

Changing Times

Lo-Se-Ca Foundation Newsletter

May, June, July 2013

RAFIKI CONT



“The scenery was constantly changing. The most breathtaking, was of course looking out at the Kenyan and Tanzanian plains from above the clouds.”



TO THE TOP

Writer
Marie Gauvin TL: Forest Grove

18 months ago, we were co-workers with, what seemed at the time, an unbelievably difficult dream to achieve. We pooled our resources, efforts, and sheer determination to make it a reality. As we are now driving to Kigoma for the second chapter of this amazing journey, I reflect back to our ascent to the mighty peak. We left base camp as acquaintances, co-workers, and friends. Luggage backpacks, and equipment in tow, we also carried memories of loved ones, fears, excitement, and trepidation at the possibility of reaching the summit. All precautions were taken, nothing left to chance or luck.

As soon as those backpacks were strapped to us, it was obvious that some of us would be leaders, some would be keeping the pace, and some of us would be trailing behind. Newfound respect was earned for the strongest while support and motivation was provided for the ones who needed it the most.

Through the adversity of the mountain and the elements of nature, we would become one, a united entity, ready to do anything for one another, truly sharing blood, sweat and tears, but also sharing camaraderie, confidences, support, pride, and respect for each other, being privileged to be among this group of incredibly gifted people that conquered the top of Kilimanjaro.



Johnathon Hamilton, Dan Huising and Andrew Mckerlie, all men with disabilities, were amazing and became our inspiration and so beloved by our guides and porters. Each morning Johnathon was escorted to the small cook tent, that was always packed full of porters, so he could warm up.

Kibo camp was the place we would leave from for the summit. After a eight hour day of trekking, we managed to get a few hours of sleep in the freezing cold before being woken up around 11pm to begin our ascent.

The African night sky is breathtaking at that altitude, the millions of stars and constellations appear as if they are close enough to touch. You might think that climbing over 4000 feet in the dark, with only a little headlamp is not a great idea but it is. The steep rocky face of the mountain that we climbed is best not viewed in daylight. By 6am we were still a few hours away from Gilman's Point which is the first of three we would pass before getting to the summit.

By 8am we reached Gilman's Point and began walking towards the summit on the Kibo crater rim. Along the rim we saw remnants of many trekkers before us, people obviously too tired to move off the trail to empty bladders or vomit. We finally reached Uhuru Peak, the summit, approximately 10 hours after departing Kibo camp. We includes: Jackie Pearson, Dan Huising, Johnathon Hamilton, Nasiha Garibovic, Pie Buzubona, Raymond Nkorerimana, Rose Umutoni, Rachel Harrison, Mary Winkel, amm and Marie Renaud and Marie Gauvin who did not have time to get beyond Gilman's Point. We were especially proud of Dan and Johnathon, the two individuals with disabilities who reached the peak, defying the limitations that others may place on them.

Had we not been so tired and oxygen deprived we likely would have hung around the peak a little longer to celebrate our long journey together. Following our high altitude photo shoot we left the peak and descended almost immediately to the Horumbu huts at 3720 feet. We arrived well after 10 pm after hiking over 20 hours.

We descended via the popular Marangu route, through a lush rainforest alive with playful monkeys and colorful birds. By 6pm, we had all arrived safe and sound at the base of the mountain to hugs and congratulations from the other members of the group, the Rafiki group who had stayed in Moshi.

There are a billion reasons to love and believe in Africa, this was just one. Want to join us on our next venture? We will be meeting May 9 @6pm at Lo-Se-Ca.



Although I am sure a few lung cells died that day on the mountain, what I have gained can hardly be described... An immense feeling of pride and accomplishment, a new perspective on life, an inner strength that I didn't know existed, but mostly love. Love for my family, my friends, and this newly formed family, without whom I would have not made it. What we shared on this incredible journey could never be duplicated.

I cried that day on the mountain. From exhaustion, from months of preparation, and culmination leading to that precise moment, but mostly because this crazy dream had now become a reality. Very few can say "I climbed Kilimanjaro" and I am proud to say that I am now one of them. We all achieved new heights that day...

