



WHITE CANE MAGAZINE

The Voice of the Blind™ in Canada

2011 ISSUE



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CANADA'S NATIONAL VISUALLY IMPAIRED PARATRIATHLON TEAM

DISCOVER

Won with One is the Canadian Council of the Blind's newest program which is focused on the personal development of the blind and visually impaired using triathlon as the catalyst for change. Along with their sighted guides athletes swim, bike and run as equals on and off the course.

PARTICIPATE

Won with One is focused on empowering individuals via sport and providing assistance and resources vital for our triathletes to achieve a slot on the 2016 Canadian Paralympics team. We are determined to show the abilities of the blind and how they can be regarded as equals in sport and in life.

GET INVOLVED

Access to sport for the blind and visually impaired community is not based on lack of ability, but rather a lack of opportunity. Won with One strives to provide opportunities so all persons are able to compete as equals. You can be part of that change! www.wonwithone.com

WHITE CANE
WEEK 2011



CANADIAN COUNCIL
OF THE BLIND





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A Celebration of White Cane Week™ 2011



The CCB members and volunteers did a fantastic job of raising the awareness of the blind and visually impaired to the public this White Cane Week. We got out there and made a difference; letting our abilities shine through and above all else, had fun!

The celebration of White Cane Week 2011 marked the eighth year The Council assumed sole responsibility for this event. We at CCB demonstrated our commitment to increasing the impact and outreach of this important week which is dedicated to building public awareness of the blind and visually impaired.

This year's theme continued to promote accessibility and inclusion, as we asked those around us to "help promote accessibility...and to measure me by my capabilities not my disabilities."

During this year's White Cane Week celebrations our members and volunteers have all across the country participated in many different public events at the national, division and chapter levels. All events were 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 Canadian Vision Impaired Curling Championships, held in Ottawa, returned with more exciting competition; once again providing a platform to demonstrate the abilities and skills within our community. We continue to work hard to diminish the effects of marginalization on our community with the hope of someday achieving that all too elusive level playing field. While progress is slow we can report there is progress.

To our partners, sponsors and donors and future ones as well, I would like to extend a very special thank you for your very generous participation with the Council during White Cane Week 2011.

Louise Gillis

*National President
Canadian Council of the Blind*

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White Cane Week™ Magazine

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2011 Canadian Vision Impaired Curling Championship Opening Ceremonies



Louise Gillis sweeps ceremonial rock

City of Ottawa Mayor Jim Watson helped kick off the 2011 CVICC at the Ottawa Curling Club on Monday, February 7.

"I welcome all the teams from across the country to Ottawa", stated Watson. "I wish you all a safe and fun event."

Seven teams made up of blind and vision impaired curlers were piped out onto the ice while they chanted rally songs from their provinces. The competition began after the opening ceremonies on Monday, lasting all week through to the championship game. □



Ottawa Mayor Jim Watson at the Opening Ceremonies with Master of Ceremonies Mike Potvin



2011 Canadian Vision Impaired Curling Championship

By **Mike Potvin**, Editor and **Ryan Van Praet**, Accessible Sports Program Coordinator

The seventh annual Canadian Vision Impaired Curling Championships were a great success! Congratulations to all the blind curlers!

Special congratulations to Team Canada (Kelowna, BC), Team BC (Prince George, BC), and Team Newfoundland who placed first, second and third, respectively. Way to go!

Seven teams from coast to coast participated in total. Team Canada (Kelowna, BC) was back to defend their championship title. "They were all out to be the team to knock us off the top and some day our reign of being Team Canada will end," said Team Lead Bob Comba, "but until that day comes we'll continue to do our best."

Even though many may assume that it would be near impossible to curl having ten percent vision or less, it proves to be a sport that can be mastered by effort, coupled with clear communication and teamwork. All members throwing a stone and sweeping are vision impaired. The only members of the team who are sighted are the coach and the guide. "There are a lot of misconceptions about the abilities of people living with vision loss," said Van Praet, Team Ontario's Third. "This tournament goes a long way in proving that we can still be competitive with some small modifications to the game."

"I value being able to compete with my peers," said Van Praet, "The skill that is represented here at the CVICC is on par with sighted bonspiels."

PLAYOFFS

Semi Final Game NL vs. BC

In a game that saw two newcomers to the semi-finals for this bonspiel, we witnessed a great matchup that did not disappoint.

After both teams impressed us greatly throughout the week with their fantastic curling; and BC winning a tight tie-breaker against team AB, all spectators knew they were in for a treat.

It was pretty much impossible to choose a favorite going into this game as both teams are very well rounded from lead to skip and all facets in between.

In the end Team BC (the complete newcomers to the entire bonspiel) pulled off a close victory over Craig Turner and the Newfoundland bunch; winning 9-6.

FINALS

Team Canada vs. BC

Rolling over the competition with a perfect 6-0 record through the week, the humble and assassin like Team Canada proved once again that they would be a favorite in the hunt for the 2011 title.

The unknowns and perhaps underdog Team BC group survived a tiebreaker, won the semi final and now was set to face the powerhouse reigning champs. To the delight of the solid crowd gathered



to watch the final game, they were treated to a close game that almost ended in an upset.

After trailing 3-0, Team BC eked their way back into the game to be down 3-2 at the midway break. In the 5th end Team BC took another 2 to take the lead by a score of 4-3 over Team Canada. Could we be witnessing an upset? Many thought it was truly possible now. With a bit of misfortune combined with some precise shot making of their opponents, Team BC surrendered 5 points in the 7th and it was handshake time after that. This game was a fantastic way to end a wonderful week of curling, camaraderie, friendship and fun. With arguably the most competitive field in the 7 year history of this event, 2012 is shaping up to be one heck of a dog fight!

FINAL RESULTS

The final results for the week are as follows:

FINAL STANDINGS

1. AB (Alberta)	3 wins	3 losses
2. BC (British Columbia/Team Canada)	6 wins	0 losses
3. BC (Prince George)	3 wins	3 losses
4. ON (Ontario)	2 wins	4 losses
5. NB (New Brunswick)	0 wins	6 losses
6. NL (Newfoundland)	5 wins	6 losses
7. NS (Nova Scotia)	2 wins	4 losses



TOP: Team B.C. vs. Team Canada in the final.
BELOW: Bill Mohrmann-Watson from Team Ontario.

White Cane Week™

By **Mike Potvin**, Editor

(left to right)
Bob Comba, Barb
Hansen-Comba,
Tracy Meikle,
George Meikle,
Frank Costello,
Sandy Neddow,
Dean Martell



On Friday, February 11, curlers and honoured guests including Novartis, Lions, and Legion members watched Mike Finley accept the White Cane Person of the Year Award, on behalf of his father, Joe Finley.

Curlers and guests then listened to Syd Trefiak, our inspirational guest speaker.

In the sport of triathlon where athletes swim, bike and then run all nonstop over various distances, Syd Trefiak would be classified as elite.

In the Ironman, Syd thought he would face his toughest challenge, but in 2009 he voluntarily took on another role that would not only change his life but the life of a visually impaired athlete struggling to find his way in sport again.

Syd is a proud guide for the Canadian national Paratriathlon team, Won with One, which is comprised of 13 blind and visually impaired athletes. As a dedicated teacher and coach, Syd is working with the Won with One management team to design and implement a triathlon program for blind and visually impaired children in Canada. On and off the race course, Syd's dedication to the provision of opportunity and inclusion for people living with vision loss is to be celebrated.

