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FEB 2023

Welcome to February 2023. It's Valentine's Day on the 14th and Pink Shirt Day on the 22nd, so we wanted to focus on love and anti-bullying. When we focus on love, for ourselves and others, it helps us to connect. We are less likely to see our differences and we are more likely to accept others for who they are.

Because the media can play such a big role in helping people to learn about anti-bullying and how to create a better world for those with diverse abilities, we are sharing a lot of articles about the importance of media representation. Disability representation in the media helps to raise awareness about diversity. It helps to reduce bullying, stigma, and discrimination. Representation matters and media is a powerful tool for representation of people with all kinds of diversity.

When we take the time to learn about people, we have a better understanding of each other. People can be more respected and included in everyday society.

We hope you enjoy this month's articles. We'd love to hear what you think about media representation or any of the other stories you see here.

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?

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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





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

February 14th is Valentine's Day. There are different types of love. There is friendship love, couples love, etc. I love being friends with Ben because he is a great person and sleeps over at my house and spends time with me. Valentines' day is not just for couples, it can also be for singles and friends.

In the next few newsletters, I am in the process of interviewing a few people about disability media and representation in the media and will bring to my readers positive news about how the media is changing for the better.

We are learning this month why it's important to do proper research for storylines that involve disabilities such as Autism and why it's important to try to cast people with disabilities rather than people without disabilities. It's not ok to not do proper research and to not cast people with disabilities.

We are also discussing why it's important to get the storylines of people with disabilities accurate, why representation is important, and why people with diverse abilities are upset with the entertainment industry in general for not casting people with disabilities.

People with disabilities have few acting jobs to break into the entertainment industry because the entertainment industry wants able-bodied actors to play disabled roles. Sometimes the film industry gets storylines about people with disabilities wrong, which can happen if they cast able-bodied actors and they don't give people with disabilities a chance to work as an actor.

Many actors who started out were not famous, so let's try to make people with disabilities who are actors into superstars and make people with disabilities famous. People with disabilities being seen in media helps reduce stigma, discrimination, bullying, makes people feel less alone, helps create a kinder and compassionate world for all.

People with disabilities being seen in media can help people to get to know us and can help people in how they perceive us.

No matter if it's a theme park or a movie, people with diverse abilities should be seen and represented in a good manner. When society sees people with diverse abilities in all areas of their lives, it helps people feel more comfortable with each other and creates more opportunities for conversations. It can lessen stigma, discrimination, and bullying towards those with diverse abilities.

It's Pink Shirt Day in Canada on February 22nd, which is a great chance to celebrate inclusion, respect, kindness, compassion, love, equality, helps reduce suicides by letting people know they are not alone. It's important to remember that people need to be respected, treated with kindness and compassion and to give them inclusion and to call for more inclusion in media.



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



Anti-Bullying music videos

Go to YouTube and listen to these songs.

You Won't Be Holding Me Back - ANTI-BULLYING TEEN PARODY

My Feelings - An Anti-Bullying Film

Best ANTI-BULLYING SONG – Halsey "Without Me"

Music Video PSA

Rachel Crow - Mean Girls (Official Video)

SHAWN MENDES "There's Nothing Holdin' Me

Back" PARODY | Teen Bully

SONG DEDICATED TO AMANDA TODD BY ELISE ESTRADA

Upstander Not Bystander

Be an Upstander by: Jane Burkmen

Upstanders in Action

Rap Battle: Pink Shirt Day | CBC Kids

Travis Price – Creating Pink Shirt Day

Canadian Anti-Bullying Song and Music Video (Stand Up Raise Your Voice)

Lipdub "Stand Up" - Parkview Pink Shirt Day

988 Mental Health Crisis Hotline Update

Starting at the end of November 2023, calls and texts to 988 will be directed to a mental health crisis or suicide

prevention service, free of charge, once the number is implemented by telephone and wireless service providers, the CRTC said in a statement.

Valentine Quotes

*happy
Valentine's
day*

"Happy Valentine's Day – my forever love, my life partner, my heart, my sweetheart, my forever Valentine, my charming and my lovely."

Unknown

"You are my Valentine because you bring love to my life each and every day. I love you more each and every day, in every way."

Kate Summers

"Marriage is like vitamins: we supplement each other's minimum daily requirements."

Kathy Mohnke

"Love is what you've been through with somebody."

James Thurber

"There are never enough I Love You's."

Lenny Bruce

"Love can be defined with one word. You."

Anthony T. Hincks



Drive Me to Drink

By Krystian

Meet Ashley Wineland, a country singer with a passion for storytelling through her music.

Who are you?

As we all do, I wear many titles: daughter, sister, country music singer, artist, performer, animal lover, enjoyer of Korean dramas, and so much more. But at my core, I am a country girl from Arizona who loves music and connecting with others.

Why did you decide to do country music?

