



## In This Issue

PAVED Arts' Accessibility Journey  
Artist in Residence - Colin Farnan  
Artist Spotlight - Nancy Lowry  
Meet the Mentor - Mark Kennedy

# Creativity in Motion



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## SPINAL CORD INJURY SASKATCHEWAN INC.

### MISSION

To assist persons living with spinal cord injuries and  
other physical disabilities to achieve independence,  
self-reliance and full community participation.

### VISION

Working collaboratively towards an inclusive  
community.

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## Executive Director Address - Delynne Bortis

Sitting here trying to think of a unique way to convey a message that emphasizes the highlights of the past

year I find myself reflecting on what an incredible trip it has been for our community. Whether it is the people we serve, the families who support them, or the community partners who walk alongside us, this organization is built on connection, and every season reminds me just how strong that connection truly is.

The SCI Sask Peer Mentorship Network continues to grow, and our information sessions have also been a highlight. We have had the opportunity to present for the Saskatchewan Cancer Agency on accessibility and inclusion in cancer care, sat in on panel discussions for Tourism Canada on equitable employment practices in the tourism industry, and offered information sessions in outlying communities, including Prince Albert, Moose Jaw and Fort Qu'Appelle.

Whether attended by families, service providers, health care providers, or community groups, these conversations help break down barriers and build stronger awareness across the province.

This year, we continued speaking up for accessibility, equity, and meaningful inclusion across Saskatchewan, and strove to support and collaborate with other community based organizations with similar mandates and values. We are definitely stronger together!

We've had some changes within our organization this year, and while we've had some sad good-byes, welcoming new members into the SCI Sask family reminds me just how important it is to invest in the people who make our mission possible. Their knowledge, and commitment shine through in everything they do.

As we prepare to welcome a new year, I feel a deep sense of hope. We have exciting plans in the works; stronger peer programming, more community engagement, continued advocacy, and ongoing learning opportunities. I'm thankful for every person who has supported us this year, whether through volunteering, donating, participating, or simply sharing our message. Wishing you and the people in your circle a peaceful holiday season, and a wonderful start to 2026! - Delynne

## Returning SCI Sask. Staff - Regional Office



**Glaiza Orpiano**  
**Admin Assistant**  
**(Regina)**

"I'm spending the holiday season this year in the Philippines! I'm excited to enjoy the warm weather and the chance to reconnect with relatives. Wishing everyone a wonderful Christmas and a joyful holiday season!"



**Heli Sheth**  
**Client Support Specialist (CSS)**  
**(Regina)**

"I'm looking forward to slowing down, spending quality time with loved ones, and recharging for the new year. Wishing everyone a joyful holiday season filled with warmth, kindness, and celebration!"



## Introducing New SCI Sask. Staff



**Braden Pettinger**  
**CSS (Regina)**

"I am excited to introduce myself to community members and clients of SCI Sask. I grew up on a farm in southwest Manitoba, but have lived in Regina for about 10 years. Growing up, I played many sports, including junior hockey until 20 years old when I sustained a C5 spinal cord injury. After my injury, I moved to Regina for therapy at First Steps Wellness Centre and began working on a psychology degree with Athabasca University.

Currently, I like to spend my free time watching sports, spending time with family and friends, and playing wheelchair rugby. I'm excited to begin my role here at SCI Sask!"



**Shivangi Tiwary**  
**CSS (Saskatoon)**

"I am a deeply compassionate social impact professional focused on advancing disability rights and gender equity, specifically committed to creating inclusive spaces for all. Intersectionality guides my work, highlighting how gender, caste, orientation, colour, religion, and ability interact in the society. I strive to build on existing ecosystems and spaces that create one meaningful step at a time. Outside work, I enjoy reading, writing, cooking, dancing and hiking."



**Mohammad Hafiz**  
**Finance Manager**

"I am so excited to be joining the team as Finance Manager. My family and I began our Canadian journey here in Saskatoon in November 2022. Moving to Canada was a significant and wonderful step for us. We have truly embraced Saskatoon as our new home and have been warmly welcomed by its friendly community. I am thrilled to now be building my professional career with Spinal Cord Injury Saskatchewan. I look forward to contributing to our shared success."

## Returning SCI Sask. Staff - Provincial Office



**Cuong La**  
**Admin Assistant**  
**(Saskatoon)**

"I am very excited for the holiday, as I can spend more time with my family and friends, reflecting on the accomplishments of this past year, and looking toward the new year with optimism and confidence!"



**Karthik Babu-Menon**  
**CSS (Saskatoon)**

"Christmas is the time of year when I look forward to some down time. New Year's is just around the corner with hope, prosperity & peace."



**Josh Forrest**  
**CSS (Saskatoon)**

"Merry Christmas & Happy Holidays! I am looking forward to learning to skate again this winter!"



