



THE KAMLOOPS

Self Advocate

NEWSLETTER

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APRIL 2023

Spring is a special time of year, when we celebrate new beginnings and the return of warmer weather. Here at the KSA, spring is also a time to celebrate the people who work hard to make our world a more inclusive and diverse place. We are celebrating advocates and activists who speak up for others and work to break down barriers that might prevent some people from leading successful lives or being productive members of society.

There is a growing number of advocates raising awareness about the importance of full representation in the media, which means making sure that all different kinds of people are represented in movies, TV shows, and other forms of entertainment. Why is this important? Because when we see people who look like us and have experiences like ours in the media, it helps us feel like we belong and that our stories matter. It also helps people who might not have had the same experiences as us to understand and appreciate our perspectives.

So let's take a moment this spring to celebrate the advocates and activists, past and present, who work hard to make our world a more inclusive and diverse place. Let's support their efforts to break down barriers and raise awareness about the importance of full representation in all the parts of our communities. And let's remember that we all have the power to make a difference in our own way, no matter how small.

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:

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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

Interactive flipbook/newsletters

issuu.com/thekamloopsselfadvocate





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

This month we are celebrating Easter. We have Easter jokes, quotes, and a fun recipe for making Rice Krispie Treats. Kids and adults can take part in lots of Easter activities, like coloring eggs, watching movies as a family, going for an Easter egg hunt, or maybe going to church.

If you enjoy watching movies, there are some new movie releases in April. Super Mario Bros is coming to movie theaters on April 5th, and on April 28th Peter Pan & Wendy is coming to Disney Plus as a Live Action movie.

Once again, the newsletter is discussing accessible media, diversity, and inclusion. There are some great interviews about these topics, including an interview with an Autism Comic.

It's important to see inclusion more in the community. It's not ok to be segregated from the community. Inclusion is important because it helps reduce stigma, discrimination, and bullying. Inclusion is all about being treated as equals. By sharing authentic stories and experiences, it raises awareness about all kinds of diversity. People with all different kinds of diversity should be out in the community, living their best lives.

It's important for representation for everyone with diversity. I also included Kamloops Pride events because I think that's an important part of being an inclusive community.

I also love the story about Lego making their Lego toys to be more inclusive of people with diverse abilities and everyone.

People can learn educational stuff and how to reduce stigma and discrimination by reading the newsletter and how to treat people with kindness and compassion and love for all. People can also have fun with the newsletters. There is something for everyone.



Coming to Movie theaters on April 5th.

The story of The Super Mario Bros. on their journey through the Mushroom Kingdom



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





Down Syndrome Fashion Model and Advocate for the Down Syndrome Community

By Krystian

What is your name?

Monika Myers

How did you decide to be a fashion model and role model in the fashion world?

I was given a free ticket to a fashion show last year and watched all the beautiful models walk on the runway in their gorgeous outfits. That's when I knew I wanted to be a model. I believe every woman is beautiful and if you want to model you should.

What do you like about Fashion and about the fashion world becoming more inclusive for everyone including those with diverse abilities?

I love fashion, especially the hair and makeup that goes with it. I think it is really exciting and fun. We are all different and that is what makes people beautiful and interesting.

What do you enjoy about working with inclusive employers?

I enjoy seeing the designers' different pieces and how they come to life on the different models. We are all built differently, and the designers seem so proud of each one their models wearing their designs.

What do you find interesting about being a fashion model?

I love everything about being a model. I enjoy meeting the designers and wearing their designs- they are all different. My favourite part of modelling is being on the runway or doing a photoshoot. I feel strong and beautiful.

What do you do besides working in the fashion world? for example hobbies and interests.

I have many interests and hobbies. I love to ski, skate, bike, read, sing and sketch. I enjoy hanging with my friends and watching movies. I also am a competitive artistic swimmer, so I spend a lot of time training- and I have a gold medal!

What kind of projects have you worked on?

I have been a model in many different fashion shows. I have been in both adult shows and kids shows. I have also been a guest speaker at some events as well.

What kind of awards did you get?

I am honoured to be titled the Youth Day Global Down Syndrome Ambassador. I have been listed on the Top Most Influential and Inspirational Women's List of 2022. I am also honoured to have received an award of recognition from the Honourable Marci Len, Canadian Member of Parliament.

Have you traveled as a fashion model?

I have mainly modelled around Ontario; however, I was also a model in New York Fashion Week which was really exciting!

What are your goals as a fashion model?

My goal is to continue to live my passion. My dream is to model in Paris and Milan someday.

Is being a fashion model fun?

YES! I love it!

What do you like about representing people with down syndrome in the fashion world?

I am honoured to represent people with Down syndrome. We are all unique and all have our own interests, passions, and dreams. I would like to encourage others, Down syndrome or not, to pursue their own dreams no matter what that is.

What do you think is exciting about your job?

So far, being a model has been really fun. I have been interviewed, been on tv, the news, radio, and magazines all around the world. It is super exciting to see myself on tv and in articles in other languages!

What else would you like to add?

I was interviewed by the news before my first runway show and they asked if I was nervous. I replied, "I am not nervous because I am brave and beautiful". I then started a wishlet bracelet company called I AM BRAVE AND BEAUTIFUL to empower others to believe in themselves and to pursue their own dreams as well.

How can people find you online?

www.MonikaMyersModel.com

@monikamyers08 www.IAMBRAVEANDBEAUTIFUL.com @iambraveandbeautiful



Meet Jason Finucan, a mental health advocate and speaker with 17 years dedicated to ending the stigma of mental illness. Jason is also an author, Founder of StigmaZero and the instructor of their mental health training programs. Utilizing impactful storytelling techniques, Jason shares his personal experiences with both physical and mental illness as part of StigmaZero's online and live training programs, along with his inspirational keynotes and book [*Jason: 1, Stigma: 0 – My battle with mental illness at home and in the workplace.*](#)

What does StigmaZero do?