For more Information on Vision Impaired Curling, please visit the CCB website at: www.ccbnational.net

(left to right)
Shane McCreery,
Floyd Kennedy,
Terry Pipkey,
Peter Henry,
Norm Carne,
Caroline Markel



(left to right)
Craig Turner,
Don Connolly,
Deanna O'Reilly,
Maurice Colbert,
Art Norris,
Bill Royle,
Reg Barry



Curling Awards Banquet



Michael Hayes presenting Sportsmanship Award to Floyd Kennedy (Team BC)

Guest Speaker at Banquet Dinner, Syd Trefiak



Curlers being piped out on to the ice



Christina Lewis (Team NS) receiving the Most Improved Player award from Jan Ditchfield

Blind and visually impaired must ensure we get adequate access to care and resources

Let's make our voices heard

Consider these two scenarios

In the first, someone loses a leg in an accident. They are hospitalized, then sent to a rehabilitation centre, ultimately fitted with a prosthesis and provided ongoing therapy through the health system to help them adjust to their new reality.

In the second, someone loses their sight in an accident. After treatment for the physical wounds, they are released with little further help for their blindness provided from the health system in most provinces. To adjust to their new reality, they are effectively told to rely on charity, in most cases services provided from the CNIB or other non-profit groups.

Numerous surveys have shown that losing one's sight is the most feared disability and for good reason – blindness causes immense difficulties and impacts every aspect of one's life. Yet in so many ways, the visually impaired don't get everything they need or deserve from our health system, increasing the hardship of the disability and making many isolated and marginalized.

The irony is that thanks to modern technology there are many ways people with visual problems can be helped, often very effectively. There are many amazing assistive devices available that can be of immense value to those with some sight – if they can get them. But even the best provincial program falls far short of being adequate in getting everyone the help they deserve. In most provinces, assistance is meagre, or even non-existent.

Medical treatment is another type of technology that has been made difficult to attain, though fortunately on this front there has been progress. Significant advances have been made in drug treatments for age-related

macular degeneration (AMD), the most common cause of adult-onset blindness. One new treatment, Lucentis, has been proven to actually restore vision in many patients and was recommended as being cost effective for the health system.

On Jan. 1 this year, the final province in Canada, Nova Scotia, agreed to fund Lucentis. It took three years, but it is an accomplishment none the less. The results for patients in many provinces have already been significant, as the CCB has recently made known to the Ontario government through our campaign thanking them for their leadership in treating AMD and letting them know the great positive impact it has had on peoples' lives. The experience of AMD patients should be equitable and as positive as possible no matter where they live, and the CCB will continue to monitor this closely.

The CCB has enjoyed very positive achievements and progress over the past year, but if we are to ensure that our needs and rights are met and that we are listened to across the country, we must remain vigilant so that all governments provide the best and safest treatments, devices and care that can respond to the needs of those with AMD and other visual impairments.

Those of us with visual impairment may not see, but we haven't lost our voice. It's our responsibility to ensure it is heard so we get the resources and care that will give all of us the best opportunity to make the most of our lives.



Mike Potvin
Editor,
2011 White Cane Week Magazine



IN THE NEWS

City woman draws strength from the New Canadian Council of the Blind Chapter in Newfoundland

By **Jamie Bennett**, *the Western Star*, November 23rd 2010

CORNER BROOK — when she first lost her sight two years ago, Katie Colbourne admits it was difficult to find purpose in her life. A stroke left the local woman, once an active volunteer with the Canadian Cancer Society and Corner Brook Winter Carnival, legally blind and struggling to perform even the simplest tasks.

Since then, Colbourne has made great strides in regaining much of her muscle control, but the stroke has left her completely blind with the exception of a small amount of tunnel vision in her left eye.

"It's a very big challenge every day. Even walking around in your own house is challenging because things are always in your way," Colbourne said recently.

While adjusting to the realities of her new life is an ongoing process, Colbourne has found strength in her involvement with the newly-formed Humber Valley/Bay of Islands Canadian Council of the Blind chapter.

Sometimes dubbed the council, the organization's goal is to improve the quality of life for Canadians living with vision loss through such initiatives as peer support, advocacy, empowerment and the promotion of active living.

The group held its third executive meeting on Wednesday and the goal, according to Colbourne, is to make the council an active part of the community after a 20-year local absence.

As vice-president of the local council, Colbourne said returning to her roots as a volunteer with this

particular cause has given her life new meaning and helped her realize she isn't alone in learning to live with vision loss.

"I get a really good feeling being among these people because I know they're like me," she said. "I don't feel like someone's looking over my shoulder thinking 'She can't do this' or 'She can't do that' because she doesn't see. I feel like I'm part of the group."

"It's important because you get wrapped up in your own self when you're home all the time. With self pity, there's nothing worse — but with this organization, we're going to try to get people clear from that. Get them involved and organized and back out with some of these social events we have planned."

Once things get up and running, the group plans to meet twice a month for social events such as bingos and card games, likely on the first and third Wednesday. According to President Terry Gardner, a group such as this can truly be a lifeline for a segment of the community often left feeling alone and without purpose.

"The main idea is to get people out of their houses, out from behind their doors and off the couches. We want to give them a reason to get up every morning," Gardner said. "So many people dealing with vision loss have nothing in their lives to look forward to. I know this because I went through it and I've talked to a lot of people who experienced the same things I did. We





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IN THE NEWS - Continued

want people to know we're here thinking of them."

As someone who himself lost his sight six years ago, Gardner said peer support and the chance to interact with those going through similar experiences helps build self-esteem and opens the door to the possibilities still out there, regardless of someone's level of visual impairment.

Perhaps most importantly for him however, is the fact that groups such as the Canadian Council of the Blind helps break down the barriers that tend to keep members of the community separate from one another.

"Even though you're blind or visually impaired, you're no different. You're just as human as anybody else, it's just that you can't see," he said. "If we can get out and

talk to people, maybe we can make them feel just as comfortable as we do amongst ourselves."

With this in mind, Gardner said the group is always on the lookout for volunteers.

Meanwhile, as someone who admits she didn't know much about the council until recently, Colbourne is looking forward to making the local chapter a vibrant, active part of the community.

"I would like to see this organization really take off because it's a good thing for people here in the city," she said. "It gives people something in their life too because at first I didn't feel like I had anything either. It gives you a purpose." □

Blind Man Drives Car Independently: Avoids Dynamic Obstacles

Re-printed from the National Federation of the Blind website (www.nfb.org) January 29, 2011

The National Federation of the Blind (NFB), the oldest and largest organization of blind people in the United States, announced today that for the first time a blind individual has driven a street vehicle in public without the assistance of a sighted person.

Mark Anthony Riccobono, a blind executive who directs technology, research, and education programs for the organization, was behind the wheel of a Ford Escape hybrid equipped with nonvisual technology and successfully navigated 1.5 miles of the road course section of the famed track at the Daytona International Speedway.

The historic demonstration was part of pre-race activities leading up to the Rolex 24 at Daytona this morning. Mr. Riccobono not only successfully navigated the several turns of the road course but also avoided obstacles, some of which were stationary and some of which were thrown into his path at random from a van driving in front of him. Later he successfully passed the van without collision. The Ford Escape was equipped with laser range-finding sensors that conveyed information to a computer inside the



vehicle, allowing it to create and constantly update a three-dimensional map of the road environment. The computer sent directions to vibrating gloves on the driver's hands, indicating which way to steer, and to a vibrating strip on which he was seated, indicating when to speed up, slow down, or stop.

Mr. Riccobono said: "The NFB's leadership in the Blind Driver Challenge™ has taken something almost everyone believed was an impossible dream and turned it into reality. It was thrilling for me to be behind the wheel, but even more thrilling to hear the cheers from my blind brothers and sisters in the grandstands—today all of the members of the NFB helped drive us forward.

It is for them and for all blind Americans that the National Federation of the Blind undertook this project to show that blind people can do anything that our sighted friends and colleagues can do as long as we have access to information through nonvisual means. Today we have demonstrated that truth to the nation and the world."

Dr. Marc Maurer, President of the National Federation

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THE TOAD IN THE HOLE

A variety of unique ales are the main enticement to this old-style British pub that comes complete with dartboards and billiards.

