



MBIA NEWS

FALL / WINTER 2007

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WE HAVE A NEW NUMBER
975-3280



"If I break my legs, I'll get some wheels to do my walking.

If I break my voice, I'll let my fingers do the talking.

If I break my eyes, I'll buy a dog to guide my way.

But what will I do if I break my brain?"

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Umbrellas Still Just a Prop at the Third Year's Walk

by

Brian Campbell



In spite of wet weather for the early part of the week and ominous clouds on the morning of the Walk, the weather held for the third annual Umbrella Walk for the Manitoba Brain Injury Association on Saturday, September 8th at Assiniboine Park. Although cool, the day was perfect for both the Walk and the picnic that followed. The MBIA Umbrella Walk slogan is "Rain or Shine, We've got You Covered", and true to this spirit, people braved impending rain to come out and support us, more than 200 combined walkers and volunteers in total. Walkers received an MBIA t-shirt and bracelet, water and snack bars. Student volunteers from West Kildonan Collegiate

provided coffee and hot chocolate for everyone. Ace Burpee and Chrissy Troy of Hot 103 FM provided music and entertainment for the morning as people registered. African drummer, Martin Valach, and guest trumpeter, Chris Curpen, lead CORE Training and Therapy in a pre-walk warm up. Then, after a few brief words of thanks and encouragement by Bette Brown, the mother of a survivor, the Walk began.



The walkers came back to a barbeque provided by the Manitoba Pork Council and a wide array of desserts and refreshments. After lunch, people either took advantage of massages provided by the Massage Therapy College of Manitoba, or enjoyed the music supplied by Hot 103's Big Marv. Kids and adults alike had the opportunity to get their faces painted. The day culminated with prize draws. There were 20 prize packages put together in a silent auction draw for everyone who raised pledges, a volunteer draw, volunteer gift cards, and gift packs given to all

walkers and volunteers, so no one went home empty handed. The prize for top fundraiser went to Jim McDiarmid, with second and third prizes going to Charles Coyle and David Ward respectively. MBIA wants to thank all those who provided sponsorship dollars and prizes for this year's Umbrella Walk, not the least of whom were major sponsors Manitoba Hydro and Worker's Compensation Board. For a complete list of all Umbrella Walk sponsors, see our website at www.mbia.ca.

The money is still coming in, but a rough estimate shows that this year's Umbrella Walk should net in excess of \$10,000. Many thanks to all who made it possible. We look forward to seeing you all again next year. Tell your friends, bring your umbrella, and once again let's all walk together.



Umbrella Walk Volunteer of the Year

by

Brian Campbell

Doug Mihalyk looked nervous as he sat across the table from me. As much as he enjoyed helping people, he was not comfortable being in the spotlight. He didn't see himself as someone who was doing anything special, even though he was a major player in making this year's MBIA Umbrella Walk a success. Doug sat on the Walk committee, helped to find sponsors and collected prizes all over Winnipeg and Steinbach. He not only talked to Lawson Sales and Service about loaning us the use of a brand new Kubota 1100 to deliver tables, water and volunteers to checkpoints, Doug was available throughout the Walk day to drive the Kubota. So who is this man who was so helpful to MBIA?



Doug, a teacher, is soon to be retired. He suffers from Post Polio Syndrome, which is wearing him down and making it impossible for him to continue a full time job. However, Doug is not the type of person who can just sit around. Doug has done some work with Post Polio Network, but there was a limited amount of work for him to do, so through SMD, he eventually got in touch with me (Brian Campbell), and the rest, as they say, is history.

Doug also volunteers with the Blue Bombers as a shuttle driver, driving people from the parking lot to the stadium in a golf cart. Since the Kubota used at the Umbrella Walk is very much a luxury golf cart, the job Doug had on walk day was similar. In Doug's own words, "The job I had driving the Kubota, I was in heaven. I got to help out and feel useful without exerting myself."

Doug downplays his role in things, saying that he set his own pace and only worked when he had the energy. He feels that if he had the strength he would have liked to have done more. With everything he has done for the Walk, I'm not sure what that could be.

