

THE ADVOCATE

GETTING OUT: KEN'S STORY



My name is Ken Hickson. I have been stuck in my house since Covid started. I have been stuck forever. I wanted to get out of the house and so the staff told me "We have something for you if you are interested!" It is taekwondo, so that's what I do now! Instead of staying at home that is what I do. I bike ride to the Taekwondo class up a big hill. It is fun going down. It feels like I am a rocket going down the hill.

I am doing Taekwondo classes on Mondays and Wednesdays in Guelph at Everything Fitness. During class I do push ups and tons of stretches. I like my sensei; we all call him sir. I have made a lot of friends there. We have a lot of young adults with black

belts. I am just a white belt with a yellow stripe. Everyone is nice. Everybody calls me sir because that is appropriate. The first day (after exercising) I got out of bed and I felt like I was in a cardboard box. The first day I felt like my whole body was stiff.

When I am not at Taekwondo I like biking, walking, and eating healthy. I bike to Tim Hortons. I am happy about being able to get out. That is what I wanted! I wanted to lose my beer belly. My legs were strong the other day and I went biking twice.

I used to do karate when I was a kid and I liked it, but I had to give up quickly because of my asthma. I have asthma but this time I said to my puffer, "I am doing this even though you are part of my life." I have played Special Olympics basketball and had to stop because of my asthma. And this time I said "forget my asthma I want to do it!"

I want to get my next belt and I am working toward it now. I want to keep doing what I am doing. I want to keep on the bike, taekwondo, walking and eating healthy. When I come home from taekwondo class, I don't think about anything, I just feel very happy every time I do it.



FEDERAL ELECTION 2021: YOUR VOICE MATTERS

“More than 6 million Canadians (22%) have a disability. If people with a disability vote, they have a lot of power.” This is a statement found on the Inclusion Canada Election Resource Page (inclusioncanada.ca/election-2021).

The Federal Election is on September 20th, 2021. People 4 People want to share some important details that can help you get ready to vote. We have included some topics and resources for persons with a disability and some details on how to vote and when to vote.

TOPICS OF IMPORTANCE FOR PERSONS WHO IDENTIFY WITH A DISABILITY

On Thursday August 26th, 2021 members of People 4 People attended our monthly meeting with The Staying Connected Network. The Network is a group of advocates from agencies all over Canada who meet monthly to discuss issues and work towards supporting people with a disability to have a more inclusive future. During this meeting we had a special guest join us from Inclusion Canada. Marc Muschler is the Senior Communication officer for Inclusion Canada. Inclusion Canada is a national organization. They work for the full inclusion and human rights of people with an intellectual disability and their families. They are part of a federation – they work with members organizations in all 13 provinces and territories in Canada. Marc gave a presentation on the upcoming Federal Election. His presentation included a slideshow that explained how Inclusion Canada created a document to tell politicians about the kinds of things that are important to people with disabilities and their families.

The elections document talks about:

Money. People with disabilities and their families should have enough money to meet their needs.

Jobs. People with disabilities should have the support they need to work and be paid equally.

Housing. People with disabilities should have safe, affordable housing that is inclusive.

Human Rights. The government should make sure that the rights of people with disabilities are being respected.

MY VOICE MATTERS, MY LIFE MATTERS, I MATTER!

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WHO CAN VOTE:

Persons who have Canadian citizenship and are 18 years of age or older are qualified to vote.

WAYS TO REGISTER TO VOTE IN THE 2021 FEDERAL ELECTION:

By Mail. Call Election Canada at 1-800-463-6868 to request a *registration form*. You'll need to fill in your information and return it by mail, with proof of identity and address.

Online. Visit elections.ca and use the *Online Voter Registration* Service to register or update your address information.

Register when you go to vote. At any Elections Canada office across Canada. Go to any Elections Canada office by the Tuesday before election day, 6:00 p.m. Make sure to bring *accepted ID*.

At your assigned polling station. Go to your assigned polling station on election day or advance polling days. Make sure to bring *accepted ID*.

WHAT IS THE ACCEPTED ID FOR REGISTERING TO VOTE?

Option 1. Your Driver's licence, or any other card issued by a Canadian Government (federal, provincial/territorial or local) with your photo, name and current address. It by mail, with proof of identity and address.

Option 2. Show two pieces of ID. Both

must have your name and at least one must have your current address.

Examples: voter information card and bank statement, utility bill and student ID card. Visit elections.ca for more extensive list of accepted ID.

WAYS TO VOTE IN THE 2021 FEDERAL ELECTION

Mail-in ballots. When you vote by mail, you vote by *special ballot*. **Apply to vote by mail** as soon as possible. You can apply online or by contacting any Elections Canada office across Canada before Tuesday, September 14, 6:00 p.m. Once you have applied to vote by mail and election Canada has approved your application, they mail you a special ballot voting kit that includes everything you need to vote. You fill out your ballot and mail it back to Elections Canada using a pre-addressed return envelope with prepaid postage. Your ballot must be returned by election day.

