



# THE KAMLOOPS

## *Self Advocate* NEWSLETTER

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**JAN 2023**

Happy new year and welcome to 2023! A new year can feel like a chance for new beginnings. As we think about new habits and goals, we want to share some ideas about how we can think about creating more inclusive spaces. In this newsletter, you'll find some articles about things like disability representation in the media and in everyday society.

Winter and the new year can also be a challenging time. The dark days can drag on and it can be depressing to be stuck inside when the weather is cold and makes it difficult to get around. At times like this, it is important to stay connected and to let people know if you are struggling. We were excited to see that there is a new campaign called '988 Campaign for Canada'. 988 will be the crisis hotline for those in mental health crisis. Check out the article about this.

As we start the new year, we wish you good health and lots of opportunities for connection and inclusion. May it be a year filled with kindness and compassion!

### **Inside this issue**

- Feature Articles
- Movie articles
- Celebrating Disability Awareness and success stories and inclusion for all ! Written by people with Diverse Abilities.

***Do you have a story idea or an event you think would be interesting for our readers?***

***Contact us at:***

[thekamloopsselfadvocate@yahoo.com](mailto:thekamloopsselfadvocate@yahoo.com)

**113-540 Seymour St.,**

**Kamloops, BC V2C 2G9**

**Office phone: 250-828-1344**

We always look for writers and people to interview.

### **Please subscribe!**

**Each month you will receive a newsletter with interesting and inspiring content. Be sure to check out our online newsletter for bonus stories and articles!**

**KSA Facebook page: The Kamloops Self Advocate Newsletter**

**On the Self-Advocate Net site: selfadvocatenet.ca**

# 2023

# Happy New Year



The KSA has created a program to recognize and promote local businesses that are accessible and supportive of all members of the community. The businesses listed here are friendly, accessible, and great to deal with.

### **Ability Friendly Accessible Business Program**

**Horizon Dental Clinic**

**5 Bean Brewbar & Café**

**Brownstone Restaurant**

**All Around Gamerz**

**The Vic Downtown**

**Kamloops Film society**

**Kamloops Art Party**

**New Horizons Professional Support Services Inc.**



### **Krystian's Corner**

I had a great Holiday season. I watched some Christmas movies, ate some Christmas goodies, watched Disney's Christmas Day parade on ABC, opened gifts and had a great time with my family.

I also watched Dick Clark's New Year's Rockin Eve on TV. I also went to people's homes for a Christmas visits and much more. I had a blast and had fun. It's time to set new year's goals like fitness, eating healthier, goals for your business and much more.

In this month's newsletter we are focusing on disability representation on TV and in Hollywood. We are also focusing on mental health, kindness, and compassion. Representation matters to people with diverse abilities. We want to be represented fairly and fully on TV, in movies, shows and in media. People with diverse abilities should be better represented and included in media because media helps shape attitudes, opinions about those with diverse abilities, helps reduce stigma and discrimination.

Media and the entertainment industry are getting better in disability representation. It's important to see people like you with disabilities in media because it makes you feel less alone and helps society in treating people with diverse abilities with equality and inclusion.

It's important to call for everyone to be included in media now and to celebrate inclusion, equality, and love for all. We must include people with diverse abilities in media and in everyday society.

It's important to treat everyone with kindness, compassion, love, and to give them equal acting jobs. We need to remember that, in the past, people who lived with disabilities and were actors were not included in TV, movies, and shows because of fear of the unknown. Things are changing in the entertainment industry. People should have employment behind the camera and in front of the camera and to be included on film sets etc.

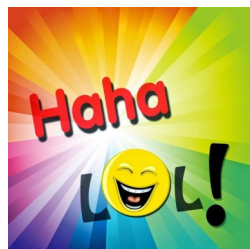
It's not right for able bodied actors to play a disabled character because there are lots of disabled actors out there and they have few acting jobs to break into the entertainment industry because of ignorance and fear of the unknown. It's not ok to not try to give actors with disabilities equal employment.

I hope you had a great Christmas and Holiday season. It's now 2023. All of the best for the New Year.



**Special thanks to The Printing Place for your continued support of the Kamloops Self-Advocate Newsletter.**





## Jokes

What do kids play when their mom is using the phone? Bored games.

What does a storm cloud wear under his raincoat? Thunderwear.

How does the [ocean](#) say hi? It waves!

Why do birds fly south in the winter? It's faster than walking!