With everything that Doug volunteers for and the amount of time and effort he puts into his volunteering, I had to know if he had time to do anything else. Doug lives with his wife Debbie on an acreage adjacent to Birds Hill Park. He has two grown sons, one of whom still lives at home and helps out around the house. Doug admits that even though they live next to the Park they rarely go there and have not yet made it to see the Folk Festival, "We hear the music, but we have never gone."

What Doug does admit to is a love for his garage, not as a workshop, but as a summer hideaway. He moves the cars out and replaces them with a table, chairs, coffee, refreshments; and spends a large portion of the summer just relaxing and reading in his garage. Doug says, "It's like a little sun room, we even barbeque and have meals there." So when you are at Birds Hill Park in the summer, Doug's garage is the place to stop to relax before your trip back to the city. That is, as long as Doug isn't busy volunteering somewhere.



WINNIPEG GROUPS & SERVICES

EMPOWERMENT Series ...

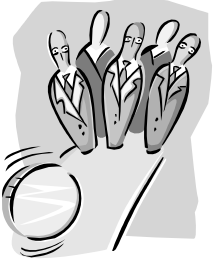


Informative Speakers...

The Empowerment Series is a monthly lecture series at which guest speakers address topics directly related to brain injury and relevant to our members.

Meetings are held on the 3rd Thursday of every month @ 7 pm.

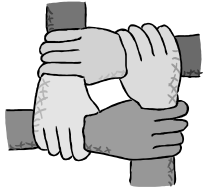
HEADWAYS



Social Activities...

Headways provides an opportunity for MBIA members and other brain injury survivors to participate in social and recreational activities with their peers. Some of the events organized for Headways include potluck dinners, movie and games nights, leisurely walks, boat cruises and picnic lunches.

SUPPORT GROUPS....



Feel Understood...

Survivors Group for all members. Meetings are held on the first three Wednesdays of the month.

Caregivers Support Group for family, friends and others that support survivors. Caregivers meetings take place on the third Wednesday of the month.

PEER SUPPORT....



Get Help or Get Involved!

Volunteers in the Peer Support Program offer an understanding and hopeful presence to the families of individuals who are experiencing the acute stage of a brain injury. These trained volunteers, many of whom have experienced a loved one sustain a brain injury, are dedicated to supporting the emotional needs of the family and survivor for up to one year.

Discussion Group....

A Safe Place to Share

Limited to 12 group members, this group meets from 2:00 to 4:00 on Tuesday afternoons. Themes are facilitated and related to issues one is faced with when living with a brain injury. Members must register for these discussions.

Call 975-3280 if you want more information about any of these services.

SUPPORT MEETINGS IN MANITOBA

Brandon and Area

LOCATION: Town Centre (Public Health Office)
A5 - 800 Rosser Avenue, Brandon

DATES: 3rd Monday of each month 7:00 until 9:00 p.m.

Covered parking off 8th Street & Princess Avenue
and elevator access from the parking lot

Steinbach and Area

For more information about the meetings and group, please call:
Ethel Teetaert at 204-326-6710

