



WHITE CANE WEEK

The Voice of the Blind™ in Canada

FEBRUARY 2009 ISSUE



Valérie Grand'maison - BRONZE



Chelsey Gotell - GOLD



Kirby Côté - SILVER

Congratulations to Canada's Blind or Visually Impaired Paralympians Beijing 2008

CANADIAN WOMENS GOALBALL: Amy Alsop, Amy Kneebone, Annette Lisabeth, Nancy Morin, Contessa Scott, Shawna Ryan. *Head Coach:* Janice Dawson and Assistant Annie Pouliot. *Physiotherapist:* Maggie Kayes. **CANADA MENS GOALBALL:** Mario Caron, Jeff Christy, Rob Christy, Bruno Haché, Dean Kozak, Brendan Gaulin. *Head Coach:* Danny Snow and Assistant Mike Huzuliak. *Physiotherapist:* Isabelle Trottier. *Team-leader:* Alan Carlsson. **ATHLETICS CANADA:** Dustin Walsh with guide Steve Walters, Jason Dunkerley with guide Greg Dailey, John Dunkerley with guide Sean Young. **CYCLING CANADA:** Brian Cowie with pilot Devin Smibert, Daniel Chalifour with pilot Alexandre Cloutier, Geneviève Ouellet with pilot Mathilde Hupin, Stéphane Cote with pilot Pierre-Olivier Boily. **JUDO CANADA:** William Morgan. **SWIMMING CANADA:** Flag-bearer Donovan Tildesley, Amber Thomas, Brian Hill, Chelsey Gotell, Devin Gotell, Jaqueline Rennebohm, Jessica Tuomela, Kirby Côté, Valérie Grand'maison. *Tappers:* Christena Hurley and Hugh Tildesley. **MEASURE ME BY MY CAPABILITIES NOT MY DISABILITIES.**

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Donovan Tildesley and his father Hugh Tildesley

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Welcome to White Cane Week™ 2009



The celebration of White Cane Week 2009 marks the sixth year The Council assumes sole responsibility for this event. We are committed to increasing the impact and outreach of this important week of awareness of the blind and visually impaired.

This year's theme continues to promote accessibility and inclusion, as we ask you to "Help promote accessibility... measure me by my capabilities not my disabilities."

During White Cane Week our members and volunteers participate in many different public events at the chapter division and national levels. All events are committed to raising the awareness of the White Cane as a "symbol of ability not disability", and extending public support for the accessibility that is crucial to the quality of life for those in our community - the community of the blind and visually impaired.

The Lions Vision Impaired Curling Championship held in Ottawa is returning with more exciting competition. This event will again provide a platform to demonstrate the abilities and skills within our community.

The Council is committed to managing the Week as a public awareness program and is seeking corporate support to cover its costs.

To our donors and partners and future ones as well, I would like to extend a very special thank you for participating with the Council this White Cane Week.

I look forward to an exciting week this February. I know the CCB members and volunteers will do a fantastic job of raising the awareness of the blind and visually impaired to the public. So let's get out there and make a difference, let our abilities shine through and above all else, have fun!

Harold Schnellert

National President

Canadian Council of the Blind

Lieutenant Governor of Ontario

David Onley

First Recipient of the White Cane Week™ Person of the Year Award

The Canadian Council of the Blind (CCB) was pleased to present His Honour, the Lieutenant Governor of Ontario David Onley with the first White Cane Week® Person of the Year Award. The award for 2008 was presented to the Lieutenant Governor at the annual White Cane Dinner and Canadian Vision Impaired Curling Championship awards night at the Ottawa Curling Club on February 8, 2008.



His Honour is the first person to hold the office of Lieutenant Governor who uses a wheelchair. As quoted from CCB spokesman Michael Potvin, "His appointment

and goals while in office inspires all Canadians with disabilities including the blind and vision impaired and his office brings the issue of disability more to the forefront of the Canadian social agenda."

In his installation speech, the Lieutenant Governor stressed the need for computer literacy for aboriginal youth and the continued advancement of rights for all people regardless of their disability. As His Honour stated, "My commitment to accessibility includes all disabilities, not just the visible ones... I really want to be the compelling and driving force to help make this province a more accessible place,"

Mr. Potvin was enthusiastic about the commitment from the Lieutenant Governor. "What the CCB is doing with its curling program, with other programs such as computer training, bursaries, the CCB computer club and plans for employment programs, we are changing what it means to be blind. The CCB emphasizes ability rather than disability. We cannot agree more with the objectives of the Lieutenant Governor and we look forward to working together." □



Lieutenant Governor David Onley of Ontario receives White Cane Weeks first Person of the Year Award from CCB National President Harold Schnellert



Lieutenant Governor David Onley with 2009 CCB Curling Champions

We need to improve our quality of life with better access for vision/care



As White Cane Week 2009 approaches, we should be proud of the strides we have made, as members of the blind community, in improving our quality of life; and raising awareness to our abilities.

Whether it is enhancing our communications skills through participating in computer training courses, showing the world what we are capable of as athletes on both the grass-roots and Olympic levels, or simply mentoring a peer who may be facing a challenge; we are getting out and doing more and more.

As we continue to move forward, we must encourage the rest of Canada to move forward along side us.

Unfortunately, Canada is on the verge of a crisis in vision loss that is related to a crisis of access to vision-care.

Most challenging, perhaps, is the reality that, despite our aging population and an increase in the number of Canadians with serious visual impairments, governments have not placed sufficient support for vision loss as a significant quality of life issue on health-care agendas.

The number of blind Canadians is expected to nearly double by 2015 as the baby-boomer generation ages. These Canadians have a right to vision-care, as much as they have a right to any other health-care service. The right to vision-care refers to the right to timely and affordable access to optometrists and ophthalmologists.

In the past decade alone, Canadian residency programs in ophthalmology have shrunk from 40 graduates to about 20. Meanwhile, more than 35 per cent of present ophthalmologists are over the age of 55.

Age-related macular degeneration, one of the most prevalent sight-limiting conditions affecting Canadians over the age of 50, is a condition that causes severe vision loss, affecting countless CCB members.

Several new treatments have been found to slow or arrest the damage from this condition, but the primary intervention is rehabilitation.

Currently, only modest coverage is available which

may pay only for limited eye and vision assessments, but certainly doesn't cover advanced clinical low-vision assessment and rehabilitation services. Often, consumers themselves must search out these appropriate services, and few of them manage to do that.

Often people's quality of life can be improved significantly with the use of assistive devices or low-vision aids that allow people to read and travel more effectively. Many such devices are being researched and developed, but remain very costly.

Canadians have a right to a consistent, nationwide Assistive Devices Program, that is sustainable, mobile, and open to all age groups. A program should not end at provincial borders. It should be equally valid in all parts of Canada.

Our vision-care system needs an overhaul that involves vision-care specialists, government, and support organizations such as the CCB.

CCB's guiding belief is that vision rehabilitation, adaptive technology, and library services are as essential as any other health or social service — and therefore deserve direct government support and funding as a matter of social justice for Canadians who are blind or visually impaired.

The CCB continues to work with all levels of government to provide direction, and encourage health-care initiatives that improve quality of life, and support independence.

White Cane Week provides an excellent platform to not only showcase our abilities, but to remind all Canadians: we are here, we are strong-willed and we will continue to fight for our rights to live on an equal playing field as our sighted peers.

A handwritten signature in black ink, appearing to read "Mike Potvin". The signature is fluid and cursive.

Mike Potvin
Editor,
2009 White Cane Week Magazine

PARALYMPIC GLORY!



BY MATT MORROW

Participation Director Canadian Blind Sports

***CANADA'S PARALYMPIANS WHO ARE BLIND OR VISUALLY IMPAIRED
PUT ON IMPRESSIVE PERFORMANCES IN BEIJING.***



Donovan Tildesley and his father Hugh Tildesley

This past September twenty-nine Canadian athletes who are blind or visually impaired traveled across the globe to compete at the 2008 Beijing Paralympic Games. Nearly 1 in 5 of the 143 Canadian Paralympians were athletes who are blind or visually impaired, and over the course of 12 thrilling days, these remarkable competitors represented Canada well as they competed in athletics, goalball, judo, swimming and tandem cycling, some establishing new world records and winning medals in the process.

From the very beginning it was a special event for Canada's blind and visually impaired athletes as Vancouver's Donovan Tildesley was selected by the Canadian Paralympic Committee as Canada's Flag-Bearer. Donovan, who is blind, proudly led the Canadian contingent into the Bird's Nest Stadium with the flag in one hand and his white cane in the other. He would go on to win a Bronze medal in the S11, blind classification, 200 meter freestyle event.

Perhaps the most remarkable moment of the games also occurred in the pool, as the Canadian trio of Kirby Côté, Chealsey Gotell, and Valérie Grand'maison accomplished the incredible feat of sweeping the podium not once, but twice by winning the Gold, Silver, and Bronze Medals in the S13 visually impaired classification for both the 100 meter butterfly and the 200 meter Individual Medley events. In total, these three outstanding

WHITE CANE WEEK 2009



Brian Cowie competes with pilot Devon Smibert.



Lone Canadian judo competitor William Morgan

swimmers combined to win 13 medals and set 4 world records to become some of the most decorated athletes of the games!

Other medal winners include cyclist Geneviève Ouellet and her pilot Mathilde Hupin who won the Bronze in the women's individual road race, Jason Dunkerley who won the Bronze in the S11 blind 1500 meter race, and of course flag-bearer Donovan Tildesley. Canadian Blind Sports' own world-class Goalball Teams placed 5th in both the men's and women's tournaments. Fueled by Mario Caron's astounding 27 goals, the Canadian Blind Sports Paralympic Men's Goalball Team improved their world rank from 6th to 5th in a highly competitive sport played by approximately 100 nations. Canadian Blind Sports Paralympic Women's Team had entered the tournament as the back-to-back defending Gold medalists and were disappointed by their 5th place finish, but they will bounce back and continue to be force in international women's Goalball.

For those unfamiliar with the game, Goalball is

a fast-paced sport played exclusively by athletes who have a visual impairment or who are blind. Played three on three, on a volley-ball sized court, blindfolded players track the ball by sound as they work together to defend their net and attempt to score in their opponent's goal.

All of Canada's Paralympic athletes who are blind or visually impaired represented Canada well, and Canadian Blind Sports congratulates them on their perseverance and dedication to excellence. The incredible performances by these remarkable athletes demonstrate that sport for people who are blind or visually impaired is thriving in Canada -so why not get involved? You too can participate in sport, and who knows, the road to your own Paralympic dream could start today!

Contact Canadian Blind Sports for more information on Goalball, or to find out how to get involved in a wide variety of sport and recreation activities please visit www.canadianblindsports.ca or call toll free 1-877-604-0480. ☐



Valérie Grand'maison - GOLD
Kirby Côté - SILVER
Chelsey Gotell - BRONZE

All photos and cover courtesy of the Canadian Paralympic Committee

WHAT'S GOALBALL?



Amy Alsop



Mario Caron front / Jeff Christy rear

BY MATT MORROW

Participation Director Canadian Blind Sports

Canadian Blind Sport's Paralympic Goalball Teams finished 5th in both the men's and women's competitions at the 2008 Beijing Paralympic Games – but what is Goalball?

Goalball is a fantastic, fast-paced, team sport invented for and played exclusively by athletes who are blind or visually impaired.