Why did the student eat his homework? Because the teacher told him it was a piece of cake.

Which [superhero](#) hits home runs? [Batman](#)!

What is a room with no walls? A [mushroom](#).

Why did the blue jay get in trouble at school? For tweeting on a test!

What social event do spiders love to attend? Webbings.

Why can't you ever tell a joke around glass? It could crack up.

How do you stop an astronaut's baby from crying? You rocket.

What goes up and down but doesn't move? The staircase.

When does a joke become a "dad" joke? When the punchline is a parent.

## Crafting Inspiration

By Tami

Winter can be a challenging time. It can be difficult to get out when it is cold and icy. It can be hard when you aren't doing your usual activities or seeing your friends. One thing that helps me is to do my crafting and painting. I find it calming and relaxing and it helps me stay out of my head. It wasn't always like that. I used to be very critical of my art, but I kept at it and, one day, found that I was looking forward to finding new things to make and share with others.

This month, I want to share an idea for making an Inspiration Box. You can make this and fill it with whatever makes you feel happy. I'm going to give you some suggestions to get you started.

### What you will need:

A small wooden box (available at the dollar store) or a glass jar with a lid

Paint (optional)

Bling or stickers to decorate

### Directions

1. If you want to paint your container, do that now. (Make sure you don't paint the hinges if you are using a wooden box.)

2. Once the paint is dry, decorate your container with bling or stickers. You can also write inspiring words (e.g., hope, courage, love) using a permanent marker.

Once your box looks the way you want it, fill it with pieces of paper that have inspiring quotes, words, memories, names of loved ones, or anything else that makes you feel good. You can find lots of inspiring quotes and words on the Internet (for example, you can go to Google or Pinterest). Each day, you can pull out a quote, or just use your box of inspiration for days when you feel down.

They say art is therapeutic. It can be a great way to help you work through emotions, to get you out of your head, and to feel inspired. There are so many different kinds of art. Why not try it out and see what happens?

Happy New Year!



# new years

P	L	H	A	P	P	Y	N	R	E	E	B	E	A
N	P	R	P	E	A	S	G	E	A	W	I	N	E
C	P	A	S	T	S	S	O	T	A	E	E	Y	N
F	N	C	A	R	E	E	A	T	P	S	R	G	O
A	P	S	L	A	G	C	L	S	C	N	A	S	I
A	K	K	A	E	L	C	S	E	W	E	E	F	S
B	B	R	A	L	A	U	E	A	S	R	Y	G	S
L	F	O	T	S	D	S	T	N	S	N	W	O	A
A	S	W	T	R	O	A	T	N	E	A	E	A	P
S	E	E	N	E	P	R	I	U	N	L	N	L	M
T	E	R	U	T	U	F	N	F	D	P	M	S	O
C	A	I	A	G	R	G	G	B	N	S	I	S	C
F	N	F	A	I	L	E	E	E	I	N	A	U	U
C	E	L	E	B	R	A	T	E	K	T	A	A	M

FUTURE  
CARE  
FUN  
GOAL SETTING  
FIREWORKS  
PLAN  
KINDNESS  
BLAST  
WINE  
CELEBRATE  
NEW YEAR  
SUCCESS  
BEER  
GLAD  
PAST  
GOALS  
COMPASSION  
HAPPY

Play this puzzle online at : <https://thewordsearch.com/puzzle/4494854/>

## **Kindness and Compassion with Robin Dewolf**

By Lisa Coriale

### **Can you tell me a little bit about yourself?**

A little about me, I'm now 68 "wow, where has the time gone"? Widowed "sure miss that wonderful man". Retired for several years now mainly due to arthritis "boy that can be painful". Gramma to 3 wonderful people, and now living in Calgary with my sister. I have had several "careers" in my lifetime. I worked in the banking industry for many years, as a secretary to many different people, favourites at the BC Paraplegic Association, where I met my husband. He wheeled me off my feet lol. I also operated a licensed family daycare, worked as preschool teacher, teaching assistant in Kamloops schools, and finally looked after two amazing young adults who needed care.



### **What does kindness and compassion for yourself, and others mean to you?**

It means giving myself the quiet time I may need, listening to others, giving to others the time, love and understanding they may need to get through times that could be difficult for them. Remembering that difficult times are different for individuals. Some can handle things differently others may find it hard.