# Colin Farnan:

## SK Arts/SCI Sask.

### Artist in Residence



(Dogpatch Music Festival, 2025)

Colin Farnan is a multidisciplinary artist and musician, as well as an independent Universal/Accessibility Design Consultant and Public Art Placemaker. Based in Saskatoon for the past 30 years, his visual art practice spans painting, illustration, and large-scale mural projects. In addition to his work as a visual artist, Colin is a singer-songwriter who has performed live at numerous festivals and music venues. Colin is a graduate of the University of Saskatchewan with a Bachelor of Arts, majoring in Fine Arts Studio/Design.

As a person living with a physical disability for more than 35 years as an above-knee amputee, Colin brings lived

experience and a strong foundation in disability advocacy, to the *SK Arts Artists in Communities: Residencies Grant*, informed by his involvement with SCI Sask, Rick Hansen Foundation Para Sports, and other disability-focused initiatives.

During the residency, Colin will continue developing his independent art practice while contributing to broader conversations about access, representation, and equitable creative spaces within the arts community of Saskatchewan.

SK Arts promotes arts in Saskatchewan by granting funds and services to individuals and groups. The *Artists in Communities* program, through its Development, Residency, and Projects streams, lets community organizations engage their communities through art. SaskCulture, funded by Sask Lotteries, partners with SK Arts to fund the program and support diverse artistic initiatives. SK Arts also removes systemic barriers by providing accessibility support through a dedicated fund and by working to create an inclusive arts sector that reflects Saskatchewan's population.





For many artists living with disabilities, the path to creating and sharing their work can be filled with obstacles - from inaccessible studio spaces and galleries, to limited funding opportunities. Artist residencies play a vital role in breaking down these barriers by providing the necessary funding and resources to support artists in their creative practice. This includes wheelchair-accessible studio spaces, adaptive tools, and targeted funding to cover disability-related costs.

SCI Sask, in partnership with SK Arts, is inviting artists to take part in the Community Artist in Residence program alongside artist-in-residence Colin Farnan. This program welcomes individuals with physical and sensory disabilities who are passionate about using art as a tool for self-expression, empowerment, and advocacy. Artists of all experience levels - professional, emerging, students, or simply curious, are encouraged to participate.

Throughout the residency, participants will have opportunities to engage in artist mentorship, studio sessions, creative workshops, public exhibitions and performances, and discussions about shaping the future of disability



(Alley Cats, 2021)

arts in Saskatchewan. It is a chance to create, connect, and contribute to a vibrant, accessible arts community.

Building on SCI Sask's history of supporting underrepresented artists and communities —such as hosting the Artist of Abilities Festival in 2017 and providing financial support for clients to access art supplies during the COVID-19 pandemic—this residency reflects a shared vision to break down barriers, provide access, and empower artists with disabilities.

Participants will receive the tools and support to create, while being encouraged to amplify their voices and contribute to a vibrant, diverse, and accessible cultural landscape in Saskatchewan.

For more info - email [sciinfo@scisask.ca](mailto:sciinfo@scisask.ca)



# Nancy Lowry:

## Artist Spotlight

Interviewed by Colin Farnan

Nancy Lowry has been based in Saskatoon for much of her life. After completing her BFA at the Nova Scotia College of Art and Design in 2003, she returned to Saskatoon and began working in the late artist Mina Forsyth's studio. Lowry attended the Triangle Arts Association, New York, 2005; the Pouch Cove Residency, Cornerbrook, NL, 2003; the Wells Artists Project with Robert Murray and Michael Morris, Wells, BC, 2006; and the Tao Hua Tan International Artist Retreat and Residency (Anhui Province, China, 2019).



Gathering inspiration from poets and authors, she regularly attended the Artists and Writers Colonies at St Peter's in Muenster in central Saskatchewan. Lowry attended the Emma Lake Artist's Workshops (2001- 2003) and later coordinated the workshops (2007-2012). She is the recipient of numerous SK Arts and Canada Council grants. Nancy was most recently shown in the Feature Gallery at Remai in Saskatoon (24-25).

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*How did you first become interested in painting, and when did you realize it could become a career for you? What originally drew you to the tradition of landscape painting?*

I started painting as a young person at the Emma Lake Teen Camps. The landscape there revealed tales and trials of existence to me; I was hooked on attempting to capture inklings of moments in paint while outside. A rich history of landscape painting in Saskatchewan fed my practice from the

get-go and I was fortunate to have opportunities to work with many artists I admired. Having proximity to working artists gave me faith that it was indeed a career prospect. Frankly, it wasn't a choice.

*Your work moves between landscape and abstraction. How did this style develop?*

I started attending Emma Lake every summer; Muenster in the winter to collect raw material. I heavily influenced by abstract painters I met at Emma Lake. I felt an innate freedom while painting that allowed for flows of ideas.



*Can you talk about your painting process—your studio practice, plein air painting (painting outdoors), and the way you approach making a painting?*

My visual resources growing up were loaded with abstraction and landscape painting. I always pushed against being put into any sort of box and didn't feel like I needed to choose one specific modality. Painting en plein-air felt genuine to me. Working outside was an honesty of material mark-making responding to the elements and surrounding landscape.

