



Saskatchewan Brain Injury Association

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Spring Retreat: *Making Connections*

April 2 & 3, 2011 at Park Town Hotel in Saskatoon

The color of
springtime is in the
flowers, the color
of winter is in the
imagination.

~Terri Guillemets

Sessions for both Survivors and
Caregivers

Register now! Registration form
inside this issue.

Learn how to connect with new and
old friends on the Internet.

Make a Connection to Wellness with
sessions on Self-care for Caregivers,
Exercise and Nutrition for all.

Make & Wear a Mask to the Carnival
Social & enjoy the Mini Saskatchewan
Express show on Saturday evening.

The Park Town hotel has a
Swimming Pool; so don't forget your
bathing suit, if you want to take a
little dip in the pool!

More information and Weekend
program coming at
<http://www.sbia.ca/calendar.asp>



Photos - Clockwise from Top Left:

1. Larry Carlson, Lissette Coulling, Barb Butler – Two of SBIA's Past Presidents thank their former ED for her work
2. Shelly Cory, Louise McConnell, Rod Bleier
3. Lissette Coulling speaks to the group gathered at her Appreciation Dinner

Above Photo: Glenda James, SBIA Executive Director presented Volunteer Recognition Awards to Jack and Gerry at the PA Chapter Christmas Party

L to R: Jack Vandergradt, Michele Hoey, Glenda James, Gerry Pagé

Recent Events

Saskatoon:

The Saskatoon Chapter held their Christmas Party on December 5, 2010 in partnership with SARBI Saskatoon. It was held at the Mayfair United Church. A scrumptious turkey supper with pie was prepared by volunteer cooks Sheila Solvason and Brenda McKay and served by SARBI staff and board. Dinner guests were entertained by the musical stylings of the Saskatoon French Horn Choir and Bruce Garman. After dinner, Mr and Mrs. Santa Clause, otherwise known as Paul & Shelly Cory, handed out gifts to each guest. The Chapter would like to thank Pip's of Pike Lake, Tech-N-Colour of Saskatoon, and Extra Foods of Saskatoon for their thoughtful donations that helped make the party a success.

Lissette Coulling Appreciation Dinner:

On December 3, 2010 SBIA's Board of Directors held an Appreciation Dinner at Peter D's Restaurant in Saskatoon for Lissette Coulling who served as its Executive Director for 12 years. Former board members, volunteers and Saskatoon Chapter members came to express their appreciation to Lissette as well as her family for their dedication to the work of SBIA for more than a decade. SBIA Treasurer, Lynne Back, organized and led the event.

Regina:

The Regina Chapter Christmas party was held Dec 9th with approximately 30 survivors, caregivers and members of the brain injury community in attendance. This is an annual event we look forward to where we can acknowledge those who have assisted our group in any way throughout the past year. The Regina Chapter members would like to wish all members of SBIA health and happiness in 2011.

Prince Albert:

Members of the Prince Albert Chapter enjoyed a wonderful Christmas feast on December thanks to the cooking skills of Michelle Hoey. The dinner was followed by a "Stealing Santa" gift exchange and although participants may not have left with the gift they chose, all received a gift and many laughs about the game. Diesel Country rounded out the evening's entertainment with Karaoke.

Jack Vandergragt and Gerry Page were presented with their volunteer recognition awards at the party. Both have been long-time members of the P.A. Chapter, and both have worked tirelessly in helping the chapter. Jack has been extraordinary in collecting pledges for the walk-a-thon each year.

Membership Changes

It's time to renew your membership!

The SBIA Constitution requires membership to be renewed every year. To do so complete the membership application, include payment, and send it to the Saskatchewan Brain Injury Association.

Membership entitles members to discounted rates at the Spring Retreat, Summer Camp, and Fall Retreat.

Below find the relevant excerpt from our constitution:

According to Article 7.2 of the SBIA Constitution/Articles of Incorporation

7.2-1 Any brain injured person and/or family members may become a member of the association upon application for membership and upon payment of the prescribed membership fee. The membership fee may be waived for any member or groups of members by expressed consent and direction of the Board of Directors and is so waived only for the annual period in which such consent is given.

7.2-2 Friends of the association and organizations may become members upon the application, payment of the prescribed fee, and approval of the application by SBIA's board of directors.

7.2-3 Board of Directors has the discretionary right to refuse membership to any applicant.

7.2-4 Any member may withdraw from SBIA membership at any time by notice to the SBIA board of directors, but upon withdrawal, the member shall not be entitled to a refund of any portion of the fees that may have been paid.

7.3-1 The annual membership fee shall be prescribed and voted upon by the membership of SBIA at the general meeting.

MEMBERSHIP COSTS & BENEFITS

Cost is not a barrier

Individual - \$10.00 or as a Courtesy to self-identifying survivors

- 4 issues of the SBIA Connections Newsletter
- Reduced Rates to attend SBIA Events
- Voting privileges at AGM

Family Membership: \$15.00

- 4 issues of the SBIA Connections Newsletter to one address
- Reduced Rates to attend SBIA Events
- Voting privileges at AGM - 1 vote per family membership

Organization Membership: \$25.00

- 4 issues of the SBIA Connections Newsletter to one address
- Reduced Rates to attend SBIA Events
- Voting privileges at AGM - 1 vote per organization membership

Note: Newsletters will continue to be sent to partners, donors, sponsors, and those who request it in addition to members.