### **Why is it important to show kindness and compassion to others?**

It is important to show kindness and compassion to others always as you never know how an unkind word could affect someone. Listen to their body, their voice, look at their eyes you can see how different things are affecting them. Just be there when needed.

### **How do you show kindness and compassion to others?**

As I said it is important to listen. Don't try to fix everything as sometimes you can't. Listen, and be understanding, a small touch goes a long way if you are close to that person. Hug family and friends to let them know you have their back. I try hard to not judge as I feel it is not my place. I am no saint and not better than anyone.

### **How can people show compassion when they are in community?**

The definition of compassion "is the sympathetic pity and concerns for the sufferings or misfortunes of others". Well, I think one needs to be careful regarding pity as to some pity is not needed, being understanding and sympathetic is okay as long you are not putting down their lifestyle choices. Helping others in community with having things available when they are needed is great. Warm clothing in the winter, shelter, or offering a hot cup of coffee to someone who needs it, those are things we can do for a community. Sometimes even a kind word. There were times my husband was out in the community at a downtown crosswalk, and someone would come up behind him and lift his chair back to help him down the curb, no words to ask if he needed help. It usually scared the crap out of him as they pushed him to the other side. Now Scot would say thank you, and the person looked so pleased with themselves. But ask, "Do you need help? Or hi, can I help," goes so much further. Talk to that person who may need or in some cases not need your help. Talk, Listen, and give, but see what may or may not be needed.

### **What are some ways people can show kindness and compassion to people with diverse abilities?**

I guess I answered some of this question above. But treat ALL people as you would want to be treated, so simple isn't it? But many don't. I have worked in the diverse community for many years. I have seen so many good people treat others terribly, and not realize their actions. They would talk very slowly to them as if they were not capable of understanding, or repeating over and over a question if someone didn't answer quickly enough. Also grabbing their wheelchairs to guide them without permission. My husband's favorite was people patting him on the head, "yes, seriously it happened many times". So you want to show compassion and treat others as you would like to be treated. We should also have in our communities places available so when people are in need they know where to go. Talk and listen.

### **When we think about being kind to ourselves, it involves all areas of our lives, including the physical, emotional, and mental pieces. How can people keep their mental health in shape?**

For myself I need some quiet and my family. I have things I enjoy doing, it's important to find what you enjoy and take time even in a busy schedule to do them. Remember not everyone likes to do the same things. I get told by good friends, "how you can NOT have a hobby"? The fact is I'm not interested. But give me a good book and I'm happy, peaceful and love it. Many friends have other ideas of what fun is and do not understand me, again it is what each individual enjoys. Every person works with their mental health care in their own way. If one needs to reach out, hopefully they have the family, friends and resources to do so.

**Continued on next page**



## Kindness and Compassion continued

What does being kind to yourself look like?

Reading a good book, quiet, and my pup.

What would you say to those people who have negative views or attitude towards people with diverse abilities?

There by the grace of God goes you. We never know what could change our lives it could be a car accident, workplace accident, stroke, or old age. Be thankful for your abilities today as they are not promised forever.



### Tech Talk

By Ben

Have you ever heard of the Victor Stream Reader? This is a tool for people who are visually impaired. It reads the book for you! I have used audio-books in the past, which are on CD. The Victor Stream Reader uses MP3 format and you can access books on-line using the CELA library.

I was given my Victor Stream Reader by the CNIB and I love it! Here is some information about this tool.

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### Awareness Days

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## Disabilities on Screen: Representation in Hollywood

Taken from <https://www.aoda.ca/disabilities-on-screen-representation-in-hollywood/>  
August 29, 2018 Lisa Kovac

Many actors have played the role of a mother, pilot, or doctor. Yet, they are none of those things. However, they convince viewers that they are what they pretend to be. But does the usual way of casting actors hinder inclusive representation? When it comes to disabilities on screen, there's a lack of portrayal in Hollywood. As well, there is an ongoing debate about whether roles should be given based on representation or acting skills. This article will look at that debate and attempt to break it down.



### The Ongoing Debate

There are two arguments for representation in Hollywood. On one hand, actors who portray disabilities on screen ought to have impairments. Otherwise, it is misrepresentation. On the other hand, actors without disabilities who portray people with disabilities on screen are doing their job. Acting, by its nature, is to pretend you are something you're not.

