

City Clerk,  
City Hall,  
Regina, Saskatchewan

Mar. 29, 2021

Dear Sir:

Please accept this letter of endorsement for the upcoming Motion to increase recreation and leisure activities for people with disabilities, proposed by Councillor Lori Bresciani.

As parents of a so-called typical child (Lucas), and a child with a disability (Nicholas), inclusion has been a way of life in our household. When our sons were very young, it seemed there were fewer barriers to inclusive recreation, sport and leisure activities for them. This was, no doubt, partially due to the fact that Nick – who has an intellectual disability – was still able to keep up, in physical activities, with his age peers. Often, our two boys would play on the same soccer or basketball team; go to the same summer programs, etc. But, as our sons became teenagers and the ability gap began to widen, the opportunity space to interact with peers got narrower. Nick still participated in sport, but now it was Special Olympics. Please don't misunderstand; the Special Olympics program has been a wonderful way for our son to achieve goals and develop skills, cooperation, and teamwork. But, it is still a box, within a box. We want our City to be truly inclusive of all people. The benefits don't all flow in one direction; by having more inclusive recreation and leisure activities, we give our so-called typical residents opportunities to be more compassionate, generous and empathetic. Doesn't true community start with the realization of someone/something outside oneself? If we could cultivate a greater sense of service to each other, wouldn't we be a better community, a place where everyone, regardless of ability, is valued and included?

For these reasons, and more, we would ask that Councillor Bresciani's Motion be approved.

For your consideration,

Elizabeth & Greg Popowich