*As an artist living with a physical disability, how do mobility and accessibility affect the environments you work in and the way you create your paintings?*

Living with a disability has opened doors for me and required creative solutions. My father helped me build height specific tables that enable longer working periods. I have a simple easel to work outside with and learned early that small works travel well for me. With aging and changing needs the equipment I need continues to change. There have been many guides along the way - good friends who were also managing different abilities whom I witnessed going above and beyond.



(Thoroughway, 2006)

*Do you use any adaptive equipment in your artmaking? Are there other ideas, tools or changes you think would make your art practice more accessible?*

A cane that supported my walking evolved first, into a tool for stretching and exercises before turning into a set of extended paintbrushes. My friend Clint Neufeld was able to 3-D print custom handles so I could attach paintbrushes to found sticks. These devices allow for a playful approach to making big marks on larger canvasses while continuing to connect to the land where the sticks are found.

*What benefits come from artist residencies?*

Residencies have a way of pushing one into new territory while supporting experimentation and travel. Connection with other creatives is key to growth and nurtures new ways of working.



# AKA/PAVED Arts': Accessibility Journey

By: Josh Forrest

The building that houses AKA Artist-Run and PAVED Arts has been a community cornerstone in Riversdale since they purchased and renovated the former Toon's Kitchen Restaurant at 424 20th Street, opening to the public in 2008. The space has been an ongoing partnership between the two organizations for almost 20 years and they have since paid off their mortgage in 2020, leading to an era of better financial and programming agility, which brings us to their current projects and aspirations.

When Colin Farnan received his SCI Sask. Artist in Residence Grant earlier this year, I was looking forward to working with him, as I received my Bachelor of Fine Arts from the U of S in 2011, and we share an interest in the arts and disability. Colin is also a Rick Hansen Foundation Accessibility Certified Professional and has been working with AKA/PAVED Arts on their ongoing accessibility project.

Speaking with PAVED Arts Executive Director Travis Obrigavitch about his



(Listen to Dis, June 2023)

organization's pursuit of Rick Hansen Accessibility Certification, the seed of the project originated from a conversation between Travis and Colin. During the COVID-19 pandemic the two were speaking about how the building was already so close to being an accessible space, and how these renovations fit with PAVED's "commitment to action", wherein PAVED made a promise to ensure that all aspects of their organization should be accessible to the greater community. This commitment is a "living document" and is the lens through which all of PAVED Arts' decision making is viewed.

PAVED Arts spent 2020 reassessing how the organization could make meaningful, transparent changes around accessibility, equity, and inclusion. Staff and board members undertook a thorough review of everything from governance and staffing to programming, partnerships, and visitor experience, meeting weekly for over eight months to develop a roadmap for



addressing systemic barriers within the organization. This ongoing “Commitment to Action” outlines steps already taken, those in progress, and future goals, supported by community partners who help identify blind spots and guide sustainable, accountable change.

The pandemic afforded an opportunity to apply for the Heritage Canada Cultural Spaces Fund, and was matched with funding from the city of Saskatoon Cultural Capital Grant. Although the organization was operating, most staff were working from home at this time, this allowed for renovations to the space due to the worldwide pause in regular daily activities. The chance to become one of the first arts’ orgs to focus on accessibility in Saskatoon was a priority for AKA/PAVED Arts and they hoped that this would start a larger conversation within the arts community. The building had built-in advantages to pursue Rick Hansen Foundation (RHF) Certification, namely being ground level with no issues with access points from the street, an already existing accessible elevator, as well as generous space for turning ratios and mobility. Work on the building is being done in a number of phases.

<b>PHASE ONE</b> <b>2021 - 2022</b>	<ul style="list-style-type: none"> <li>• GAP Analysis</li> <li>• Accessible kitchens and bathrooms on both floors</li> <li>• New flooring</li> <li>• New lighting arrays in the shared event space for low vision attendees</li> </ul>
<b>PHASE TWO</b> <b>2023 - 2024</b>	<ul style="list-style-type: none"> <li>• Stairwell upgrades including new railings and high-vis flooring</li> <li>• Automatic Door Openers (Front, Elevator, Bathroom) on both floors</li> </ul>
<b>PHASE THREE</b> <b>2025 - 2026</b>	<ul style="list-style-type: none"> <li>• Awaiting approval from the City of Saskatoon Cultural Capital grant, to be paired with an excess leftover amount of funding from Employment and Social Development Grants and Contributions</li> <li>• Visible Fire Alarms</li> </ul>

The end goal of the project is to make all routes in the building accessible for virtually anyone to independently use, and to be RHF Accessibility Gold Certification. Before I entered the building I wondered what kinds of accessibility changes I would miss compared to Colin, who is trained, but he told me that’s a good thing, “you shouldn’t see it, it should be seamless”. This seamlessness is especially noticeable during events and gallery openings, where those using mobility devices or living with disabilities are able to access the space smoothly. For example “Listen To Dis”, a provincial arts organization which serves Saskatchewan’s disabled and non-disabled community, have now held several events in the shared community space since the renovations have taken place.