Goalball teams consist of 6 members, with only 3 playing at a time.

The game is played on a court measuring 9 by 18 meters (same size as volleyball), with goals at either end spanning the entire 9 meter back-line. The game is played by “throwing” a Goalball back and forth (rolling it across the court in a bowling motion) while trying to get it past the opposition into their net to score a goal – at the end of the 20 minute game whoever has the most goals wins!

The Goalball itself weighs 1.25 kg and is approximately 76 cm in circumference; it has minimal bounce, and bells inside. The players track the ball by listening for the sound of the bells and work together to block the net.

Regardless of their degree of visual impairment, all players must wear opaque eyeshades so everyone is on an even playing field and cannot see anything. Since the players can't see the markings on the court, all of the lines are applied by taping cords to the floor which creates tactile markings the players use for orientation.

At the National and Paralympic levels shots can exceed 60 km/h, considering the court is only 18 meters long, the defense does not have much time to react. Top-tier Goalball players can also throw curve shots, bouncing shots, and spin shots designed to confuse the defense.

Canada has done very exceptionally well in Goalball with the Men's Team winning the silver medal at the 1996 Atlanta Paralympic Games, and the Women's Team winning the Bronze at the 1992 Barcelona Paralympics, and Gold Medals at the 2000 Sydney Paralympics, the 2004 Athens Paralympics, and the 2006 World Championships in Spartanburg, USA.

GET INVOLVED!

Canadian Blind Sports' Provincial Member Organizations currently run Goalball programs across the country, and we are always happy to help start new programs anywhere in Canada. If you want a great workout playing a fantastic game please contact Canadian Blind Sports and we will connect you with Goalball opportunities near you.

Contact Canadian Blind Sports by phone 1-877-604-0480, by email info@canadianblindsports.ca, or visit us on the web for more information on Goalball www.canadianblindsports.ca. □

Photos and cover courtesy of the Canadian Paralympic Committee



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Looking back on White Cane Week 2008

WHITE CANE WEEK 2008 WAS A TREMENDOUS SUCCESS!. VISION IMPAIRED CURLERS FROM ACROSS CANADA GATHERED AT THE OTTAWA CURLING CLUB FOR A WEEK OF INTENSE COMPETITION. AND LOCAL EVENTS FROM ACROSS THE COUNTRY HELPED SHOWCASE THE ABILITIES OF THE BLIND.

VISION IMPAIRED CURLING CHAMPIONSHIP

The Canadian Vision Impaired Curling Championships, held in Ottawa, helped to stress the importance of staying active, good camaraderie and to having fun.

“This event really made a huge impact on raising awareness across the country about the abilities of people living with vision loss.” States Doris Koop, coordinator of the event.

The final game was definitely the highlight of the week, as the championship decision came down to the last rock.

“Vision impaired curling or not, that was simply one of the most exciting games of curling I have seen in a while” commented Danny Lamoureux of the Canadian Curling Association. “I ask you to find me a better game of curling anywhere!”

CCB would like to congratulate all the curlers who participated in this year’s event.

Special congratulations to Team British Columbia, Team Alberta and Team Ottawa who placed first, second and third, respectively.

The media coverage during the Championship played a vital role in raising the profile of the CCB and their members by providing daily results from the competition on national CBC radio. Stories on event activities also ran throughout the week on various local television and radio stations – Rogers, A-Channel and CFRA.

Guy Hemmings, “Canada’s Curling Ambassador” delivered the ceremonial rock and gave a very motivational message to the curlers at the Opening Ceremonies. He is undoubtedly one of the most highly respected curlers in the history of the sport.

CCB would also like to acknowledge all of

the embassies who attended and participated in the Opening Ceremonies during the Curling Championship, showing their support for blind curling. There were a total of 13 embassies who attended, including:

1) Embassy of Bulgaria, 2) Embassy of Peru
3) High Commission of the Republic of Cameroon, 4) Embassy of Czech Republic
5) Embassy of Zimbabwe, 6) Embassy of Slovak Republic, 7) Embassy of Ukraine, 8) British High Commission, 9) Embassy of Iceland, 10) Royal Danish Embassy, 11) Royal Norwegian Embassy
12) Embassy of Croatia, 13) Australian High Commission

NATIONAL WHITE CANE WEEK 2008 BOWLING CHAMPIONSHIP

This nationwide tournament took place during the week of January, 30th through February, 6th, and it was a wonderful start to a major national tournament. Over 120 bowlers participated in last year’s exciting event, from just about every province in Canada. If you take into account the sighted coaches we had over 150 people involved!

Provincial Events

NEWFOUNDLAND

The CCB E.A. Baker Club kicked off the week with a White Cane Week Dinner that was held at the CNIB Centre in St. John’s where a delicious meal was served to 47 members and invited guests.

Following the dinner WCW Certificates of Merit were presented to Selwyn Warren, Wheelway ▶

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Transportation and Elizabeth Mayo for their volunteer contribution to blind and visually impaired people in the area. This was followed by a concert of music and songs given by the Singing Legionnaires, a well known men's choir.

In St. John's on Feb 5th a cribbage tournament was held at the St. John's Lions Chalet. The three teams consisted of the St. John's Lions, the Correctional Officers of Her Majesty's Penitentiary and the CCB Baker Club Members. The Correctional Officers won by a slight margin over the CCB Team and a lunch was served by the Lions member following the tournament.

Excellent media coverage was arranged by the WCW committee throughout the week, with two blind members being interviewed by CBC Radio at the cribbage tournament and another member speaking on several open line radio shows. Two contracts were made to visit schools and give presentations to students.

Finally on Feb 9th, a bowling tournament was held at St. Pat's Alleys in St. John's. There were eight teams of five participating. Again the Correctional Officers were victorious and walked away with the trophy. Another delicious meal was served by the St. John's Lions and the end of the day.

NOVA SCOTIA

White Cane Week 2008 was a time of raising awareness in Nova Scotia. Chapters in Halifax and Sydney did mall displays and school presentations showing what it means to be blind or have vision loss. Both cities hosted Open Houses for the public to come and get information and learn more of who CCB is and what we are about. The big event in each area was bowling with sighted persons who wore simulators. These were service organizations from the area, such as Lions clubs, Legions, Police, CNIB staff, etc. All enjoyed themselves and became more aware of what it is like to have vision loss.

2008 saw the very first entry of a curling team from the province in the Canadian Vision Impaired Curling Championships, held in Ottawa. CCB Sydney Ladies set out to learn more about the sport and were voted the Most Inspirational Team at the event. Although they did not win any games they came home winners by attending and making a reasonable showing.

This year watch for a more improved team who

will hopefully win some games!

To all our sponsors we wish to thank you for making our events possible. These events improve self-esteem and independence for our members along with providing a time for peer-mentoring.

NEW BRUNSWICK

The Bathurst CCB Chapter hosted a bowling tournament on February 9, 2008, with representatives from 5 teams competing. Bathurst took first place, with the following team members winning individual trophies: Leona Lavigne, (TB), Denis Roy (PB), and Thomas Boucher (PB).

ONTARIO

Many Chapters in Ontario had presence in malls including hand outs, displays and awareness, which was actively maintained by current Chapter personnel.

Hamilton, Barrie, Cornwall, Lindsay, Ottawa, Windsor, and Sault Ste. Marie all took part in these activities.

In Hamilton, the CCB at its monthly dinner in February handed out Certificates of Merit (called White Cane Award) to citizens in the community who made an outstanding contribution to the lives of blind and visually impaired persons. Each year there are 3 such awards handed out during the WCW dinner, and previous recipients have included political figures, CNIB staff, volunteers, media personnel, and Past Presidents and members of the Chapter.

The Pembroke/Petawawa Chapter hosted a Bowl-as-the-Blind Bowlarama on Feb. 10th, with 14 teams in attendance, raising over \$2,000.00. Since the Bowlarama was a success, they are hoping to have another one in 2009.

MANITOBA

CCB Manitoba Division held an informational display in Portage Place, Edmonton Court, as part of White Cane Week 2008 celebrations.

The purpose of the display was to focus on the abilities of people who are blind or vision impaired; to highlight programs and activities that CCB Manitoba Division offers; to increase public awareness about the CCB; to encourage the community to talk to family, friends and others about the programs, peer support and advocacy ▶

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for accessibility that CCB members offer; and to clearly identify that these programs are offered by people who are blind or vision impaired.

Members of CCB Manitoba Division took turns highlighting the various programs which support the CCB core goals. Each program was clearly defined in its own segment of the event. This included Peer Support, addressed through curling, bowling, and cribbage, Winnipeg and District, Tech-Ease and the L. P. Ings Scholarship.

Public awareness was highlighted in the "See If You Can" program and the presentation of the "Inclusion Awards".

A presentation of a certificate was made to this year's Inclusion Award recipients. The "Inclusion Award" is presented to a company, group, organization or individual who has created or expanded a product or service which increases accessibility for Manitobans who are blind or vision impaired.

Winnipeg Transit - Barry Strike Supervisor Customer Service accepted the Inclusion Award for the "Next Stop" policy. The calling out of the next stop on Winnipeg Transit assists people with vision loss to use public transportation on a daily basis independently and with confidence.

Manitoba Library Services - Trevor Surgenor, Acting Director and Winnipeg Public Library - Betty Parry, Coordinator Support Services accepted the Inclusion Award for the "Electronic Library of Manitoba" program. Everyone benefits from the universal design of both the website and client software. Manitobans with vision loss can now join fellow Manitobans by selecting, downloading and listening to current audio books from the convenience of their home computers.

Advocacy initiatives featured two petitions available in either print, Braille or audio formats which were available for the general public's consideration and support.

Summary of the petitions include: The CCB Manitoba Division reminds the government to consider all non-driving residents of Manitoba when working out the details for the new photo IDs to be made available to Manitobans. The CCB Manitoba Division also encourages the government to set up an adaptive technology and training funding program in Manitoba similar to other provinces.

The CCB Manitoba Division would like to thank all CCB members who helped organize the event and all who volunteered their time to participate. Also, thank you to all members and the general public for dropping by and supporting us during this event.

SASKATCHEWAN

The Regina Chapter had a display at the Public Library, several Public Service Announcements, and media coverage by CTV and CJTR and others. A Blind Bowlers Challenge was won by the Regina team and a proclamation from the Mayor was read by the Deputy Mayor.

Thanks go to the media bowlers, the Lions for their assistance; also Jan Parsons, Charlotte Triffo and the blind bowlers.

ALBERTA

The CCB Fantastix Chapter raised public awareness for White Cane Week 2008. This included a bowling challenge with Voice Print.

CCB Edmonton club had a Reading of the Proclamation at the Public Library along with a few songs sung by the Brailtone choir. Braille books were read to children. They had a 65th anniversary dinner at the Kingsway Legion with a presentation of the club's history.

Calgary Club had a movie night in conjunction with Voice Print. Calgary Club also spoke at various schools demonstrating both guide dog techniques and White Cane Techniques. Demonstrations were also given on how to guide a blind or visually impaired person.

BRITISH COLUMBIA

CHBC TV, Silk FM Radio, The Daily Courier and Capital News featured Public Service Announcements from the CCB Kelowna Chapter. The chapter also received a proclamation from the City of Kelowna and had a display booth at the Plaza 33 Mall on February 4.