The argument becomes, then, whether roles should go to the best actors or actors that have a certain disability? In the ongoing debate about representation of disabilities in Hollywood, it is impossible to say who is right. Especially if you consider past praised performances of disabilities on screen, such as:

Leo DiCaprio in *What's Eating Gilbert Grape*: Hollywood celebrated Leo's portrayal of a boy with autism and an intellectual disability.

Juliette Lewis in *The Other Sister*: Many say that Lewis's performance is one of the best portrayals of intellectual disability on-screen of all time.

Dwayne Johnson in *Skyscraper*: Many people applauded Johnson for bringing positive attention to the amputee community.

Tom Hanks in *Forrest Gump*

Dustin Hoffman in *Rain Man*

Jake Gyllenhaal in *Donnie Darko*

The list of actors playing people with disabilities in renowned roles goes on and on.

### How are Disabilities on Screen Portrayed?

Even when people with disabilities are portrayed on-screen, that representation is not always satisfactory to people with disabilities. Typically, the on-screen disability is only used as a plot device. For example, in many comedies, disabilities only appear on-screen as a source of comic relief. Yet, while rare, there are times where the disability is not the main focus. For instance, in the *X-men* franchise, Charles Xavier's wheelchair use is not the primary focus of his character's arc.

Still, times, where the portrayal of disabilities is positive, are rare. In fact, sometimes the portrayal can be harmful. For example, consider the villain trope. Many villains have visible disabilities, such as:

Canes

Hook arms

Eye patches

Split personalities

Albinism

These portrayals can be harmful to disabled people and in the quest for equality.

### *The Ringer* and Representation

Sometimes good representation of disabilities on screen is found in surprising places. Consider Johnny Knoxville's (known pest and Hollywood funny guy) film, *The Ringer*. Knoxville plays a washed-up guy who fakes a disability to cash in and win at the Special Olympics. Sounds offensive, right? On the contrary, it turns out the joke was on Knoxville. The people with impairments in the movie had the last laugh. In fact, 150 people with disabilities starred in the movie. That's the most people with disabilities to ever star in a single Hollywood film.

**Continued on next page**



## Disabilities on Screen: Representation in Hollywood. Continued



### How Representation is Furthering a Movement

The more depiction we see on the big screen, the more accepted the concept of disability becomes. For actors with disabilities, representation is important. It gives them more chances to act on the big screen. As well, it means that actors with disabilities can be cast in roles of characters that are not disabled. Rather than say who's right or wrong, it's more about what's fair. If actors can play people with disabilities, then actors without disabilities can play characters without them. For instance, Leslie Nelson, who is hearing impaired, played a hearing detective in the Naked Gun series. Robert David Hall, who is a double amputee, played a non-amputee doctor on CSI.

There is a push from the disabled community to increase disabilities on screen representation in Hollywood. Representation promotes positivity and equality. With this in mind, more films should have actors or positive characters with disabilities. This will help people see those with disabilities as real people and promote equality and inclusivity.



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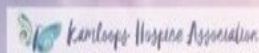


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## **Michelle's Mission**

By Krystian

*Meet Michelle Steiner, a disability writer and speaker and a teacher's aide. Find out how Michelle is raising awareness about disabilities and is advocating for change.*

### **What do you do for advocacy around disabilities?**

I do a variety of different things with advocacy. I work in a school with students with disabilities as a teacher's aide. I teach my students how to advocate for themselves, use the support services they need for their disability and help

reinforce lessons with struggling students. I'm also a disability writer and speaker. I write disability articles that share what life with a disability is like. I have had them published in many disability publications and on my own blog called Michelle's Mission. I also speak about having one on Podcasts and at in person events.

### **What is your disability?**

I have a Learning Disability that affects my ability to do math, executive functioning, eye hand coordination skills and visual perception. I also have limited hand dexterity in both of my hands. I'm unable to drive a vehicle and struggle with where my body is in space. My main issue has always been difficulty with math, and it effects my everyday life.

### **What types of advocacy are there?**

Advocacy can come in different forms. Some of it can be a person advocating for someone or a person can advocate for themselves. When I was a young child, my parents were my biggest advocate. As an adult it's up to me to advocate for myself. Learning how to advocate is truly an art and it takes time and practice to do it effectively.

### **What types of accommodations can businesses or workplaces make for people with learning disabilities?**

Having an understanding workplace is important for people with Learning Disabilities. One of the biggest ways that an employer can accommodate them is to give clear and simple instructions on how to perform tasks. It also helps to give extra time to learn the steps of the job. Using scaffolding where ideas and concepts build on each other also helps. Most importantly the employer needs to have an understanding on what Learning Disabilities are and to work together with the person with one to find strategies that work.