#### CURRENT SHOW

Clare Samuel / Malcolm

November 7 – December 12, 2025

PAVED Arts, 424 20th St. W. Saskatoon

Gallery Hours: Tuesday–Friday 12–6 pm, Sat. 1–4 pm



# Creativity in Motion:

## How Adaptation Becomes an Art Form

Written by: Braden Pettinger

When many people think of creativity, they picture paintbrushes, music, poetry, or a theatre stage. But for many people with physical disabilities, creativity is something much more practical and far more constant. It's the everyday art of finding new ways to move, reach, transport, hold, open, lift, transfer, or navigate. It's problem-solving in real time, often multiple times a day, in environments that weren't designed with you in mind. In its own way, it's every bit as expressive as a canvas.

Living with a disability turns adaptation into a creative muscle. You learn to look at the world differently as doorways become puzzles, sidewalks become strategy, and home becomes a workshop for innovation. A simple task like cooking dinner can involve clever ways of stabilizing tools, modifying equipment, or reorganizing a kitchen to match your strengths instead of your limitations. Getting out the door for the day becomes an itinerary of movement.

From weather and terrain, to timing and

transportation, with improvisation built in for whatever surprises come your way.

Many people don't see these adaptations as "art," but they are. Creativity is just the ability to imagine alternatives and different ways of doing something. The disability community does this constantly. Using a grabber to reach shelves, adapting a piece of sports gear to make it usable, designing a transfer method that works for your body, reorganizing your space so it flows with your movement... these are forms of design thinking. They're inventions that come from intelligence, experimentation, and confidence but more importantly necessity.



DIY Accessible Utensils





DIY Accessible Art Tools

There's a quiet mastery to it. A person who figures out how to open a heavy door independently has created a solution as elegant as any sculpture.

Someone who re-routes their morning routine around fatigue or spasms is choreographing their day like a dancer. Anyone who adapts their tools, tech, or environment to match their abilities is essentially an engineer.

Adaptation also builds confidence and pride. The moment you solve a barrier yourself, it reinforces that you are capable, resourceful, and inventive. And every time you modify, adjust, or re-imagine your environment to meet your needs, you're not just adapting to the world, you're reshaping it.

Creativity isn't a hobby for many in the disability community. It's a survival skill, a mindset, and a testament to the human ability to adapt and improvise. The solutions we create may be personal and practical, but they're also deeply

artistic because they express something unique about who we are and how we navigate the world.

Connecting with peers in the disability community gives you the opportunity to see this creative problem-solving every day.

Gaining inspiration and knowledge from others facing similar challenges just as artists collaborate on a mural or a team of engineers works together to design a skyscraper.

Our clients don't just overcome barriers, they redesign them. They turn "I can't" into "What if I try it this way?" They prove that creativity isn't confined to studios or stages. Sometimes, it looks like figuring out a new way to zip up a coat. Sometimes, it's rethinking a wheelchair route. Sometimes, it's modifying a tool so it actually works for your hands.

These acts of creativity rarely make it onto gallery walls, but they shape lives every day. And sometimes, it's simply refusing to give up when the world wasn't built with you in mind.





## Meet the Mentor : Mark Kennedy

Interview by : Karthik Babu-Menon

Mark Kennedy, one of SCI Sask's valued peer mentors, was injured in an ATV accident on June 25, 2016. As someone who has known Mark for years, I recognize his passion when he gives back to the community he found himself part of. His genuine smile is welcoming, and SCI Sask is truly grateful for his openness and compassion when helping others.

*Did you know about SCI Sask. prior to your injury? How did you hear about us?*

No, I didn't know about SCI Sask before my injury. I wasn't aware of any community based organizations. I learned about SCI Sask when I met Delynne through SCI Sask's coffee group at Saskatoon City hospital.

*What was your first challenge after the injury?*

One major challenge was transferring between chairs. There was a huge learning curve. As well, I remember going down a ramp at City Hospital. I felt nervous about going down safely and securely, but as I gained more independence and experience using a wheelchair I became more confident and stronger.

*What do you still consider a challenge to this day?*



The mental aspect to it. I'm not trying to forget the past but continue finding acceptance with my new normal. Bowel and bladder issues can affect my mentality as well.

*What does daily routine look like?*

Typically, I try to help in the community; making connections, helping anyone who might fall through the cracks. People who are newly injured have no idea about organizations that could benefit them. I try to help as much as I can.

*You worked in construction prior to your injury, but changed fields, why?*

I went back to construction as an estimator, but it wasn't ideal so when COVID happened, I made a change and have been working at UroMed since.



*How was your experience using hand controls to drive a vehicle after the injury?*

It was different using hand controls but it was not as bad as I anticipated. I kept trying to hit the brakes instead of the accelerator, so that was an adjustment.