StigmaZero is a workplace mental health training consultancy which offers a unique set of solutions for employers of all sizes, in all industries, looking to develop an understanding of workplace mental illness, and ultimately improve their response. You can learn more at www.stigmazero.com.

How can people support people with mental health issues challenges regarding the workplace or in everyday life?

The first step is to ensure you don't have stigma towards mental health challenges or mental illness. If there is even a small amount of negative, judgmental thoughts about a person facing these realities, it will show in how you speak and behave. The easiest way to think about it is to ask yourself "what would I do or say if I just learned this person was diagnosed with cancer?" Suddenly, it becomes very clear that what you need to do is offer your empathy for their situation and your support in whatever way you can (or they need).

How did you decide to create this program?

When I first Founded StigmaZero in 2015, I offered my training and keynote services in a live setting only. My first very large client, the Jewish General Hospital (JGH) in Montreal, QC, wanted to roll my training out to their entire workforce of 10,000 – but this wasn't viable to do live. The HR leaders at the JGH asked me to provide my training online so it could be more easily provided, and I realized that doing so was worth the investment. It took a full year and a significant amount of funds to build our online training program, but it was worth every minute and every penny.

How can managers and employees and HR personnel improve for those with mental health issues in the workplace?

The reality that every workplace faces today is that mental health (and the stigma of mental illness) poses an expensive problem that hurts employees and undermines company culture. The best way to improve how an entire workplace culture behaves in response to these challenges is with specialized training. Through our innovative training services, StigmaZero helps employers address and ultimately overcome this challenge. As a result of our training, utilization rates for all other employee services – such as employee assistance programs, benefits, and wellness initiatives – will increase. Training will also help leadership build internal strategies to improve your response to mental illness, and will provide all employees, managers and HR/senior leaders with the skills, knowledge, and tools they need.

I hear you have some mental health challenges – what kind of mental health issues do you have can you offer explain for our readers?

Yes, I was diagnosed with Bipolar 1 Disorder in February 2005, while hospitalized after a manic episode. That was the end of a terrible 3-year period when the symptoms – which included the full spectrum of both depression and mania – first appeared and then worsened steadily. During this time, I fell into the trap of stigma; in fact, I was a part of the problem I have now dedicated my life to trying to help solve. I had enormous stigma towards mental illness and was quietly judging those in my life who faced these challenges, including my own Mother. So, I applied all that negative thinking and stigma to myself, which is called "self-stigma," and for quite some time I refused to even consider that I might have a mental illness, let alone seek treatment for it.

How can we improve workplace culture and reduce stigma and discrimination in the workplace?

It all comes down to providing all employees in your workplace with the following:

Specialized training so they can better understand mental health, mental illness, and stigma.

Equal support for mental illnesses as is given to physical illnesses; every member of the team who falls ill should receive equal empathy, support, and a total lack of judgement – whether their illness is cancer or clinical depression. Consistent messaging in the workplace which helps change the culture from one that allows the stigma of mental illness and mental health challenges to thrive to one where it is no longer appropriate (this is a similar culture change already happening around sexual harassment in the workplace).

Ensure your employees have access to support services, such as an Employee Assistance Program (EAP) which offers privacy, access to therapy, information, resources, etc.

Continued on next page

What else would you like to add, and how can people find you?

The need to eliminate the stigma that still surrounds mental health challenges and mental illness is not a luxury, it is a necessity. Every workplace must take immediate steps towards this goal, for many reasons. Yes, there are many benefits that apply to business (reduced presenteeism and lost productivity, improved workplace morale, etc.) but there are also many reasons that apply to the human experience. Far too many people suffer in silence and, tragically, die by suicide because the stigma kept them from speaking up and reaching out for help. This has to change. For more of my thoughts on this, I invite your readers to visit StigmaZero's web-site (www.stigmazero.com) as well as my published content on LinkedIn. Here's a link to a recent post I shared on the sudden, tragic death by suicide of Stephen tWitch Boss: https://www.linkedin.com/posts/jasonfinucan_twitchs-family-thanks-supporters-remembers-activity-7011342857605193728-jN4g?utm_source=share&utm_medium=member_desktop


Blazers Report

By Andrew

The Kamloops Blazers played the Kelowna Rockets on Friday, March 3rd at the Sandman Centre and beat the Rockets 8-1 and then again down in Kelowna at Prospera Place on Saturday, March 4th, taking the game 7-2. These wins helped them clinch a playoff spot and also the B.C. Division Championship for a 4th straight year.

The Blazers have had a busy schedule of home and road games during the Regular Season. The 1st round of the playoffs start on March 31st. The Memorial Cup starts on May 25th to June 4th.


Easter Movies for the whole family

'Peter Rabbit'

'Ice Age: The Great Egg-Scapade'

'Easter Under Wraps'

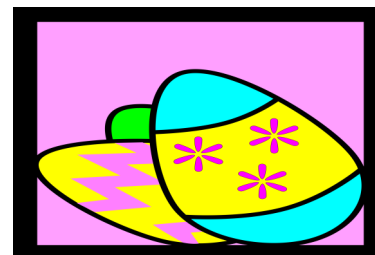
'Miss Potter'

'Yogi the Easter Bear'

'The Dog Who Saved Easter'

'Peter Rabbit 2: The Runaway'

'Easter Sunday'



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Press release.

Taken from: <https://judithheumann.com/the-world-mourns-the-passing-of-judy-heumann-disability-rights-activist/>

The World Mourns the Passing of Judy Heumann, Disability Rights Activist Judith “Judy” Heumann (1947-2023)

Judith “Judy” Heumann—widely regarded as “the mother” of the disability rights movement—passed away in Washington, D.C. on the afternoon of March 4, 2023.

Judy was at the forefront of major disability rights demonstrations, helped spearhead the passage of disability rights legislation, founded national and international disability advocacy organizations, held senior federal government positions, co-authored her memoir, *Being Heumann*, and its Young Adult version, *Rolling Warrior*, and was featured in the Oscar-nominated documentary film, *Crip Camp: A Disability Revolution*.