### **How can people and businesses reduce barriers, stigma and discrimination around learning disabilities?**

Education is one of the biggest ways that people can break the stigmas of having a disability.

When many employers hear the term disability, they often think about what the person can't do, not the value that they can bring to a workplace. People often hear the word Learning Disabilities and think that the person can't learn. When employers are educated on disabilities, they see the value that a worker with a disability can bring to an organization. They also find out that people with Learning Disabilities can learn and work, they just need different ways to do things.

### **How can we promote a kinder and compassionate world for all?**

I think if people listened and accepted people with disabilities, then the world would be a kinder place. Because my disability is hidden, many people often don't believe me when I tell them that I have a disability. I often have people tell me that I don't look disabled, or I have had too much success. Just because you can't see my disability it's there. People also have in their minds what a Learning Disability is, but it's different for everyone. Many people think that I can't read, and don't believe me when I tell them that I struggle with math. Most people are familiar with Dyslexia the reading disability and not Dyscalculia the math disability. I also find it frustrating when people say that everyone has problems with math or that everyone seems to have a disability now. Dismissing my disability doesn't help me in any way and adds to the aggravation. Embracing differences also helps to make people more compassionate and understanding. People with disabilities may have to do some things differently, but we are far more alike than different.

### **What do you enjoy about advocacy and being a teacher's aide?**

What I love most about advocacy and being a teacher's aide is connecting with others with disabilities. Hearing others stories with disabilities helps me to feel more connected and less alone. I know that there are other people who have them as well. I also love helping people with disabilities to be successful. It's very rewarding when I help a student at work, or I'm able to connect a person with a disability through my writing or speaking.

**Continued on next page**

## Michelle's Mission continued

### What else would you like to add?

I would like to encourage people with disabilities not to give up on their dreams. Go for what you want to do and find a way to do it. Your original plan may not work and you may have to find a different route to do things. There may also have to be changes and turns in the road that you didn't expect. Success may not always come in the package that you expected, but if you work hard at it you may find that it was better than the one first imagined.

To read Michelle's blog, go to: <https://michellesmission.blog/michelles-mission/>



### Scrooge: A Christmas Carol

By Riley

I watched a new movie that came out on Netflix the other day and I loved the performance that the actor Luke Evans gave for Scrooge. He had a great singing voice.

The movie itself felt like Christmas. It was beautiful. I suggest people at home watch this movie.



## 988 Campaign for Canada

Taken from

[Home – The 988 Campaign to Save Lives \(988campaignforcanada.com\)](https://www.988campaignforcanada.com/)

Canada's Mental Health System Needs Radical Surgery. 9-8-8 is a vital part of the solution.

Recent heartbreaking tragedies involving police responses to mental health-related situations, many of which followed calls to 911 for help, demonstrate the serious, even fatal, cracks that exist in our current mental health system. They come after experts predicted a wave of mental health issues, including suicide attempts, as a result of the disruptions caused by the coronavirus pandemic. We need a better option than 9-1-1 that will allow those experiencing an emotional crisis, and their families, to reach out for support and counselling. The three-digit, easy to remember and quick to dial hotline, designated by the number 9-8-8, is that option. It's needed now more than ever.

When I was first interviewed on CTV National News with Lisa LaFlamme about the idea I have been trying to bring to Canada for more than a year, I said 9-8-8 could save lives. Recent events have me even more convinced than ever about the transformative role these three numbers can play in reducing harm and saving lives.

Since our campaign began, I've heard from hundreds across Canada and throughout the United States who have expressed enthusiastic support for 9-8-8. Some of you have experienced the loss of a loved one to mental illness. Others have survived suicide attempts. Your heartfelt stories and encouragement about the promise of 9-8-8 to make a difference mean so much. You've also shared your experiences about a broken mental health system that leaves too many alone when they need help the most. Bringing change to the way Canada delivers mental health care is a big part of our 9-8-8 campaign, too. Making sure our public leaders and healthcare decision-makers hear your voices and your support for 9-8-8 will help to make it happen.

Stay well!