*What did you have to do to make your house accessible?*

We were fortunate enough to have enough resources to make our house accessible. Changes were needed in our bathroom. We had to take doors off of our shower and put a bench in for transferring. We installed a lift up to the deck. The kitchen was also renovated so I could cook and get under the sink. The oven door folds sideways now. And now there's an elevator to the basement so I can do laundry.

*What looks different about your home routine ?*

I used to do many small tasks at home with ease before the injury but now I've taught everything to my wife, and she helps with the small tasks around the house. I provide guidance to her as needed.

*Why were you interested in becoming a Peer Mentor for SCI Sask.?*

I am happy to help somebody going through a tough time, to show them life

can still be successful and enjoyable after a profound life change. I enjoy passing on my knowledge to others, for example, doing a smooth and safe transfer. It's been fulling journey so far.

*As a parent, did you have any struggles while you were recovering, and your son was growing up at the same time?*

Yes, I felt I could not do a lot of the dad things as he was growing up. I was focused on myself while recovering when I should be focusing on my kid instead. My son missed out on some opportunities, especially sports, while I was still recovering.

*Do you have any advice for newly injured?*

I would like to say this is just life. Take life as it comes. Take time with your recovery. It will happen gradually. It will take some time. The healing portion takes time.

*If you are new to the disability community, or at a time in your life where you feel like you could use some support, SCI Sask's Peer Mentor Program is here for you. Our mentors offer open, honest communication in a safe space that is non-judgemental. All are certified, and have signed an oath of confidentiality.*

*For more information you can contact your Client Service Coordinator, call 1.888.282.0186 or email [sciinfo@scisask.ca](mailto:sciinfo@scisask.ca).*



# PEER MENTOR NETWORK 2025 VIRTUAL GATHERINGS RECAP

## Fall 2025 Recap

- ✓ September 17th - "Saskatchewan Wheelchair Sports Association" with Kat Zarry. Kat met with us to showcase SWSA's upcoming recreation night offerings and to mix with fellow athletes in a discussion about sports and living with disabilities.
- ✓ October 15th - "Movement Session for Every Body" with Paul Gustafson. Paul guided an hour long, introductory seated exercise session that focused on improving upper body strength and endurance, followed by discussion.
- ✓ November 19th - "Power of Positivity: Building Hope Everyday" with Heli Sheth. Techniques for maintaining a hopeful mindset!

## Upcoming 2026 Schedule - 6:30-8pm

- ✓ January 21st - "How to Sleep Well" with Dr. Ron Cridland (Sleep Doctor) Dr. Cridland runs SIX\* Sleep Clinics in BC, helping people with sleep disorders. He will be providing techniques on how to fall asleep, and stay asleep.
- ✓ February 18th - "Nutritional Needs in the cold weather" with Brooke Bulloch (Dietician). Brooke will advise us on how to overcome seasonal affects of winter through diet and nutrition.
- ✓ March 18th - "Springing Into Summer With Physical Activity" - Guest Speaker TBD - Braden Pettinger
- ✓ April 15th - "Movement Session for Every Body" with Paul Gustafson. Paul will be guiding an hour long, introductory seated exercise session that focus' on improving upper body strength and endurance, followed by discussion.