RAFIKI PROJECT



Writer
Marie Renaud,
ED

11 days ago

It is difficult to choose from the thousands of mental snapshots and details that make up our recent Kilimanjaro experience. Africa is an incredible place of extremes that leave you shocked and inspired simultaneously.

On March 8th, 2013, a unique collection of people from St-Albert and Edmonton tied on their hiking boots, slung on their fancy new day packs and headed for the trail head of the Rongai route, starting on the north side of the mountain close to the Kenyan border, would take us up the mighty Kilimanjaro. The guides and porters that would support our efforts were from Pristine Trails, out of Moshi, Tanzania.

Thirteen of us, Lo-Se-Ca Foundation staff, people with disabilities supported by the Foundation and some family members, filed off the bus ready to begin our seven day, six night trek.

A few minutes later, a huge bus pulled out and forty five men and women poured out. All of these people would help us get to the summit, Uhuru Peak, the highest point on the continent of Africa.

Day one and two allowed us to get used to the endless hours of uphill trekking we would do over the next week and gave our bodies time to acclimatize. By day two, we were very familiar with camp life and fondly recalled the luxurious squat toilets of Moshi.

By the time we reached camp two, we were at 10,872 feet and were feeling the effects of the increasing altitude. One of our members, Gary Ausmus (age 72) had to be taken off the mountain before we reached camp 2 due to high altitude sickness. Just after 6 pm, camp two was flooded by a massive rainstorm that left all of our clothing, sleeping bags, and tents drenched. Thankfully, the sun came out for a few hours on day 3 and we dried our equipment on bushes and hung our clothes from our packs to dry as we trekked up and up.

Camp three, at 11,414 feet marked the point where we began to know what was important.

There was a steep decrease in the need for hand sanitizer and fancy hiking gadgets. We needed each other, water, food to fuel our movements and a place to sleep. Critters, mud and rocks in our tents went virtually unnoticed.

All along the Rongai Route we were in awe of the majesty of the ever changing landscape. From lush jungle, to rocky desolate alpine desert, the scenery was constantly changing. The most breathtaking, was of course looking out at the Kenyan and Tanzanian plains from above the clouds.

Camp four, at 13,474 feet was at the base of the Mwenzi peak, one of the 3 volcanoes that make up Kilimanjaro Park. The beauty of our surroundings at camp four took what little breath we had away. Some of us were starting to experience more discomforts due to the elevation.

CONTINUED ON BACK PG



LO-SE-CA FOUNDATION

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Follow us

WHEELS

Mary Winkelmann



Lo-Se-Ca Bus Driver, Mary Winkelmann grew up on Canada's East Coast where story telling was a regular part of life. She attended one of the last one room schools for elementary school and there discovered the power of descriptive words. Mary began writing for fun and through the years added photography to journalism for local papers. Mary draws on her experience with special needs students to bring "Wheels" to life.

Late in 2012 I published *Wheels*, my first small novel. It wasn't smooth and easy from idea to publication but more like climbing Kilimanjaro--- an uphill journey.

The seeds for *Wheels* were sown years ago when as a school bus driver, I met many teens with reading challenges. The books they could read were embarrassing for them to be seen with. Who wants to be reading fairytales at fifteen? I thought what they needed was something at their reading level but with an age appropriate topic in paperback size with a glossy front cover. Unlike in the U.S. there was little like that here then so I asked myself, "Why not try to write it?"

The answer came right away, "It's too long and lonely a project!"

I did want to get my feet wet so I signed up for a one year on line book writing course for teens. I submitted a few book ideas with no intention of doing a "high-lo" novel. It simply would require too much discipline for me to write using shorter sentences, basic vocabulary and high interest teen content. However, my writing adviser said I seemed to have a passion for the *Wheels* book.

I was passionate about Canadian content and for teens with disabilities to see themselves as the hero/main character of a book. I wanted others to see their world up close. That was great as long as someone else wrote the book. I dragged my feet but started with the basics.

I already knew who, what, when, where, why and how. "Wheels" was a teen I knew who used a wheelchair his whole life. He didn't use that as an excuse to get special treatment but instead to get into even more trouble than others. The book would be about the dumb things he or others I knew, did or imagined in high school. Eventually his world would become such a mess that he had to do something. *Wheels* and a bad news friend would do a project on which their graduation hinged. Like the TV show *Pimp My Ride* they would refit "wheels" their way. Once I got the book's framework done, I saw it as a wonderful challenge to write concisely.