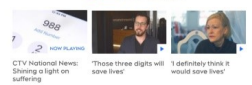
Kathleen Finlay, Founder  
The 988 Campaign for Canada

988 CAMPAIGN FOR  
CANADA  
TO SAVE LIVES

"Three numbers that could  
make all the difference"  
in suicide prevention.  
– CTV National News



**Finlay: A three-digit suicide prevention hotline can save lives. Shouldn't Canada get behind it?**  
A public health expert, Kathleen Finlay, says a three-digit suicide prevention hotline could save lives. She says it's a simple idea that could make a big difference.



**CTV National News: Sharing a light can suffering**  
"Those three digits will save lives" "I definitely think it would save lives"





## Disability Representation on Television

A.J. Miller

Taken from <https://www.nationalcareadvisors.com/blog/disability-representation-on-television>

September 27, 2022

The latest “[Where We Are on T.V.](#)” report by GLAAD details that out of the 775 regular appearing characters on television, only 22 or 2.8 percent had a disability. Several television production companies are working to increase that number through new initiatives and programming.

Earlier this month, CBS announced its’ [CBS Performers with Disabilities Talent Initiative](#). The program aims to bring “meaningful representation

and inclusion for all underrepresented groups, including performers with disabilities in series regular, guest star or co-starring roles in current series and pilots, playing characters specifically written with a disability as well as roles that do not specify one.” The initiative includes resources and services such as “Casting 101”, providing guidance on what casting directors are looking for in the audition process, headshots, demo reels, question and answer sessions with CBS executives and more.

This commitment to inclusion and representation is not new for the network. CBS was the first network to sign the [Ruderman Family Foundation](#) Pledge, whose goal is to increase audition opportunities for performers with disabilities and improve the portrayal of disabilities on television. Other networks including Paramount, NBC and Sony have now signed the pledge as well. These initiatives join the network’s previous commitments to improving diversity, equity and inclusion as part of their global, cross-brand initiative, Content for Change.

In addition to commercial broadcasting, two updates have recently come specifically in the Children’s programming space.

Netflix has created The Children’s Content Lab, a 5-week program that will train writers, animators and creative executives with disabilities to work on children’s projects. The project is modeled off the RespectAbility Entertainment Lab, an existing program that has placed individuals with disabilities into positions and projects at Nickelodeon, Paramount, Disney and more. Funded by Netflix’s Fund for Creative Equity, participants will complete in-person and virtual workshops, training and conversations as well as be assigned mentors.

Putting thought into action, Thomas and Friends by Mattel Televisions have announced its newest character, a brake car with Autism named Bruno. The role will be a key character and voiced by Chuck Smith, a 10-year-old actor from Toronto who is autistic. Mattel is excited for the character to bring “rich friendships and important work [that] introduces audiences to a positive, neurodivergent role model.” The addition of this character follows several other additions to modernize the long-running show. Recent characters have been included to work towards gender balance and include characters from Asia, Africa and Australia.

It is exciting to see the entertainment industry not only verbally but financially support disability inclusion in television. By authentically and accurately portraying the individuals and stories of the disability community may we come to greater understanding and acceptance as a society. We encourage you to continue the conversation with us on social media at [facebook.com/nationalcareadvisors](https://facebook.com/nationalcareadvisors).





## Glee actor Kevin McHale says he wouldn't play a character in a wheelchair now

<https://www.stuff.co.nz/entertainment/tv-radio/300744861/glee-actor-kevin-mchale-says-he-wouldnt-play-a-character-in-a-wheelchair-now>

If [Glee](#) is ever rebooted, [Kevin McHale](#) is not signing up to be cancelled.

"I don't know if Artie could be in it," McHale said on Wednesday to Insider, talking about Artie Abrams, the character he played in the Fox musical series that ran from 2009 to 2015.

"Knowing what we know now, I don't think I should be playing a character that's in a wheelchair. So, if they let me grow out ... my beard and play a different character, I'll do it."

Show creator Ryan Murphy floated the idea of a reboot last week during a podcast hosted by McHale and former co-star Jenna Ushkowitz, who played Tina Cohen-Chang on the show.

"I'm at the phase now with that show, you know, where it's like, well, there's been enough time. Like, maybe we should really reexamine it as a brand," Murphy said on *And That's What You Really Missed*.

"You know, should we do a reboot of it in some way? Should we do a Broadway musical of it in some way?"

Murphy also said on the podcast that [Glee](#) was on the air for too long and probably should have ended after star Cory Monteith, who played singing jock Finn Hudson, died of a drug overdose in July 2013.