**FOR INFO ON FUTURE EVENTS**  
**SCIINFO@SCISASK.CA**



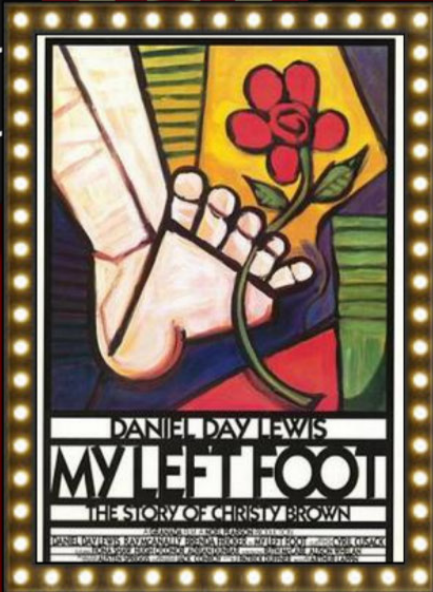


COMING SOON



# MOVIE MATINEE

## SHOWTIMES @ 1:30-4PM



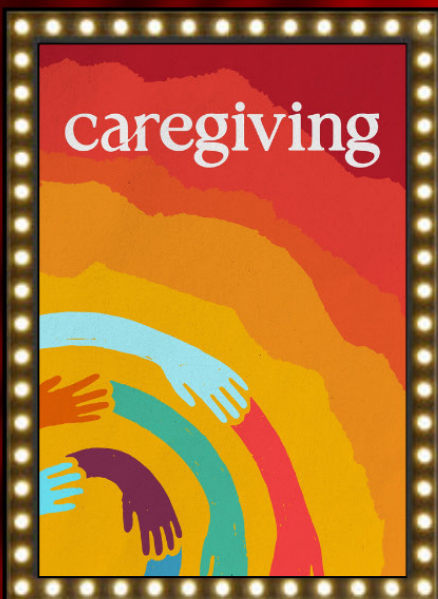
**"My Left Foot"**  
January 28th



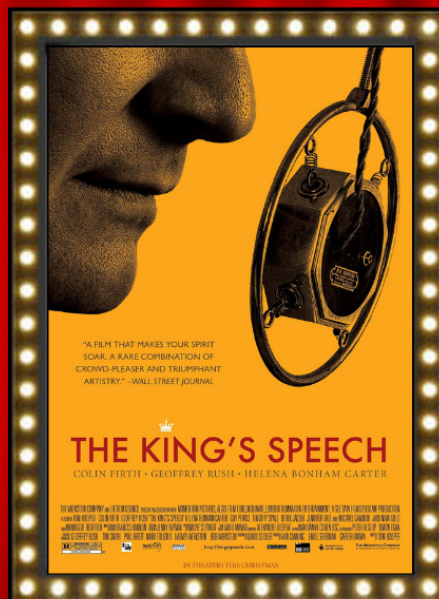
**"The Big Sick"**  
February 25th



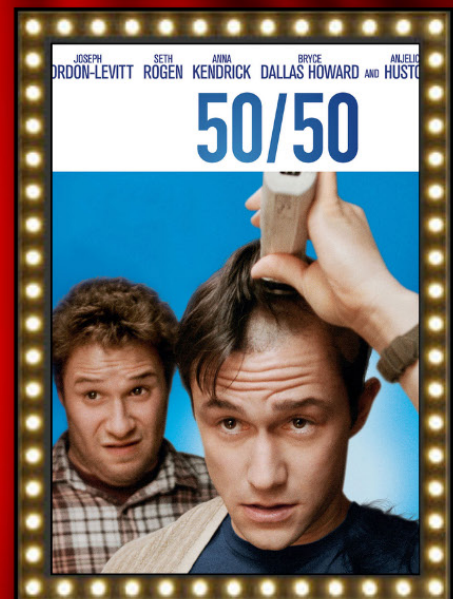
**"The Theory of Everything"**  
March 25th



**"Caregiving" Documentary**  
April 22nd



**"The King's Speech"**  
May 27th



**"50/50"**  
June 24th

**SCI Sask. Provincial Office**  
(306)-652-9644  
**1705 McKercher Drive, Saskatoon**

**Snacks & Refreshments Provided**  
(Snack & movie requests also encouraged)  
**RSVP to [sciinfo@scisask.ca](mailto:sciinfo@scisask.ca)**



# SPINAL CORD INJURY 6<sup>TH</sup> ANNUAL GOLF TOURNAMENT FUNDRAISER MARK'S NINE GOLF & COUNTRY CLUB



*Another great fundraiser golf tournament this year! We had a great day on the course with 18 teams golfing, aced our fundraising goal, and holed out the day with a hearty steak dinner.*

*We would like to extend our deepest gratitude to our Tournament sponsor, Nutrien, and big thanks to all our generous sponsors and the great teams!*

*Keep your golf clubs handy & your gaze locked on our social media pages and our website. SCI Sask Golf Tournament Fundraiser is winding up for a big shot in 2026, and you DO NOT want to miss it!*





# SCI Sask 6<sup>th</sup> Annual Golf Tournament 2025

## THANK YOU TO OUR SPONSORS

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18. Daryl and Patti Kovisto

SCI Sask sincerely thanks the Donors, Golfers, Tournament Host, Supporters, Volunteers, and SCI Sask Board of Directors and HR Team. The 6th Annual GT 2025 is a success because of YOU!



# 2nd Annual SCI SASK Regina Wheelchair Relay 2025!



## "Keeping Momentum"

It was another amazing year for **SCI Sask's Regina Wheelchair Relay!**

We were thrilled to welcome Mayor Chad Bachynski and Sarah Turnbull (Ward 5) for the opening lap. The turnout was thunderous to say the least, wheels were spinning, cheers were loud, spirits were high, and while the day ended, the momentum never stopped!

Shout out to all the teams who participated:

*1st Place: Chair Force One*

*Team Spirit: Regina Rebels White*

*Top Pledge: Jordan & Josh Bortis*

Big Thanks to all of our Sponsors!



1<sup>st</sup> Place - Chair Force One



Under 18 Race



Regina Mayor Bachynski & Ward 5 Councillor Turnbull



Team Spirit Winners





# THANK YOU TO OUR 2025 WHEELCHAIR RELAY SPONSORS

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Spinal Cord Injury Sask. provides in-depth tutorials for organizations about CRA Disability Credits and Benefits, available in-person or online. Our one-hour long sessions are designed for employees and committees alike, contact for more information!



This tutorial informs employees with disabilities how to access critical tax benefits that can reduce financial burdens. By prioritizing this knowledge, businesses foster a culture of awareness, equity, and support for all staff.