I decided to pursue country music because of my strong love for storytelling and performance! The happiness that it brings me to share that love and joy with other people is the reason why I've done it for 10 years now.

When did you start singing country music?

I was 13 years old when I started writing music and learning how to play guitar. However, the signs that I would be a singer one day (whether my parents knew it or not) could be found when I was a toddler! Sesame Street's Sing Yourself Silly was my favorite, on repeat program as a kid.

What is your favourite thing about singing country music?

I have two favorite parts that are interconnected. Firstly, I love being able to share stories through music with audiences. The second part is that beautiful connection you form with others when sharing said stories. It is an amazing experience to feel a whole room connect over one piece of art.

What is your song 'Drive Me to Drink' about?

This song dives into the tilt-a-whirl feeling of the craziness and frustration you experience when someone drives you so insane that you could drink alcohol in order to try and get rid of it!

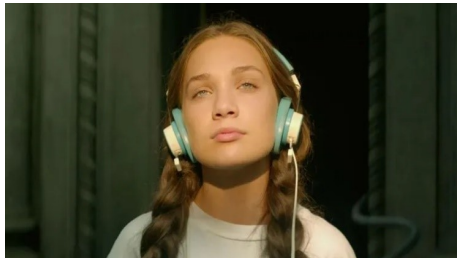
What are your hobbies and interests besides country music?

I'm one of those people who enjoys many hobbies! I love reading, horseback riding, gardening, volunteering, knitting/crocheting, learning languages, and being outdoors.

What else would you like to add?

I tour all around the United States! I would love to see everyone in person, so make sure to go to my website AshleyWineland.com and see my full tour schedule.





The Controversy Over Sia's Autism Movie Music, Explained

BY REUBEN BARON PUBLISHED NOV 22, 2020

Taken from <https://www.cbr.com/sia-music-autism-movie-controversy/>

Music, Sia's directorial debut, has become the subject of controversy due to its portrayal of autism as well as Sia's responses to criticism.

On November 19, a trailer was released for *Music*, Sia's long in the works directorial debut. Almost immediately, the film became the subject of controversy due to its portrayal of autism. The criticisms of the project are many, and the controversy has only become more heated due to the way Sia has responded to autistic critics on Twitter. Let's break down all of the different controversies surrounding *Music*.

Casting a Non-Autistic Actress to Play a Nonverbal Autistic Protagonist

The biggest (and perhaps most complicated) subject of controversy regarding *Music* is that the title character, a nonverbal autistic girl, is played by Maddie Ziegler, who is not autistic. Some autistic people feel it's wrong to cast non-autistic actors as autistic characters, while others think such casting is acceptable so long as the actors do proper research. The subject grows even more complicated when it comes to nonverbal autistic characters. Casting such roles authentically brings with it challenges, but it is possible to do (as demonstrated by Pixar's *Loop*), and some feel it's *more* urgent to cast severely autistic characters authentically than it is for more neurotypical-passing characters.

Sia has defended the casting of Ziegler, saying that 13 actors on the spectrum are part of the film's cast and that she initially cast an autistic person in the lead role but replaced her with Ziegler because the production's pressures were too great. The latter claim has been disputed by those pointing to interviews where Sia claims she wrote the film specifically *for* Ziegler to star in, and that Ziegler was reportedly uncomfortable with the role.

Autism Speaks Controversy

Autism Speaks is an organization that receives massive celebrity support but has been widely condemned by over 60 disability rights groups. The controversies over the organization are many, from its former mission for an autism "cure" (abandoned in 2016) to its attempt to "speak" for autistic people while lacking in autistic leadership. Autism Speaks has partnered with Sia in promoting *Music*.

According to Sia, Autism Speaks was not involved with the actual production of the movie, which occurred four years ago. Sia has also expressed surprise about the controversy surrounding the organization, though she was previously informed about it in April.

Not Saying "Disability"

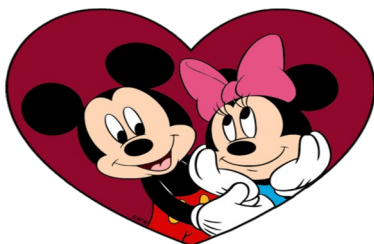
Sia might have done three years of research for *Music*, but one basic thing her research overlooked is that, in general, the autistic community is *not* offended by the word "disability." Sia instead uses the phrase "special abilities" to describe autism. While there are definitely positive sides to being autistic, the condition by definition involves some degree of disability, and disability is not something that should be stigmatized. According to the Disability Language Style Guide, "The word 'special' in relationship to those with disabilities is now widely considered offensive because it euphemistically stigmatizes that which is different."

Angry Responses to Criticism

It can be overwhelming to be bombarded with criticism on Twitter, especially when not all criticisms are accurate (the assumptions many people made that *no* autistic people were involved in the production seems inaccurate, as Sia has mentioned both autistic actors and advisors involved). However, Sia's responses to criticism of *Music* have made the whole situation that much worse. She's cursed people out and, in one particularly wrongheaded tweet, directly insulted an autistic actor for criticizing the film.