The food of the usual pub variety, but the nachos and the fish and chips are notable.

The friendly, laid-back servers are more than happy to accommodate the patrons.

One of the most vibrant pubs in the trendy Osborne Village, the place is made complete by a rare people-generated atmosphere and excellent music.



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IN THE NEWS - Continued

of the Blind, said:

"Just as our colleague Mark Riccobono successfully surmounted many obstacles on the Daytona course today, blind people routinely surmount barriers by using alternative techniques and technologies. When there is not a solution available, we muster our resources and combine them with those of the partners who make common cause with us to produce the innovations necessary to create such a solution. That is how the NFB Blind Driver Challenge™ came to happen, and that is how we will make all of our dreams come true."

The NFB Blind Driver Challenge™ is a research project of the National Federation of the Blind Jernigan Institute, the only research and training facility on blindness operated by the blind. The Jernigan Institute challenged universities, technology developers, and

other interested innovators to establish NFB Blind Driver Challenge™ (BDC) teams, in collaboration with the NFB, to build interface technologies that will empower blind people to drive a car independently. The purpose of the NFB Blind Driver Challenge™ is to stimulate the development of nonvisual interface technology. The Virginia Tech/TORC NFB BDC team, under the direction of Dr. Dennis Hong, director of the Robotics and Mechanisms Laboratory at Virginia Tech., is the only team that has accepted the challenge. The team uses the ByWire XGV™ developed by TORC technologies as the research platform for the development and testing of the nonvisual interface technologies that allow a blind person to drive.

For more information about the NFB, please visit www.nfb.org □

How loud should electric cars be?

By **Stuart McDill**, *Reuters*, January 4, 2011

Should an electric car go vroom vroom like its internal combustion ancestors, make a noise like a space ship in *Star Wars* or emit the tranquil sounds of birds singing?

Researchers in England considering noises to alert pedestrians and cyclists to the presence of oncoming electric cars say legislation to force silent electric vehicles (EVs) to make a warning noise is inevitable.

"It's definitely coming," says Warwick University professor Paul Jennings.

"It's being prompted by the fact that there are now real statistics."

Figures compiled by the U.S. National Highway Traffic Safety Administration show pedestrians and cyclists are twice as likely to be hit by a hybrid electric vehicle running silently at low speed than by a car with a normal engine.

The research team at Warwick University's Manufacturing Group that has spent years helping the car industry make vehicles quieter now find their work in reverse gear.

"We want to investigate sounds that are going to be safe, have minimal effect on the environment and are going to give some creativity

to the manufacturers," says Jennings.

The team wants to know what kind of warning noise is the most effective and have adapted an electric delivery truck on campus to make different noises on different days. They then canvass opinion from students.

"If you ask the general public what an electric vehicle should sound like, you are more likely to get an answer that relates back to science-fiction movies – we've had all sorts of suggestions from the *Jetsons* to *Star Wars* [and] *Star Trek*," says Seb Giudice, a research team member.

Jennings says the sound of a normal vehicle tells us if it is idling, accelerating or braking and that the sound of an EV must convey as much information. "It's possible that you create a sound that is above a certain level; people may even like that sound, but if you don't recognize it as an oncoming vehicle it is defeating the objective."

So classical music or bird songs may be out as possibilities.

"The most pleasant sound might not be the best, most significant as a warning," ►





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Jennings says.

Car manufacturers are investing huge sums developing the next generation of electric vehicles and are keen to protect their brands and differentiate themselves from the competition.

Jennings says that years of working with automakers on interior sounds have shown researchers that manufacturers are very interested in sound.

"It tells you such a lot about the brand and quality of

the car. It almost gives it some personality," he says.

Researchers also say the level of refinement of modern cars, electric or not, is such that future legislation might not differentiate between EVs and internal combustion engines.

"Most vehicles are just getting too quiet for most people to hear," Giudice says. "So, we may get to a stage where these sound-emitting systems have to be fitted to every [new] vehicle." □

Chirping at intersections to be replaced with new signals

By **Kelly Sinoski**, *The Vancouver Sun*, December 23, 2010

The high-pitched "chirp chirp" signal at Metro Vancouver intersections is slowly being silenced.

Surrey, Burnaby and Richmond have started phasing out the loud electronic chirping signal, which for decades has guided visually impaired pedestrians across east-west streets.

Vancouver and other municipalities will consider the move early next year.

The discussion arose after the Transportation Association of Canada recommended the sound be phased out across the country because it's "too readily mistaken for birds commonly found in the North American environment."

The association, which has drafted national guidelines for Accessible Pedestrian Signals, warned in a 2007 report that the signal might lead visually impaired pedestrians away from their route, and suggested it be replaced with the four-toned tune called the Canadian Melody.

"[The chirp] leads to higher rates of lateral deviation in the pedestrian walking path," the report said. "Representatives of people with vision loss broadly advocate a change away from the use of [it]."

But while the cuckoo is being silenced in some parts of Canada, not all B.C. municipalities are switching to the new melody.

Sinisa Petrovic, traffic operations manager for the City of Surrey, said he wasn't aware of the melody

option when his city decided to upgrade the signals with a new device that causes a vibration and emits a low-volume sound when the button is pushed.

The so-called new "vibrotactile" signal, he said, not only "satisfies blind people but also people who can't hear, with the vibration."

The old chirp signal, which involves loudspeakers and has at times woken him from his sleep in the middle of the night, he said, was "outdated."

Only 10 of Surrey's 58 intersections have the new signal, which cost \$15,000 a pop to install. The city will start a pilot project next year with the devices announcing the location of a specific crossing.

Burnaby also started installing the same system at some of its 220 intersections in the past year. The cuckoo, meanwhile, is still clucking away on its north-south streets across the region.

In Richmond, the city has also started a pilot project to test new signals at four intersections on No. 3 Road at Westminster Highway, Saba Road, Cook Road and the Richmond-Brighouse Canada Line Station – as well as two special crosswalks.

The devices include verbal messages that sound when a pedestrian pushes the button on the pole, such as "Three Road at Saba" and "Amber lights flashing."

Use caution." The number of times the caution message is repeated is also being tested.

Rob Sleath, past board chairman of the CNIB, said ►



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IN THE NEWS - Continued

“there have been some huge advances” in accessible audible signals, and the wayfaring announcements will be a big help.

“We’ve always taken the position that a sighted pedestrian can look up at any street corner and know exactly where they are,” he said.

He noted he hopes municipalities across B.C. will follow the lead of Metro Vancouver, but noted that if they decide to switch from the chirp to the Canadian Melody that it’s consistent across the province. He’d also like to see a public education campaign beforehand and consultation with the CNIB.

“Our view is we feel the cuckoo and the chirp is well recognized right now,” he said. “Consistency is very important to people who are blind or [visually

impaired].”

Jerry Dobrovolny, Vancouver’s director of transportation, said his city will broach the subject next year with its community partners, including the CNIB.

He supports the recommendation to switch to the melody, he said, to make it consistent with the rest of the country and easier for tourists to understand.

Vancouver has 800 signals in the city – half of which are audible. Before making any changes, he said, the city would have to determine the key locations for the change.

“It’s quite a big initiative and expensive,” he said, but added: “It’s a good thing to do.” □

Canada ratifies UN treaty for Disabled Rights

Re-printed from CBC news, *Thursday, March 11, 2010*

Canada ratified the UN Convention on the Rights of Persons with Disabilities on the eve of the Paralympic Games in Vancouver.

“Canada is committed to promoting and protecting the rights of persons with disabilities and enabling their full participation in society,” Foreign Affairs Minister Lawrence Cannon said Thursday after delivering the ratified document to UN Secretary General Ban Ki-moon in New York City as activist Traci Walters looked on, beaming, from her wheelchair.

“Ratification of this convention underscores the government of Canada’s strong commitment to this goal,” Cannon said.