## INFORMATION ON

- **Disability Tax Credit**
- **Canada Disability Benefit**
- **Registered Disability Savings Plan**
- **Child Disability Benefit**

## WHAT YOU NEED TO KNOW

- **Detailed Explanation of Eligibility**
- **How To Apply**
- **Claiming For Past Years**
- **How To Claim On Your Taxes**

- 📍 "Delynne & Josh explained eligibility requirements clearly and walked us through the application process step by step. The session was practical and easy to follow. I highly recommend this session to anyone who wants to better understand the benefits available to individuals with disabilities."  
-SaskTel Employee
- 📍 "I was impressed by SCI Sask going above and beyond the presentation ask and providing us with information on the Child Disability Benefit & the Canada Disability Benefit."  
-SaskTel Employee
- 📍 "Thanks to SEND for hosting today's session. It may have put some money in my son's pocket. Much appreciated."  
-Tim Gebert - Sasktel Finance Manager
- 📍 "The session was practical and easy to follow, I recommend this session to anyone who wants to better understand benefits available to individuals with disabilities."  
-Trina Aveyard - SaskTel Diversity Manager



Contact - [sciinfo@scisask.ca](mailto:sciinfo@scisask.ca) to register



# IN MEMORY

This holiday season, we hold close the members of our SCI Saskatchewan family who have recently passed away. Each one touched our community in their own meaningful way, and their absence is deeply felt. We extend our heartfelt thoughts to their families and friends and wish them comfort, warmth, and peace as they navigate this season. We remember: Al Muir, Lloyd Bartel, Barry Neilson, Patrick Gray, Keith Morrison, John Franz, Adam Lebioda, Tinsue Tekhlehanis

## SCI Sask Honours Paralympian, Coach, Mentor & SCI Sask Board Member Stewart McEown (Dec 22 1965-Jul 6 2025)

Born in Cutknife, Saskatchewan, Stewart was always very interested in sport. Following his injury when he was 15, Stewart became involved with Para Sport, representing Canada in both Track & Field and Wheelchair Basketball. He volunteered many hours coaching and mentoring up and coming athletes, and his dedication and skill contributed to the conditioning of many talented athletes. Stewart is survived by his wife Michele, 3 sisters, and numerous nieces, nephews and friends.



## SCI Sask Honours Long Time Volunteer and Community Champion, Barb Gustafson (Sep 21 1967-Nov 6 2025)

Born in Winnipeg, Manitoba, Barb wasn't very old when she became a lifelong Saskatchewan girl. Still being very young when she met the love of her life, Paul Gustafson, Barb found herself embedded into the disability community, at first by association, but then by heart. Barb could be found selling car raffle tickets for the then CPA, helping fundraise for accessible playgrounds, or selling 50/50's at the SCI Sask Annual Golf Tournament. Barb is survived by her husband Paul, daughters Emma and Olivia, and numerous family and friends.





# Between Flame and Flame-Resistant Systems: Gender, Disability and the Long Road of Care

Written by Shivangi Tiwary

"A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles." - Christopher Reeve

In 2006, 16-year-old Laxmi was walking home when a sudden splash on her face shattered her life. A man she barely knew had thrown acid on her. She fell to the ground and her world became unrecognisable. The physical pain was immediate, but the social wounds, isolation, stigma, and a society unprepared to support her, had just begun.

I worked closely with Laxmi after her rehabilitation along with Alok, the founder of Chhanv Foundation in India, and through this collaboration I witnessed not only her courage but the larger patterns of gendered violence and systemic barriers that shape the lives of women with disabilities.

Disability is always measured in impairments and diagnoses. But the path that leads people, and disproportionately women, into disability is social as much as medical. Violence including acid attacks, partner abuse, and harassment intersects with social exclusion, class, and stigma to create both visible and invisible marks. In India, acid attack is a form of gender-based violence that limits healthcare access and a woman's right to quality life. And you may wonder why I am focused on women when violence is not limited to one gender. Because in this context, acid attacks overwhelmingly target women; a reflection of local demographics and societal norms. Subjugation, like water, takes the shape of the vessel it's poured into.

When a body is on the path to recovery, it can encounter systems designed for 'able' bodies and social attitudes that reinforce shame. In this case, legal



systems were unprepared for the gendered motivations behind these attacks. Recovery requires more than medical intervention; it demands social, economic, and psychological support. Survivors need ways that restore dignity, opportunity, and agency; instead they encounter healthcare that minimizes their pain as a 'private' issue, not a public health priority. Intersectional analysis matters: orientation, class, religion, and gender divides determine who gets timely care, psychological support, or legal recourse.

So when we understand the problems of society, where are the answers? How do we convert stigma to rights?

When Laxmi got up from the floor, she sought one truth: why was the person allowed to buy acid so freely, and why did the government fail her? Her quest for justice lasted seven years and led to the Supreme Court of India deciding that acid cannot be sold loosely without ID.

A win.