Born in 1947 in Philadelphia and raised in Brooklyn, New York to parents Ilse and Werner Heumann, Judy contracted polio at age two. Her doctor advised her parents to institutionalize her when it was clear that she would never be able to walk. “Institutionalization was the status quo in 1949,” she wrote. “Kids with disabilities were considered a hardship, economically and socially.”

When Judy attempted to enter kindergarten, the principal blocked her family from entering the school, labeling her a “fire hazard.”

However, her parents, particularly her mother, fought back and demanded that Judy have access to a classroom. Judy eventually was able to attend a special school, high school, Long Island University (from which she earned a B.A. in 1969), and the University of California, Berkeley, where she earned a Master’s in Public Health six years later.

In the 1970s, Heumann attended Camp Jened, a summer camp for people with disabilities in the Catskills, and she later returned there as a counselor. Several of the leaders of the disability rights movement also were at Camp Jened, which was the focus of the documentary *Crip Camp*.

During the same decade, the New York Board of Education refused to give Judy a teaching license because they feared she could not help evacuate students or herself in case of fire.

She sued and went on to become the first teacher in the state to use a wheelchair. Continuing her fight for civil rights, Judy helped lead a protest that shut down traffic in Manhattan against Richard Nixon’s veto of the 1972 Rehabilitation Act, and she launched a 26-day sit-in at a federal building in San Francisco to get Section 504 of the revived Rehabilitation Act enforced.

Judy was instrumental in developing and implementing national disability rights legislation, including Section 504, the Individuals with Disabilities Education Act, the Americans with Disabilities Act (ADA), the Rehabilitation Act, and the UN Convention on the Rights of Persons with Disabilities.

In addition, Judy helped found the Berkley Center for Independent Living, the Independent Living Movement, and the World Institute on Disability. She also served on the boards of the American Association of People with Disabilities, the Disability Rights Education and Defense Fund, Humanity and Inclusion, Human Rights Watch, the United States International Council on Disability, Save the Children, and several others.

In 1993, Judy moved to Washington, D.C. to serve as the Assistant Secretary of the Office of Special Education and Rehabilitation Services in the Clinton Administration, a role she filled until 2001. From 2002-2006, she served as the first Advisor on Disability and Development at the World Bank. From 2010-2017, during the Obama Administration, she worked as the first Special Advisor for International Disability Rights at the U.S. State Department.

She also was appointed as Washington, D.C.’s first Director for the Department on Disability Services.

“Some people say that what I did changed the world,” she wrote, “But really, I simply refused to accept what I was told about who I could be. And I was willing to make a fuss about it.”

In addition to her advocacy work and busy professional life, Judy loved to attend musicals and movies, travel the world, make new friends, and hang out with old ones, many of whom were introduced to each other at dinners that she convened. Judy learned Hebrew as a child, became Bat Mitzvahed as an adult, and was a long-time member of the Adas Israel congregation.

Judy is survived by her loving husband, Jorge Pineda, her brother, Ricky, wife Julie and her brother Joseph and wife Mary, her niece Kristin, grand nephew Orion and many other members of both the Heumann and Pineda families. She had many close friends that will miss her dearly.

Autism Comic

By Krystian

Michael McCreary is an autistic comedian, actor, author and TEDX speaker who's been performing stand-up comedy since age 13. In the past 8 years, he has performed stand-up shows and keynote addresses in every province in Canada – plus the Yukon - and across the United States. He has done shows for tech giants IBM and SAP International; for universities such as McMaster, Queen's and McGill and the University of Texas; and for many autism organizations: Autism Ontario, Autism Canada, Autism Nova Scotia, Autism Asperger's Friendship Society (Calgary), Firefly Autism (Denver), Autism Yukon, Geneva Centre for Autism, Autism Society Newfoundland & Labrador, Pacific Autism Family Network; and for schools and school boards across the continent.



Michael has also written the book “Funny, You Don’t Look Autistic” (Annick Press), hosted the Autism Ontario video “Autism: See the Potential”, has consulted on the TV show “Ransom” to ensure the authenticity of a character with autism and has been featured on The National and on CBC Radio’s “Laugh Out Loud”!

He was the featured comic in Commander Chris Hadfield’s Generator show at Massey Hall in Toronto in 2016: [youtube.com/watch?v=7f2W30iYP30](https://www.youtube.com/watch?v=7f2W30iYP30).

He is currently playing the role of a neurodivergent character "Eggs" in the new TV series Astrid & Lilly Save the World (SYFY Network). He can also be seen in season 2 of Ginny and Georgia (Netflix). In May 2022 he was in the closing gala at the Winnipeg Comedy Festival for CBC.

He is also part of an all autistic comedy troupe, Comics: Not Otherwise Specified. He is currently working on a play, a new book, a documentary and getting his driver's license.

What does your book Funny you don't look autistic is about? From the Annick Press description: “This unique and hilarious #OwnVoices memoir breaks down what it’s like to live with autism for readers on and off the spectrum. Candid scenes from McCreary's life are broken up with funny visuals and factual asides. Funny, You Don’t Look Autistic is an invaluable and compelling read for young readers with ASD looking for voices to relate to, as well as for readers hoping to broaden their understanding of ASD.”

How did you come up with this book? The publisher contacted me after seeing a clip-on TV and asked me to write it.

Why did you want to create a book like this? They asked me.

Where can people find the book? Independent bookstores or online.

Can you tell us some of your jokes? Check out Laugh Out Loud on CBC radio. You can find me there.

What do you enjoy about being a comedian and a book author? Entertaining people.

What do you find fun about your job? Making people laugh.

How did you decide you wanted to work in comedy? I like making people laugh.