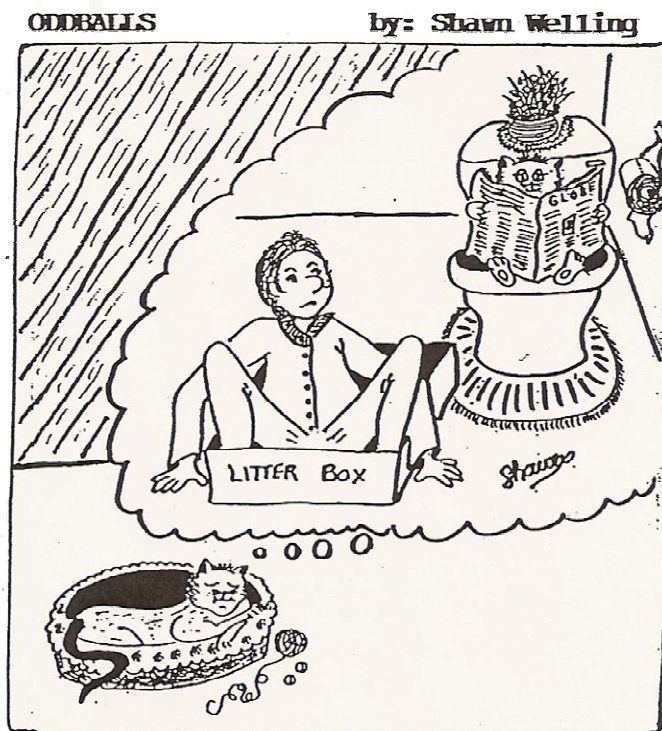
Dauphin/Parkland Region & Area

For information about the meetings, and group, please call:

Myra at: 204-638-4702



The insurance adjuster.



What being "paper-trained" means to a cat.

A note to couples living with a brain injury

After a brain injury, many things change in a couple's life together, not the least of which is the relationship between them. Often, the survivor is just barely coping with getting his or her life back together, and is pretty focused on his or her own needs. The same might also be said of their partner or spouse.

However, if, in a relationship, both people are thinking only (or even mainly) of themselves, problems are bound to occur. Eventually, it may seem like 2 people are living in the same house, but have little affection or interaction between them. Each person is caught up in his or her own world.

Perhaps you could take a few minutes to ask yourself these questions:

1. Do I actually listen to what my partner says?
2. Do I understand that my partner has needs too?
3. Do I put my partner's needs before mine some of the time?
4. Do I show my affection on a daily basis?
5. When was the last time we did anything romantic together?
6. Does my partner know that I still care?
7. Do I apologize if I have been unpleasant or unkind?
8. Do I recognize that my partner may be under a great deal of stress as a result of the head injury?
9. Do I remember to give my partner the everyday courtesies which I would do for a friend or even a stranger?
10. Do I take out my anger and frustration on my partner? If so, why?

Some things which might help:

1. Give regular hugs during the day
2. Hold hands when going for a walk
3. Show concern about any problem your partner might mention.
4. Remember special days like birthdays, anniversaries etc. If necessary, ask a friend or family member to remind you and/or help you pick out a card or gift.
5. A gently touch as you pass by your partner would be nice!
6. Try to share some humor every day – e.g.) a joke or story from the internet, a magazine or paper.
- You can even buy calendars which have a daily joke.
7. Tell your partner when you appreciate something he or she has done for you.
8. Give your partner a back rub if they enjoy that.
9. Be generous with praise – it is a great motivator for sustained effort.
10. Don't be afraid to say "I love you".

(from the spouse of a brain injury survivor)

EVENTS

For those of you who like spooks, spectres and things that go bump in the night, M BIA and Heartland Travel are collaborating to bring you: **Heads and Haunts**, a spooky tour of Winnipeg just in time for Halloween.

The tour is scheduled for Saturday, October 27 at 7:00 p.m. and will take you to some of Winnipeg's most well known haunted areas including: Dalnavert House, Vaughan Street Jail, the Marlborough Hotel, Burton Cummings (Walker) Theatre, Elmwood Cemetery, Hamilton House, the Hotel Fort Garry and more.

The tour is 2 ½ hours long by private, air conditioned, washroom equipped highway motorcoach and includes a guide well versed in the haunted history of Winnipeg.

Tickets are only \$31 for adults and \$15 for those under 12

Bring your camera, you never know what you may meet

The MBIA Christmas Party this year will be at Ambassador Room 3 of Canad Inns Polo Park on Friday, December 14, from 6:00 p.m. to 10:00 p.m.

Come out for fun, celebration and companionship.