“We are officially turning on its head the notion that people with disabilities are helpless, in need of care and in need of pity,” Walters said later.

“The government of Canada’s ratification today of the convention is an historic event for Canadians with disabilities,” said Marie White, national chair of the Council of Canadians with Disabilities. “It signals the end of an era where people with disabilities were seen as objects of charity.

Ratification of the convention makes real our goal of recognition as full and equal citizens of Canada.”

The convention will require provincial governments to update several laws, including making schools inclusive to all students. That means disabled students can no longer be diverted to special schools as some still are, said Bendina Miller of the Canadian Association of Community Living.

She cited the experience of one young girl with an intellectual disability whose parents tried to enroll her in Grade One: “Their fears were proved when they walked in to the school office and the secretary took one look at them and said, ‘We don’t do Down’s [Syndrome] here.’”

That student and others like her must now be integrated into a neighborhood school.

However, the convention is about much more than adding wheelchair ramps. It shifts the focus from institutionalizing those with disabilities to housing them in the community and allowing disabled people to challenge in Canadian courts, laws or policies that contravene the international law. □






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Doctors have enrolled nearly 2000 of their wet-AMD patients in the "Looking Forward Vision Support Program," which provides important resources for the treatment and management of AMD

Beyond the injections

Looking Forward' patient education and support program: a very useful tool in ongoing treatment of wet age-related macular degeneration

Although great advances have been made in recent years in effectively treating and even reversing the vision loss caused by wet age-related macular degeneration (AMD), there's more to managing the disease than just receiving treatments with innovative new medicine, important as they are.

Learning about the disease and what to expect on the journey with AMD is also a vital part of managing it and continuing to get the most out of life while living with it. That's where the "Looking Forward Vision Support Program" comes in. It's proving to be a very useful program for both doctors and patients, as well as their caregivers and family members.

"I encourage my eligible patients to enroll in the program and I've been getting excellent feedback from them about it," says Dr. Tom Sheidow, a retinal specialist in London, Ontario. "They find it very useful and we are assured patients are receiving credible and useful information about how to get the most out of their treatment and good tips on how to manage their AMD."

The program is provided free of charge to patients who are receiving a certain treatment for wet AMD. It starts with the doctor providing the patient with an overview of the program and a registration form. The patient and doctor both sign the form and it is sent in to a third party firm that runs the program.

After the completed registration is confirmed by phone, the patient receives a starter kit with a variety of information about AMD and how to manage it and the impact it may be having on their daily life. The material comes in print form as well as on a DVD that can be viewed on a TV or

computer screen and enlarged, or simply listened to.

Participants in the "Looking Forward Vision Support Program" have access to the program's website and receive four newsletters a year with additional information. Another feature of the program is the ability to register future appointments and receive reminder phone calls just before they come up. Very popular with patients are the advisory services of experts including a registered nurse, dietician and transportation consultant.

"Looking Forward" is not a one-size-fits-all approach. Participants are given the option of being administered the National Eye Institute's Visual Functioning Questionnaire-25 (VFQ25) to determine the level of their visual disability. This option in the program is based on published research showing that, depending on the VFQ25 score, patients will benefit from vastly different types of programs and tips. This element of the program has been very well received by patients and family members.

"I've found the Looking Forward program to be an excellent complement to the treatment I provide to my AMD patients and their families," explains Dr. Sheidow, who has already enrolled 36 patients. "The information is well presented, easy to understand and gives everyone a solid grasp of what to expect as treatments continue. We all really appreciate having this extra support."

Anyone requiring or already receiving treatment for wet AMD and interested in enrolling in the "Looking Forward Vision Support Program" should talk about it with their doctor.

Visual problems not necessarily AMD – consider also DME or RVO

An older person developing vision problems does not necessarily have age-related macular degeneration (AMD), even though that is the most common cause of non-injury visual disability as people age.

There are other potential causes. Two of the major ones people should be aware of are diabetic macular edema (DME) and retinal vein occlusion (RVO).

DME is the most common complication of Diabetic Retinopathy (DR), the number one cause of vision loss in working-aged adults in the developed world. As its name indicates, DME is a result of diabetes, or elevated blood sugar levels. Diabetes often leads to problems with the blood circulatory system which are commonly first noticed in the body's extremities such as the feet. The disease can also damage the small blood vessels in the retina of the eye. These vessels then leak, which causes swelling of the retina and permanent vision loss over time.

In the early stages of DME there is usually no pain and no impact on vision. The first symptoms most often are "floaters" or spots in the line of vision, then blurry vision. Ultimately there is loss of contrast and sharpness of central vision and, as blood leakages cover more of the retina, hazy or blocked vision.

The current standard treatment for DME is laser therapy to slow or stabilize the decline in vision. However, it usually leads to minimal improvements in vision and the treatment carries the risk of causing further damage to the eye.

Retinal vein occlusion (RVO) occurs when there is a disruption of blood flow in the retina, usually from a vein blockage. This can lead to a balloon effect as blood is stopped and when this balloon bursts or starts leaking, the resulting blood flow will affect vision, sometimes drastically. In fact RVO is the third most common retinal disease after wet age-related macular degeneration (AMD) and DME.

A similar problem in the brain is a stroke, and the risk factors for RVO are the same as other cardiovascular problems – age, diabetes, high blood pressure and high cholesterol. Laser therapy can be used to treat some types of RVO.

What does the future hold for people at risk of or affected by RVO or DME? "There is hope in sight," says Dr. Sheidow, explaining that new safe and effective treatment options could soon be made available to Canadians affected by RVO and DME.

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2011 WHITE CANE WEEK PERSON OF THE YEAR AWARD

JOE FINLEY

By **Mike Potvin**, *Accessible Sports Program and Development Manager*

The Canadian Council of the Blind is pleased to name the late Joe Finley as this year's White Cane Week Person of the Year. Based in Toronto, Joe was an advocate for people living with vision loss and noted philanthropist, spearheading a campaign that raised over \$8 million to restore the aging CNIB Lake Joseph Centre, a fully accessible, camp for the blind and visually impaired in Muskoka, Ontario which serves children to seniors each summer.

Shortly after completing his first round of cancer treatment in 2006, Joe founded Joe's Team Triathlon as a fundraiser for the Princess Margaret Hospital in Toronto, Ontario that has become their largest third party fundraiser, raising \$3.5 million dollars since its conception. In 2008, Joe, along with Terry Kelly and his guide Tim Tremain, created the Blind Guys Tri team and CCB CHAPTER; allowing blind and visually impaired athletes to compete in the event. Jan Ditchfield, founder of the CCB's new program, Won with One credits her start to Joe's innovative and inspiring mission of inclusion.

"Joe's passion and dedication to changing stereotypes of people living with vision loss is the principal that we have built our program around. He was an inspiring leader and visionary, who refused to allow his dreams to be constrained. Joe didn't believe in the word 'can't' and instead focused his energies on building new opportunities, new programs and new dreams for people. He was an incredible person who touched the lives of so many and advocated for the rights of the blind and visually impaired on a daily basis," said Jan Ditchfield, the CCB's Accessible Sport Program Manager.

In 2009, Joe launched The i Factor, a national musical competition for people with vision loss, designing a program focused on skill development for people with vision loss in the entertainment industry. This year will see the third installment of this groundbreaking competition. Whether through his fundraising,

program initiatives or his advocacy work, Joe's spirit touched the lives of countless people and raised awareness for the rights of the blind and visually impaired throughout the country.

In the late fall of 2010, Joe lost his battle to cancer. His work continues to live on in the hands of those he



Mike Finley, son of the late Joe Finley, accepting the award on his father's behalf.

inspired; creating a network of dedicated people who still champion for his belief in inclusion. Joe Finley was a leader, a visionary, a source of wisdom and of strength. As quoted by Ms. Ditchfield, "He gave with no thought of his own gain. That was what made Joe so truly remarkable. He gave because it was just the right thing to do." The CCB would like to celebrate the life of Joe Finley and thank him for his dedication, determination and inspiration. □

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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 enjoys working with President Louise Gillis and the Board to effect all the positive changes to the CCB. Jim looks forward to continuing to strengthen the organization's capacity; enhancing our ability to support more blind and visually impaired individuals into the future.