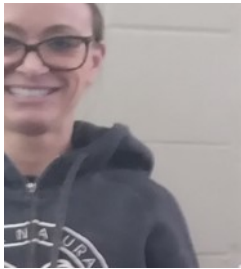
How can people reduce stigma and discrimination around autism? By raising awareness of the range of differences among people on the spectrum.

Where can people find you? <https://www.aspiecomic.com/>



Holidays
Good Friday April 7th
Easter Sunday April 9th





Instructor Jamie at the TCC

iMove – Inclusive Health and Wellness By Ben

I like getting out of the house and being active. One way that I do that is through the People in Motion group called iMove.

This Community Living British Columbia (CLBC) funded program offers participants the opportunity to move and shake, with a certified health & wellness instructor in partnership with The Tournament Capital Centre (TCC). Participants will get the opportunity to try a variety of fully inclusive indoor and outdoor activities ranging from yoga, snow shoeing, and swimming to field house activities.

To join this program you must be a client of CLBC and have a People In Motion membership (\$10 annually). A People In Motion Active Living worker and volunteer will be onsite during the sessions.

One of my favourite sessions was the introduction to using kettlebells, because I'd never tried them before. I also enjoyed the yoga session, where I was invited to help lead the session. If this sounds like something you'd like to try, you can get more information at:

<https://www.peopleinmotion.org/programs/active-living-programs/>



Coming to Disney Plus on April 28th Live-action adaptation of J.M. Barrie's classic tale of a boy who wouldn't grow up and recruits three young siblings in London to join him on a magical adventure to the enchanted Neverland Island.



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April Autism Awareness Month Contest

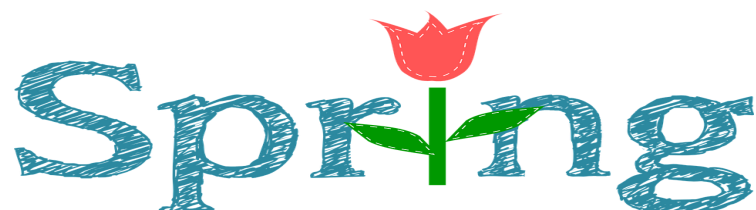
Previously posted on The Kamloops Self Advocate Newsletter Facebook Page
We are hosting a colouring contest in honour of Autism Awareness Month (in April).

Colour the attached drawing and tag the Kamloops Self Advocate Newsletter Facebook page with a photo of your artwork. You will be entered into a draw to win one free Family Entry Pass to BIG Little Science Centre for each category: Child, Youth, and Adult (3 prizes total). Thank you to Big Little Science Centre for supporting this contest. Enter by April 28th deadline.



Awareness Days

April 2 World Autism Awareness Day
Autism Awareness Month
April 4 to 10 National Dental Hygienists Week
April 28 National Day of Mourning



KINDNESS AND COMPASSION with Hieu

By Lisa Coriale

Can you tell me a little bit about yourself?

My name is Hieu, and I am from Ho Chi Minh city, Vietnam. I am interested in languages, language teaching, pedagogy, educational philosophy, travelling, having meaningful conversations with people, and being enlightened with new knowledge and ideas.



What do you do for a living?

I am looking for jobs as an educator or a facilitator for K-12, undergraduate and graduate students. For my past working experience, I used to be an English teacher in Vietnam and an ESL tutor in Kamloops, British Columbia, Canada.

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

As far as I'm concerned, there are similarities and differences between the frameworks of kindness and compassion. From my perspectives, kindness is caring about other individuals or myself alongside the generosity to prioritize their benefits and advancement. Kindness is likely to be seen in the form of action, not just feeling. On the other hand, compassion for others and oneself basically means the understanding of other individuals' or personal suffering and a strong inclination to help. Compassion perhaps occurs in a form of feeling at a more profound level. Compassion may also require a great deal of personal experience and possibly knowledge about a situation and individuals' emotions to see the root of the problem. Compassion tends to take a person's courage and braveness to overcome their anger, pain or fear in order to spread love and help others.

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

The feelings of sadness, worry, anger, and suffering always exists and varies from one form to another at any moment within a person due to conflict and pressure for development. Those detrimental states are triggered by internal and/or external reasons. One act of selfishness, hatred, anger, negligence, or revenge from a person towards others can exacerbate their negative feelings, thoughts and might potentially push them closer to destruction of self and/or others. I believe that the meaning of life is to sustain, generate, and embrace goodness within ourselves and in the community, which, in return, helps to enrich the beauty of life. In fact, without kindness and compassion, human beings are prone to slip into a vicious circle, in which they damage and push each other down to survive in a world of existentialism. Therefore, kindness and compassion appear to be the mere solutions for humankind to nurture the flame of love and peace among one another.

How do you show kindness and compassion to others?

I demonstrate kindness and compassion to surrounding people by simple actions and sincerity. My acts of kindness and compassion are subject to situations. For instance, I simply greet people in the street, giving way to a runner who is running on a narrow icy path, sending gratitude to a bus driver, listening to those who suffer, or apologizing to others for upsetting them. However, although there seems to be numerous approaches to show my kindness and compassion to others, my actions were driven by the wish to connect with surrounding people and the belief that is treating them as the way I wish to be treated.

How can people show compassion when they are in the community?

There is a set of actions people may consider to put into practice. The initial action community members can take is that they may try to be open-minded and willing to understand others. They can then try to put themselves into others' shoes. Finally, it is important for them to take their information and knowledge of others' characteristics, personalities, circumstances, difficulties, and hardship into consideration before making a judgment. From there, they can make a decision to take action if necessary. At the community's level, to retain kindness and compassion, education plays a pivotal role in addressing this practice.

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

Each individual is capable of different areas of knowledge and skills due to their potential and limitation, such as the factors of body, nourishment, education, environment and so on. It is essential to be aware that every creature on earth, including human beings, has their own advantages and disadvantages. In other words, there is always coexistence of capability and incapability within a person. It is considerably imprudent to 'judge a book by its cover' and impose someone's own prejudice on another. Therefore, my personal three steps to show kindness and compassion to people with diverse abilities are suggested as follows. First, reminding ourselves that there are things we can and cannot do, as can those with diverse abilities. Second, reflecting on what we know about others' stories is essential as we might not thoroughly understand them. Thus, making a prejudgment is biased. Third, offering help to others with what we are able to do when necessary.