The CCB Dogwood Chapter placed advertisements in the local Tri-Cities newspaper for their Open House, Feb. 5-7, 2008, at the Dogwood Pavilion. On Feb. 7, Orv Jantzen displayed and demonstrated his reading aids, generating interest from members belonging to the Pavilion and to the surrounding community. □

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REGISTERED DISABILITY SAVINGS PLAN:

A new way to save for your future

BY JACK STYAN

Source: *A Voice of Our Own*, December 2008

People with disabilities will have a new way of securing their financial future. A new Registered Disability Savings Plan (RDSP) is being implemented by the Federal Government that will benefit as many as 700,000 Canadians with disabilities.

You qualify to open an RDSP if:

- You are a resident of Canada
- You have a social insurance number
- You qualify for the Disability Tax Credit.

Like RRSPs and RESPs, the RDSP provides a savings tool where your money will be able to grow without having to pay taxes until you withdraw.

More importantly, the Federal Government will contribute a Canada Disability Savings Grant to your plan when you or a family member makes a contribution to your plan. The amount of the grant depends on your income.

If your income is below \$74,357 the Grant will be three dollars for every dollar you contribute on the first \$500 and two dollars for every dollar you contribute on the next \$1000. That means if you contribute \$1,500, your plan will receive a \$3,500 Grant.

If your income is more than \$74,357 then the Grant is a dollar for every dollar you contribute up to \$1000. The maximum Grant is \$3,500 per year and you can receive up to \$70,000 in your lifetime.

Contributions can be made to your plan by you or anyone you know, including parents, grandparents, aunts, uncles, brothers, sisters or even friends. It is important to note that no one who contributes to the

plan will get a tax deduction - you get the Grant in your plan instead.

The Federal Government will also contribute a Canada Disability Savings Bond to your plan if your income is below \$20,833. The Bond is a \$1,000/year contribution for up to 20 years. If your income is between \$20,833 and \$37,178 per year you will be eligible to receive a partial amount of the Bond. Most importantly, you do not have to make any contributions to receive the Bond. Your income is your "net adjusted family income", which means it is your and your spouse's income minus deductions combined.

Your income will be determined by your previous year's income tax so you need to ensure that you file your 2007 income tax (and every year thereafter).

Withdrawals from the plan are where it gets a bit complicated. There are two types of withdrawals that can be made from your plan: Disability Assistance Payments and Lifetime Disability Assistance Payments.

If you make a withdrawal of any type within ten years of receiving the last Grant or Bond from the federal government, then you must repay an amount equal to the total Grant and Bond that you received in the past ten years. If you don't want to pay the penalty, then you must wait ten years after you receive your last Grant or Bond.

If there are funds remaining in your plan when you pass away, they will be distributed according to your will.

Depending on which province you live in, your plan might affect provincial disability benefits. If you live in BC or Newfoundland, your plan is an exempt asset and you are free to use any income from your plan in whatever way you choose without affecting your income assistance. Other provinces have not yet passed regulations that will permit people on disability assistance to use the plan freely.

How might the plan work? Let's assume that you are a 19 year old student with an income of less than \$21,000 per year. You speak with your family and they agree to assist you with payments into the plan. You decide to contribute \$1,500 per year for 20 years (\$30,000). Your plan will receive a Grant of \$3,500

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per year for 20 years (\$70,000) and a Bond of \$1,000 per year for 20 years (\$20,000). You decide to wait ten years after receiving the last grant and bond so you don't have to pay any penalties.

You are now 49 years old and you have more than \$350,000 in your plan. You will receive \$10,000 per year from your plan in your 49th year. This amount will increase each year, and if you live to be 83 you will be receiving over \$60,000 per year. In total you will receive more than \$995,528 from your plan over your lifetime. Not bad for a \$30,000 investment!

If you want more information about the RDSP or if you want to use a special "RDSP" calculator to see how the plan can work for you, visit www.rdsp.com. □

Free screen reading and magnification software

With an internet connection and a computer running Windows XP or Vista, people around the world will be able to access free screen reading and magnification software. This is the most exciting news to impact blind and low vision computer users in a very long time.

The AIR Foundation provides an advanced accessibility tool, System Access To Go (SAToGo), to any person connected to the Internet, at no charge. The tool operates on most Windows-based computers while the system is connected to the Internet.

The AIR Foundation provides additional Internet-based training at no charge for the highly intuitive SAToGo tool. SAToGo is presently only provided in English; however, The AIR Foundation will be making the tool available in other languages, and customized for other cultures, with the assistance and funding of responsible government and non-government groups concerned about accessibility.

Albert Ruel, CCB Computer Trainer, as well as many other folks in the blind community have used this software, and think highly of its usability. Please try it for yourself and consider beginning to promote it as an affordable option for the Basic Computer Literacy Skills Training and Re-furbished Computer programs at the CCB.

For more information, please visit:
<http://www.accessibilityisright.org/introduction.html> □

CCB Congratulates the Government of Ontario on the new Photo Identification Card

An advocacy initiative that the CCB can be particularly proud of is the new photo-identification cards for Ontario residents. Shelly Scott, Chair Advocacy, Secretary/Treasurer, Ontario Division, worked very hard to see this new legislation put into place. In fact, this was a great example of the CCB working with the CNIB to advocate successfully for positive change. Shelly worked closely with CNIB's Chris McLean, Director of Government Relations for Ontario on this project.

On June 3, 2008, the Ontario government introduced legislation that will allow Ontarians to use an enhanced driver's license as an alternative to a passport when crossing Canada-U.S. borders by land and sea.

Also proposed was a photo card for people who do not drive, which has long been advocated by youth, people with disabilities and senior communities. Holders of the photo card who are Canadian citizens will also have the option of enhancing this card for use as a passport alternative.

Nearly four million people in Ontario do not have a driver's license and therefore do not have access to a basic identification document. □

Who can apply for a photo card and enhanced photo card?

The proposed legislation would give people who do not drive the option of obtaining a convenient, government-issued photo identification card which is often requested for everyday transactions — such as opening a bank account or proving age for a senior discount.

Ontario residents aged 12 and over who do not hold a valid driver's license would be eligible to apply for a photo card. This wallet-sized card would contain basic information about the card holder, such as date of birth, name and photograph.

Travelers may wish to "enhance" their card to include a citizenship identifier. This Enhanced Photo Card could then be used as a passport alternative when crossing Canada-U.S. borders by land or sea.

For more information, please visit: http://ogov.newswire.ca/ontario/GPOE/2008/06/03/c7937.html?lmatch=&lang=_e.html □

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ENABLING THE BLIND THROUGH TECHNOLOGY

THE CCB IS OPENING UP A WORLD OF COMMUNICATION AND INFORMATION TO THE BLIND AND VETERANS THROUGH OUR BASIC COMPUTER LITERACY SKILLS TRAINING AND TECHCANE PROGRAMS.

CCB Computer Training for young or old

The CCB is changing what it means to be blind by promoting communication through computer literacy.

The CCB's Basic Computer Literacy Training program trains blind and visually impaired individuals of all ages on computers using adaptive technology. "Computer skills open up a whole new world to the blind," states Michael Potvin, CCB Spokesman. "Access to information, via the Internet, and communication through e-mail is diminishing the isolation felt so strong in the blind community."

The course is open to ALL blind and visually impaired Canadians, and is not limited to CCB members. The free 2-week course has an estimated value of \$2000.00.

Over 150 individuals have received training since the program began in March 2008. Training sessions have been held thus far in Ottawa, ON; Victoria, BC; Hamilton, ON; Brantford, ON; Kitchener/ Waterloo, ON; Winnipeg, MB; 100 Mile House, BC; Sydney, NS; Kamloops, BC; Nanaimo, BC; Vancouver, BC; Sidney, BC; Halifax, NS; Prince George, BC; Windsor, ON; Kelowna, BC; Chilliwack, BC; and Calgary, AB.

The program is extremely innovative, as blind instructors deliver the computer course to their peers. Blind instructors equipped with two accessible mobile training computer labs are traveling to communities across the country delivering training all on their own.

"This approach of "by the blind, for the blind"

is really what the CCB is all about," states Potvin. "The blind participants appreciate learning from someone who can relate to what they are going through."

Computer skills also enhance the employability of blind participants.

States Potvin, "Of all disabled groups in Canada, the blind and visually impaired have the highest unemployment rate (70%) and the lowest per capita income of any disabled group in Canada."

Bob, a blind veteran from Ottawa remarked, "I'm 90 years old, and I've decided I want to start up an Internet-based company! With the skills I've learned in the CCB Computer course, I'm ready to go!"

"I plan on attending college soon, and now I have the computer skills to keep up with the other students", commented Peter, a student from Ottawa.

Feedback from the students shows that the program is demonstrating success. In fact, some of the participants don't want the course to end at 2 weeks!

"I found the CCB computer course to be very informative and beneficial," states John Keyes, Canadian Veteran. "Now I can use my computer at home to keep in touch with family members, and a world of information is at my fingertips. I would take the course again in a heartbeat."

"I absolutely loved the course," stated Christine, from Ottawa. "I am now able to better communicate with friends and family."

"I'm a 70 year old 'rookie' when it comes to

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computers,” remarked a student from a Victoria, BC session. “I struggled in the beginning of the course, and then it was like a light came on about 3 days into it, and I really started to understand the concepts. Instead of feeling fear, I was feeling empowered. It was quite magical.”

“This course has done a lot to increase my comfort using the computer, and has given me more confidence as well.” commented Don, from Brantford ON.

CCB intends to train 400 participants over a 2 year span.

This program is sponsored by Human Resources and Social Development Canada and the Canadian Council of the Blind.

For further information on the program, and registration, please contact:

All of Canada: Mike Potvin at the CCB National office, 1-877-304-0968 or mpotvin@ccbnational.net

BC Residents: Albert Ruel in Victoria at 250-590-8085 or albertruel@shaw.ca

TECHCANE: PUTTING TECHNOLOGY IN THE HANDS OF THE BLIND

In regards to the TechCane program, this year CCB has delivered refurbished laptop computers to blind individuals and veterans in Saint John, New Brunswick and Winnipeg, Manitoba.

“I got my computer which I just love,” states Mary. “Thank you so much CCB and the Greater Saint John Community Foundation.”

“I have just received my laptop,” said another Saint John resident. “I am very excited to begin using it and start getting in touch with my relatives. It’s going to be a lot of fun!” Many thanks go out to the Greater Saint John Community Foundation, with special thanks to Jane Barry; to the Winnipeg Foundation, the Calgary Foundation, the Victoria Foundation and to the Kiwanis Club of Toronto for their support.

Special thanks also go out to Doris Koop and Glen Sepke in Winnipeg, for their assistance with the program.

To register for the TechCane program, please contact the CCB National office, toll-free at 1-877-304-0968. □

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The Canadian Council of the Blind Goes International



WORKING WITH OTTAWA'S EMBASSIES

To help the Canadian Council of the Blind continue to promote many life enhancing programs, various Embassies in Ottawa hosted dinners throughout the year to assist the organization.

Supporters of the CCB attended dinners hosted by the Ambassadors of Pakistan, Jordan, Iraq, Afghanistan, Romania, Kuwait, Azerbaijan, Lebanon, India, Thailand, Trinidad & Tobago and Jamaica.