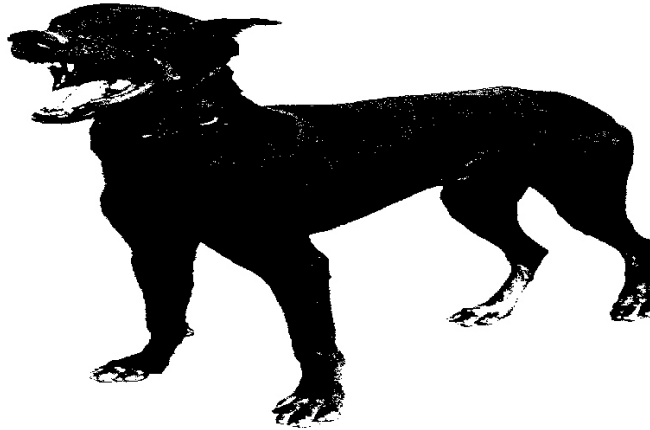
To register, please call Brian at 975-3273 or Joy at 975-3280



Print Pro

MEMBERS' CORNER

BIG BLACK WAUNDERER



This morning I saw nice big, big black dog at the corner of Isabel and McDermot just standing up and looking and barking profusely at me. I just looked at it told it to sit down and shut up, and it did just that.

The dog just did as I told it so I just said "good" because I'm not sure if it would make a good dozen hot dogs or not. I went up to the dog checked it over and no collar, chain or brandings to be seen. Maybe just another loose big street hound. I petted it for a minute then I walked away from it to go to C.M for coffee. It followed me but I didn't let him come in the door. It just sat by the door as if was going to wait for me.

I left it there and went for my coffee. Yes thank heavens he was gone when I left. It was beautiful, but I need no pets right now.

by

Charles M. Coyle



Coffee Night is held on the fourth Wednesday of every month at **The Pony Corral**, on St. Mary Avenue at Kennedy Street in downtown Winnipeg. It's a great opportunity to be with friends, engage in conversations, and have a good time.

MEMBERS' CORNER



Here's a little hug for you
To make you smile when you feel blue
To make you happy if you're sad,
To let you know ..life ain't so bad!

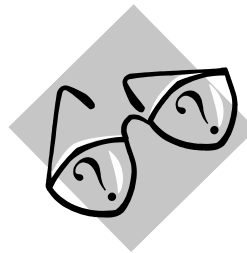


Now I've given a hug to you,
Somehow, I feel better too!
Hugs are better when you share,
So pass one on and show you care!

Share A Hug Today!



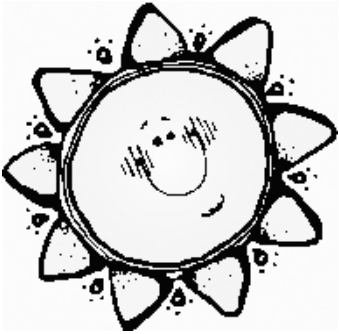
Congratulations to MBIA's past President, Larry Baillie, for his outstanding scholastic performance during his studies with the Faculty of Social Work. This year he won two awards; the Association of Universities and Colleges of Canada Disability Award, and the Millennium Excellence Award. These grants are awarded to students with disabilities who have achieved academic success and shown community leadership. Great job Larry, keep doing us proud.



Who am I?

Can anybody guess who this young lady is?

MEMBERS' CORNER



There's Sunshine in a Smile

Life is a mixture of sunshine and rain,
Laughter and pleasure,
Teardrops and pain.