Continued on next page



KINDNESS AND COMPASSION, continued

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?

To maintain a healthy state of mind for ourselves, I think we need engage a number of different activities. Slow and deep breathing comes under the umbrella of meditation can be the first and foremost idea people can take into account to strengthen our mental

health. The breathing practice has a tendency to bring tranquility, peace, and clarity to our minds. Second of all, we should acknowledge our feelings and thoughts with love and generosity when negative and even positive moments come. Once we realize we are trapped in negative thinking, which is crippling us, we can end or change that school of thoughts. Lastly, from perspectives, self-questioning and self-talk can be considered critical for rational individuals. I would like to share some questions as examples to tackle a detrimental state of mind when we are unkind to ourselves. They are “Does it really matter?”, “Does he/she really matter to me?”, “When this problem happens, is it the end of the world for me?”, “Is it helpful to maintain self-damaging thoughts?”, “Should I spend more time thinking and feeling about the negatives to push myself to destruction?”.

What does being kind to yourself look like?

The action of being kind to myself puts a peaceful smile on my face. I console my own self when a problem or mistake occurs, allowing him to be imperfect and learn from the difficulty. I remind myself that it is impossible for me to solve everything. Sometimes I let time take care of the issues. I also remind myself that there are still those who love me and whom I love. I am still valued by someone. Besides, I compliment myself when I have learned or achieved a new thing. When I am kind to myself, I bring myself hope and sincerity, being a friend with myself. This friend will pat my shoulder and tell me that everything will be fine.

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

If there were individuals demonstrating dogma and stigma against people with diverse abilities, I would tell them: “If they were your family members, how would you feel? If even you were them, how would you feel?”; “I guess you would have never been through difficulty in your life, otherwise, you are immensely insensible not to know others’ challenges.”; or “the moment you realize that they are capable of what you are not, you are making fool of yourself for having such attitude towards them.”

Easter Jokes

Christmas does come before Easter in one place—but where? The dictionary!

Where does Easter take place every year? Where eggs marks the spot!

What should you do to prepare for all the Easter treats? Eggs-ercise!

What kind of bean can't grow in a garden? A jelly bean.

What happens if you get married on Easter? You live hoppily ever after.

Why did the baby chick cross the road? To meet up with her Peeps.

What do you call a rabbit with fleas? Bugs Bunny.

What do you get when you pour hot water into a rabbit hole? Hot cross bunnies.

What is Easter Bunny's favorite kind of music? Hip-hop!

What do you call an Easter Bunny who gets kicked out of school? Egg-spelled.

What is the Easter Bunny's favorite dance move? The bunny hop.

What kind of bunny can't hop? A chocolate bunny.

What do you get if you cross Winnie the Pooh and the Easter Bunny? A honey bunny.

Why shouldn't you tell an Easter egg a joke? It might crack up!

Why did the Easter egg hide? It was a little chicken.

Did you hear about the dirty Easter egg hunt? It was hosted by the dust bunny.

Knock, knock! Who's there? Some bunny. Some bunny who? Some bunny's been eating all my Easter candy!





New Lego Friends lineup features diverse new characters with complex emotions

Taken from:

<https://www.msn.com/en-za/lifestyle/shopping/new-lego-friends-lineup-features-diverse-new-characters-with-complex-emotions/ar-AA17gB2D>

A decade on from the launch of Lego Friends, the Lego Group has re-imagined the Friends Universe with a new lineup of characters and accompanying TV series hosted on the brand's YouTube channel.

Source: Supplied

The 2023 Lego Friends Universe includes characters with a wider variety of skin tones, cultural backgrounds, disabilities and neurodiversity, all with more authentic personalities and relationships. By launching this new generation of products, the Lego Group said it hopes that when kids play in the Lego Friends Universe, they'll see more of themselves in the characters and gain a better understanding of others, helping them navigate their own experiences and in turn, become better friends.

Lego said the development comes at a time when the ups and downs of friendship are not widely shown on TV or in the online content kids consume, meaning many young children are left to navigate these complex feelings, without understanding that it's completely normal and that others are feeling the same.

To support the launch, the Lego Group conducted global research to understand more about the diversity and complexity of modern friendships amongst young children around the globe. Focusing on 18,000 kids aged 6-12 years old from 19 different countries, the research shines a light on the importance that friendships have on the well-being of kids in early childhood.

The study revealed that:

- Kids rely on friendships to deal with the complex emotions of modern life, with eight in 10 (87%) saying that they turn to friends as a source of comfort when they have problems- Kids value 'having fun' and 'being happy' as main elements of friendship, with more than three quarters (67%) wanting someone to have fun with and six in 10 (60%) wanting someone to laugh with and the majority (94%) said that friends made them feel happy
- Kids also see the value in diverse friendships with nine in 10 (93%) agreeing that it's good to have a diverse friendship group who can teach you different things
- Kids don't often experience complex emotions portrayed in the content they view, with just two in five (40%) saying they have seen friends have ups and downs on TV or content they are consuming and only a third (32%) saying they have seen friends having problems or arguments
- When asked if it would be good for more toys to feature characters that embodied different emotions, more than two in three children (68%) agreed. Over a quarter (27%) said this is because everyone feels this way sometimes and 22% of kids said it would help children know that others felt the same
- Two in three kids (68%) said they want to see more toys and characters portray different emotions to better reflect real life

"The Lego Group recognises the importance friendships have on child development and how it plays a huge part in helping kids understand diversity," the company said.

Further to the launch of the new generation of characters, the storylines within the Lego Friends universe have been refreshed in collaboration with the Geena Davis Institute on Gender in Media, helping to develop content narratives that ensure they're relatable, inclusive, and reflective of the real-life experiences of children today.