JORDAN

In March, the Ambassador of Jordan, Nabil A. Barto, and his wife, Madam Barto, held an intimate dinner party for the CCB to help raise funds for programs for the blind and visually impaired.

"The Ambassador and his wife were extremely kind and gracious to assist the CCB with our fundraising efforts," stated CCB spokesman, Michael Potvin. "The food was exquisite and the hospitality could not have been more generous."

Potvin went on to say, "For our supporters and donors, these dinners are a tremendous opportunity to develop business contacts in other coun-

tries, while others may just have a general interest, or perhaps, they might be a prospective tourist. The dinner parties are small, so there is direct personal contact."

PAKISTAN

Pakistan was the next embassy to host a dinner in April. While the High Commissioner of Pakistan, Mr. Musa Chohan was detained with other business, His Excellency of the Islamic Republic of Pakistan need not worry about a replacement to carry on with diplomatic activities with charm and grace. His wife, Her Excellency Mrs. Naela Chohan, Deputy High Commissioner enchanted CCB officials and guests with humour and anecdotes of ambassadorial life.

Jim Tokos, CCB Board Member, came from Hamilton to attend the dinner. "We are reaching out to establish a dialogue with the blind community in other countries, exchange information and learn from each other. I am so glad that I came, especially after meeting Mrs. Chohan and the other guests. ►

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And I might add – the food and service was wonderful.”

IRAQ & ROMANIA

A second reception last April in support of CCB was co-hosted by His Excellency Howar Zaid, Ambassador of Iraq and Her Excellency Elena Stefoi, the Ambassador of Romania and President of the Ottawa Diplomatic Association. Senior political correspondent from the CBC, Don Newman served as Master of Ceremonies.

Opening the evening, the Honourable Peter Milliken, Speaker of the House, congratulated CCB on behalf of all Parliamentarians.

“I thank you for all your hard work and I assure you it is noted and appreciated, not only by the members of the Canadian Council of the Blind, but also by the members of the Canadian Parliament. Your efforts are making a real difference in the lives of the people you are helping.” stated The Honourable Peter Milliken.

The event was well represented by dignitaries such as Mr. Robert Peck, Chief of Protocol at the Department of Foreign Affairs & International Trade, as well as cabinet ministers, several members of parliament, members of the media and ambassadors from numerous countries.

“We believe that it is very important that the diplomatic community joins with local organizations to learn and benefit from what is happening around us.” remarked Ambassador Zaid. “I have been very impressed by the work of this group (CCB), bringing valuable self-help to the visually impaired.”

Ambassador Zaid finished by saying, “I know that we will all leave here this evening feeling impressed by the Canadian Council of the Blind and enhanced by its willingness to reach out to others and make a difference in many lives. The dedication, professionalism and utter devotion of the Canadian Council of the Blind are inspiring.”

The event raised thousands of dollars for CCB programs which include bursaries, peer support and computer training.

KUWAIT

The Embassy of the State of Kuwait also honoured CCB in April and in the absence of Ambassador Dr. Musaed al-Haroun, Third Secretary Meshal Alhubail hosted an enjoyable elegant dinner at the Ambassador's residence.

Prior to his appointment to the Embassy, Mr. Alhubail attended Carleton University and was pleased to return to Canada in his diplomatic role. By coincidence, the CCB has committed to raise \$1 million for a bursary program for blind and visually impaired students at the university through the Paul Menton Centre.

The CCB was grateful to the hospitality afforded by Mr. Alhubail, and His Excellency Dr. al-Haroun can take pride in the fact that the State of Kuwait was represented with such dignity.

AFGHANISTAN

April also saw a dinner hosted by Afghanistan; Ambassador and Mrs. Samad at their residence. Ambassador Samad told CCB Executive Director Jim Prowse, “Canada is contributing so much, both in financial support and lives, to the people of Afghanistan; we would like to thank the people of Canada in some small way.”

Over a splendid dinner of traditional Afghan cuisine, the Ambassador explained the positive developments that are occurring in Afghanistan as well as the challenges that lie ahead. He emphasized that the economy is improving and the future looks bright once the conflict subsides. Mrs. Samad also informed guests on how the lives of Afghan women have been transformed over the last several years in education and business.

AZERBAIJAN

During a dinner in mid-May at the Arc restaurant hosted by Farid Shafiyev, Charge d'Affaires, and ably assisted by Second Secretary Jeyhun Shahverdiyev, issues of blindness and visual impairment in Canada and Azerbaijan were discussed. Mr. Shafiyev is a graduate of law in Azerbaijan, and did additional studies at Harvard.

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Canadian Council of the Blind National Staff

Jim Prowse

Executive Director

As Executive Director at the Canadian Council of the Blind, Jim works closely with the President of the organization, as well as the Board of Directors. Jim has enjoyed working with President Harold Schnellert and the Board to effect all the positive changes to the CCB.

Janet McIvor

Executive Administrator

Janet is pleased to be working with such diverse and interesting individuals as the Board of Directors, staff members and chapter members. She looks forward to the future with CCB moving ahead in a positive direction as current programs and events such as White Cane Week evolve, enhancing the lives of blind and visually impaired Canadians across the country.

Mike Potvin

Programs and Communications Manager

Mike manages communications such as the annual White Cane Week magazine and monthly national newsletter, as well as various programs such as the Computer Literacy Training program and the Peer Mentor program.

Margaret Sedlar

Accountant

Margaret began working at the National office in December 2004 as an accountant. Margaret enjoys brightening up the lives of the staff, whether it is through her sense of humor, or kind generosity.

Kelly Hutcheson

Administrative Assistant

Kelly started at the National office in March of 2004 as an Administrative Assistant. Along with her receptionist duties, Kelly also looks after travel arrangements, donations and provides office support.

WORKING WITH OTTAWA'S EMBASSIES

continued from page 29

“Many Canadians do not know a lot about Azerbaijan” said Mr. Shafiyev. “Part of our job is to speak to as many Canadians as we can to inform them about who we are and what our country is like.”

The Republic of Azerbaijan is the largest and most populous country in the South Caucasus region of Eurasia. Located at the crossroads of Eastern Europe and Western Asia, it is bounded by the Caspian Sea to the east, Russia to the north, Georgia to the northwest, Armenia to the west, and Iran to the south.

LEBANON



Photo of the dinner of the Lebanon Embassy:

L/R: Mr. Khaled Gazzar, Mr. Georges Abou Zeid, First Secretary, Mrs. Baassiri, Mr. Jim Prowse, Ms. Awatef Rasheed, Mr. Ali Sleiman, Mr. Ahmed Ali Sleiman, His Excellency MASSOUD MAALOUF, Yasser Abed, Mustafa Abed, Ms. Joycelyn Glover, Mr. Nabih Baassiri, Mr. Alban Zena, Mr. Richard Doris.

Later in the month, during a sumptuous dinner of traditional Lebanese food, Ambassador Masoud Maalouf of Lebanon welcomed the CCB and guests at his residence.

Despite the tragic events in his country at the time, the Ambassador kept his commitment to the date to assist the CCB with its fundraising.

Ambassador Maalouf is a career diplomat and was posted to Canada about 8 months ago. His previous assignments have covered various regions of the world such as Chile, Nigeria, Poland and Washington.

INDIA

In June, His Excellency Mr. Rajamani Lakshmi Narayan, High Commissioner of India to Ottawa and his wife Mrs. Regina Narayan provided a magnificent dinner to support the CCB, hosted at their lovely residence.

The exquisite dinner consisted of traditional cuisine from India and was accompanied by Indian classic music.

The High Commissioner talked on issues relating to the blind in India, emphasizing the high rate of preventable blindness; and he spoke of a vision for his country, where all people would have access to high quality eye-care.

“Preventable blindness is a major problem in the world today, which affects millions of people, especially in developing countries,” said Michael Potvin, CCB Spokesman. “With a staggering 25% of the world’s blind population living in India, it is very encouraging to see support for the issue from His Excellency Mr. Narayan.”

THAILAND

Over the summer, Thailand hosted a dinner party in support of the CCB at the Ambassador’s residence. Guests enjoyed traditional spicy Thai cuisine during a beautiful July evening.

“Thailand is very pleased to support the Canadian Council of the Blind and all their endeavours,” said Ambassador Snanchart Devahastin. “The blind have many capabilities, and if they have access to the tools they need, there is no end to what they can accomplish.” Ambassador Devahastin’s dedication and outreach to the blind is very evident, as he insisted on inviting blind guests from the local community. His Excellency extended a special invitation to several blind members of the CCB: Sean Pigeon, accompanied by his wife Chris Pigeon, and Christine Duport.

“It was truly a wonderful evening,” said Christine Duport, CCB Ottawa Chapter Secretary, who attended the event with her new guide dog. “Ambassador Devahastin made me feel very welcome, and the food was delectable.”

WORKING WITH OTTAWA'S EMBASSIES



In the photo of the dinner of the Royal Thai Embassy:

L/R: Mrs. Heather L. Davis, Mr. Mark Kieilty, Mr. Douglas Robertson, Mrs. Honor Robertson, Mr. Christopher Russell, Ms. Nadine Kittle, His Excellency Ambassador Snanchart Devahastin, Ms. Sairoong Dhamacharoen/ Second Secretary at the Thai Embassy, Mr. Yasser Abed, Ms. Zeena Najjar, Mr. Michael Hayes, Mrs. Paulette Hays, Christine Duport, Sean Pigeon, Chris Pigeon, Mike Potvin



Photo of the dinner at Jamaica High Commission:

L/R: Her Excellency Evadne Coye, Ms. Hillary Williams, Counsellor, Dr. Harry Cleghorn, Councillor Marianne Wilkinson, Joanne Stober, Sara Prowse, Keith Cameron, Jim Prowse, Gerry Bell, Awatef Rasheed

TRINIDAD & TOBAGO

In late September, new High Commissioner of the Republic of Trinidad and Tobago to Ottawa, Her Excellency Camille Robinson-Regis, hosted a dinner at the High Commission's site.

Over an elegant dinner of traditional cuisine from Trinidad and Tobago, guests enjoyed friendly discussions with Her Excellency Regis about cultural aspects and Carnival events. The High Commissioner and the Information Attaché impressed their guests with a very informative discussion and openness to the world.

JAMAICA

In November, High Commissioner of Jamaica to Ottawa, Her Excellency R. Evadne Coye, hosted a dinner at her residence. Both H.E Coye and Deputy Hillary Williams provided a magnificent atmosphere and reflected on the generosity of the Jamaicans through comments, warm welcoming,

and delicious dishes.

Her Excellency Coye welcomed guests and donors in a brief speech and discussed issues of blindness in Jamaica. She talked about the remarkable experience of Senator Floyd Morris, the first blind person appointed to the upper house in the Jamaican Parliament. He has been instrumental in promoting a national policy on disability and contributes much of his time to motivational speaking in the nation's schools. He obtained two university degrees: A Bachelor of Arts degree in Mass Communication and a Master's of Philosophy in Government.

CCB looks forward to working further with the Embassies who so graciously hosted fundraising dinners over the last year, and will continue to reach out to the diplomatic community in an effort to promote dialogue on international issues faced by the blind. □

Lions Vision Impaired Curling Championship 2009

The 5th Annual Blind and Vision Impaired Curling Championship will be held at the Ottawa Curling Club from February 1 to 6, 2009. This year's event is a milestone for two reasons: given support from Lions clubs across Canada and now approved by their national organization, the bonspiel will be named in honour of the Lions. The Championship Bonspiel is also now recognized as an official event sanctioned by the Canadian Curling Association (CCA).