Sia claims she had good intentions behind *Music*, and it seems fair to take her word for that. Intentions, however, do not excuse unintended harm. It's possible to respond to criticism of unintentional ableism productively and graciously, as Anne Hathaway did in response to criticism of *The Witches*. Sia's response, however, seems instructional mainly as a way *not* to handle criticism.

Music stars Maddie Ziegler, Kate Hudson and Leslie Odom Jr. It opens in theaters in February 2021.



I can't live without you



Seen on screen: The importance of disability representation | December 2022

Taken from: <https://beta.nielsen.com/insights/2022/the-importance-of-disability-representation/>

Disability representation on television is increasing, [but slowly](#). And in an ever-expanding programming landscape, it's also increasingly harder to find, and viewers in the disability community are struggling to feel seen. In the U.S., [26% of the adult population](#) lives with a disability, and [1 billion people](#) worldwide are members of the disability community. But as prominent as this community is in the population, it remains largely unseen, or inaccurately depicted, in content that appears on screen.



As of September 2022, there were 923,229 total television program titles available to audiences, up 43% since the third quarter of 2019¹. And while the volume of disability-inclusive content has increased over time, progress is slow, especially when compared to the increase in available programming generally. Disability inclusion in video content peaked in 2019, when 518 productions were released featuring disability themes and characters². But this number is just a drop in the bucket when it comes to total content production. As of December 2022, 7,556 video titles included disability thematic attributes, but that represents just 4.1% of the 183,089 total titles with descriptor metadata released during the same period.

With inclusion numbers like these, it's not surprising that 46% of people with disabilities feel their identity group is underrepresented on TV. In fact, disabled people are 34% more likely than the general population to feel they are under-represented on screen³.

And of the shows that do feature people with disabilities, share of screen remains low and disproportionately favors inclusion of people with non-apparent disabilities compared to people with visible disabilities. Total share of screen for people with disabilities is 8.8%, while people with apparent disabilities make up only 0.4%.

While screen time is low across all platforms, cable stands out as having the highest total disability representation on screen, at 9.5%. And this on-screen representation is having an effect on how audiences with disabilities feel about cable—disabled people are 23% more likely to say that cable is the most relevant platform to them, compared to the general population².

Representation for people living with visible disabilities is much lower, dropping to less than 1% across all platforms. This gap in representation presents opportunities for content creators and platforms to champion talent and elevate stories of people with visible disabilities.

“The inclusion of disabled talent does not happen by accident. It is critical to have representation behind the scenes to ensure better and more authentic representation on screen,” said Lauren Appelbaum, SVP of Communications and Entertainment & News Media, [RespectAbility](#). “We need people with disabilities in a position to influence storylines and narratives, help make decisions about casting and talent, and represent the disability community throughout the creative process.”

Spotlight: Dead to Me

One show putting a spotlight on people with visible disabilities is *Dead to Me*—a dark comedy about the friendship between a recent widow and a free spirit with a secret. Actress Christina Applegate, who was diagnosed with multiple sclerosis in 2021, plays one of the two main characters, Jen. As one of a very few leading characters with a visible disability, Applegate is aware of how her disability might be perceived by viewers.

In an interview with [The New York Times](#), she explained, “This is the first time anyone’s going to see me the way I am. I put on 40 pounds; I can’t walk without a cane...I’m sure that people are going to be, like, ‘I can’t get past it.’ Fine, don’t get past it, then. But hopefully people can get past it and just enjoy the ride and say goodbye to these two girls.” _With its season 3 premiere debuting at number 4 of Netflix’s top 10 list, and with more than 290 million hours streamed of the show to date, *Dead to Me*’s popularity demonstrates that audiences aren’t shying away from watching content with disabled talent, rather, they are embracing it. _But just the inclusion of talent with a disability isn’t enough. People living with disabilities want to see the authentic realities of everyday life depicted in the content they watch, and current representation is falling far short of expectations._According to our April 2022 Attitudes on Representation on TV Study, people with disabilities are 52% more likely than the general population to say the portrayal of their identity group is inaccurate. _To underscore the importance of inclusivity and authentic representation, consider the disability community’s views about ads that appear during inclusive programming and ads that feature people with disabilities: the community is 17% more likely to engage with the brand when the ad is placed within inclusive content and features people from the disability community². And the advantage for brands can mean increased revenue for inclusive content providers and platforms. Brands spent \$738 million on advertisements in disability-inclusive broadcast and cable programs—7.5% of the total \$9.9 billion in ad spend across broadcast and cable during the same period⁴. _The media and entertainment industry has led the charge in advocating for diversity in all forms, and holds the power to raise awareness and drive disability representation. Green-lighting more projects, including more disabled talent on- and off-screen, encouraging self-ID so studios can find talent to ensure authentic depictions are a few steps studios and content creators can take. In a world where the struggle against inequities and stereotypes persist, media has a responsibility to make disability inclusion a reality.