Reflecting modern real-world friendships

Child psychologist Laverne Antrobus commented on the research saying: "The research findings give a fascinating insight into the complexities of children's friendships in the modern and increasingly diverse world that we are living in.

It's encouraging that children want to see diverse friendships represented in the content they watch and the toys that they play with.

"These changes will help children understand difference and give them the confidence to make relationships with others who are not the same as them.

Learning from friends about how they are similar and different will ultimately help children to be accepting of others as they navigate friendships and relationships in the world that they are living in.

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New Lego Friends, continued

“It’s great to see the new Lego Friends universe will be fully inclusive and a better reflection of real-world friendships in 2023, so young people can play, explore and express their emotions with a more diverse range of characters and replicate these experiences in their everyday friendships.”

Tracie Chiarella, head of product, Lego Friends at the Lego Group said; “Children are our role models and guide everything we do here at the Lego Group.

After an incredible 10 years on Lego Friends, this re-imagination has enabled us to push the boundaries not only in the content and the storytelling, but also in the reflection of modern, childhood friendships so that children can truly see their experiences reflected in the world around them.

“From the research released today, it's great to see that kids acknowledge the importance of friendship for their mental health and it's encouraging to hear they want more emotional diversity to be represented in the content they consume and the toys and characters they play with.”

The new generation of Lego Friends is available to buy now with a *Lego Friends* TV special available to watch on the Lego YouTube channel.

Lego South Africa will also be celebrating friendships with a range of global activities to help children experience the joy and benefits of play themselves.

Locally, these activities will include a two-week play experience taking place from 14 February to 21 February 2023 at Sandton City with activities available for kids.



Celebrities with Diversity

By Krystian

People who are famous can also struggle with stigma and discrimination.

More and more celebrities are speaking out about their experiences, and it is raising awareness and acceptance in society. Whether it is the struggle of dealing with mental health issues or the discrimination of being part of the LGBTQ community, people should not be made to feel ashamed of who they

are.

It's not ok to judge people just because they have diversity in their lives or because you don't understand their challenges. Let us live successful lives and try to be supportive towards all people. It's important to remember to be kind and compassionate towards everyone.

Here are a few examples of celebrities who are speaking out and raising awareness:

JoJo Siwa is an American dancer, singer, actress, YouTuber, and LGBTQ advocate. JoJo sings songs like Worldwide Party, High Top Shoes, Hold the Drama, Kid in a Candy Store, Only Getting Better and My Story. She is also from the LGBTQ community.

Demi Lovato is an American singer, songwriter, actress, mental health advocate and also happens to have mental health issues for example bipolar disorder and she sings songs like Sorry Not Sorry, Made in the USA, Confident, Heart Attack, I Love Me, Cool for the Summer, Skyscraper, Give Your Heart a Break.

Selena Gomez is an American singer, actress, producer, mental health advocate and has bipolar disorder. She sings songs like Lose You To Love Me, Tell Me Something I don't Know, Naturally, Wolves, Love You Like A Love Song.



Making Accessible Media

By Krystian

Meet Anne Zbitnew, a professor in the Media Foundation, Journalism, and Visual and Digital Arts programs in the Faculty of Media & Creative Arts at Humber College. She also co-leads art and media projects with Humber students labeled with intellectual disabilities in the Community Integration through Cooperative Education (CICE) programs. An ally and advocate for access and inclusion, Anne is the project lead for [Making Accessible Media \(MAM\)](#), an open access educational resource that teaches media makers to consider and implement inclusion and accessibility from the provenance of their projects, films, podcasts, broadcasts, and assignments.



Who are you?

I am a professor at Humber College in Toronto. I am also the project lead on Making Accessible Media, a free online course that teaches how to make media inclusive and accessible. This includes information about accessibility; representation; how to write transcripts, caption and describe video; how to make digital and interactive design accessible; and how to plan events such as concerts, gallery visits, and conferences inclusive and accessible.

How can we increase accurate portrayals of the disability experience in media and the entertainment business?

We can increase accurate portrayals of disability by making sure people with lived experience lead the conversation. Disability experience is diverse, and the more disabled people included and leading discussion, the better.

How can we reduce ableism, stigma, discrimination in media?

We can reduce ableism, stigma, and discrimination in media with education. I think most people are not even aware of what ableism is. Understanding ableism can lead to reducing stigma and discrimination.

How can we make media accessible?

We can make media accessible by writing in plain language; by transcribing audio; by including ASL and LSQ in video and by captioning all video. We can hire disabled people to lead media departments. We should consider access at the beginning of a project, so it does not have to be added on at the end. Access should be part of the planning to all forms of media and events.

How can society advocate for more disability representation in media?

Again, I would say education. The more you know, the more you can advocate.

How can the media and film industry increase acting jobs for those with disabilities?

Hiring practices should be more inclusive and accessible in all positions to reflect the experience of disability. Disabled actors should have the opportunity to play disabled people whenever possible.

How can society call for better representation of people with diversity in media and entertainment business?

Society needs to be made aware of ableism and to understand how representation is important.

How can the media business and entertainment business improve for those with disabilities?

Education, inclusion, and access in all positions in the business and industry.

Why is disability representation important and why should people with disabilities be seen in media? Why is it important for casting directors and journalists to cover disability news and to increase job opportunities in front of the camera and behind the camera?

Accessibility matters. Not just in some parts of daily life, but in every aspect, including media which plays a vital role in informing us about the world we live in – and reflecting a shared human experience to each one of us.

When disabled people are included in the production and consumption of media, they have equal access to information in general and public life. If, on the other hand, people are not afforded the same access to media, they are deprived of information and excluded from full participation in society.

Accessibility should be incorporated into every part of media creation. It all starts with including accessibility in the very first stages of production, rather than approaching it as an afterthought that may or may not be included.