Janet McIvor

Executive Administrator

Janet manages the daily operations of the national office and interacts closely with the Board and all CCB members to ensure issues are addressed and needs are met promptly. Janet is pleased to work with the diverse and interesting individuals who make up the Board of Directors, staff and chapter members. She looks forward to the future with CCB moving ahead in a positive direction as current programs and events continue to enhance 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 Accessible Sports and Recreation program and the Peer Mentor program. Mike enjoys working closely with members of the community, advocating to improve quality of life for the blind, and working to increase accessibility in all areas. Mike looks forward to working with members on a cooperative basis to strengthen our programs; and to continue to enhance communications throughout the organization.

Jan Ditchfield

Accessible Sports Program and Development Manager

Jan is the founder of the CCB's new program Won with One and has been working with Paratriathletes with vision loss and accessible program development since 2008. As an advocate for inclusion for over 20 years, Jan believes strongly in the rights of all persons to be recognized and respected as equals and is passionate about creating new opportunities for people with vision loss to get involved with sport and in life. She is extremely proud of Won with One and is honoured to work with her team and has tremendous respect for this amazing group of individuals, who continue to overcome more than any able-bodied triathlete could ever imagine; just to be able to compete in a sport they love, as equals.

Ryan Van Praet

Accessible Sports Program Coordinator

Ryan has an extensive background in athletics which includes hockey, golf, football, tennis, curling and triathlon and is living with Retinitis Pigmentosa. In spite of the challenges that life has presented to him, Ryan is a 2002 graduate from the University of Western Ontario with an Honours Bachelor of Arts-Kinesiology Degree. As a finisher of nearly 50 triathlons including 6 Ironmans and 3 marathons; a move to the CCB's newest program in advocating for accessible sports, Won with One, was a natural progression. Ryan is excited to help visually impaired athletes and persons across Canada feel valued and respected as an equal in life and sport. Won with One provides opportunities to those who may otherwise be left sitting on the sidelines. Sport is simply a catalyst for a fulfilling and productive life.

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. She enjoys gardening, reading, good food, photography, current events, has an eclectic taste in music and likes art.



CCB 2010 National Convention



By **Mike Potvin**, Editor

The 2010 CCB National Convention was a great success. Through hard work and perseverance, much was accomplished and CCB is now stronger than ever as an organization. CCB would like to give special thanks and recognition to Louise Gillis and her support crew for the hosting of the convention. They did an excellent job and worked tirelessly around the clock to ensure events ran smoothly.

The Convention hosted informative and interesting workshops on membership development, CCB/CNIB Collaboration, Sports and Recreation programs, Advocacy initiatives, and highlighted our innovative fundraising products including the Kitchens of the World cookbook.

Although CCB business kept everyone very busy, convention participants found time to meet new friends and have a little fun while being entertained with traditional Cape Breton live music.

Congratulations to Louise

Gillis, who was elected at the CCB 2010 National Convention to serve as CCB National President. This wonderful news came on the heels of the announcement that Lucentis will be covered in Nova Scotia; the last province in Canada to agree to the coverage. This was an issue in which Louise played an instrumental role; and we are extremely proud of her efforts and results.

Congratulations to Jim Tokos who remains 1st Vice-President; and to Linda Sobey who won her election for 2nd Vice-President. Congratulations to Heather Hannett who was elected as 3rd vice-President.

Past-President Harold Schnellert congratulates incoming New-President Louis Gillis.



Congratulations to Robbie Burt who is the new board member for PEI; and to Christina Lewis who is the new board member for Nova Scotia.

Thank you to Harold Schnellert, Past-President, for your hard work, dedication and support to the Council; as well as your great job as chairman of the convention. □

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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: dkingsbury@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, 10339 - 124 Street NW
Edmonton, AB T5N 3W1
Phone: 800-387-2514
Fax: 780-488-9090
E-mail: accd@accd.net
Website: www.accd.net
Product: Education, advocacy, referral services,
bursaries

Alliance for Equality of Blind Canadians:

6 - 1638 Pandosy Street
Kelowna, BC V1Y 1P8
Contact: Judy Smith
Phone: 800-561-4774
Fax: 250-862-3966
Email: Smith@blindcanadians.ca
Website: www.blindcanadians.ca
Product: Advocacy

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: aphpainc@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: aphvrn@cablevision.qc.ca
Website: www.cablevision.qc.ca/aphvrn
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

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

Tim Leigh Bell

**a group of Personal
Injury Lawyers**

**6503 MISSISSAUGA ROAD
MISSISSAUGA, ON L5N 1A6
(905) 826-3633**

THE SILVER SIGN

10 PLANCHET RD
CONCORD, ON L4K 2C8
(905) 669-0111

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:

1. 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.
2. To organize a nation-wide organization of people who are blind and vision impaired and groups of blind persons throughout Canada.
3. To promote measures for the conservation of sight and the prevention of blindness.

2011 RESOURCES FOR BLIND AND VISUALLY IMPAIRED CANADIANS

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 Ave., Winnipeg, MB, R3C 3X1
 Telephone: 204-943-6099
Fax: 204-942-3146
E-mail: mlpd@shawcable.com
Website: www.blindcanadians.ca
Product: Advocacy, Education

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:

200 - 5215, rue Berri
 Montréal, QC H2J 2S4
Téléphone: 514-277-4401
Télécopieur: 514-277-8961
Courriel: Pdussault@raamm.org
Website: www.raamm.org
Product: Advocacy, education

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
Contact: Tara George
Phone: 877-569-3111
Fax: 306-569-1889
E-Mail: voice@saskvoice.com
Website: www.saskvoice.com
Product: Advocacy, education

Union Francophone des Aveugles

240 - 3740 rue Berri
 Montréal, QC H2L 4G9
Téléphone: 514-849-2018
Télécopieur: 514-849-2754
Courriel: ufa@cam.org
Website: www.unionfrancophonedesaveugles.org
Product: Advocacy

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

Phone: 902-424-8500

Fax: 902-424-5819

Email: apsea@apsea.ca

Website: www.apsea.ca

Product: Integration, advocacy, instruction and skills training

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
Product: Integration, advocacy, instruction and skills training

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
Product: Employment assistance, skills training

Career Flight

1753 Water Street, Suite 2
 Miramichi, NB E1N 1B2
Tel: 506-627-4350
Fax: 506-627-4356
Email: career01@nb.aibn.com
Website: www.career-flight.com
Product: Employment assistance

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

102 - 22 King Street W., Oshawa, ON L1H 1A3
Tel: 905-720-1777
Fax: 905-720-1363
E-Mail: dren@dren.org
Website: www.dren.org
Product: Employment assistance, skills training, education



SUPPORTIVE PATRONS

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A 1 TAXI INC

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LEARNING

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LTD

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CENTRE

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JAMES

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CAMERON

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CANADIAN FREIGHTWAYS LTD

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INC

COMMUNITY SERVICE CENTRE

CONTINENTAL SEAFOOD RESTAURANT

2011 RESOURCES FOR BLIND AND VISUALLY IMPAIRED CANADIANS

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
Product: Employment assistance, skills training

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

Line1000 Placement Services

1 - 1355 Bank Street
Ottawa, ON K1H 8K7
Phone: 613-526-1000
Fax: 613-731-3510
E-mail: placement@line1000.ca
Website: www.line1000.ca
Product: Employment assistance, skills training, education