It took about a year to finish, rewrite and polish *Wheels* but finally it was done. Then I wanted to share it with an audience. The traditional route to publication is competitive with tons of good manuscripts submitted to publishers. A writer has to carefully search for publishers that want precisely what he has written (i.e.) the same genre, target audience, manuscript length, format, etc. Anything that doesn't fit their submission rules will be automatically rejected. Many publishers won't consider manuscripts sent simultaneously to another publisher. It can take three months or more for a response and another year before a book is printed. But the writer gets paid for the book if accepted by a publisher.

There is a saying that you can paper a room with publisher's rejection slips before you are published. It takes a thick skin to endure. Often there is no feedback on why the manuscript is rejected. J.K. Rowling's *Harry Potter* was rejected for years. William Paul Young's *The Shack* couldn't find a publisher so he self-published it and then it sold out. I didn't like the rejections so looked into self-publishing. That also has a lot of requirements for the manuscript but the author retains control and copyright. The writer pays up front for a publication package which includes set up, cover design, copyright registration, ISBN and up from there depending on what you want. Print on demand means that only the number of books you want to buy are printed. So you could pay \$700 and get only one book "free". You pay extra for whatever number of books you order with the retail price fixed by the publisher. The writer pays for publication and books purchased as opposed to traditional publishing where the writer receives money for publication. Do research on reputable self publishing (print on demand companies) and other publishers before submission. It is like icing on the cake to have your work printed no matter which route you take.

"Often there is no feedback on why the manuscript is rejected. J.K. Rowling's *Harry Potter* was rejected for years"

are printed. So you could pay \$700 and get only one book "free". You pay extra for whatever number of books you order with the retail price fixed by the publisher. The writer pays for publication and books purchased as opposed to traditional publishing where the writer receives money for publication. Do research on reputable self publishing (print on demand companies) and other publishers before submission. It is like icing on the cake to have your work printed no matter which route you take.

Wheels available for \$10.43 plus shipping at www.trafford.com (Also available in E-book for about \$4.00) or Mary Winkelmann (while supplies last) at 459-3560.



PROGRAMMING

Program Manager, Francois Busque

With summer quickly approaching individuals and staff are gearing up for the various activities and events Lo-Se-Ca offers.

The activities committee has organized a Hay Ride at MP Stables on May 3rd and On May 16th Michelle Sprogis will have the opportunity to defend her Lo-Se-Ca Idol title at Lo-Se-Ca's annual Idol contest.

This years' annual camp week will be from June 4th - 7th. In an effort to provide variety the individuals were given the opportunity to choose to go either to Circle Square Ranch or Jasper. The Bowl-A-Thon fundraiser will be held on June 13th and will be Pirate

Over the course of the summer Lo-Se-Ca will be holding it's second annual "best yard" contest. Last year the ladies at Morgan House took the first place prize.

Looking Back:



Program Managers, Ron Bourret, Raymond Nkorerimana, and Francois Busque pictured holding Prime Minister Of Canada Volunteer Award.

Lo-Se-Ca
Volunteer
Appreciation
Mad Hatter
Tea Party

Date:
May 2nd 2013

Time:
1pm

Location:
Boardroom



Lo-Se-Ca
hosts
Annual
Staff
Appreciation
Night

Date: May
23rd 2013
SANTA MARIA
PIRATE SHIP
WEST
EDMONTON
MALL

RSVP to Human
Resources by
May 10th
2013



2013 Lo-Se-Ca Bowl-A-Thon Fundraiser

Cannon ball Bowling



When: Thursday June 13th, 2013

Where: St. Albert Bowling Centre

Time: 5:30 pm

Bowling starts at 6:00 pm

Cost: \$11.25

DRESS IN YER BEST PIRATE FITTINGS!



