fought an extraordinary battle against great odds because he wanted nothing more than an ordinary life.

He was a long-time member and supporter of the People First movement. Neil passed away on October 2, 2015. Our members mourn his passing and remember the life he reclaimed for himself.

Neil was institutionalized because he had an intellectual disability. When he spoke of his experiences in the institution, everybody felt his pain, and shared his outrage. Neil told his story in *The Freedom Tour* – it is one of the most impactful parts of the documentary.

Neil got out of the institution and went on to reclaim a life of his own. He worked. He got married. He had children and grandchildren. The life Neil made for himself followed a very different path than the one he would have had in the institution – a place he never should have been to begin with.

Neil had to be an advocate for himself to get the life he wanted. And he remained an advocate for others. Neil believed in the rights of people with intellectual disabilities, especially the right to live in the community. Neil knew how important it was to him, and how important it was for everybody to have the same opportunity. Neil inspired many People First members to fight for the lives they wanted, just as he had. Neil will be greatly missed, but his legacy and his advocacy will continue to live on in the heart of the People First movement.



Riot Action Page

Speak Up and Speak Out!

**Ready to take action but
don't know where to start?**

Follow these steps:

- ✓ Go through this issue of The Riot and find all the boxes that say "You Be the Judge"
- ✓ Give each one a score by marking the number of maple leaves (0 is worst, 5 is best)

For example:

If people with disabilities in your area are sometimes able to get community jobs, but many are still stuck in sheltered workshops, you might give it 2 out of 5 leaves.



- ✓ Find the ones that have the lowest score and be ready to talk about why
- ✓ Talk to other members of your self-advocacy group to find out how they scored each one
- ✓ Find the ones that most people scored low
- ✓ Talk about the issues with members of your group and community and think about what you can do about it



**Talk it up...
Have yourselves a regular Riot!!!**

**People First of Canada
Celebrates 25 years!**

We Want to Hear From You

Later this year, People First of Canada will be celebrating its 25th anniversary. We are looking back and want to know what kind of impact People First of Canada has had over the years.

We have one question, **"What have you learned from People First of Canada?"**

Please feel free to send your responses to info@peoplefirstofcanada.ca or post your response on PFC's Facebook page. Thank you in advance for your help!