

SARAW

Book of Stories

Speech Assisted Reading and Writing

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Introduction

The Speech Assisted Reading and Writing (SARAW) program at Bow Valley College is a part-time literacy program for adults with disabilities. SARAW uses an assistive technology and other literacy resources to help adults with physical and/or developmental disabilities improve their reading, writing and math skills. Each learner attends SARAW with a tutor or community support worker for up to two hours a week.

Adult Learning Principles

SARAW incorporates adult learning principles. We are learner-centered and competency based: focusing on learner identified goals, acknowledging and working from the learners' skills and life experiences.

Book of SARAW

The SARAW Book of Stories celebrates learners' own stories. These are authentic stories – using the learners' own words and experiences. As authentic writing, we have not (for the most part) edited what the learners submitted.

Acknowledgements and Thanks

We wish to thank Calgary Learns, through their funding by Aboriginal & Community Connections / Alberta Advanced Education, and The Rotary Club of Calgary for their financial support and belief in the SARAW program.

Thank you to all the authors of these generous and personal stories.
Thank you to the tutors and community support workers for their support.

Dedication

This volume of SARAW stories is dedicated to Belle Auld.

Belle coordinated the SARAW program for sixteen years. Both a literacy practitioner and researcher at heart, Belle was knowledgeable, passionate and a visionary with respect to the SARAW program, and providing literacy services for people with disabilities.

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Dragon

By Moira

Once upon a time there was a castle in Vancouver Island. Sheila and King Black and the dragon lived in this castle. Sheila and King black got engaged planning to get married in the castle. Sheila and King Black want a big wedding with their friends and family. Dragon will be there too. Day of the wedding and everyone is happy, because Sheila will be their queen. The wedding is great and fun! The new queen and king are on their way to Edmonton for their honeymoon. Dragon flew them there. Dragon and the queen and king got back from their honeymoon and had a good time. The queen gives birth to twins. The king and queen are very happy, but they do not know there are villains who want to steal the twins. The dragon sees them and eats them when they try to steal their twins from the castle. And the dragon, queen and king live happily every after.

Our Camping Trip

By Miranda

In the summer, I went camping in Kananaskis. I stayed in a cabin in a place called, "William Watson Lodge." I got to go for a whole week. I went with my sister Rachelle, and my sister Sue. I loved the scenery. It was beautiful. I saw a lot of wildlife. At night we played board games and cards. I also helped Sue do her puzzle. Rachelle, Sue and I did a lot walking, hiking, relaxing and driving. One night, my sister Rachelle and I played Clue. Sue didn't play because she was still working on her puzzle. We went hiking down a trail. The name of the trail is, "Lower Lake Trail." During that hike, I saw a grouse and her babies. I also went with my sisters to Boulton Creek Trading Post. I got some ice cream. The flavor was maple walnut. I forgot what Rachelle and Sue had, because mine was so good. I liked going for drives with my sisters. On one of the drives, I saw a moose and her baby. My sisters and I saw a show. The show was funny, and was about bull trout and other fish. The funniest memory of this camping trip was when I was relaxing with both of my sisters on the cabin deck. I saw two squirrels chasing each other. The squirrels were running up and down and around the tree. My favourite memory was spending time with Rachelle and Sue. I loved our camping trip. Next time we are going in the winter.

Hawaii

By Thiennga

Today I woke up excited. I'm finally going to Hawaii. I wake up and go to the airport very early and have to check in. There is a line up then we get on the plane and sit there for hours until we arrive in Hawaii.

It's very warm here. We wait for the car to pick us up and take us to where we're staying. My sister is getting married in a couple days. I can't wait for the party. But before she's getting married we have lots of fun things planned.

I am most excited for the boat ride. The food here is very different of home. I like the seafood. But the margaritas are my favourite. It's a big party here every night. I am having too much fun in Hawaii and don't want to go home.

Our Trip to Camp

By Jeffrey

On the week of June 8 to 12, our day program went to Camp LG Barnes, near Gull Lake, Alberta.

On two of the days, the camp counselors started a giant water fight. During the water fight, the counselors filled two giant pools with water. They also provided us with 10 water guns. They had buckets of water to get some of us soaking wet. We even got to have some water balloons. I got really wet, and I even got one of the counselors wet. I had a lot of fun with the water fight.

For a few nights, we got to sit and enjoy a campfire and marshmallows. We visited with our peers and some of our new friends that we met from other groups. The camp counselors brought a guitar to sing campfire songs. They offered to bring our group on a wagon ride. On the ride, we went down some side roads while we were singing songs. We also got to look at the scenery around the camp. The wagon pulled was by a tractor.

Some days, we went for a walk down to the lake. We visited with the animals on the way. We threw rocks into the lake. It was a nice way for me and my friends to enjoy nature and the beautiful scenery around the camp area.

Over the week at camp we had really great home cooked meals, such as chili, shepherd's pie, spaghetti and meatballs, tater tot casserole, curry chicken with broccoli and rice, taco salad, and hamburgers. My favorite meal was the spaghetti and meatballs.

Learning with a Disability

By Lloyd

I grew up with a learning disability. I tried to hide my disability from people. Hiding my disability delayed my learning over many years. My advice to those younger than me is to speak up about their disability and get the proper help.

The Dolphin Story

By Helen

Dolphins are my favorite animal. I wish to swim with dolphins; maybe one day I will swim with dolphins. They play with each other in the ocean. I like the youngest dolphins, they are very cute. They swim with their mom. They like to eat fish and they can jump high over the ocean and they are really fast. They have good hearing in the ocean and outside the ocean. The babies are born in spring and summer. The female dolphin's responsibility is to look after the baby dolphins. Dolphins look for food by hunting. The dolphins swim all over the ocean. The dolphins play and jump in the air.

