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**What's New?**Our new Executive Director

We are pleased to welcome Marg Friesen to SVOPD as our new Executive Director effective June 01, 2013. Marg brings experience in both the public and private sector and we are exceptionally pleased she'll be joining us!

Living with a Disability Conference

SVOPD will be hosting a Living with a Disability conference in October in Regina in conjunction with March of Dimes Canada, stay tuned to our website for more information!

Over 100 Followers

We recently hit 100 +likes on Facebook and we're just thrilled! Help us make it 150 by liking us today

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# 2013 GREY CUP RAFFLE



**Tickets \$10 each**

**1st Prize: 2 Grey Cup Tickets (Prime Seating)  
(Section 4—Lower Deck)**

**2nd Prize: \$250 Rider Store Gift Card**

**3rd Prize: \$150 Rider Store Gift Card**

**Total Ticket Package Value \$1200**

**Only 1400 Tickets Will be Sold**

**Draw Date Nov 1, 2013**

**Purchase Tickets from SVOPD—984 Albert St. Regina  
306-569-3111 [voice@saskvoice.com](mailto:voice@saskvoice.com)**

**GET YOUR TICKETS TODAY!!!  
CALL SVOPD 306-569-3111  
Or 1-877-569-3111  
OR E-MAIL [AMBER@SASKVOICE.COM](mailto:AMBER@SASKVOICE.COM)**

# girl power camps



This summer we were able to offer four camps for young women 14-29. Two in Regina and two in Saskatoon. These camps were a huge hit and we're planning to have two more near Halloween, stay tuned for more details!



News Release - May 29, 2013

## GOVERNMENT INCREASES BENEFITS FOR SASKATCHEWAN ASSURED INCOME FOR DISABILITY (SAID) PROGRAM

The Government of Saskatchewan is following through on a commitment to enhance the quality of life for people with significant and long-term disabilities. More than 10,000 people will receive increased monthly benefits through the Saskatchewan Assured Income for Disability (SAID) program, effective June 1, 2013.

“The SAID program is a true made-in-Saskatchewan success story,” Social Services Minister June Draude said. “Not only is the program assisting more than 10,000 people in our province to enjoy a better quality of life with greater dignity and respect, but it is also helping us meet our goal of making Saskatchewan the best place to live in Canada for persons with disabilities. As our province and our economy grow, programs like SAID are helping to ensure that everyone has an opportunity to benefit from that growth.”

Overall, the government has committed to raising average SAID benefits over four years by \$100 per month for individuals in residential care, \$350 a month for singles living independently, and \$400 per month for couples. The first increases went into effect in June 2012.

Effective June 1, monthly SAID benefits for single individuals in independent living arrangements will rise by \$50. Couples will receive a \$60 monthly increase, and the benefit for persons in residential care will rise by \$20 per month.

The program was introduced in October 2009 after extensive consultations with members of the disability community. The program is designed to provide people with significant and enduring disabilities a dignified income support program separate from the Saskatchewan Assistance Program (SAP), in order to recognize the unique needs and experiences of persons with disabilities.

The same spirit of collaboration and public consultation used to create SAID is being employed in the development of the provincial Disability Strategy. Nominations from Saskatchewan residents interested in serving on the Citizen Consultation Team are being accepted until June 28, 2013. Nomination forms and additional information on the Disability Strategy can be found at [www.socialservices.gov.sk.ca/disability-strategy](http://www.socialservices.gov.sk.ca/disability-strategy).

-30-

For more information, contact:

Pete Paczko  
Social Services  
Regina  
Phone: 306-787-0531  
Email: [pete.paczko@gov.sk.ca](mailto:pete.paczko@gov.sk.ca)

## Summer Recipes

### Corn and Tomato Pasta

(Serves 4)

#### Ingredients:

Salt  
2 cups of bow-tie pasta  
2 tablespoons extra-virgin olive oil  
2 garlic cloves, smashed  
2 cups of cherry tomatoes  
3 ears fresh corn, kernels cut off  
2 tablespoons unsalted butter  
 $\frac{1}{4}$  cup fresh basil leaves, torn into pieces

#### Directions

1. Bring a large pot of salted water to a boil and cook the pasta as package directs.
2. Meanwhile, in a large skillet, heat the olive oil over medium heat. Add the garlic and tomatoes and cook, stirring occasionally, until the tomatoes are softened. About 5 minutes. Stir in the corn, and cook until the corn is heated through and golden, about five minutes. Season to taste with salt.
3. Drain the pasta.
4. Add the vegetables, butter and basil to the pasta and toss.