There are countless initiatives in Canada and around the world advocating for disability rights and universal design. The scope of work being done by dedicated professionals is exciting and innovative. Government organizations, production companies, tech start-ups, and many other groups are coming up with strategies to make media more inclusive.

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Making Accessible Media, continued

Still, significant barriers exist for people with disabilities and lived experience. These are barriers that must be acknowledged, addressed, and eliminated since a universal understanding of accessibility is a fundamental human right. Media makers have a crucial role to play in all this. They must always strive to advance toward a future that is inclusively designed for everyone. This will allow all of us to equitably include, share, and celebrate the experience of everyone.

The arts are a vital part of forming culture. Exposure to live music, theatre, performance, and gallery spaces expand notions of what we can be, do, and create. There are many different and exciting ways that real time events can be re-imagined and made

accessible. From live captioning broadcast news and sports to the way the arts are taught, to the complex ways they can be performed and shared, accessibility in live events can change definitions and challenge expectations around who can experience and engage with them. Definitions of disability aren't static, so why should the ways people consume media be?

Kamloops Pride Events

Kamloops Pride Choir

Every Tuesday

Kamloops United Church

Time: 7:00PM - 8:30PM

All Ages

The Kamloops Pride Choir is back! This group meets every Tuesday from 7pm to 8:30pm at the Kamloops United Church. All voices and skill levels are welcome. There is no cost and allies are welcome and encouraged!

Rainbrews (19+)

At a new location every month!

It's Back! Kamloops Pride is bringing back our monthly pub night, but with a new name. We are so excited to introduce RAINBREWS!

Come and join us at a new location each month for appies, drinks, and mingling! Allies are welcome and encouraged!

Interested in hosting Rainbrews at your location? Please email info@kamloopspride.com

Espresso Yourself

At a new location every month!

It's back! Kamloops Pride's monthly coffee shop gathering!

Come and join us at a new location each month for your favourite alcohol-free beverage, some board games, art, and mingling! Allies are welcome and encouraged! This event is family-friendly for all ages.

Interested in hosting Espresso Yourself at your location? Please email info@kamloopspride.com

Craft and Create

Monthly

All Ages

Craft & Create is Kamloops Pride's monthly art club where you can come and hang out, meet new people, learn a new technique, and create something new each month. Allies are welcome and encouraged!

Youth Mixer

At a new location every month!

Kamloops Pride's monthly youth hangout!

Come and join us at a new location each month.

This event is a 2SLGBTQPIA+ (and allies) event where you can socialize, meet some Kamloops Pride board members, and meet new friends in the community! This event is youth specific, under 18 only.

We will have a reserved area that will be decorated with pride flags. There is no cost to attend, but guests are responsible for their own food and drink orders.

Interested in hosting Youth Mixer at your location? Please email info@kamloopspride.com For more information go here: <https://www.kamloopspride.com/events>



Spring

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RECIPE
 BASKET
 SPRING
 NEW BEGINNINGS
 COLOR EGGS
 MOVIE
 EASTER
 EXCITING
 BLAST
 FUN
 NICE WEATHER
 BUNNY
 COOL
 FLOWERS
 KIDS

Play this puzzle online at : <https://thewordsearch.com/puzzle/5316838/>

Easter Quotes

“Easter spells out beauty, the rare beauty of new life”- S.D. Gordon

“Easter is very important to me. It’s a second chance.”- Reba McEntire

“It’s when you crack open a chocolate Easter egg, that smiles emerge.” - Anthony T. Hicks

“The Easter egg symbolizes our ability to break out of the hardened, protective shell we’ve surrounded ourselves with.”- Siobhan Shaw

“I still believe in Santa, the Easter Bunny, the Tooth Fairy, and true love. Don’t even try to tell me different.”- Dolly Parton

“Easter is the demonstration of God that life is essentially spiritual and timeless.” - Charles M. Crowe

“Where flowers bloom, so does hope.”- Lady Bird Johnson

“Easter is the only time when it’s perfectly safe to put all your eggs in one basket.”- Evan Esar

“Let your dreams blossom.”- Unknown

"Golf is just the adult version of an Easter Egg Hunt." — Unknown

“Spring will come and so will happiness. Hold on. Life will get warmer.” - Anita Krizzan

“Blossom by blossom the spring begins.” - Algernon Charles Swinburne

“Egg hunts are proof that your children can find things when they really want to.”- Unknown

“Spring is the time of plans and projects.” - Leo Tolstoy

Fantasy Life

By Riley

I’m a big fan of Fantasy anime and reincarnation. One of my dreams, if I pass on someday, is to be reincarnated in a fantasy world. I would be born into nobility and there would be such thing as magic in the fantasy world I would live in. If I was reincarnated in a world like that, I would train under a knight and become a magical Knight.

One of my favourite anime shows is called Faraway Paladin. I feel that it resonates with what I’d be looking for in the next life. You can watch it on Crunchy Roll, which is a streaming platform for anime. One day I’d like to make my own reincarnation fantasy anime that takes place in the Viking era.



KRISTIN MAXWELL

Last updated on March 5, 2021

Taken from <https://www.yellowblissroad.com/layered-peeps/>

Layered Peeps Rice Krispie Treats

Rice Krispie Treats with a twist – they're made with marshmallow Peeps and layered for a beautiful, colorful Easter treat! Make these Layered Peeps Treats for all of your spring gatherings!

HOW TO MAKE LAYERED PEEPS RICE KRISPIE TREATS

The lovely pastel layers make them look like you really had to put some effort into them, but I promise you they are super easy. If you've ever made Rice Krispie Treats, you can make these. Any colors will do, and I just saw today that there are new flavors – lime, lemon, and orange. Wouldn't that be fun for a little citrus flavored layered treat?

1. For each layer you will want to use separate microwavable bowls. I used my [Pyrex 4-cup Glass Measuring Cups](#) because they are the perfect size. You want the dish to be pretty tall because the Peeps expand quite a bit while they're in the microwave, and they will spill over shorter sides.