Kindness and Compassion with Cheryl Penney

By Lisa Coriale

Can you tell me a little bit about yourself?

My name is Cheryl Penney and I am approaching my 60th birthday. I am growing in my faith and love of my Saviour, Jesus Christ. I am married and have two children and two grandchildren. I love being outdoors in the mountains of British Columbia. The stunning vistas, fragrant living forests, and raucously melodious waterways engage my senses and renew my soul when I spend time in the wilds.

What do you do for a living?

I am currently retired. Most of my work life revolved around education and training of special needs children and adults. I continue to volunteer with my church and through other volunteer organizations around our community and the world. I am always looking for ways to serve and have been instrumental in ministering in Guatemala, Mexico, Northwest Territories to name a few.

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

Kindness and compassion are big concepts that are key to human relationships. Because I follow Jesus and am a Christian, I know that kindness is a fruit of the Spirit of God. I believe that one must be kind to oneself first to be able to pass it along to others. Compassion is the path to kindness; we have to have compassion in our hearts to live successful lives. I've found that compassion makes it easier for me to forgive myself and others for mistakes.

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

Showing kindness and compassion are the only ways we know that they exist in our lives. I can say I love someone or agree that compassion is a noble ideal, but unless I act it out in some way, I am just making noise. Making the effort to demonstrate kindness and compassion shows that I value the other person. One can never know what another person is feeling or what they have been through. Kindness and compassion then provide a safe place for people to be themselves and to grow these and other fruits in their lives.

How do you show kindness and compassion to others?

Kindness and compassion become evident when I find ways to help or assist others. Sometimes it might be an opportunity to volunteer at an organization that serves those who require assistance. Life under the COVID restrictions has showed areas where we can step up our kindness and compassion for our fellow human beings and our planet. Making a phone call or sending a message to a friend can make a big difference in someone's dreary day. On a practical note, I love sporadically bringing words of encouragement or small gifts to people who may be struggling. Speaking last but listening first is another way I can introduce kindness and compassion to others.

How can people show compassion when they are in community?

We don't have to necessarily help a person across the street or run across Canada to raise money for cancer, although some will do that. Showing respect and honouring another individual is a clear way to show compassion. Slow down. Look around you. Speak a kind word. Use respectful language. Stop and listen to another person's story. Behave graciously. Let someone in line ahead of you. Gratitude is often an act of kindness. Relax and chill recognizing that not everyone believes and acts the same as you do!

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

Examining our prejudices is a good place to start. Do I automatically assume that because a person looks, speaks, or moves differently than me they are less capable or intelligent? Be willing to slow down and sense the strength that comes from living a life with diverse abilities. Leave the designated parking spots for those who need them. Pause a moment to smile at someone. Use your voice to bless and encourage. Not being afraid to approach someone who has different abilities is always good. Communication is and must be key.

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?

Create a plan that honours your strengths and weaknesses. Can you run? Then run. Don't beat yourself up if running is not for you. Find the stretch or water therapy or other activity that brings joy or rest to your physical self. Do the same for your emotional self. Surround yourself with people who help you become your best self. Remember to rest and enjoy your life. Schedule in rest. Breathe. Search for joy.



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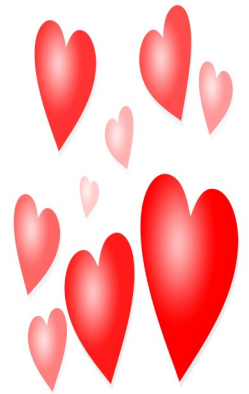
Kindness and Compassion, continued

What does being kind to yourself look like?

Don't expect to be perfect. Part of being human is to be flawed. Value yourself. Write down your frustrations and leave them there on the page - they aren't worth carrying into tomorrow. Write down your joys and bring them with you - they will enrich your life.

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

We can choose to compare ourselves to others and evaluate by old, presumed standards. Do you compare your ability on the ice surface to NHL players? Life is not a win-lose exercise. Nor is it an Olympic athletic event with only one gold medal being awarded. Not many of us can achieve world winning levels of success and comparing myself to these gifted and driven individuals I have no skill. Conversely, should I compare my own strengths to other weaknesses? I challenge you to spend some time with people of diverse abilities. Watch how others interact with them and reach out. You may find a rich friendship you might have otherwise missed. Our value as human beings are not held in our work, our talents, our wealth, or our intelligence. My Christian faith teaches that each person carries within them the Image of God, this reveals an individual's true worth.