Glee drew criticism early on for its portrayal of a person with a disability, which a [Guardian](#) opinion writer in 2010 likened to blackface.

The article pointed out a couple of "execrable" Glee episodes that were praised by nondisabled viewers but considered "[offensive](#), appropriative and wildly inaccurate" by disabled audiences.

"The problems with Glee highlight much larger issues in the entertainment industry," the author wrote.

"The representation of disabled persons is limited and often very bad, and disabled actors have few opportunities, in part because of the insistence on casting nondisabled actors in disabled roles. Another show airing in the US, *Covert Affairs*, is also currently engaging in 'crippage,' and there's a long history of casting non-disabled actors in disabled roles."

Jim Sheridan, director of 1989's *My Left Foot*, which earned an Oscar for actor Daniel Day-Lewis in the role of a man with cerebral palsy, told Sky News last year, "I don't think it's right any more" to cast able-bodied actors to play disabled characters.

"We've gone past that," Sheridan continued.

"In *My Left Foot*, we had disabled kids in the movie, and I could understand why Daniel stayed in character and never broke out.

"He wanted to respect them, so he stayed in character the entire time for 20 weeks and that's as far as he could go as an able-bodied person playing a disabled person."

## New Year Quotes

Happy New Year! Let's start 2023 with a bang. Unknown

The future begins today. Wayne Gerard Trotman

The New Year stands before us like a chapter in a book waiting to be written. Melody Beattie

Cheers to a new year and another chance for us to get it right. Oprah Winfrey

The past is gone. Let's begin these 365 new opportunities! [Maxime Lagacé](#)







## CHIPOTLE MAYO ROASTED POTATO WEDGES

Taken from <https://rosannapansino.com/blogs/recipes/chipotle-mayo-roasted-potato-wedges>

This easy, simple, homemade Chipotle Mayo Roasted Potato Wedges is amazing.

### THINGS YOU'LL NEED

#### *Ingredients*

- 1 lb. baby potatoes
- 2 tablespoons mayo
- 3 teaspoons adobo sauce (from can of chipotles in adobo)
- 1 tablespoon water
- Flaky salt, to sprinkle
- Chopped chives, optional

### LET'S GET STARTED!

1. Boil unpeeled potatoes until tender but firm, about 10 minutes. Drain the potatoes and let them cool.
2. Preheat the oven to 400F.
3. In a large bowl, mix the mayo, chipotle paste and water.
4. When the potatoes are cool enough, cut them into quarters and gently toss in mayo mixture until evenly coated. Put them in roasting pan.
5. Bake for 15 minutes, then turn the oven to broil setting until crisp, about 1-2 minutes.
6. Sprinkle with salt and chives.



### Blazers Report

By Andrew

Leading up to the Christmas break the Blazers had 6 wins and 2 losses in the month of December. They have a busy time after the break, including 4 games (2 Away games & 2 Home games) before the new year. After the New Year the Blazers look towards making the playoffs and taking part in the Memorial Cup Tournament as the host team.

### EcoTip

Welcome to another eco tip. With the start of a new year, it seems like a good time to go back to the basics. Hopefully it's a good reminder for those already well on their low-waste journey and helpful for people new to the low-waste lifestyle. For this eco tip, we're going to look at 4 of the 5 Rs: that's Refuse, Reuse, Reduce, Recycle and Rot. A lot of people don't have access to composting (rot), so we're only going to look at the first 4.

**Refuse:** There are many things you can do for this. Don't buy things with excess packaging. For example, it might have a hard plastic container that is also wrapped in a layer of soft plastic. Don't accept free things that are made of plastic, that have excess packaging, or that you won't use.

**Reuse:** If something no longer works in its intended form, try finding another use for it. Or, when you are choosing to buy something, why not buy it second-hand at the thrift store? There are also some great on-line markets and free sites for used items.

**Reduce:** Choose things that decrease the amount of trash you make, e.g., unwrapped fruits and veggies rather than pre-bagged items, or canned items rather than plastic wrapped items. You can also take your own containers to restaurants to use for your leftovers or to use at Bulk Barn to save bags.

**Recycle:** The City offers recycling for paper, cardboard, clean hard plastic containers, and cans. Glass, soft plastics, and Styrofoam can be taken to places like the Lorne Street Bottle Depot and General Grant's. Wishing everyone a happy and environmentally friendly New Year!