2. Melt a 3 oz. package of Peeps with a tablespoon of butter for 45 seconds in the microwave. Feel free to pause for a moment of silence. Then stir them up.

3. Add a cup and a half of Crispy Rice cereal and combine until cereal is completely coated with colorful, sticky Peeps goodness. Then press into a loaf pan lined with foil, then repeat the process with the rest of your colors.

4. Allow the layered rice krispie treats to cook completely at room temperature. Then remove from the pan, slice, and serve or wrap up as individual treats.

PRO TIP – I always keep a can of nonstick cooking spray nearby when making Marshmallow Treats. I spray the spatula for stirring and my fingers for pressing into the pan.

HOW TO SERVE LAYERED PEEPS RICE KRISPIE TREATS

One of my favorite ways to serve these Layered Peeps Treats is as "pops." Once the treats are set and completely cooled, take them out of the pan and cut them into about one-inch-thick slices; a serrated knife works best. Then cut those 8 slices in half. I trimmed the sides so they were even, but that's completely optional. Add a lollipop or Popsicle stick to each piece and you've got 16 adorable Easter treats that are perfect for classroom parties, Easter or spring party favors or gifts for neighbors.

CAN I MAKE THESE WITH REGULAR MARSHMALLOWS INSTEAD OF PEEPS?

Because they're made with Peeps, these treats definitely have a distinct flavor. We happen to love the flavor of Peeps, so we love it. However, a lot of people have asked if you can make these with regular marshmallows and food coloring. While that isn't my choice, the answer is yes, you can! Just use the basic Rice Krispie Treats recipe (find it on the cereal box) and divide the ingredients by the number of colors you plan to use. Then prepare each color in a separate bowl, adding a few drops of food coloring to each bowl as you go until you've reached your desired color. Then layer as seen in the photos above. This method definitely does add an extra step and the colors don't get nearly as bright, but if you're not a fan of Peeps (say what???) this will yield similar results.

Rice Krispie Treats

PREP TIME 10 mins

COOK TIME 15 mins.

TOTAL TIME 25 mins

Ingredients

4 tablespoons butter or margarine *divided*

4 3- ounce packages Marshmallow Peeps *in 4 different colors*

6 cups Crispy Rice cereal *divided*

Instructions

1. Prepare an 8-9" loaf pan by lining with foil and spraying lightly with cooking spray.

2. Divide the Peeps by 10s of the same color - 10 pink, 10 yellow, etc. (use any colors you like).

3. In a deep, medium sized microwavable dish, microwave 10 of the same color peeps with 1 tablespoon of butter on high for 45 seconds. Because microwaves vary, watch closely so the Peeps don't flow over the sides of the bowl. Stir butter and Peeps together until fully melted and incorporated. (*tip - spray a spatula with cooking spray before stirring).

4. Stir in 1 ½ cups of cereal until fully coated. Press firmly into the loaf pan.

5. Repeat steps 3-4 with the other Peeps colors.

6. Allow to cool completely (1-2 hours) before slicing.

Notes These will be fine for a couple days in an airtight container.



Spring Crafting

By Tami

Easter can be a fun time to be around family and food. It's springtime now and people are getting out more in the sunshine. I am really enjoying the warmer weather! Some people may get chocolate for Easter, some people do Easter egg hunts, and some people go to church. This Easter bunny craft can be a great way for you to celebrate Easter this year. You could even make it a new tradition with your friends or family. Doing this craft could be a way to connect with your family and enjoy each other's company. Crafts are fun to bring people together and they're also fun to do on your own. This craft is a fun activity to do if you're with friends and family, or if you're by yourself this Easter.

Paper Plate Easter Bunny Craft

What you will need:

- Construction paper in white and pink (or yellow)
- White, pink, or yellow pom poms
- White, pink, or yellow pipe cleaners
- Paper plate
- Googly eyes (optional)
- Glue
- Scissors
- Felt pens (optional)

Instructions:

Using the white construction paper, cut out two ears for your bunny in the same shape as in the photo.

Using the pink or yellow construction paper, cut out two ears in the same shape as the white ones but slightly smaller.

Glue the pink or yellow ears on top of the white ears and then glue them to the top of the paper plate.

Cut 3 pipe cleaners in half to make 6 smaller pipe cleaners.

Glue 3 pipe cleaners to the center of your plate on each side to make the whiskers.

Glue a pom pom on top of the pipe cleaners in the middle.

Glue your googly eyes onto the plate or use a felt pen to draw on the eyes.

Use a felt pen to draw on the mouth.



New Beginnings: Welcoming Wellness

The Speak Up Self-Advocacy Awareness (SUSA) Society is holding a 2-day mini-conference in May and we'd love to have you join us! It will be two days of fun and learning. We will have presentations by self-advocates for self-advocates. We will also bring in presenters who will talk about health and safety.

On Monday, May 1st, there will be lots of cool things going on. There will be the sessions along with a cookoff and a marketplace. On Tuesday, we will be focusing on leadership, learning more about self-advocacy skills, how to be a leader, and having your voice heard.

We know you are going to want to join us for this super event, which is happening on May 1st and 2nd (lunch is provided). You can come for one day or both.

Please note, if you have a skill or a presentation that you would like to share, we are still looking for presenters!

For more information, to be a presenter, or to register, contact us and let us know.
speakupkamloops@gmail.com





NEW BEGINNINGS: WELCOMING WELLNESS

Learn and connect in this 2-day conference
presented by The Speak Up Self-Advocacy
Awareness Society.

Day 1 is about your health & wellness.

Day 2 is about learning to be a leader and
learning to speak up.

Tickets are \$5 for 1 day or
\$8 for both days

To register, contact:
speakupkamloops@gmail.com

DAY	TIME	
MAY 1&2	10AM-3PM	540 Seymour St, Kamloops

IN PARTNERSHIP WITH DENGARRY, ICS, AND NEW HORIZONS