Valentine Jokes

Who *always* has a date on Valentine's Day? **A calendar.**

What Valentine's message can you find in a honeycomb? **"Bee mine."**

Which new [Taylor Swift](#) tune is the best couple's song for two ghosts to share? **"Invisible String."**

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 Kamloops Hospice Association

Toronto performer Madison Tevlin will star in a new CBC series called *Who Do You Think I Am?*, in which she interviews people who are misperceived because of their physical appearance. Tevlin says she's trying to disprove misconceptions about people with Down syndrome. (CBC)

'I'm proving everyone wrong': Actors with Down syndrome enjoying new era of media representation

Taken from <https://www.cbc.ca/news/entertainment/actors-with-down-syndrome-1.6356219>

Jenna Benchetrit · CBC News · Posted: Feb 19, 2022 4:00 AM ET | Last Updated: February 19



Toronto teen stars in new CBC show, interviewing those who are misperceived based on their appearance

Madison Tevlin went viral in 2015 when her YouTube cover of John Legend's *All of Me* blew up.

The Toronto teen had only intended family and friends to see it, but she's now racked up more than eight million views and is onto her next gig: a CBC show.

It's called *Who Do You Think I Am*, in which Tevlin interviews a roster of guests who are misperceived due to their exterior appearance.

Tevlin has Down syndrome, in which an individual is born with an extra copy of the 21st chromosome, leading to some cognitive and developmental disability. She wants to prove to the public that people with Down syndrome can do it all — and she's flashing her triple-threat status as an actor, singer and dancer to prove it.

"People may think that we can't do lots of things and assume things about us that [are] not always true," Tevlin told CBC News. "That we can't walk, we can't sing, can't dance, can't live on our own and can't do all these things.

"But actually, I'm proving everyone wrong."

As film, television and the arts become more inclusive and social media platforms like TikTok give the disability community a space to thrive and build an audience, individuals with Down syndrome have greater avenues for finding success in the performing arts.

'Part of our stories'

There's still room for improvement, but advocates say representation is getting better.

"Media representation of people with Down syndrome — and people with disabilities in general — it's changing rapidly. It's becoming more mainstream," said Chelsea Jones, an assistant professor at Brock University in St. Catharines, Ont., who researches critical disability studies and disability media.

"We're seeing people with Down syndrome cast as more characters on TV shows, for example, which is really exciting, and it has sort of this effect of normalizing disability and showing us that people with Down syndrome are part of our culture and part of our society and part of our stories," Jones said.

According to the Canadian Down Syndrome Society, about 45,000 Canadians have Down syndrome, and one in 781 Canadians are born with it. While television characters with Down syndrome are an increasingly frequent occurrence, the overall landscape has been dry — and some depictions lean on stereotypes, making actors with Down syndrome feel misunderstood.

"I think people think that people with Down syndrome can't do a lot, and they feel sorry for us," said Lily D. Moore, an American actress best known for her role as Rebecca in *Never Have I Ever*, the Netflix comedy created by Mindy Kaling.

"We can go to college; we can own our own businesses. We want to live independently and we want to follow our dreams."

Like Moore, a handful of American actors with Down syndrome have had success, paving the way for others long after Chris Burke starred as Corky in *Life Goes On*. In 2019, Zack Gottsagen made headlines when he co-starred in the film *Peanut Butter Falcon* with Shia LaBeouf, later becoming the first person with Down syndrome to present at the Academy Awards.

California actor Lauren Potter starred in *Glee* for its six-season run, portraying feisty high school student Becky in the Fox musical comedy. Meanwhile, Jamie Brewer — also from California — has played Addie in the FX anthology series *American Horror Story* since 2011. Incidentally, those two shows were created by television producer Ryan Murphy.

Continued on next page



I'm proving everyone wrong': Actors with Down syndrome enjoying new era of media representation Continued

Other avenues for breakthroughs

Part of the push for more nuanced depictions of people with Down syndrome is due to widely held misconceptions about their capabilities. Some media depictions teeter into one-note tokenism, portraying people with Down syndrome as "cherub-like characters who are perpetually innocent," Jones said.

"They should be held to the same standard as other actors who — or as other characters,

I should say — who have things happen to them, and sometimes things that make us cringe or make us uncomfortable."

"I feel like it is getting better, for sure," Moore said. "Down syndrome people used to be portrayed as happy all the time and people feel sorry for us ... We were not taken seriously. But now the TV and film industry is giving Down syndrome people bigger roles, and it's great."

Laura LaChance, the executive director of the Canadian Down Syndrome Society, said "individuals with Down syndrome have aspirations and dreams, and yet ... there seem to be sort of these self-imposed or cultural limitations that people are showing us."

She points to the emergence of TikTok as a venue for performers with Down syndrome, citing Toronto dancer Julia Slater — who has 1.2 million followers on the app — as a particular success story.

"Those [followers] are not all people who have Down syndrome," LaChance said. "She's found a niche for herself in performance on social media. Maybe not on the stage, but in the airwaves."

Tevlin has found additional success through her TikTok and Instagram videos, where she frequently shares educational posts with her 132,000 followers about what it's like to live with Down syndrome.