How it works:

1. Put together a team of 4-5 Bowlers (individuals, family, friends, staff, etc.)
2. Contact the office at 780-460-1400 ext 223 (Ron) or 780-460-1400 ext 221 (Patrice) to register your team.
3. Come pick up pledge forms for your team
4. Collect money from friends, family, strangers, long lost relatives, etc
5. Drop off money at Lo-Se-Ca
6. Come to the Bowl-A-Thon

* Please note if you do not have enough bowlers to form a team or are bowling solo please just let Patrice or Ron know and they will pair you with someone



UPCOMING EVENTS:

Come Cheer on Lo-Se-Ca as we compete in the 2013 Corporate Challenge Games.

- May 24- Obstacle Course- Borden park
- May 26- Unknown Challenge- West Edmonton Mall
- May 28- Cribbage- Ellerslie Recreation Centre
- May 29- Road Race- Foote Field
- June 2- Bunnock- Whitemud Equine Centre
- June 3- Trivia- Shanks
- June 5- Race Walk- Hawrelak park
- June 8- Treasure Hunt - Borden Park



Seniors Day Program Coordinator, Kristi Hall-Busque

SENIORS DAY PROGRAM OPENS ITS DOORS

The new Seniors Day Program has been open for about six weeks and has been pretty successful to date. Initially six individuals were transitioned into the Seniors Program from Discoveries and another four followed this month coming from both Discoveries and residential programming. As part of their new programming, an emphasis has been placed on ensuring that the participants are engaged in meaningful activities that focus both on physical and mental interests.

I personally have noticed a huge change in attitude and willingness to be involved in

“While it has been a large adjustment for some of them, the majority of participants have made the shift comfortably.”

activities; they engage with each other more positively and seem to enjoy the quieter, more relaxed atmosphere the day program presents. Some of the options they choose from daily include working/playing on iPads,

cooking and baking, playing bowling on the Xbox Kinect, art, lacing, and community access to such places as the SPCA, Servus Place and local events. We just started a lunch program (providing them lunch here instead of bringing one from home) and are looking to start foot care and massage therapy in the near future.

We have really benefited from the cooperation of the residential staff, Discoveries managers and Mary, the bus driver to help make this program flow so smoothly.

Little Lo-Se-Ca Lo-Se-Ca Day Home

Lo-Se-Ca Day home Manager, Trina Goruk



I am very excited to announce that our Day Home Little Lo-Se-Ca is up and running! A lot of hard work was put into the planning, development and set up of the Day Home. I

thank all the staff that helped collect and store all the wonderful items we got from the Unique Thrift Shop, we got A LOT of great stuff for the kids to play with! Thank You!

Since our opening in March we have had 5 very sweet, loveable children start attending the Day Home. They have been having a lot of fun playing together, making crafts, reading stories, singing, dancing and learning! We are anxiously waiting for all the snow to melt (which unfortunately looks like it might be a long time!) so we can play outside and set up our fabulous new playground!

Little Lo-Se-Ca was very fortunate to be given a grant from the St. Albert Community Foundation to purchase an amazing playground for the children at the day home to enjoy. We are very appreciative of the St. Albert Community Foundation for accepting our grant and I would like to thank them again for their generosity! THANK YOU St. Albert Community Foundation!

We also have had tremendous feedback from the parents of our little ones. They are all very happy with the facility, staff and program. In fact, we have already started getting referrals from them! Some of the extra perks Little Lo-Se-Ca offers that have gotten our parents so excited are: 3:1 staffing ratio, in house field trips and special visitors, daily communication notes between staff and parents, a huge backyard and play ground to play in, a web cam to view the children while they are in care, opened year round (the day home does not have to close if a staff is sick or on holidays), early learning philosophies and programming. Of course there is also the extra benefit of subsidy for all Lo-Se-Ca staff in good standing.

If you or anyone you know is looking for childcare in the future please have them call: 587-290-2299 to be put on a wait list.

We hope to expand within the next year to accommodate more children and help more staff with childcare. If you would like to visit the Day Home please call or email me at littlelosecas@hotmail.ca to set up a day and time! We would love to see you!



I'm Unique Thrift Store

**Color Sale!
50% Selected Color**

May Colors
 Week 1- Peach and White
 Week 2- Blue and Red
 Week 3- Green and Beige
 Week 4- Pink and White

Come check out the savings!!