Advance polls. Vote at your assigned polling station from **9:00 a.m. to 9:00 p.m.** on: *Friday, September 10, Saturday, September 11, Sunday, September 12, or Monday, September 13.*

Vote on election day. Vote at your assigned polling station on election day, **Monday, September 20, 2021.** Polls will be open for 12 hours (hours vary by time zone).

CELEBRATIONS

BIRTHDAYS AND OTHER THINGS TO CELEBRATE



BIRTHDAYS

1. STEVEN COLLIER, 26 THIS AUGUST!
2. KEEGAN MANDERLA, OCT 11
3. ALEC MACKENZIE, OCT 17
4. GLENN CURTIS, NOV 11
5. SUZANNE THOMAS, 61 ON NOV 22

SUMMER FUN!

1. MONICA MOYER FROM THE MARDEN GROUP HOME!
2. AMY HORBATUIK (SIL) "DOING WHAT SHE DOES"
3. KYLE JEDAN, RIVERSIDE PARK FUN
4. LYNDIA COLEMAN (SIL) AT AFRICAN LION SAFARI
5. KERRI M. & JACKIE V., AFTER ICE CREAM



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SUMMER FUN CONT

1. ISAAC STRUTT, A "GRAND" DAY CANOEING
2. NADINE SCHAEFFER (HARVEY ST) ELORA
3. NADINE SCHAEFFER (HARVEY), ALMOST IN KENYA!
4. JASON LUSH (TRAFALGAR) WITH HIS GARDEN HE DESIGNED AND PLANTED. HE TENDS IT DAILY!
5. MARTHA PREZEL (HILLSBURGH) ENJOYING A PICNIC AT A BRUCE TRAIL ENTRY POINT.



RECIPE: PUMPKIN SPICED LATTE



INGREDIENTS:

1 ½ tablespoons
sugar

2 tablespoons
pumpkin puree

½ teaspoon
pumpkin pie spice

½ cup brewed coffee

½ cup milk

DIRECTIONS:

In a saucepan, add in all of your ingredients.

Stir and bring the ingredients to a simmer.

Take the saucepan off the heat and pour into your mug.

Decorate with freshly whipped cream and a sprinkle of pumpkin pie spice or cinnamon. Enjoy!








UPCOMING EVENTS

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
SEPTEMBER				1	2	3	4	ADVANCE POLLS - 2021 FEDERAL ELECTION elections.ca
	5	6	7	8	9	10	11	2021 FEDERAL ELECTION elections.ca
	12	13	14	15	16	17	18	THANKSGIVING
	19	20	21	22	23	24	25	HALLOWEEN
	26	27	28	29	30		2	REMEMBRANCE DAY
OCTOBER	3	4	5	6	7	8	9	GUELPH/ERIN/HILLSBURGH ERIN FARMER'S MARKET - SEPT 1ST - OCT 1ST erin.ca/living-here/events IMPERSONATION AND COSPLAY DRAG SHOW bit.ly/cosplaydrag GUELPH RIPPER OUTDOOR DETECTIVE ADVENTURE cluedupp.com GUELPH STORMS HOME OPENER guelphstorm.com ERIN FAIR erinfair.com JAY WALKING - THE UNFORTUNATE MAN bit.ly/unfortunateman GUELPH FILM FESTIVAL guelphfilmfestival.com
	10	11	12	13	14	15	16	
	17	18	19	20	21	22	23	
	24	25	26	27	28	29	30	
	31	1	2	3	4	5	6	
NOVEMBER	7	8	9	10	11	12	13	FERGUS/MT FOREST/HARRISTON ROAST BEEF DINNER DRIVE-THRU bit.ly/beefdrive FERGUS GHOST WALK bit.ly/fergusghost FERGUS FALL FAIR VIRTUAL fergusfallfair.ca FERGUS LEGION MOTOR-CYCLE "SHOW & SHINE" ferguslegion MONSTER MARCH monstermonth.ca
	14	15	16	17	18	19	20	
	21	22	23	24	25	26	27	
	28	29	30					

FALL PUZZLE



Count How Many Times You See Each Object!

- | | | |
|---|---|---|
|  a) Suns _____ |  d) Pumpkins _____ |  g) Leaves _____ |
|  b) Bats _____ |  e) Poppies _____ | |
|  c) Bees _____ |  f) Candies _____ | |

a) 5, b) 7, c) 3, d) 4, e) 7, f) 5, g) 7

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THE P4P MISSION

IT IS THE GOAL OF PEOPLE 4 PEOPLE TO LEARN THE SKILLS THAT WILL ENABLE US TO KNOW OUR **RIGHTS**, UNDERSTAND OUR **RESPONSIBILITIES** AND LIVE WITH **DIGNITY** AND **RESPECT**.

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IF YOU WOULD LIKE TO SUBMIT THROUGH THIS NEWSLETTER,
CONTACT THE ADMIN. OFFICE AT 519-824-2480 OR 226-314-0829.

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