The app has an "accessibility and useability ... that makes it possible to create content and to generate an audience," said Jones.

John Tucker, an American actor who starred in the Emmy Award-winning series *Born This Way*, a reality series following individuals with Down syndrome as they work to overcome barriers, said the app has given people with disabilities the opportunity to show what they can do.

Tucker is on TikTok himself, where he interacts with fans of *Born This Way* and elevates his rap music career to an audience of 15,000 followers.

More traditional venues for a pathway to stardom, like talent agencies, are evolving to make the process more welcoming to people with disabilities.

The Toronto- and Vancouver-based agency Ignite Artists offers free training and coaching to individuals with disabilities who have an interest in acting.

"The opportunities are still fairly slim, but the industry is changing very quickly and we have seen an uptick in auditions just this year as productions strive to be more representative," the agency said in an email to CBC News.



Chicken Fried Rice

BY [MAKINZE GORE](#) UPDATED: JUL 19, 2022

<https://www.delish.com/cooking/recipe-ideas/a25635966/chicken-fried-rice-recipe/>

Chicken fried rice is the comfort dish of Chinese food. It's been around for a very long time and is also common in East, Southeast, and South Asian cuisines. The dish started as way to use leftover fried rice that has dried out some and may not be great on its own but is still perfectly edible. The addition of oil and soy sauce and veggies and meat spruce up the rice for a delicious meal. A traditional Chinese fried rice would be made in a wok over high heat, but we've made ours in a cast iron skillet since they are more common in home kitchens. This take on the favorite is easy to make and makes the perfect lunch or dinner. Don't want chicken? Make it with [shrimp](#) or go vegetarian and make it with [pineapple](#)!

YIELDS: 6 serving(s) **PREP TIME:** 10 mins **TOTAL TIME:** 40 mins

Ingredients

2 tbsp. extra-virgin olive oil
3 chicken breasts (about 1 1/2 lb.)
Kosher salt
Freshly ground black pepper
2 tbsp. sesame oil, divided
1 medium onion, chopped
2 carrots, peeled and diced
3 cloves garlic, minced
1 tbsp. freshly minced ginger
4 c. cooked white rice (preferably leftover)
3/4 c. frozen peas
3 large eggs, beaten
3 tbsp. low-sodium soy sauce
2 green onions, thinly sliced



Directions

Step 1 In a medium skillet over medium heat, heat olive oil. Season chicken with salt and pepper on both sides, then add to skillet, and cook until golden and no longer pink, 8 minutes per side. Remove from skillet and let rest 5 minutes, then cut into bite-sized pieces.

Step 2 To the same skillet, heat 1 tablespoon sesame oil. Add onion and carrots and cook until soft, 5 minutes, Add garlic and ginger and cook until fragrant, 1 minute more. Stir in rice and peas and cook until warmed through, 2 minutes.

Step 3 Push rice to one side of skillet and add remaining tablespoon sesame oil to other side. Add egg and stir until almost fully cooked, then fold eggs into rice. Add chicken back to skillet with soy sauce and green onions and stir to combine.



February's Valentine Craft

By Tami

We can share love through crafting. When we give someone something we have made, it is like giving a little piece of yourself. That gift has all of the time and energy you put into making it. It is a gift from the heart and is a way to show others our appreciation.

Sometimes, it can feel scary to give someone something you've made. I have worried that maybe they won't like it and I might feel sad and down. Or, maybe they will love it and that makes me feel good and happy. When you are giving a craft, it is important to remember that, it doesn't matter as much what you are giving them, it is the thought and the love that you put into it.

This month, we have a wooden heart craft. Fill it with love and give it to someone special!

You will need:

A wooden heart (from the dollar store)
Paint

Glue

Bling (sequins, stickers, jewels, glitter)

Directions:

Paint the heart. Let the paint dry. Use the glue to decorate it with the bling of your choice

Disneyland adds dolls in wheelchairs to 'It's a Small World' ride

Taken from https://www.cnn.com/travel/article/disneyland-small-world-dolls-wheelchairs/index.html?fbclid=IwAR3_yRxZQpAogCr-Ag-yhJGRHacndyJ2Gak1cd6EqA3GqCKV1V5V7L7CVSg

Natasha Chen, CNN • Updated 11th November 2022

Anaheim, California (CNN) — For the first time in Disneyland's 67-year history, there are now characters in wheelchairs represented on an attraction.

On Friday morning, two dolls in wheelchairs were unveiled on the theme park's "It's a Small World" ride, a project that took more than half a year and involved both Disney creatives and the park's accessibility team.

The change was part of an ongoing effort of looking at the resort "with a magnifying glass" for opportunities for inclusion, said Kim Irvine, executive creative director of Walt Disney Imagineering for Disneyland Resort.

Jill Houghton, president and CEO of Disability:IN, a nonprofit that works on business disability inclusion, called the new dolls "a fantastic addition."