"The Lions of Canada wish the curlers all the best," states Lion Dr. Patti Hill, International Director. "It is so important for our blind citizens to be able to enjoy recreational opportunities such as curling."

One of the main missions of the championship is to demonstrate the ability of blind and visually impaired to all Canadians and to encourage participation at the local level.

"The event is inspirational in so many ways,"

states Michael Potvin, CCB Spokesman. "Not only are the blind curler's showcasing their amazing talents on the ice, but to see the support from the Lions, and Embassies on an international level is truly remarkable."

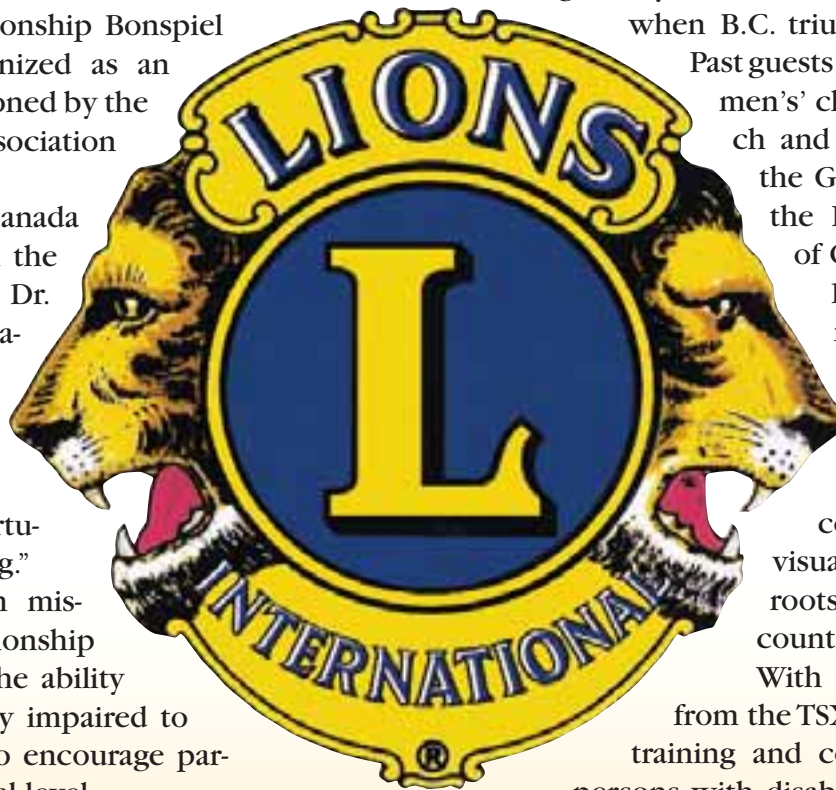
Teams from coast to coast will be participating. Last year it came down to the final rock

when B.C. triumphed over Alberta.

Past guests have included former men's' champions Ed Werenich and Jean-Michel Menard, the Governor General and the Lieutenant Governor of Ontario.

Doris Koop, CCB member from Winnipeg, is co-ordinating the championship for the second year in a row; and continues to promote visually impaired grassroots curling across the country.

With financial support from the TSX, the CCA is offering training and coaching sessions for persons with disabilities at various centres throughout the country. □



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Canadian Council of the Blind

The main objectives of the CCB are to give people who are blind or vision impaired a voice in their own affairs and to provide rehabilitation through peer support and social and recreational activities.

The Objectives of the Council are threefold:

- a. To promote the well-being of individuals who are blind or vision impaired through higher education, profitable employment and social association, and to create a closer relationship between blind and sighted friends.
- b. To organize a nation-wide organization of people who are blind and vision impaired and groups of blind persons throughout Canada.
- c. To promote measures for the conservation of sight and the prevention of blindness.

A Major Breakthrough for Blind and Vision-Restricted Canadians: **The Accessible Channel**

To explain the need for a TV channel that serves people who are blind or vision-restricted, Geoff Eden tells the story of watching *Fatal Attraction* years ago. His wife had been gamely trying to describe the action in the gripping thriller when suddenly, at an especially tense moment when Glenn Close appears to drown in a bathtub, she fell silent.

“What’s going on,” asked Eden, who is blind.

“Wait a minute, wait a minute...” his wife replied breathlessly.

Finally, after Eden had listened in frustration to dramatic music and sound effects until the scene ended, his wife told him what had happened.

“Naturally she found it difficult to watch the movie and at the same time describe to me what was going on,” explains Eden, “Not everyone’s wife or son or daughter or friends can think quickly and are good at describing a show. And why should we have to rely on them?”

Description is a process in which a narrator describes the visual elements of a movie, documentary or TV show. That narration is added to the soundtrack. For vision-restricted and blind Canadians, it’s the equivalent of closed captioning, which has long been available for people who are deaf or hearing-restricted.

“Description versus no description is like the difference a sighted person would experience watching an NHL game on TV versus listening to a play-by-play sportscaster call the game on local radio,” says Rob Sleath, chair of Advocates for Sight Impaired Consumers (ASIC), who lost his vision in 1992. “The radio broadcaster provides a much more vivid ‘visual’ picture of the on-ice action, as he is aware of painting a picture for his listening audience.

“With The Accessible Channel, people will know that just because they’re blind or vision-restricted, they’re not excluded from programming that everyone else has access to.” The National Broadcast Reading Service a registered charity created nearly two decades

ago with a mandate to enhance media access for millions of print- and vision-restricted Canadians.

The Accessible Channel will broadcast a range of programming - including news, information, drama and entertainment - for everyone, from children to seniors. It will seek to acquire top-rated shows seen on CTV, CanWest Global, CBC, BBC and other networks. People will know that just because they’re blind or vision-restricted, they’re not excluded from programming that everyone else has access to.” □



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Vancouver, BC V6B 5E7
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Phone: 877-688-8672
Fax: 604-688-6463
E-mail: info@tetrasociety.org
Website: www.tetrasociety.org
Products: canes

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34 deBaets Street, Winnipeg, MB
R2J 3S9
Phone: 800-561-3340
Fax: 204-663-9345
Website: www.ambutech.com
Products: canes

Aroga

150-5055 Joyce Street,
Vancouver, BC V5R 6B2
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Products: CCTVs, screen magnifiers, adaptive
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aids, Braille printers

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406-2221 Yonge Street,
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Phone: 888-480-0000
Fax: 416-489-6693
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Products: Watches, computer software and
hardware, scanners, note-takers, magnifiers,
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E-mail: aimee.todd@humanware.com
Website: www.pulsedata.com
Products: Magnifiers, Braille writers, audiobook
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1832, rue Marie-Victorin,
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Phone: 800-665-3005
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Products: Magnifiers, computer hardware and
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writers, Braille printers

Spoken Word Audio Books

350 Bay Street, Toronto, ON M5H 2S6
Phone: 416-368-1027
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Website: www.spoken-word.com
Products: Talking books

ADVOCACY

Manitoba Deaf-Blind Association

295 Pembina Hwy, Winnipeg,
MB R3L 2E1
Fax: 204-452-0688
Website: www.easterseals.org

ASSISTANCE

Abilities Foundation of Nova Scotia

3670 Kempt Road, Halifax, NS
B3K 4X8
Contact: Derek Martin
Phone: 902-453-6000
Fax: 902-454-6121
E-mail: dmartin@abilitiesfoundation.ns.ca
Website: www.abilitiesfoundation.ns.ca
Product: Assistive devices, job training,
education, summer camps, advocacy, fundraising

Active Living Alliance for Canadians with a Disability

104-720 Belfast Road,
Ottawa, ON K1G 0Z5
Contact: Jane Arkell
Phone: 1-800-771-0663
Fax: 613-244-4857
E-mail: jane@ala.ca
Website: www.ala.ca
Product: Advocacy, education, support

Amicale des Handicapes Physiques de l'Outaouais

405 rue Notre-Dame,
Gatineau, QC J8P 1L7
Phone: 819-663-2999
Fax: 819-663-5124
E-mail: amicales.handicapes@qc.aira.com
Website: pages.videotron.com/amicales
Product: Peer support, adaptive equipment,
social events

Balance

302-4920 Dundas Street W.,
Toronto, ON M9A 1B7
Phone: 416-236-1796
Fax: 416-236-4280
Contact: Sue Archibald

E-mail: info@balancetoronto.org
Website: www.balancetoronto.org
Product: Rehabilitation and training services

CAMO pour Personnes Handicapees

404-1030 rue Cherrier,
Montreal, QC H2L 1H9
Branches: Quebec City
Phone: 888-522-3310
Fax: 514-522-4708
E-mail: camo@camo.qc.ca
Website: www.camo.qc.ca
Product: Employment assistance

Canadian Association for Independent Living Centres

1104-170 Laurier Avenue W., Ottawa, ON K1P
5V5
Phone: 613-563-2581
Fax: 613-563-3861
E-mail: info@cailc.ca
Website: www.cailc.ca
Product: Peer support, skills training, education,
literacy programs

Canadian Helen Keller Centre

210 Empress Avenue,
Toronto, ON M2N 3T9
Phone: 416-225-8989
Fax: 416-225-4871
E-mail: deafblindinfo@onramp.ca
Website: www.chkcc.org
Product: Skills training

Centre de Ressource de Vie autonome - Peninsule Acadienne

183B J.D.Gauthier Blvd.,
Shippagan, NB E8S 1M8
Phone: 506-336-1304
Fax: 506-336-1322
E-mail: crvapa@nb.aibn.com
Website: www.crvpa-pa.ca
Product: Skills training and rehabilitation

Disabled Persons Community Resource

100-1150 Morrison Drive,
Ottawa, ON K2H 8S9
Phone: 613-724-5886, Fax: 613-724-5889
E-mail: info.dpccr@on.aibn.com
Website: www.dpccr.ca
Product: Advocacy programs, skills training,
supportive housing

Easter Seals Society, Ontario

706-1185 Eglinton Avenue E.,
Toronto, ON M3C 3C6
Phone: 800-668-6252
Fax: 416-696-1035
E-mail: info@easterseals.org
Website: www.easterseals.org
Products: Fundraising, scholarship, youth and
family camps



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EmployAbility Partnership

250-500 George Street,
Sydney, NS B1P 6R7
Phone: 888-336-1135
Fax: 902-539-6226
E-mail: pdpa@ns.sympatico.ca
Website: www.employabilitypdpa.ca
Product: Job training, advocacy, education, skills training

Fondation des Aveugles du Quebec

5112 rue Bellechasse,
Montreal, QC H1T 2A4
Phone: 514-259-9470
Fax: 514-254-5079
E-mail: info@aveugles.org
Website: www.aveugles.org
Product: Sports and leisure, housing, education, research and development

Guide Dog Users of Canada

181 Bank Street, Ottawa, ON K2P 2L9
Contact: Sue Archibald
Phone: 613-416-236-1796
Fax: 416-236-4280
E-mail: guidedogs@gduc.ca
Website: www.gduc.ca
Product: Education, peer support

Multi-Ethnic Association for the Integration of Persons with Disabilities

6462, boul. St-Laurent,
Montreal, QC H2S 3C4
Phone: 514-272-0680
Fax: 514-272-8530
E-mail: ameiph@ameiph.com
Website: www.ameiph.com
Product: Employment assistance, integration, skills training

Neil Squire Foundation

220-2250 Boundary Road,
Burnaby, BC V5M 3Z3
Phone: 604-473-9363
Fax: 1-604-473-9364
E-mail: info@neilsquire.ca
Website: www.neilsquire.ca
Products: Learning and rehabilitation programs, research and development of adaptive devices.