Link Up Employment Services for Persons with Disabilities

801 - 1075 Bay Street
Toronto, ON M5S 2B1
Tel: 416-413-4922
Fax: 416-413-4927
E-mail: info@linkup.ca
Website: www.linkup.ca
Product: Employment assistance, skills training, education

Path Employment Services:

7 -140 King Street E.,
Hamilton, ON L8N 1B2
Phone: 905-528-6611
Fax: 905-528-2181
Email: path2@pathemployment.com
Website: www.pathemployment.com
Product: Employment assistance, skills training

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)

Suite 404 - 20 Southport Street
Toronto, ON M6S 4Y8
Contact: C. Ferguson Secretary
Phone: 1-877-285-9805
Fax: 416-236-4280
E-mail: guidedogs@gduc.ca
Website: www.gduc.ca
Product: Education, peer support, wellness fund

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

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: pcspdp@planet.eon.net
Website: www.premierscouncil.ab.ca



SUPPORTIVE PATRONS

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DR DAVID MERCHANT

DR GORDON CAMERON

DR J MACDONALD

DR MARGARET W KILSHAW

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HAIR ENERGY

HAIR LOOM

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HARBOUR VIEW RESTAURANT &
CATERING

HARBOURLITE RESTAURANT

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HAVERSTOCK PALLETS INC

HEARTWOOD CONSTRUCTION INC

HEAVEN ON EARTH NATURAL FOODS

HELEN ATNIKOV

HELIX ANALYTIX INC

HERRINGTON MOBILE MECHANIC

HIBBS MECHANICAL SERVICES INC

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HIGH LUNCH

HILLCREST HOTEL A COAST RESORT

HOLLYWOOD LOOK HAIR AND BEAUTY

HOLY CROSS PRIORY

HOLY REDEEMER CONVENT

HOMBURG INSURANCE

HONEST LAWYER RESTAURANT

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HOUSTON AGENCIES

HUDSON AUTO BODY

HYATT DISPENSARY

I W KUHN ENVIRONMENTAL LTD

IMPACT AUTO AUCTION LTD

INDUSTRIAL GRAPHICS

2011 RESOURCES FOR BLIND AND VISUALLY IMPAIRED CANADIANS

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: jiderksen@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

Alberta Association of Rehabilitation Centres

2910 - 3 Avenue NE, Calgary, AB T2A 6T7
Phone: 403-250-9495
Fax: 403-291-9864
Email: aarc@albertarehab.org
Website: www.albertarehab.org
Product: Rehab services

Center for Sight Enhancement

University of Waterloo, School of Optometry
Waterloo, ON N2L 3G1
Phone: 519-888-4708
Fax: 519-746-2337
Email: pbevers@sciborg.uwaterloo.ca
Website: www.optometry.uwaterloo.ca
Product: Rehab services

Montreal Association for the Blind

7000, Sherbrooke Street West
Montreal, QC, H4B 1R3

Tel: 514-489-8201
Fax: 514-489-3477
E-mail: info@mab.ca
Website: www.mab.ca
Product: Rehab services, housing

RESEARCH

Foundation Fighting Blindness

703 - 60, St. Clair Avenue E.
Toronto, ON M4T 1N5
Branches: Halifax, Guelph, Ottawa
Tel: 800-461-3331
Fax: 416-360-0060
E-Mail: info.fffb.ca
Website: www.fffb.ca
Product: Eye research

SERVICE PROVIDERS

Canadian National Institute for the Blind

1929 Bayview Avenue,
Toronto, ON M4G 3E8
Branches: Calgary, Edmonton, Kamloops, Vancouver, Winnipeg, Bathurst, Miramichi, Moncton, Fredericton, Saint John, Grand Falls/Windsor, St-John's, Sydney, Halifax, Brantford, Oshawa, Cornwall, Windsor, Mississauga, Hamilton, Kingston, Ottawa, Pembroke, Sault Ste. Marie, Barrie, Waterloo, Montreal, Regina
Phone: 416-486-2500 Fax: 416-480-7677
E-mail: info@cnib.ca
Website: www.cnib.ca
Product: Adaptive equipment, referrals, education, library services, rehab services

Children's Ability Fund

301-12431 Stony Plain Road,
Edmonton, AB T5N 3N3
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
Product: Support, education, research

Institut Nazareth & Louis-Braille

1111, rue St-Charles O.,
Longueuil, QC J4K 5G4
Phone: 800-361-7063
Fax: 450-463-0243
E-mail: info@inlb.qc.ca
Website: www.inlb.qc.ca
Product: Integration, support, rehab services



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Suite 201 - 1100 Concordia Avenue
Winnipeg, MB R2K 4B8
Telephone: 204-949-3730
Fax: 204-949-3732
E-Mail: g-schwartz@mts.net
Website: www.imi-mb.com
Product: Recreation, support, employment assistance

Society of Manitobans with Disabilities

825 Sherbrook Street
Winnipeg, Manitoba R3A 1M5
Tel: 866-282-8041
Fax: 204-975-3012
E-Mail: info@smd.mb.ca
Website: www.smd.mb.ca
Product: Support, skills training, employment assistance, referrals, rehab services

SOCIAL

Connectra

330 Pacific Blvd. South
Vancouver, BC, Canada V6B 5E7
Contact: Kirk Duncan
Tel: 604-688-6464 ext127
Fax: 604-688-6463
E-Mail: kduncan@connectra.org
Website: www.connectra.org
Product: Social integration

SPORTS AND RECREATION

Alberta Sport and Recreation Association of the Blind

7-15 Colonel Baker Place NE
Calgary, AB T2E 4Z3
Contact: Darlene Murphy
Tel: 403-262-5332
Fax: 403-265-7221
E-Mail: asrab@telusplanet.net
Website: www.asrab.ab.ca
Product: Coaching, sports and recreation

Association Quebecoise de Loisirs pour Personnes Handicapees

4545, av. Pierre-De Coubertin
C.P. 1000, succursale M
Montréal, QC H1V 3R2
Contact: Jolyane Simard
Tél.: 514-252-3144
Télé.: 514-252-8360
E-Mail: jsimard@aqlph.qc.ca
Website: www.aqlph.qc.ca
Product: Sports and recreation, advocacy

BC Disability Sports

322 - 1367 West Broadway Street
Vancouver, BC V6H 4A9
Phone: 604-737-3035
Fax: 604-737-3039
E-mail: info@cnib.ca
Website: www.cnib.ca
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 Brahms 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,
Kitchener, ON N2P 2H9
Phone: 519-653-4686
Fax: 519-653-5565
E-mail: codrp@sentex.net
Website: www.codrp.com
Product: Therapeutic horseback riding, youth camp

Centre de Loisirs Metropolitain pour Handicapes Visuels

7350 rue de la Nantaise
Anjou, QC, H1M 1B5
Tel: 514-353-1115
Fax: 514-354-8840
Website: www.blindsport.mb.ca
Product: Sports and recreation

Manitoba Blind Sports Association

145 Pacific Ave., Winnipeg, MB R3B 2Z6
Contact: Cathy Derewianchuk
Phone: 204-925-5694
Fax: 204-925-5792
E-mail: blindsport@shawbiz.ca
Website: www.blindsport.mb.ca
Product: Sports and recreation

National Capital Visually Impaired Sports Association

4 - 880 Wellington Street
Ottawa, ON K1R 6K7
Tel: 613-569-7632
Email: Paul Marcinov ncscd@magma.ca
Website: www.ncscd.ca/ncvisapage.html
Product: Sports and recreation

Zone Loisirs Monteregrie:

3000, avenue Boule
Saint-Hyacinthe, QC J2S 1H9
Contact: Jean Lemonde
Téléphone: 888-999-0404
Fax: 450-773-7736
E-Mail: jlemonde@zlm.qc.ca
Website: www.zlm.qc.ca
Product: Sports and recreation, advocacy