I saw dolphins at Sea World. They swam very fast. This was in California with my parents. The dolphins swam together. The dolphins were very friendly. Next time I see them I will pet them and give them fish. Last time I couldn't give the dolphins fish because the store was closed. I got a dolphin stuffed toy and necklace last time I was at Sea World.

Poems

By Helen

THE WINTER SPECIAL

On winter day it's cold and snowing
Sometimes its boring
But Christmas is coming to town
To turn my frown upside down :)

JASMINE THE CAT

The cat is not fat
The cat doesn't live in a hat
The cat live at my house with a funny looking mouse
And sometimes plays with a baseball bat
That's my cat Jasmine

FALL INTO HALLOWEEN

I'm tall and I like the fall
Because lots of colors outside of the mall
And Halloween is coming and that is going to be a ball!

Sunflowers Surrounded by Ballons

By Heather



This is a picture of sunflowers surrounded by balloons.
Drawing flowers makes me feel good and happy.

Our Trip to Camp

By Bruce

On the week of June 8 to 12, my day program and I went to Camp LG Barnes near Gull Lake, Alberta.

On one of the days the camp counselors made a giant slip and slide. At first I was a little scared, but after a few minutes, I thought I would try it. I gave it a try and I had so much fun going down, that I went down it at least four more times. It was pretty soapy, and sometimes I went down into the grass.

Our camp counselors were very good singers and guitar players. Some nights we listened to the counselors sing songs with our entire group. One afternoon, our counselors did a funny skit about baking cookies. They were making “Chocolate Chip Mandarin Orange with Fries and Ketchup” cookies. They made a big mess, and no one wanted to clean up the mess or try the cookies.

The camp also had a whole bunch of animals for us to look at and pet. There were donkeys, chickens, horses, rabbits, sheep, and a baby goat. There was also a cat named Spitfire, which some of my friends loved to pet and visit with, and were sad when they couldn't bring the cat home with them.

One evening, we sang some karaoke. The karaoke machine was brought outside and the lyrics were displayed on a television screen. I had a lot of fun singing with my friends. They offered a lot of different music choices, like country, pop, and rock. They had a lot of CDs to sing with and choose from.

On the last night, we had a costume party. We had a party because it was our day program's last night before we had to head home. We were able to pick a song from the jukebox that they had sitting in the main room. They also opened up their costume storage closet, and they let us dress up like super heroes, cowboys/ cowgirls, 50's costumes, and pirates. We had a great time dressing up and dancing with our peers.

I made some new friends at camp, and was sad to go home. I can't wait until next year; hopefully, we will go back to Camp LG Barnes.

Quilting and Drawings

By Elvira

Quilting, this was my job in the Philippines.
I got paid in doing small rugs. When I got paid,
I buy loose fabrics to do another set of rug. I love quilting.
I wanted to do bags, towels and blankets someday.
In quilting, I felt happiness.





ELVIRA

All about Me

By Nikhil

This is the story I like to tell. I'm a student with SARAW program at the Bow Valley College in Calgary. My story is about me, my family and my pet dog Cimba.

My dad, Mom, elder brother and I came to Canada in 2003. I did all my schooling in Calgary and joined Mount Royal University for the Transitional Vocational Program. I took classes like English, Math, Computer and Safeway Eating Right. I audited 10 courses at the University of Calgary and learned a lot of things such as a class in progress, project presentation, labs, exams and clubs etc. When I go to university, I use Calgary transit.

I am a student of SARAW Program at Bow Valley College. I really like coming here every Tuesday and I'm very happy to have support staff helping me.

During summer, I go to tennis class, guitar class, swimming class, hockey games at the Saddledome and to the movies. I like to relax with music and play with my pet dog Cimba, like in Lion King. He is a German Shepard and is 3 years old. He can jump up and catch a ball. He gives me hand-shakes and high fives. He likes to wag his tale and sometimes he wants to lick my face. He also jogs on my treadmill.
Thank you for reading my story.

A Perspective from Someone Living in a Wheelchair and Paintings

By Gelacia

My name is Gelacia and I am 26 years old. I have Cerebral Palsy and I use a wheelchair. I have good days and bad days and have friends and staff who are able to help me when I need the help.

Don't be afraid to ask questions, as I will answer the best I can. If I am not comfortable answering, I will let you know. If there are too many questions, I will start stuttering or feel overwhelmed.

I work every other Monday and I am looking to get more hours. I have also started school in the middle of August to upgrade/increase writing, typing, computer and math skills. I am also learning how to make a photo slideshow on my iPad. I go swimming every Tuesday, enjoy watching movies and I like any music except country and opera.

I enjoy art - usually acrylic and freestyle painting, and will use whatever photo that inspires me, to take a picture of, or somewhere from books/magazines. I also enjoy RC cars, boats, trucks and airplanes.

Things of interest for me/about me: My wheelchair has limits, but it doesn't stop me from trying. I have lots of determination and I don't give up – I give a try at least 3 times. I like to research things is accessible (Banff or school) and to try new things, which is accessible (Handi-boat, sitting on Harley Davidson Bike at Glenbow Museum, William Watson Lodge). I will also ask around for interesting things to do around the city like: Butterfield Acres, Comic-Con, Calaway Park, Heritage Park, Lord Beaverbrook High School for Spa Day, just to mention a few. I would also like getting into different/ more environments – to learn about more things to be able to teach others and have more experiences to teach others what I know.

THIS IS ME!!