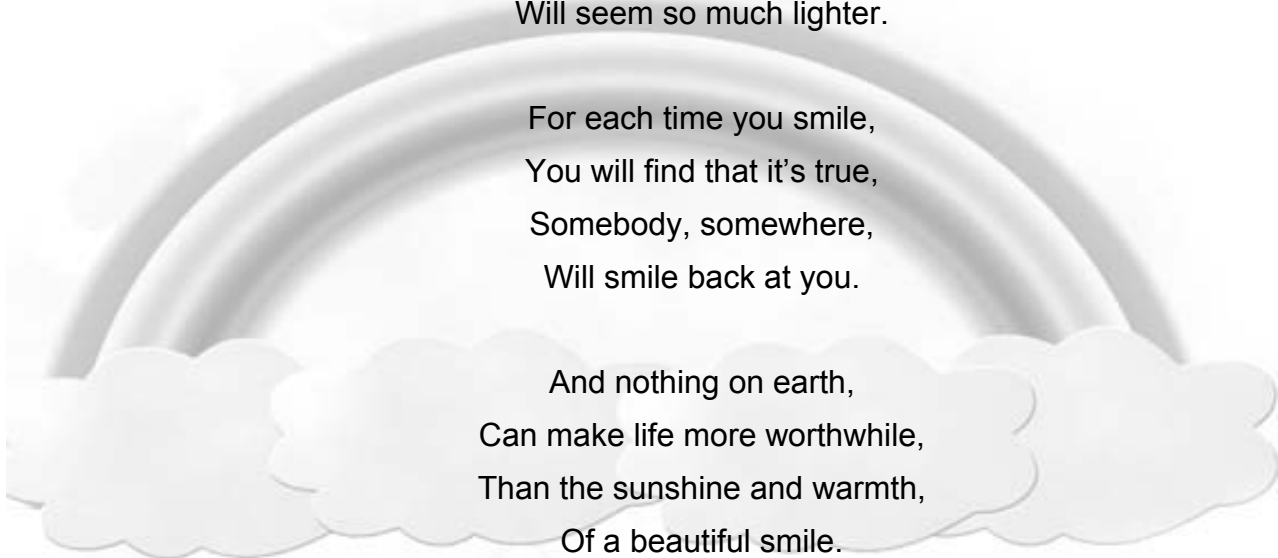
All days can't be bright,
But it's certainly true,
There was never a cloud,
The sun didn't shine through.

So just keep on smiling,
Whatever betide you,
Secure in the knowledge,
God is always beside you.

And you'll find where you smile,
Your day will be brighter,
And all of your burdens,
Will seem so much lighter.

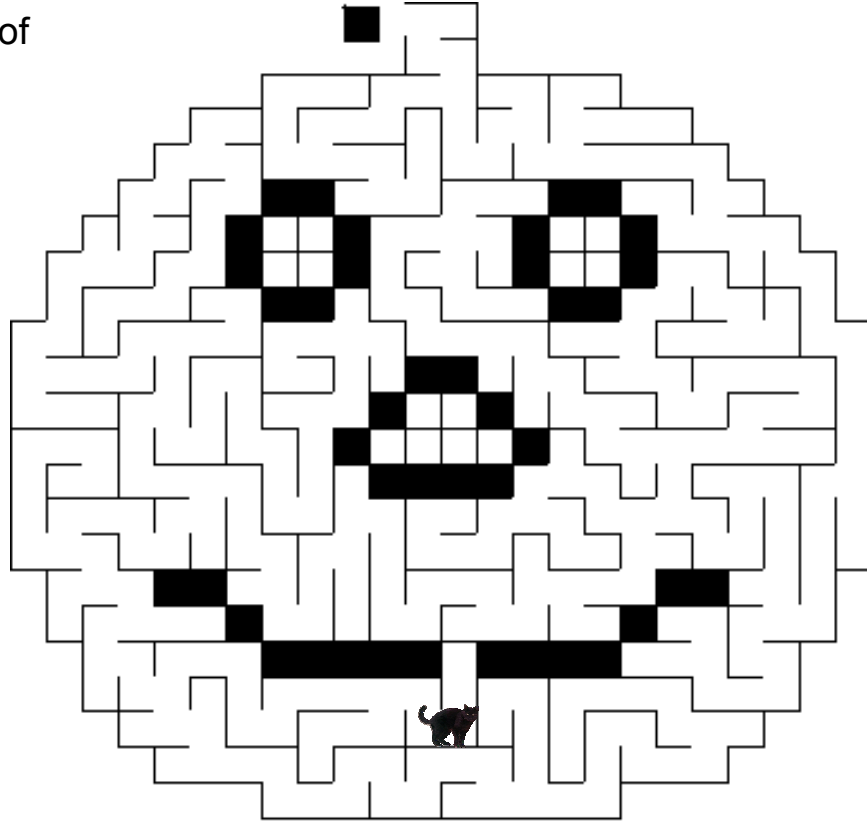
For each time you smile,
You will find that it's true,
Somebody, somewhere,
Will smile back at you.