SUPPORT

Family Support Institute Manitoba Blind Sports Association

300-30 East Sixth Avenue,
Vancouver, BC V5T 4P4
Phone: 604-875-1119
Fax: 1-604-875-6744
E-mail: fsi@bcacil.org
Website: www.familysupportbc.com
Product: Family support

TEXT CONVERSION

John Milton Society for the Blind in Canada

202 - 40 St-Clair Avenue E.
Toronto, ON M4T 1M9
Phone: 416-960-3953
Fax: 416-960-3570
E-mail: admin@jmsblind.ca
Website: www.jmsblind.ca
Product: Converting text to Braille and audio formats

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Website: www.lamagnetotheque.qc.ca
Product: Converting written literature to audio format

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Ottawa, ON

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CCB Ottawa University Chapter
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Impaired Golfers) Chapter

CCB Pembroke WC Chapter
Pembroke, ON

CCB WC Matinee Chapter
Sault Ste. Marie, ON

CCB Toronto Curlers
Toronto, ON

CCB Waterloo Regional Chapter
Waterloo, ON

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Moose Jaw, SK

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NOTES:

To contact any chapter, please
contact CCB National office at
ccb@ccbnational.net or toll-
free at: 1-877-304-0968

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By **Timothy Moore**, *Triathlon Magazine Canada*
Published on January 3, 2011

Terry Gardner looked in the mirror and saw nothing. His sight was gone. The life he had known for 46 years was over. He suddenly felt lost.

"I went four years not only trying to deal with vision loss but I was looking for something to give my life purpose," Gardner says. After having worked 12 to 14 hectic hours a day as a self-employed courier broker, he found himself at home doing nothing.

Then Gardner got a call from Jan Ditchfield.

Ditchfield asked Gardner, then 50, to compete at Joe's Team Triathlon in Muskoka, Ontario. While his previous athletic experience consisted of watching sports on TV, he says, he "jumped" at the opportunity.

"I have a purpose now," the Corner Brook, Newfoundland-based age-groupier says.

In two short years, one of Canada's newest national athletic teams has emerged. Gardner is one of the 13

members of the 2011 edition of the Paratriathlete team, Won with One, sponsored by the Canadian Council of the Blind.

Demand for a place on the team has overwhelmed Ditchfield, manager of accessible sports and development at the Council. There are plans to expand each year, though she's holding back because she "doesn't want to let anyone down".

As a self-funded program, the team also has limited resources and can't afford to expand too fast. With athletes and guides, there are double race fees at some events, the cost of two flights and then the \$8000 needed to buy a decent tandem.

While there are constraints, they haven't diminished Ditchfield's enthusiasm nor her vision for where the team is headed.

"Equals in life, equals in sport," she says.

Ditchfield's longer-term objective is to get triathlon into the Paralympic Games in 2016.

For that to happen, at least five countries must have teams; so far, there's Canada and the US, through The C Different Foundation.

Ditchfield is looking to encourage Australia,

PHOTO TOP: Won with One athletes at the 2010 Foster Grant Ironman World Championships 70.3. Left to right: Devon Smibert (Brian's guide), Brian Cowie (VI athlete, 3rd place finish in the paratriathlete category), Ryan Van Praet (VI athlete, 2nd place finish in the paratriathlete category), and Syd Trefiak (Ryan's guide). Photo by Jan Ditchfield.

New Zealand and the UK to develop teams. The more, the better, she says.

Two athletes on Won with One are on the elite fast track: Ryan Van Praet and Brian Cowie. And while part of the reason for developing the team is to help these athletes attain a higher standard in the sport, Ditchfield says elite development isn't the *raison d'être* for the team.

"No one person on the team is more important than anyone else," Ditchfield says.

The current team ranges in age as well as their level of experience in the sport.

Myra Rodrigues has no illusions about representing Canada at the Olympic level. But the 67-year-old athlete, who has been blind since childhood, power walked her way to the finish of the New York City Triathlon in July.

Some team members have been blind since birth, while others have lost their sight through their lives. Robbie Burt was born legally blind. Dave Carragher started to lose his sight when he was 12.

Van Praet had a degenerative disease that took his sight as did Cowie. Both athletes competed in the sport before having to tap guides for directions; both have competed at the Ironman World Championships in Kona. Cowie won the Physically Challenged division in Hawaii in 2009.

"We've got the typical Type-A personality that you have for all triathletes," Cathy Rober, the team's volunteer head coach, says. "They want so badly to get strong and do well and work really hard.

"The team's motto is: Dream. Achieve. Triumph."

Most of the athletes, throughout their lives, have been treated as if they can't, as if they're disabled," Rober says. "But they're not. They are totally able-bodied. They can race at the same speed or better than sighted people."

For a sense of the competitiveness of the athletes: Cowie finished Ironman Canada in August in 12:54, first

place in his division. In terms of all competitors, Cowie finished ahead of more than 1100 others on the day. Note: Cowie's guide, Meyrick Jones, has an artificial leg. Both Cowie and Jones live in the Vancouver area.

Toronto-based Rober says "I'm constantly having to change the way I think."

Rober points to an early conversation with one athlete, an Olympic-level swimmer transitioning to triathlon, who believed he'd had a disappointing race. She asked the athlete what he had taken in terms of nutrition during the race. He said: Water."

I was shocked," Rober said. "I felt guilty," she said, because she had taken for granted he knew about energy drinks, bars and gels. But he didn't know they even existed because he had never seen an ad for any of them, watched other athletes using them or viewed them on a store shelf.

Rober says, except for the need for visual cues, there's no difference in how the Won with One athletes approach the sport compared with sighted athletes - they each want to train longer and go faster.

"These athletes can't wait to get training," Gardner, for example, is keen for Rober to give him the green light to increase his training volume. When he first took the plunge in his local pool, Gardner says he could barely complete one 25-metre lap. Now his regular set is 80 laps, or 2 kilometres.

"It's the every day competition with myself that makes it great for me," Gardner says.

In a sense Gardner has an advantage over some team members because he has an image of what swimming, cycling and running look like.

But for the athletes who've been blind since birth, visual clues won't work, Rober says. That's when she needs to physically manipulate an athlete's hand, for example, on the deck of a pool or in the water to teach proper entry and pull positions.



Shane Wegner (VI athlete) and Chris Barnes (sighted guide) at NYC Triathlon 2010



Myra Rodrigues (VI athlete) and Jan Ditchfield (sighted guide) at Scotiabank Toronto Waterfront Half Marathon 2010

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Diabetic Macular Edema Clinical Study



Swim start at NYC Triathlon 2010

"The added challenge with swimming is that a lot of visual impaired athletes rely so heavily on their sense of hearing but it's lost when their head is immersed," Rober says, so some athletes first need to learn to relax around water before they can learn to swim. For that reason, the team has had to initially focus on accepting athletes with at least some basic swimming skill.

Rober says there's one other key challenge for her athletes: the need for a guide. First, the guide must live close to you. Second, the guide must have a schedule that matches your own. Third, the guide has to be better than you.

"You need your guide to be faster than you," Rober says because they have to be able to not only keep up with you but also to talk you through the session.

"A guide can't just say 'watch out' because that doesn't mean anything to anyone who can't see. A guide has to be able to tell that a person is coming on the left, there's a woman with a stroller on the right or grab the athlete's hands when the ground gets rough.

"The team recently completed a recruitment campaign for guides but there's always a need for more of them. Without a guide, riding or running outside is out of the question for the athletes.

"Our athletes won't slow you down," Ditchfield says of one of the misconceptions she's trying to dispel. None of the team's members "view themselves as disabled. They are there to compete, to win.

"It's a theme constant in chatting with everyone involved. These athletes want nothing except the chance for a sense of normalcy.

Being part of the team has an even simpler meaning for Gardner.

"It gives me purpose to get up every day, to go do my training, to look forward to competitions, to compete not only alongside, but against, able-bodied athletes."