Resource Centre for Manitobans who are Deaf-Blind

295 Pembina Hwy,
Winnipeg, MB R3L 2E1
Fax: 204-452-0688
Products: Advocacy, education, rehabilitation and skills training

Saskatchewan Abilities Council

2310 Louise Avenue,
Saskatoon, SK S7J 2C7
Branches: Regina, Swift Current, Yorkton
Contact: Dana Kingsbury

Phone: 306-374-4448 Fax: 306-373-2665
E-mail: provincialservices@abilitiescouncil.sk.ca
Website: www.abilitiescouncil.sk.ca
Product: Rehabilitation and training services, recreation

Self-Help Resource Association of British Columbia

306-1212 Broadway Street,
Vancouver, BC V6H 3V1
Phone: 604-733-6186
Fax: 604-730-1015
E-mail: shra@telus.net
Website: www.selfhelpresource.bc.ca
Product: Skills training, peer support, referral, education

AWARENESS

Alberta Committee of Citizens with Disabilities

#707 Princeton Place
10339 - 124 Street NW
Edmonton, AB T5N 3W1
Phone: 780-488-9088
Toll Free: 1-800-387-2514
TDD/TTY: 780-488-9090
Fax: 780-488-3757
E-mail: accd@accd.net
Website: www.accd.net

Alliance for Equality of Blind Canadians

Box 20262 RPO Town Center
Kelowna, BC V1Y 9H2
Toll Free: 1-800-561-4774
Email: info@BlindCanadians.ca
Website: www.blindcanadians.ca

AMD Alliance International

1929, Bayview Avenue,
Toronto, ON M4G 3E8
Phone: 877-AMD-7171
E-mail: info@amdalliance.org
Website: www.amdalliance.com
Product: Advocacy, education

Association des Personnes Handicapees de la Peninsule Acadienne

643 Boul. St-Pierre O.,
Caraquet, NB E1W 1A2
Phone: 506-727-6095
Fax: 506-727-4831
E-mail: aphpinc@nbnet.nb.ca
Website: www.jeunessepacadienne.org
Product: Advocacy, employment assistance

Association des Personnes Handicapees Visuelles

230-380 rue Richard,
Rouyn-Noranda, QC J9X 4L3
Branches: Gatineau,
Phone: 819-762-2823

Fax: 819-762-8403
E-mail: aphvrm@cablevision.qc.ca
Website: www.cablevision.qc.ca/aphvrm
Product: Adaptive equipment, advocacy, education

British Columbia Coalition of People with Disabilities

204-456 West Broadway Street,
Vancouver, BC V5Y 1R3
Phone: 800-663-1278
Fax: 604-875-9227
E-mail: feedback@bccpd.bc.ca
Website: www.bccpd.bc.ca
Product: Advocacy

Canadian Braille Authority (CBA)

c/o The CNIB Library for the Blind,
1931 Bayview Ave., Toronto, ON M4G 3E8
Phone: 416-480-7522
Fax: 416-480-7700
E-mail: joy.charlton@cnib.ca
Website: www.canadianbrailleauthority.ca
Product: Advocacy, Braille

Canadian Council on Rehabilitation and Work

401-111 Richmond Street,
Toronto, ON M5H 2G4
Contact: Carole Barron
Phone: 416-260-3060
Fax: 416-260-3093
E-mail: cjbarron@ccrw.org
Website: www.ccrw.org
Product: Advocacy, skills training, employment assistance

Canadian Disabled Individuals Association

8623 Granville Street,
Vancouver, BC V6P 5A2
Phone: 604-301-1029
Fax: 604-301-1049
E-mail: info@disabledindividuals.ca
Website: www.disabledindividuals.ca
Product: Advocacy, education, housing

Canadian National Society for the Deaf-Blind

405-422 Willowdale Avenue,
North York, ON M2N 5B1
Fax: 416-223-0182
E-mail: cnsdb@canada.com
Website: www.cnsdb.ca
Product: Advocacy, adaptive equipment

Citizen Advocacy

495 Glengarry Avenue,
Windsor, ON N9A 1P5
Phone: 519-966-5010
Fax: 519-966-5015
E-mail: info@citizen-advocacy.ca
Website: www.citizen-advocacy.ca
Product: Advocacy, peer support, animal therapy



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Citizen Advocacy of Ottawa

1 Community Place
312 Parkdale Avenue
Ottawa, ON, K1Y 4X5
Phone: 613-761-9522
TTY: 613-725-6175
Fax: 613-761-9525
E-mail: info@citizenadvocacy.ca
Website: www.citizenadvocacy.ca

Coalition of Persons with Disabilities

1-160 Traders Blvd. East,
Mississauga, ON L4Z 3K7
Phone: 800-270-3861
Fax: 905-755-9953
E-mail: coalition.pwd@sympatico.ca
Website: www.disabilityaccess.org
Product: Advocacy, employment assistance

Confederation des Organismes de Personnes Handicapées du Québec (COPHAN)

1210-1055 Boul. Rene-Levesque E., Montreal,
QC H2L 4S5
Phone: 514-284-0155
Fax: 514-284-0775
E-mail: cophan@qc.aira.com
Website: www.cophan.org
Product: Advocacy, Peer Support, Education

Council of Canadians with Disabilities

926-294 Portage Avenue,
Winnipeg, MB R3C 0B9
Phone: 204-947-0303
E-mail: ccd@ccdonline.ca
Website: www.ccdonline.ca
Product: Advocacy

International Society of the Handicapped of Greater Vancouver

125-8880 no. 1 Road,
Richmond, BC V7C 4C3
Phone: 604-271-8387
Fax: 604-271-8343
E-mail: ishbc@vcn.bc.ca
Website: www.vcn.bc.ca/ishbc
Product: Advocacy

Manitoba League of Persons with Disabilities

105, 500 Portage Avenue,
Winnipeg, MB, R3C 3X1
Telephone: 204-943-6099
(Voice/TTY) Fax: 204-942-3146
Website: www.mlpd.mb.ca

Nova Scotia League for Equal Opportunities

1211-5251 Duke Street,
Halifax, NS B3J 1P3
Branches: Sydney, New Glasgow, Truro
Phone: 866-696-7536
Fax: 902-454-4781
E-mail: nbleo@eastlink.ca

Website: www.msnet.org/leo
Product: Advocacy, adaptive equipment

PEI Council of the Disabled

25 University Avenue,
Charlottetown, PE C1A 8B9
Phone: 902-892-9149
E-mail: peicod@peicod.pe.ca
Website: www.peicod.pe.ca
Product: Advocacy, education, employment assistance

REACH Canada

400 Coventry Road, Ottawa, ON
K1K 2C7
Phone: 800-465-8898
Fax: 613-256-6605
E-mail: reach@reach.ca
Website: www.reach.ca
Product: Advocacy, education, fundraising

Regroupement des Associations de Personnes Handicapées de l'Outaouais

127, rue Jean-Proulx,
Gatineau, QC J9Z 1T4
Phone: 819-770-0535
Fax: 819-770-7006
E-mail: rapho115@videotron.ca
Product: Advocacy, education

Regroupement des Aveugles et Amblyopes du Montreal-Metropolitain

5215, rue Berri, bureau 200
Montréal (Québec) H2J 2S4
Téléphone: 514-277-4401
Télécopieur: 514-277-8961
Courriel: info@raamm.org
Website: www.raamm.org

Sam Sullivan Disability Foundation

770 Pacific Blvd. South,
Vancouver, BC V6B 5E7
Phone: 604-688-6464
Fax: 604-688-6463
E-mail: info@disabilityfoundation.org
Website: www.disabilityfoundation.org
Product: Advocacy, rehabilitation, recreational activities, sports

Saskatchewan Voice of People with Disabilities

984 Albert Street
Regina, SK S4R 2P7
Tel/TTY: (306) 569-3111
Fax: (306) 569-1889
Toll Free: 1-877-569-3111
E-mail: voice@saskvoice.com
Website: www.saskvoice.com

Union Francophone des Aveugles

1111 rue St. Charles Ouest, 3e étage
Longueuil, QC J4K 5G4

Tel/TTY: 450-463-9899
Courriel: info@unionfrancophonedesaveugles.org
Web: www.unionfrancophonedesaveugles.org

ASSISTANCE

EmployAbility Partnership

500 George Street, suite 250
Sydney, NS B1P 6R7
Tel: 902-539-5673
Fax: 902-539-6226
Toll-Free: 1-888-336-1135
E-mail: info@employabilitypdpa.ca
Website: www.employabilitypdpa.ca

Saskatchewan Abilities Council

2310 Louise Avenue
Saskatoon, SK S7J 2C7
Tel: 306-374-4448
Fax: 306-373-2665
E-mail: provincialservices@abilitiescouncil.sk.ca
Website: www.abilitiescouncil.sk.ca

CHILD SERVICES

Between Friends Club

304-501 18th Avenue SW,
Calgary, AB T2S 0C7
Phone: 403-269-9133
Fax: 403-269-3919
E-mail: info@betweenfriends.ab.ca
Website: www.betweenfriends.ab.ca
Product: Recreational activities, youth camp, support

EDUCATION

Atlantic Provinces Special Education Authority

5940 South Street
Halifax, NS, B3H 1S6
Tel./TTY: (902) 424-8500
Fax: (902) 424-0543
Website: www.apsea.ca

The Hadley School for the Blind

700 Elm Street,
Winnetka, IL 60093 – 2554, USA
Phone: 800-323-4238
Fax: 847-446-9916
E-mail: info@hadley.edu
Website: www.hadley-school.org
Product: Integration, advocacy, instruction and skills training

W. Ross MacDonald School for the Blind

350 Brant Street,
Brantford, ON N3T 3J9
Phone: 519-759-2522
Fax: 519-759-1036
Type: Education
Product: Integration, advocacy, instruction and skills training



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NORSTAR INSURANCE SERVICES
(204) 376-5474

NORTH POLE TREASURES
(613) 253-2533

Resources for Blind and Visually Impaired Canadians

EMPLOYMENT

ATN

504-141 Dundas Street,
London, ON N6A 1G3
Phone: 519-433-7950
Fax: 519-433-0282
E-mail: atn@skillcentre.on.ca
Website: www.atn.on.ca
Type: Employment
Product: Employment assistance, skills training

Career Flight

1753 Water Street, Suite 2
Miramichi, NB E1N 1B2
Tel: 506-627-4350
Fax: 506-627-4356
TTY: 506-627-4358
Website: www.career-flight.com

Chrysalis

13325 St-Albert Trail,
Edmonton, AB T5L 4R3
Contact: Stan Fisher
Phone: 780-454-9656
E-mail: stanf@chrysalis.ab.ca
Website: www.chrysalis.ab.ca
Product: Employment assistance, skills training