And nothing on earth,
Can make life more worthwhile,
Than the sunshine and warmth,
Of a beautiful smile.



FUN ZONE

Help the cat get out of
the Pumpkin Maze



FIND THE DIFFERENCES



Answers: Mustache is Smaller, Extra Belt Loop, Stripe is Missing on Glove, Flag is Longer, Santa's Button is Missing, Extra Holly Leaf on Toy Sack, Sleigh Bell is Missing, Stripe on Ball is Wider

JUST FOR FUN!

Blizzard	Mittens
Boots	Scarf
Candle	Season
Chill	Shovel
Coat	Skates
Cold	Sled
December	Sleigh bells
Fireplace	Snowflake
Freeze	Snowman
Frost	Snowstorm
Hat	Winter
Ice	
Merry Christmas	

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

SPECIAL THANKS TO OUR VOLUNTEERS, SPONSORS & SUPPORTERS FOR 2006/2007

The Asper Foundation	Headingley RCMP	Print Pro
All Charities Campaign	Health Science Center	Priority Electronics
Alpine Animal Hospital	Holiday Inn Airport West	Province of Manitoba Transportation and Government Services
Argus Athletic Therapy Services Ltd.	Holy Trinity Anglican Church	RBC Royal Bank
Assiniboine Credit Union	John Sherby	RCMP Communications Centre
Body Shades	Kathy Labossiere	Red River Co-Op
Brad Hebert	Keg Steakhouse & Bar	Red River Exhibition Park
Cambrian Credit Union	Kern Hill Furniture & Appliances	Rice Financial
Canada Safeway	Lawson Sales & Service	Rumor's Comedy Club
Canadian Tire (Regent Ave.)	LCL Spas & Billiards	Safety Services Manitoba
Canad Inns	Leaders General Jobbers	Seven Oaks General Hospital
Cassidy Ramsay	Ledingham Pontiac Buick GMC	Sierra Systems
Chapel Lawn Funeral Home	Manitoba Athletic Therapists Assoc.	Sports Medicine Council of MB
Clarus Canadian Springs	Manitoba Electrical Museum	Staples (Steinbach)
Computer Boulevard	Manitoba Govmt. Employees Union	Sun Life Financial
CORE Training and Therapy	Manitoba Hydro	The Fort Garry Hotel
Dave's Quick Print	Manitoba Lotteries	The Manitoba Museum
Domino's Pizza	Manitoba in motion	The Shoe Guy
Dr. Tom Swanlund	Manitoba Nurses' Union	Theresa Oswald
Earl's on Main	Manitoba Pork Council	Tim Horton's Brier
Eastern Nissan (Steinbach)	Manitoba Public Insurance	Transcontinental Spot Graphics
Elizabeth Simpson	McDonald's	University of Winnipeg
EDS Canada Ltd	Mordyck Auctions	Wawanesa Insurance
Fabutan	Nolan's Home Furnishings	Winnipeg Fire Paramedics Services
Fantasy Lake Golf Course	North West Company	Winnipeg Foundation
Flower Affair	Paramedic Association Of Manitoba	Winnipeg Police - Traffic Division
Gail Smakula	Pick-a-Flick	Winnipeg Regional Health Authority
Glen Bergeron	Pony Corral	Winnipeg Sun
Great West Life Assurance Co.	Prairie Theatre Exchange	Workers Compensation Board of MB.
Grapes	Princess Auto Ltd.	

Did you More than 3,000 individuals are diagnosed with a brain injury every year in Manitoba.

Help them by becoming a proud sponsor of MBIA, call 975-3280 for more information.

Together we can make a difference.