Upcoming Events in Your Community

Regina:

Chapter Support Group

- Every Thursday
- 11:30am - 12:30pm
- At the Wascana Rehab Centre (2180 - 23rd Avenue Regina)
- Contact Barb Butler at 789-6110

Life Enrichment Program:

Lunch: Feb. 16

- At Noah's Ark Café (3040 Angus)
- 12:00pm
- Cost: Under \$10.00

Men's Curling: Feb. 17

- At Tartan Curling Club (1464 Broadway Ave)
- 6:45pm

Day Trip to Moose Jaw: Feb. 23

- 10:00am - 5:00pm
- if interested, contact JP by Feb. 18

Social Group: Feb. 24

- At Cathedral Comm. Centre (2900 13th Ave)
- 1:30pm

Five-pin Bowling: Feb. 25

- At Glencairn Bowl (1620 9th Ave E)
- 12:45pm
- Cost: \$6.00

Coffee Group: Feb. 28

- CBC building (2440 Broad St)
- 1:30pm
- Cost: Price of Purchase

Please contact John Paul Hickie at 569-9048 for the following activities. All are free unless otherwise stated.

Yorkton:

ABI Support Group

- 2nd Tuesday of every month
- 1:30 - 3:30pm
- At the Old Business Office Conference Room at the Yorkton and District Nursing Home between north unit and south unit
- Call Janet Lemaire, ABI Program Coordinator, for more information at 786-0183.

Prince Albert:

ABI/Stroke Drop-in Program

- Every Wednesday afternoon
- 1:30 - 3:30pm
- At Minto Bowl & Rec Centre (210 - 13th Street East)
- Come for an hour or come for two. We will be meeting in the Minto bowl lounge to participate in activities like cards & board games and to get a little physical exercise using the Wii. Come out and interact with your peers. Meet new people and make new friends.

Coffee Talk

- Mondays (except stat holidays)
- 10:30 - noon
- ABI Meeting Room at the basement level (1521-6th Ave West)
- A weekly conversation/support group for individuals who have sustained a stroke or brain injury. The group is open to both the survivor and their spouse &/or other support person.

All programs are free with coffee and refreshments provided.

If you need transportation, please contact Michele at 765-6469 for assistance.

The Following are P.A. Chapter Events

Support Group Meeting:

- Feb. 24, Mar. 31, and April 28
- At Carmen Court 3rd Floor
- 7-9pm

Movie Day: Feb. 27

- At Galaxy Cinema

Game's Day: Mar. 13

- South Hill Mall community room
- 1-5pm

Saskatoon:

Walking Group

- At the Saskatoon Field House
- Thursday Nights

Drumming Circle

- Spiritual Center at Sherbrooke Community Center
- Tuesday Nights

General Meeting

- Monday, Feb 21st and March 21st
- 7 PM
- At Sherbrooke Community Center

AGM

- Monday, April 18th
- 7 PM
- At Sherbrooke Community Center

Call Sandy 260-5425 or Lynne 933-0179 for more

In Memoriam

SBIA offers sincere
condolences to the family
and friends of

Serge Boneau

of the Saskatoon Chapter

details.

Moose Jaw:

Support Group

- Typically, takes place every 1st and 3rd Wednesday of the month
- At Providence Place (100 2nd Avenue Northwest)
- Times and Location are subject to change, please contact Leslie Good at 693-0470 for meeting times and location

Open House

- Last Thursday of every month
- 2-4pm
- Held at the Five Hills Health Region Acquired Brain Injury Program at their office in Providence Place
- Contact office at 691-1591



Watch our next newsletter for
information about Camp
June 3,4,5 at Arlington Beach

Registration forms available
at: www.sbia.ca/calendar.asp

Brain Blitz...A Hawaiian Odyssey – May 7 at TCU Place

Tickets are now available on our website: www.sbia.ca

Individual tickets: \$150

Tables of 8: \$1200

Plan to join us for an evening of fun with a Hawaiian flair!

Savour a full course meal created especially for this event by the TCU Place Chef!

Be inspired by the compelling story of Edmonton Eskimos fullback *Graeme Bell's* comeback following a brain injury

Dance the night away to the music of *Men without Shame!*

BIAC National Awards

VOLUNTEER OF THE YEAR AWARD

Presented to

Barb Butler

This prestigious award, created in 2004, is granted to a volunteer who distinguished herself or himself by making an outstanding contribution to promote and advance the cause of acquired brain injury in Canada.

FUNDRAISING AWARD

Presented to

The Saskatchewan Brain Injury Association

This award is granted to an individual, group or organization for their outstanding efforts in fundraising to advance the cause of acquired brain injury in Canada.



BIAC Awards – shown in the photo L to R are: Larry Carlson, incoming BIAC President, Shirley Johnson, outgoing BIAC President, Glenda James, SBIA Executive Director, Lynne Back, SBIA Treasurer.

Saskatchewan was well represented in the awards presented at the National Conference in Regina.

Brain Blast

12:00-3:00pm Sunday, March 20 at Saskatoon City Hospital Atrium

All ages welcome to tour this virtual brain maze with interactive stations and activities.

Saskatchewan Brain Injury Association

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