"The dolls are participating inclusively alongside their non-disabled peers, which is something we want to see more of, instead of being depicted as limited or incapable because of a disability," Houghton said in a statement to CNN. She noted that the Americans with Disabilities Act was passed in 1990, "but nothing in this law compels businesses to increase representation."

"Disney clearly sees the benefits of attracting a wider audience that is inclusive to everyone."

We need to see more of this in pop culture, theme parks and entertainment if we want to be truly representative of the largest minority group in the world," Houghton said.

The "It's a Small World" attraction, designed by Disney artist Mary Blair, opened in 1966 in Anaheim, California, after it was presented at the 1964-65 World's Fair in New York.

The same ride was added to other Disney parks around the world, where guests board a boat and sail through multiple countries, featuring more than 300 Audio-Animatronics figures representing children from around the world.

Irvine said the new additions fit into the spirit of the original attraction.

"What a wonderful story that Walt and Mary Blair, and the original Imagineers, put together about the children of the world and our unity all under one bright sun -- and how we really should rejoice together in that."

The dolls that are now in wheelchairs were originally standing. Irvine said the same characters with the same clothing were recreated in a seated position, in wheelchairs designed to match the Mary Blair style.

One doll is located in the ride's South America scene, and the other appears in the final scene where dolls from many countries sing together.

Adding 'meaningful things'

The attraction at Disneyland reopened on Friday after a brief closure for the addition of these dolls and the installation of holiday décor for the "It's a Small World Holiday" edition of the ride that will run through early January.

While the holiday décor is seasonal, the dolls in wheelchairs are a permanent addition.

Dolls with wheelchairs are also expected to be added to "It's a Small World" in Walt Disney World and Disneyland Paris sometime next year.

But because each resort's version of the ride has a different layout and different sets, those new dolls and wheelchairs will be designed with the specific version of the ride in mind.

"I think that is definitely something that the original Imagineers would embrace and think was wonderful that we were looking at things like this," Irvine said.

"We are always looking to enhance our attractions with not just fun things, but meaningful things as well. And keeping timely with what's happening in the world, and especially, you know, making things new."

"I know we never want our attractions to become so predictable that you could ride them with your eyes closed and know what's going on in there. We like to constantly be surprising you with new things and important things, especially relevant things."



'It's a Small World' ride, continued

The new dolls were the result of a more than six-month collaboration.

Erin Quintanilla, manager of accessibility for the Disneyland Resort, said this was a historic moment.

"I feel seen. I feel represented. It's a monumental moment to have my community be in an attraction and represented," said Quintanilla, who uses a wheelchair. "I teared up when I saw them in the attraction."

Quintanilla said her team had been approached by Disneyland creatives who wanted to add these dolls. Her accessibility team made sure the look was authentic, down to the angle of the dolls' feet on the wheelchair footplates.

"We wanted to make sure that it was a person in a wheelchair who was independently moving through life. So we didn't want the wheelchair to feel like a hospital style wheelchair. You'll notice in the design, it's beautifully created to align with a Mary Blair style," said Quintanilla.

"But there are details of the wheelchair like having a push rim so that the doll would be able to move through the story in a way that I move through the world. So it's pretty special to have those details be accurate," Quintanilla said.

Other changes from Disney

New dolls have not been added to the Disneyland version of this ride since 2009.

At that time, a "Spirit of America" room was added, including three Native American dolls and characters from the movie "Toy Story."

More dolls of specific Disney characters were added throughout the attraction.

As part of overall efforts to improve inclusion and diversity in its theme parks, Disney recently announced changing the Splash Mountain attraction, which is based on characters from "Song of the South," into a theme inspired by "The Princess and the Frog," featuring Disney's first Black princess.



KELLO INCLUSIVE

Presentation

February 9, 2023

1pm-2pm PST

2pm-3pm MST

Edmonton-based talent agency exclusively represents disabled and neurodiverse talent

The SUSA Group gratefully acknowledges the financial support of CLBC for this project. We also want to thank New Horizons Professional Support Services for continued support throughout the project.

For inquiries, please call
(250) 572-6009 or please
email: speakupkamloops@gmail.com

Join us for the Kello Inclusive Zoom presentation

Time: Feb 9, 2023 01:00 PM PST
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NEVER
LOOK DOWN ON
SOMEONE
UNLESS YOU'RE
HELPING
THEM UP



Kello Inclusive Is a Talent Agency Representing Diverse Talent in Canada

By Krystian

Meet Katie MacMillan, a mom and owner of the Canadian talent agency Kello Inclusive'. Find out how they started their business and what they do.

What do you do in your business?

Kello Inclusive is a talent agency exclusively representing disabled, neurodiverse, and visibly-different talent because the beauty of

disabilities, diversities, and differences deserves to be represented fairly and fully.

What do you enjoy about your business?