There is a feature film (Chhapaak) made on this, that can be rented on Youtube.

My learnings from working with vulnerable people with disabilities indicate practical interventions: survivor-led peer support groups that build on strengths rather than limitations. And that is what we do at Women Circle, SCI Sask. These lessons guide

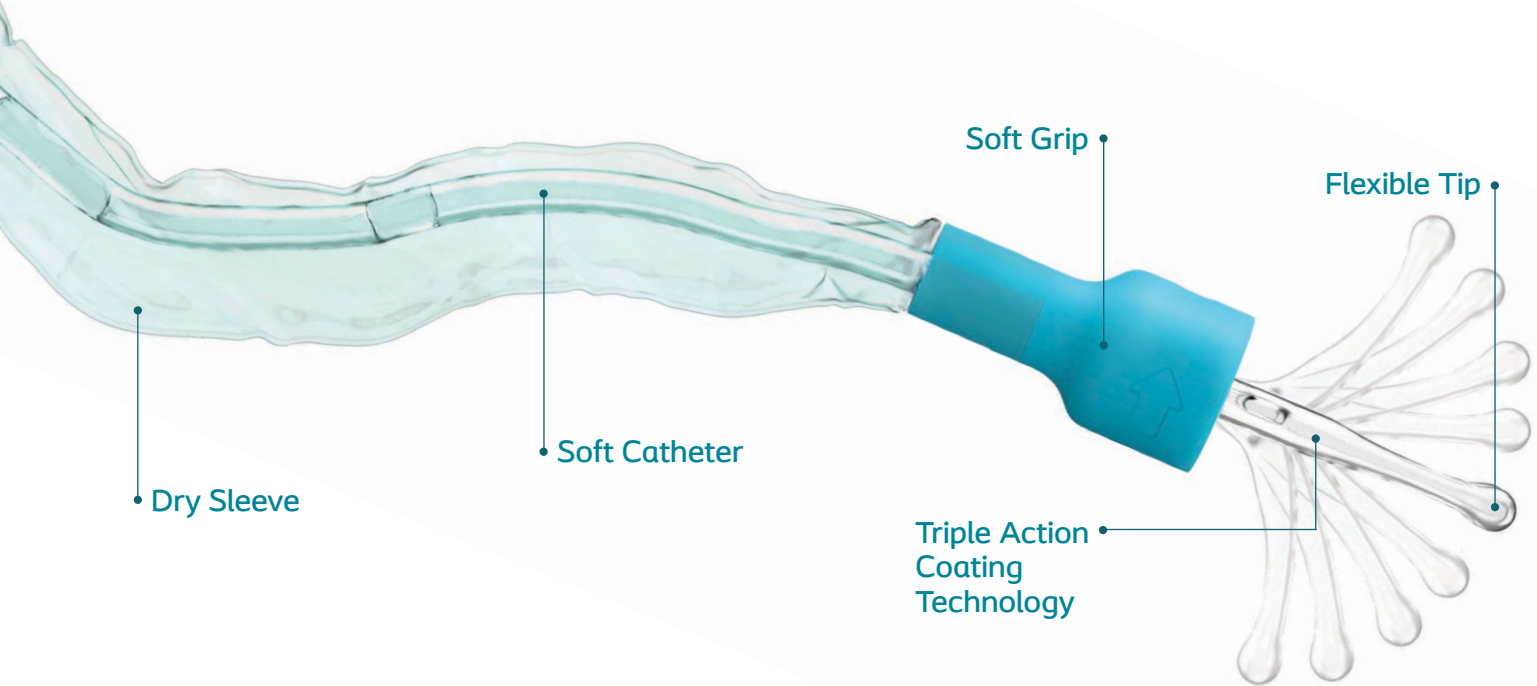


the creation of spaces where women can share experiences, access services, and advocate for inclusive policies. The goal is to bridge lived experience with systemic change and ensure that disability, gender equity, and support are addressed together. When developing programs to support women, we must include women with lived experiences in designing programs and advocacy. Bodies are not the same. Trainers in any program must recognise the gendered nature of trauma and disability. If systems redesigns are the structural intervention, dignity is the outcome we must measure. Recovery is not just physical; it is deeply social.



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References: 1. Burns, J, Pollard, D, Ali, A, McCoy, CP, Carson, L & Wylie, MP 2024, 'Comparing an integrated amphiphilic surfactant to traditional hydrophilic coatings for the reduction of catheter-associated urethral microtrauma', ACS Omega. <https://doi.org/10.1021/acsomega.4c02109>. \*Data from Burns et al.  
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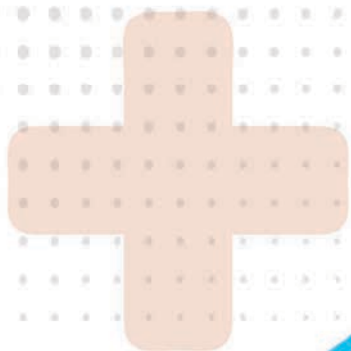






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