### Strawberry Lemonade

(makes 6 cups)

#### Ingredients:

1/2 lb strawberries (1 1/2 cups), trimmed and halved  
1 1/2 cups fresh lemon juice (from about 5 lemons)  
1 to 1 1/2 cups sugar  
3 cups cold water

#### \*\*NOTE\*\*

Use room temperature lemons for easy squeeze

#### Directions

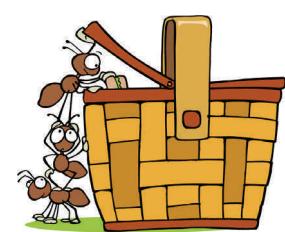
Purée strawberries with 2 tablespoons lemon juice in a blender until smooth, then force through a fine sieve into a bowl to remove seeds. Stir together strawberry purée, remaining lemon juice, 1 cup sugar, and water in a large pitcher until sugar is dissolved. Taste, then add more sugar if desired. Serve over ice



“Cooking is at once child's play and adult joy. And cooking done with care is an act of

love.”

- Craig Claiborne



## Entertainment

### Movies:

#### **My Left Foot (1989)**

*My Left Foot* is based on the autobiography of Christy Brown. Christy was born with severe cerebral palsy and could only control his left foot. Despite a tough childhood of being treated by most people as though he lacked any intelligence, Christy becomes a painter, poet, and novelist.



"You can't get a cup of tea big enough or a book long enough to suit me."

- C. S. Lewis



### Books:

#### **See the Ocean by Estella Condra (Ages 8+)**

Every year, Nellie's family goes on a trip to the ocean. On the way, Nellie's brothers always have a contest to see who can see the water first, but not Nellie. She has grown up blind but even so, has always loved their family trips to the ocean.

#### **Children of a Lesser God (1986)**

Sarah Norman is a young deaf woman who works as a cleaner at a school for the deaf and hard of hearing in New England. James Leeds, a teacher newly arrived at the school, teaches and encourages Sarah to learn how to read lips and speak out loud.

#### **A Beautiful Mind (2001)**

*A Beautiful Mind*, based on the biography of John Forbes Nash Jr., follows the life of a brilliant mathematician, professor, and a diagnosed schizophrenic. Nash makes remarkable advancements in math and marries his student, Alicia. After being diagnosed with schizophrenia, Nash finds himself on a long journey of self-discovery and struggle.



#### **My Name is Joe by Stefan Bourque (Adult)**

Joe is diagnosed with cancer and his doctors advise him to get his affairs in order. Before leaving the

world Joe decides to seek forgiveness in his life. On his journey he meets Rebecca, a single mother suffering over the guilt of her mother's death. The two

form a relationship and help each other in their times of hardship.

Retired...? (Want opportunities to help others!?)Student...? Just starting out...? (Build potential job experience!)

The Tetra Society of North America provides the connection between people with disabilities and various technical people to create assistive devices at cost for materials. These gizmos are not on the market or the existing assistive device may need to be customized which would enhance the quality of life for people with disabilities/seniors.

The Regina chapter is looking for volunteer technical people and people with disabilities/seniors who require a gizmo! You never know unless you try. Talk to the Tetra Team today!

Contact: Terri Sleeva at 545-7378 or e-mail: [tetraregina@sasktel.net](mailto:tetraregina@sasktel.net)

For more information: [www.tetrasociety.org](http://www.tetrasociety.org) or call 1-877-688-8762



### Are you an entrepreneur with a disability?

Whether you are 16 or 65, we offer disability supports and business services free of charge, so you can move forward with your vision of starting a business.

#### Some supports include:

- providing one-on-one or group training in business development
- reducing barriers, in terms of disability issues
- offering mentoring and consulting services

For more information, call Brenda at  
(306) 757-7452, ext: 236 or email: [brenda@ssilc.ca](mailto:brenda@ssilc.ca)

[www.ssilc.ca](http://www.ssilc.ca)



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## Do You Have Stories or Suggestions?

Is there a topic, article, question, movie, book, website, story, that you would like us to share with other subscribers?

Please mail, fax or e-mail it to us and we'll be happy to oblige!



Please include all copyright information for things you didn't write yourself. If your article is too long or if we run out of space we can share it on our newly created blog on our website as well so don't hesitate to send us

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Newsletter Funding Provided by SDPP-D, Thank-you!

Newsletter designed and edited by Amber-Joy Boyd with special thanks to  
Nina Sier for her research on this edition.

## DISC - Disability Income Support Coalition

SVOPD is proud to be a member of DISC, working together with other non-profits in the province and with the government of Saskatchewan to create a dignified and fair income support program for persons with disabilities.

DISC is working hard to get this Saskatchewan Assured Income for Disabilities, SAID program in place and we have already had many successes. In the coming months please look for DISC advertising around the province and help support DISC's efforts to get an income support program in place! For more information check out the DISC website at [www.saskdisc.ca](http://www.saskdisc.ca)

### A life of poverty is an uphill battle.

Now, imagine that same struggle under the weight of a disability, surviving on \$26 dollars a day.

This is the reality for many people with disabilities in the province.

# DISC

Saskatchewan Disability Income Support Coalition



Photo courtesy of www.dreamstime.com

The Disability Income Support Coalition is working with the government to build a program that brings dignity back to a life lived with disability, but they're not there yet. The province is moving forward, but they need your help to succeed.

Please help by contacting your MLA.  
For more details, visit [www.saskdisc.ca](http://www.saskdisc.ca).

Reduce. Reuse. Recycle.