I enjoy it because it is very personal for me. A few years ago, after getting our disabled daughter involved in modeling, her father and I quickly discovered how unaccustomed the media & marketing world was to working with persons with disabilities and clearly saw the industry gap that existed for fair, tasteful, and professional representation of this underrepresented community, so we started this agency; this work is very close to our hearts.

What makes your business stand out?

Our agency stands out because no one else is doing this! Kello Inclusive is Canada's first fully inclusive, nationally incorporated, not-for-profit talent agency that represents, promotes, and advocates for disabled, neurodiverse, and visibly-different talent.

Why is representation important for folks with disabilities?

All disability, body, and neuro diversity is beautiful. But fair, accurate, and professional representation of it is lacking - and we want to change that. When you give disability and diversity a seat at the table, you hear one resounding message: representation matters. It matters because representation leads to normalization and normalization changes everything: access, awareness, acceptance. We need more of all of it. It matters because when a person sees themselves represented fully and fairly in the world they live in, they know they matter; they know they are worthwhile; they know they are beautiful, and they know, for certain, that they are not alone. This is important and necessary work.

How can we increase representation in the film industry and in the media, for example in the fashion industry, for folks with diverse abilities?

With an agency like ours – an agency focused on Diversity, Equity, and Inclusion in Canada's media & marketing industry. An agency that truly cares about doing the advocacy and educational work needed to help break the deeply ingrained systemic barriers to entry that currently exist for persons with disabilities in Canada's media & marketing industry and its ecosystems.

Why is inclusive employment in the film industry is important?

By creating equal opportunities for access and inclusive employment, removing barriers to entry, and increasing the awareness and advocacy needed for true inclusion in Canada's media & marketing industry we help reduce the deeply engrained societal stigma regarding disability for ALL Canadians.

What was it like raising Kelty?

Raising Kelty was the best thing to ever happen to me but having a child with a disability is a true paradox - something that makes sense but doesn't make sense – because you'd never wish disability on a family, but it's also one of the best things to ever happen to our family. In short, people don't plan for hard - we plan for perfection, but the hard moments of the human experience are what you up for humility, empathy, connection, and gratitude, and they allow you to arrive in new spaces & places with a sense of purpose and preparedness. So yeah, raising Kelty was/is one of the hardest things I've ever done, but I'm endlessly grateful for the experience – she's taught me so, so much.

What else would you like to add?

If you or someone you know would like to be involved, please reach out at <https://www.kelloinclusive.org/>

And, here is what 12-year-old Kelty had to share about her experience as a model with Cerebral Palsy (CP).

What projects have you worked on? I have been in 5 fashion shows in Toronto, Vancouver, and Calgary and I have been in many photoshoots.

What do you like about your mom having an inclusive talent agency for only those with disabilities? I love to meet other people in wheelchairs and who have CP

What do you think of working with inclusive employers? I like when people understand me.

What else would you like to add? I love to model and love that people learn more about disability.





Fifty First Dates

Movie review by Ben

It is February and you might be looking for a good romantic comedy. Have you seen 50 First Dates? I want to call it a comedic thriller with twists and turns. This movie is about a person who had an accident and has short-term memory loss. It shows how she connects with other people and the challenges that she faces. The plot was amazing. The actors were very funny and there were some very funny situations. Adam Sandler did a great job with the way he presented himself in this movie. I would recommend this movie



Blazers Report

By Andrew

After the Christmas break, the Blazers returned to the ice and played 6 of 10 games at home and 4 on the road. With 2 and a half months left of the Regular Season, the Blazers are looking to start the playoffs with determination. After that is the Memorial Cup, presented by Kia, which they will host and start against the winners of the QMJHL.



Eco Tip

It's February! This eco tip we're going to be covering some new things you can now recycle in through the City's recycling program. Even though recycling isn't a perfect solution, it's great to see the City adding to the list of things we can put in our recycling bins. You can now put in cleaned: plastic utensils, paper cups, and tinfoil. All of these need to be washed before you put them in for curbside pick up to help make sure the recycling isn't contaminated with food and other non-recyclable matter. Check the City's recycling guide for more information: [Residential Recycling | City of Kamloops](#)

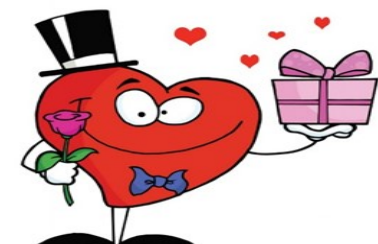
Clean up



World Cleaner

By Riley

This is what I think we should be doing right now, grabbing a bag each and every day to pick up trash because each and every day that we do that, the world gets a lot cleaner. This is something I started doing this month. I'm picking up trash each and every day. It makes me feel good. One thing I've learned in life is that we can make a cleaner and healthier world just by spreading this message.



Awareness Days

Pink Shirt Day February 22, 2023



Pink Shirt Day