For more information on the Canadian Council of the Blind's Won With Won program, please www.wonwithone.com

****NOTE: Paratriathlon is now a part of the Paralympic Games and will make its debut at the 2016 Rio Paralympic Games. □**



Canada's National Visually Impaired Paratriathlon Team



Brian Cowie



Chris Zonruiter



Dave Carragher



Dean Steacy



Geza Fenyo



Myra Rodrigues



Robbie Burt



Ron Hackett



Ryan Van Praet



Shane Wegner



Shelley Ann Morris



Terry Gardner



Tim McIsaac

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KITCHENS OF THE WORLD:

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MAHSHY - EGYPT

A COOKBOOK FEATURING 200 RECIPES

The Canadian Council of the Blind (CCB), the largest membership based organization for the blind, is pleased to introduce the Kitchens of the World™ cookbook.

Jim Tokos, CCB Vice-President, states "This is a very high end product with the premise that preparing food and with whom we share it can overcome geography and politics and can lead to an appreciation of other cultures,"

The cookbook features over 200 recipes donated by 102 embassies and 600 high resolution photographs contributed by 200 photographers from all over the world. Every section contains a map of each country with demographics and featuring some iconic pictures.

The cookbook is designed to raise funds for all charities and non-profit organizations and

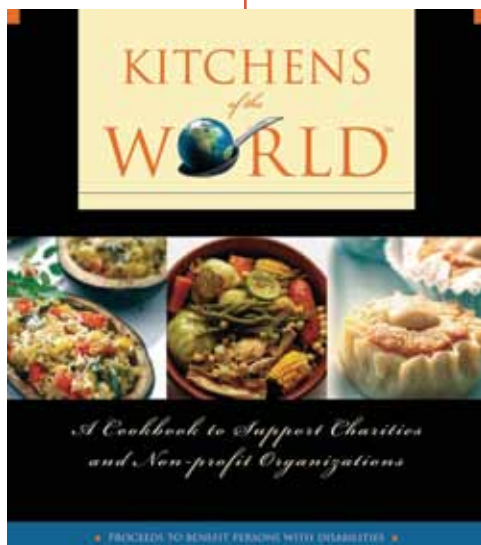
is available in hard copy or EBook versions and features recipes and colour photographs from 102 countries. The book also includes maps, iconic features of each country and demographics.

"Our partner schools like it because it serves as an educational tool for parents, students and teachers," notes Tokos.

Mr. Tokos goes on to say, "Quite frankly, I can't think of many charities willing to share with their fundraising ventures, but we are. This is not the blind leading the blind, but the blind leading."

The theme of the cook book is food is more than basic sustenance and nourishment. Food offers a kaleidoscope of images and inculcated values beyond the innate need for immediate gratification.

How and what we eat, how



we acquire it, who prepares it and who is at the table is a form of communication that is rich in meaning which often subtly explores the culture of a specific group or country.

Food can inspire and strengthen the bonds between individuals, communities or possibly countries. From the simple dish to the most extravagant, the mere sharing and partaking in one of the most fundamental needs can unconsciously forge a commonality of interests that can create and sustain a unique attachment with others.

Food can play a large part in defining family values, rules, rituals and traditions and offers a prism to our most basic beliefs about our family, community and country as well as reflections about us.

Kitchens of the World allows us to transcend the obstacles of politics, culture, geography and religious barriers, whether real or imagined, and begin or continue our exploration and understanding of each other through food.

The cookbook is unique in the sense that it embraces all cultures and offers charities and non-profit organizations an alternative revenue source. Apart from charities and non-profits, the cookbook is an excellent and unique gift for corporations to employees, unions, schools, churches, etc.

Besides being unique and a one-of-a-kind product, the cookbook is very high quality which

includes a soft laminated cover, 80 lb. matte, and inner coil for easy layout, colour photographs and 316 pages.

Kitchens of the World is especially relevant to Canada. The population and culture of Canadian society is becoming more diverse each year and in many respects is a mosaic of the cookbook's target audience.

Canada is one of the leaders in cultural diversity and tolerance, and in many respects, the conception of the cookbook is appropriate to emanate from this country.

Cookbooks have a long and impressive history as proven best sellers. The market for a classic cookbook is endless, and the buying audience grows and changes with each new generation.

The cookbook is available for a \$ 100 donation. For those who decide the \$ 100 donation is too much, E versions can be downloaded for \$ 25 for the entire E Book, \$ 10 for a continent and \$ 5 for a country. The E-book can be downloaded from the CCB website at: www.ccbnational.net

Tax receipts are available for the hard copy and E versions and can be downloaded electronically upon receipt of the donation.

Contact the CCB national office on how your chapter or organization can participate and raise funds by email at ccb@ccbnational.net or call toll free 1-877-304-0968 □



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Treadmill Tether

LACK OF VISION NO LONGER A BARRIER TO FITNESS

By **Ryan Van Praet**, Accessible Sports Program Coordinator

As it is quite understandable that an individual with little or no vision may be apprehensive about getting on a treadmill, my recent simple invention will hopefully alleviate some of those worries.

Walking or running on a moving surface can be tricky to the most coordinated person with the perfect vision, however when vision is limited so is a vital part of the body's sensory system. The sense of sight plays a key role in gathering information for the body in order to control balance, judge distance and frame of reference; all of these things being very important on a treadmill or in life in general.

Maintaining a healthy and active lifestyle should be barrier-free and hence my creation of the "treadmill tether". This creation came about in early 2010 when training for triathlons made it necessary to run indoors on a treadmill.

While walking/running an individual uses sensory feedback from their vision to judge their frame of reference and to adjust to their forward/backward and lateral drifting on the moving track. A simple design allows the blind/visually impaired exerciser to recover some of that lost sensory feedback (no longer provided by the eyes, but provided now in part by the tether).

The Materials:

Putting a treadmill tether together is very simple and affordable, as well substitutions in materials can be made to best suit each person's preferences.

For my tether I use the following:

- 2 D clips or carabeeners
- Approximately 3-4 feet of cord found in blinds or window dressings (this is thin but strong). *Rope of any sort is also acceptable. Remember that this tether is NOT supporting your weight it is simply providing feedback.
- 1 belt (I currently use a race number belt familiar to many triathletes and runners) this is a stretchy nylon belt that is crucial in providing feedback.

The Process:

It's simple! Tie 1.5-2 feet of rope onto the belt at the left

hip, tie the same amount of rope onto the belt at the right hip. Tie each loose end of rope to a D-clip. Done, it's that simple.

How it works:

Most treadmills have a crossbar just below the console; this is your point of contact.

- 1) Step on treadmill with belt around your waist, rope facing forward
- 2) Take left rope and loop it over the top of the right side of the crossbar (the D-clip attaches the rope back onto itself).
- 3) Take the right rope and loop it over the top of the left side of the crossbar (again clipping the D-clip onto the rope)
- 4) You are now standing on the treadmill, belt low on your waist and the ropes crossed over in front of you. You are all clipped in and ready to go.

While walking and running in a natural position you are standing tall and hands free from the treadmill. If you start to drift towards the back of the treadmill, the ropes will tighten, pull on the belt and the tension will be felt on the small of the back of the exerciser. This slight "push" will let them know that they have drifted back a little too far. As well, due to the crossover of the ropes, a drift to the left will be felt on the left hip, a drift to the right will be felt on the right hip. This sensory feedback will allow the exerciser to maintain a more centralized position on the treadmill, feeling more confident that they will not be falling off anytime soon. Another tip is to do a "side check" occasionally with your hand. A quick tap on the side rail will allow the exerciser to know if they are drifting laterally as well.

Again, this tether is not meant to support a person's weight, it is simply a tool that is useful in promoting confidence and safety while exercising on a treadmill; alleviating the need to be constantly hanging on to the bars.

For more information, please contact Ryan Van Praet at: rvanpraet@ccbnational.net □

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