Durham Region Employment Network

60 Bond Street West, 8th Floor
Oshawa, ON L1G 1A5
Tel: 905-720-1777
Fax: 905-720-1363
E-mail: dren@dren.org
Website: www.dren.org

EmployAbilities

4th Floor, 10909 Jasper Avenue
Edmonton, AB T5J 3L9
Tel: 780-423-4106
Fax: 780-426-0029
E-mail: employ@employabilities.ab.ca
Website: www.employabilities.ab.ca

IAM Cares Society

102-5623 Imperial Street,
Burnaby, BC V5J 1G1
Branches: Surrey, North Vancouver
Phone: 604-436-2921
Fax: 604-436-9100
E-mail: jennifer@iamcares.com
Website: www.iamcares.com
Product: Employment assistance

Link Up Employment Services for Persons with Disabilities

55 Eglinton Avenue East, Suite 502
Toronto, Ontario M4P 1G8
Tel: (416) 413-4922
Fax: (416) 413-4927
TTY: (416) 413-4926
E-mail: info@linkup.ca
Website: www.linkup.ca

Path Employment Services

Effort Square,
140 King Street East, Suite 7
Hamilton, ON L8N 1B2
Phone: 905-528-6611
TTY: 905-528-3336
Fax: 905-528-2181
E-mail: info@pathemployment.com
Website: www.pathemployment.com

Reaching E-Quality Employment Services

305-1200 Portage Avenue,
Winnipeg, MB R3G 0T5
Contact: Teresa Andreychuk
Phone: 204-947-1609
Fax: 204-947-2932
E-mail: info@re-es.org
Website: www.re-es.org
Product: Employment assistance, rehabilitation, skills training

GUIDE DOGS

BC Guide Dog Services

#10-4767 64th Street,
Ladner, BC V4K-3M2
Phone: 604-940-4504
Fax: 604-940-4506
E-mail: guidedog@telus.net
Website: www.bcguidedog.com/
Type: Guide Dogs
Product: Guide dog training, fundraising

Canadian Guide Dogs for the Blind

4120, Rideau Valley Drive N.,
Manotick, ON K4M 1A3
Branches: Richmond, Victoria, Kingston
Phone: 613-692-7777
Fax: 613-692-0650
E-mail: cgdb@sympatico.ca
Website: www.guidedogs.ca
Product: Guide dog training, fundraising

Canine Vision Canada

P.O. Box 907, Oakville, ON L6J 5E8
Phone: 905-842-2891
Fax: 905-842-2891
E-mail: info@dogguides.com
Website: www.dogguides.com
Product: Provides dog guides for the blind or visually impaired

Fondation Mira

1820, rang Nord-Ouest,
Ste-Madeleine, QC J0H 1S0
Phone: 450-795-3725
Fax: 450-795-3789
E-mail: info@mira.ca
Website: www.mira.ca
Product: Guide dog training

Guide Dog Users of Canada (GDUC)

1460 Merivale Rd., P.O. Box 78026, Merilene

P.O., Ottawa, ON K1P 5P0
Phone: 613-830-1398
E-mail: guidedogs@gduc.ca
Website: www.gduc.ca
Product: Guide dog assistance

Lions Foundation of Canada Dog Guides

152 Wilson Street, Oshawa, ON
L6K 3H2
Phone: 905-842-2891
Fax: 905-842-3373
E-mail: info@dogguides.com
Website: www.dogguides.com
Product: Guide dog training, fundraising

Western Guide Dog Foundation

14550, 116th Avenue,
Edmonton, AB T5M 3E9
Phone: 877-252-9433
Fax: 780-944-9571
E-mail: info@guidedog.ca
Website: www.guidedog.ca
Product: Guide dog training

HOUSING

Bethany Care Society

1001 17th Street NW, Calgary, AB
T2N 2E5
Phone: 403-210-4600
Fax: 204-947-2932
E-mail: info@bethanycare.com
Website: www.bethanycare.com
Product: Housing, skills training

LAW

ARCH Legal Clinic

110-425 Bloor Street E.,
Toronto, ON M4W 3R5
Phone: 866-482-ARCH
Fax: 1-866-881-ARCF
E-mail: archlib@lao.on.ca
Website: www.archlegalclinic.ca
Product: Legal services

PROVINCIAL TECHNICAL AIDS AND DEVICES FUNDING PROGRAMS

Alberta Aids to Daily Living (AADL)

10030 - 107 Street,
Edmonton, AB T5J 3E4
Branches: Edmonton
Phone: 780-427-2631

Ontario Assistive Devices Program (ADP)

Suite M1-57, Macdonald Block,
900 Bay Street, Toronto, ON M7A 1R3
Phone: 800-268-1154
Website: www.health.gov.on.ca



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(613) 392-2009

SHOPPERS DRUG MART
(902) 566-1200

Resources for Blind and Visually Impaired Canadians

Quebec Programme D'aides Visuelles

1125, chemin Saint-Louis,
Sillery QU G1S 1E7
Phone: 418-646-4636

Saskatchewan Aids to Independent Living (SAIL)

3475 Albert Street, Regina, SK S4S 6X6
Phone: 800-667-7766 (Saskatchewan only)
E-mail: webmaster@health.gov.sk.ca

PROVINCIAL/TERRITORIAL ADVISORY COUNCILS & CONTACTS

Alberta

Office: Premier's Council on the Status of Persons with Disabilities
301-11044 82nd Ave.
Edmonton, AB T6G 0T2
Contact: Terry Keyko
Phone: 780 422-1095 (and TTY)
Toll-Free: 800-272-8841 (and TTY)
Fax: 780-422-9691
E-mail: pcsdp@planet.eon.net
Website: www.premierscouncil.ab.ca

British Columbia

Office: Disability Issues & Awareness, Ministry of Human Resources
614 Humbolt St., 2nd Fl.
Victoria, BC V8W 9H8
Contact: Frank Jonassen
Phone: 250-365-1716, Fax: 205-387-1610
E-mail: Frank.Jonassen@gems1.gov.bc.ca

Manitoba

Office: Family Services and Housing, Policy and Planning
219-114 Garry St.,
Winnipeg, MB R3C 4V6
Contact: Jim Derksen
Phone: 204-945-5351
Fax: 204-945-2156
E-mail: jjderksen@gov.mb.ca

New Brunswick

Office: Premier's Council on the Status of Disabled Persons
648-440 King St.,
Fredericton, NB E3B 5H8
Contact: Randy Dickinson
Phone: 506-444-3000 (and TTY)
Toll-free: 800-442-4412 (in NB)
Fax: 506-444-3001
E-mail: randy.dickinson@gnb.ca
Website: www.gnb.ca/0048

Newfoundland

Office: Coalition of Persons with Disabilities – Newfoundland & Labrador (COD)
4 Escasoni Place,
St. John's, NF A1A 3R6
Contact: Mary Ennis

Phone: 709-722-7011, Fax: 709-722-4424
TTY: (709) 722-7998

Northwest Territories

Office: Northwest Territories Council for Disabled Persons
5014-47th St., P.O. Box 1387, Yellowknife, NT X1A 2P1
Contact: Cecily Hewitt
Phone: 867-873-8230
Fax: 867-873-4124
TTY: 867-920-2674
E-mail: disabilitynwt@yk.com

Nova Scotia

Office: Nova Scotia Disabled Persons Commission
PO Box 222, Halifax, NS B3J 2M4
Contact: Judy Hughes
Phone: 902-424-8280
Fax: (902) 424-0592
TTY: 902-424-2667
E-mail: hughesjm@gov.ns.ca
Website: www.gov.ns.ca/disa

Nunavut No listings at present.

Ontario

Office: Accessibility Advisory Council of Ontario
400 University Ave., 3rd Fl., Toronto, ON M7A 2R9
Contact: Jeff Adams
Phone: 416-314-7545
Fax: 416-314-7467
TTY: 877-877-0126
E-mail: vincenza.ronaldi@mczcr.gov.on.ca

Prince Edward Island

Office: PEI Council of the Disabled Inc.
300-25 University Ave., P.O. Box 2128,
Charlottetown, PE C1A 7N7
Contact: Anne Lie-Nielsen
Phone: 902-892-9149
Fax: 902-566-1919
Website: www.peicod.pe.ca
E-mail: peicod@peicod.pe.ca

Quebec

Office: Office des personnes handicapées du Québec
309 Brock St.,
Drummondville, QC J2B 1C5
Contact: Denis Boulanger
Phone: 819-475-8533
Fax: 514-284-0775
E-mail: pdg@ophq.gouv.qc.ca

Saskatchewan

Office: Office of Disability Issues
14-1920 Broad St., Regina, SK S4P 3V8
Contact: Daryl Stubel
Phone: 306-787-7283
Fax: 306-798-0364
E-mail: dstubel@ss.gov.sk.ca

Website: www.gov.sk.ca/odi

Yukon

Office: Department of Health & Social Services, Adult Services
PO Box 2703,
Whitehorse, YK Y1A 2C6
Contact: Leona Corniere
Phone: 867-668-3674
Fax: 867-667-3096
E-mail: Jan.Langford@gov.yk.ca
Website: www.hss.gov.yk.ca/ssframe.html

REHABILITATION

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Bay 19, 3220 - 5 Avenue NE
Calgary, AB T2A 5N1
Ph: 403-250-9495
Fax: 403-291-9864
E-mail: acds@acds.ca
Website: www.acds.ca

Centre for Sight Enhancement

University of Waterloo
200 University Avenue West
Waterloo, ON N2L 3G1
Phone: 519-888-4567 Ext. 33178
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Website: www.optometry.uwaterloo.ca

Montreal Association for the Blind

7000, Sherbrooke Street West
Montreal, QC, H4B 1R3
Tel: 514-489-8201
Fax: 514-489-3477
E-mail: mabinfo@ssss.gouv.qc.ca
Website: www.mab.ca

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Foundation Fighting Blindness

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Toronto, ON M4W 3P4
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Fax: 416-360-0060
Toll-Free: 1-800-461-3331
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Website: www.ffb.ca

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Product: Adaptive equipment, referrals, education, library services, rehab services

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Phone: 780-454-9191
Fax: 780-452-5036
E-mail: info@childrensabilityfund.ab.ca
Website: www.childrensabilityfund.ab.ca
Product: Adaptive equipment, bursaries

Children's Link Society

2-4412 Manilla Road SE,
Calgary, AB T2G 4B7
Phone: 403-230-9158
Fax: 403-230-3252
E-mail: child@nucleus.com
Website: www.childrenslink.ca
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Website: www.inlb.qc.ca
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Intervention Manitoba Inc.

Suite 201 - 1100 Concordia Avenue
Winnipeg, MB R2K 4B8
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Fax: 204-949-3732
E-mail: info@im1-mb.com
Website: www.msen.mb.ca/cdbra.html

Society of Manitobans with Disabilities

825 Sherbrook Street
Winnipeg, Manitoba R3A 1M5
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Toll free: 1-866-282-8041
TTY: 1-800-225-9108 - Canada/US
Fax: 204-975-3073

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Fax: 604-688-6463
E-mail: info@connectra.org
Website: www.connectra.org

SPORTS AND RECREATION

Alberta Sport and Recreation Association of the Blind

7, 15 Colonel Baker Place NE
Calgary, AB T2E 4Z3
Tel: 403-262-5332
Fax: 403-265-7221
Toll Free: 1-888-882-7722
E-mail: marilyn@asrab.ab.ca
Website: www.asrab.ab.ca

Association Quebecoise de Loisirs pour Personnes Handicapees

4545, av. Pierre-De Coubertin
C.P. 1000, succursale M
Montréal, QC H1V 3R2
Tél: 514-252-3144
Télé: 514-252-8360
E-mail: info@aqlph.qc.ca
Website: www.aqlph.qc.ca

BC Disability Sports

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Vancouver, BC V6H 4A9
Phone: 604-737-3035
Fax: 604-737-3039
E-mail: info@cnib.ca
Website: www.cnib.ca

Type: Sports and recreation

Product: Coaching, sports and recreation

British Columbia Blind Sports and Recreation Association

#330 - 5055 Joyce Street,
Vancouver, BC V5R 6B2
Phone: 604-325-8638
Fax: 604-325-1638
E-mail: info@bcblindsports.bc.ca
Website: www.bcblindsports.bc.ca/
Product: Coaching, sports and recreation

Blind Sailing Canada

45 Brahm Avenue, Toronto, ON
M2H 1H3
Phone: 416-496-5089
Fax: 416-489-8221
E-mail: info@blindsailing.ca
Website: www.blindsailing.ca
Product: Sailing

Canadian Blind Sports Association

7 Mill Street, Lower Level,
Almonte, ON K0A 1A0
Phone: 613-256-7792
Fax: 613-256-8759
Product: Sports and recreation

Central Ontario Developmental Riding Program

584 Pioneer Tower Road,
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Website: www.codrp.com
Product: Therapeutic horseback riding, youth camp

Centre de Loisirs Metropolitain pour Handicapes Visuels

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200 Main Street, Winnipeg, MB
R3C 4M2
Contact: Cathy Derewianchuk
Phone: 204-925-5694
Fax: 204-925-5703
E-mail: blindsport@shawbiz.ca
Website: www.blindsport.mb.ca
Product: Sports and recreation

National Capital Visually Impaired Sports Association

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E-mail: tenanga@quixnet.net
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SUPPORT

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STECKLEY Consulting Engineers Inc. was formed in 1989 to provide Engineering Services in both Structural and Municipal areas to southern Manitoba. Offices are located in Winkler to provide a central location from which to serve the region. The company was formed as a result of the observed growth in the region and the associated need for provision of these services from within the area.

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EYE HEALTH CARE FOR THOSE SUFFERING FROM WET AGE-RELATED MACULAR DEGENERATION (AMD)

I'M A HAPPY CAMPER!



Lorna Ball, a 70 year old retired teacher, is a volunteer and a proud mother and grandmother, who enjoys skiing and golfing. If you met her today, you would never have guessed that two years ago she was well down the road to losing her eyesight.

In 2006, Lorna went to see her optometrist for a routine eye exam. Suffering from dry age-related macular degeneration (AMD), she knew the importance of regular check-ups. But what she didn't expect was her optometrist's reaction. She was diagnosed with the more serious wet form of AMD, the leading cause of age-related vision loss in Canada.

"THERE'S NO BETTER GIFT THAN RESTORED EYESIGHT"

In just a few weeks, Lorna lost most of her central vision. She had to stop her activities and was on the verge of stopping to drive. "I was devastated because my vision was deteriorating very quickly. The possibility of not being able to do everything for myself was very frightening."

As an active woman and a voracious reader, Lorna could not fathom the thought of losing her eyesight and independence, so she was not going to stand idly by as it happened. After trying other treatments which provided little help, she was given "Lucentis," a new treatment made available in Canada in 2007. By actually improving her vision, it has changed her life, and her outlook. "After being treated with Lucentis I could see every single flight of every ball that was hit on the golf course. It was very exciting."

"Many drugs that come to market claim to be a breakthrough, but a real breakthrough should be defined as life-changing to the patient and until now it was against all odds to make blind patients see again," says Dr. Carol Schwartz, ophthalmologist at the Sunnybrook Health Sciences Centre in Toronto, Ontario. "It's important to see your physician shortly after the first symptoms appear."

So how does Lorna describe herself these days? "I'm a happy camper!" □

People who were almost blind are on the road again

What's it like to be almost blind then, a few months later, see well enough to drive a car? Some Canadians are finding out. People suffering from the leading cause of age-related vision loss, wet age-related macular degeneration (AMD), are able to get back much of their sight, including the ability to drive a car, thanks to a new treatment, "Lucentis."

The diagnosis of wet AMD previously meant severe central vision loss and possibly even blindness, in a matter of weeks to months. People's lives were devastated because their independence and autonomy were at risk. With Lucentis, some people with wet AMD can see their vision improve in a lasting way, starting quickly after the first treatments. Lucentis is the first and only treatment for wet AMD that has been shown to actually improve vision.

How to recognize the signs of wet age-related macular degeneration before it's too late

What is age-related macular degeneration?

Age-related macular degeneration, or AMD, is a degenerative eye disease that affects the macula – the central part of the retina at the back of the eye that is responsible for the "straight ahead" central vision necessary for identifying faces and performing everyday activities like reading and driving. AMD is the most common cause of severe vision loss for Canadians over the age of 50. There are two types of AMD, dry and wet.

What are the symptoms of wet AMD?

Symptoms can include visual distortion such as things that should be straight appearing wavy or crooked. Or, you might see a blank spot in your visual field, or your vision might blur. As wet AMD progresses, the loss of central vision can be rapid and severe.

How quickly do patients lose sight?

Although it's impossible to predict when any one patient will experience vision loss, severe vision loss can happen in as quickly as a few weeks to months. Early detection is critical in order to start treatment that could help preserve or even improve deteriorating vision.

What can patients do to stop the progression of wet AMD?

Due to the rapid progression of wet AMD, it's important to get a diagnosis and treatment as quickly as possible to slow down and prevent the amount of vision loss. If you detect any changes in your vision, such as progressive visual distortions, a central spot that rapidly becomes blurry or a quick loss of central vision, schedule an eye exam immediately.

How is wet AMD treated?

Thanks to a new drug called "Lucentis" treatment for wet AMD has taken a giant step forward. This new drug does not only stop progression of wet AMD, but can also restore vision for some patients

To learn more about wet AMD, please consult your physician or eye specialist.

New CCB Fundraising Product Line: Quality Products Supporting the Blind

CCB CLOTHING LINE LAUNCHED

The CCB is pleased to announce its new clothing line under the trademark "BLIND AMBITION AND DESIGN™". The emphasis will be on quality casual wear with products such as hoodies, caps, toques and long sleeve T-shirts. Other items will be added for the spring such as golf shirts and spring jackets. Orders are available in large or small quantities and come with the new logo.

The BLIND AMBITION AND DESIGN™ product is not only for CCB members to wear with pride, but creates the opportunity to offer the product beyond the blind and visually impaired and reach out to the sighted community for support for employment and programs for the blind.

States CCB spokesman Mike Potvin: "We offer a quality product that is competitive at the wholesale and retail level where the consumer and retailer not only know their purchase supports the blind, but they are getting quality with value - we do not want a hand out, just a hand up. For retailers, we offer a distinctive product that gives them that extra edge in the marketplace both in brand recognition and consumer affinity."

For more information on the products, or to place an order, please contact the CCB at 1-877-304-0968

ADVOCATE FOR THE BLIND PIN



Now you can show your support for the blind by wearing a stylish pin. The CCB's newly designed "Advocate for the Blind" pin is now available, and is helping to raise funds for important programs for the blind.

The CCB's programs to help the blind and visually impaired lead more productive lives include our Basic Computer Literacy Training program, helping the blind to learn how to use computers and adaptive software; and our TechCane program, offering computers at a reduced rate in selected regions across the country.

To make a donation to receive an Advocate for

the Blind pin, please call the CCB National office toll-free at 1-877-304-0968, or e-mail us at ccb@ccbnational.net.

CCB CALENDAR

The CCB 2009 calendar is now available for members, chapters and supporters. The calendar can be used by chapters or non-profit organizations as a fundraiser and increases recognition of the CCB in your area. The theme for 2009 is to inform the public what the CCB does for the blind and visually impaired community, and identifies specific programs on how the CCB may assist them.

To order the calendar, please contact the CCB office at 1-877-304-0968

Thank-you for your support!



The Canadian Council of the Blind wishes to express our deepest appreciation to the sponsors of White Cane Week™ 2009



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	CCB Pembroke WC Chapter	Darrell Furgoch	Pembroke	(613) 735-7092	furgochd@msn.com
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	CCB SSM White Cane Matinee Chapter	Dorothy MacNaughton	Sault Ste. Marie	(705) 759-0733	rmacnaug@sympatico.ca
	CCB Toronto Curlers Chapter	Randy Nelson	Toronto	(416) 627-6010	amateurradio@cnib.ca
	CCB Waterloo Regional Club	Cecilia Beechey	Waterloo	(519) 572-5435	cbeechey@rogers.com
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	CCB Winnipeg & District Club	Doris Koop	Winnipeg	(204) 663-7193	dkoop@mts.net
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Saskatchewan	CCB Moose Jaw WCC	Geraldine Roman	Moose Jaw	(306) 693-1951	prof.geri@shaw.ca
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	CCB Edmonton Club	Geoff Connor	Edmonton	(780)454-7092	gjconnor@shaw.ca
	CCB Edmonton Fantastix Chapter	Wendie Schnellert	Edmonton	(780)468-7081	wendieb@telus.net
	CCB Order of Inner Sight Recreation	Raymond Cartier	Edmonton	(780)481-0268	sunnyray44@hotmail.com

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	CCB Chilliwack Chapter	Vivian Edwards	Chilliwack	(604)824-7555	
	CCB Comox Valley Chapter	George Andrews	Courtanay	(250)334-4610	
	CCB Dogwood Chapter	Elaine Harris	Port Coquitlam	(604)942-4680	elaineharris13@hotmail.com
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Congratulations to Canada's Blind or Visually Impaired Paralympians Beijing 2008



CANADIAN WOMENS GOALBALL: Amy Alsop, Amy Kneebone, Annette Lisabeth, Nancy Morin, Contessa Scott, Shawna Ryan. *Head Coach:* Janice Dawson and Assistant Annie Pouliot. *Physiotherapist:* Maggie Kayes. **CANADA MENS GOALBALL:** Mario Caron, Jeff Christy, Rob Christy, Bruno Haché, Dean Kozak, Brendan Gaulin. *Head Coach:* Danny Snow and Assistant Mike Huzuliak. *Physiotherapist:* Isabelle Trottier. *Team-leader:* Alan Carlsson. **ATHLETICS CANADA:** Dustin Walsh with guide Steve Walters, Jason Dunkerley with guide Greg Dailey, John Dunkerley with guide Sean Young. **CYCLING CANADA:** Brian Cowie with pilot Devin Smibert, Daniel Chalifour with pilot Alexandre Cloutier, Geneviève Ouellet with pilot Mathilde Hupin, Stéphane Cote with pilot Pierre-Olivier Boily. **JUDO CANADA:** William Morgan. **SWIMMING CANADA:** Flag-bearer Donovan Tildesley, Amber Thomas, Brian Hill, Chelsey Gotell, Devin Gotell, Jaqueline Rennebohm, Jessica Tuomela, Kirby Côté, Valérie Grand'maison. *Tappers:* Christena Hurley and Hugh Tildesley.

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