



FREE! TAKE ONE! Serving people since September of 2013.

JULY 2023

Welcome to July!

This month, we're all about summer fun and the exciting activities you can do during this sunny season. It's the perfect time for family vacations, enjoying the longer days, and going to the movies to watch the latest blockbusters. For example, on July 28th, there's a movie called "Haunted Mansion," and on August 2nd, you can catch "Teenage Mutant Ninja Turtles: Mutant Mayhem." There are plenty of movies to get you in the summer mood if you're a fan of cinema.

If the weather gets too hot, don't worry! It's also nice to spend time indoors, where it's cool and comfortable. We'll share some tips on how to take care of yourself during the summer months of July and August.

Let's make the most of this summer and have lots of fun! You can plan a vacation, listen to live music at the park, go to exciting events like Hot Night in the City or the Buskers Festival, and enjoy live entertainment. And don't forget about Canada Day! It's a special day where we celebrate our diverse and inclusive country. This is also an important time to think about reconciliation and working with Indigenous people.

Remember, it's great to watch new movies and spend time both indoors and outdoors. So get ready for an amazing summer full of adventure and enjoyment!

Stay tuned for more exciting updates in our newsletter.

Inside this issue

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

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

Contact us at:

thekamloopsselfadvocate@yahoo.com

113-540 Seymour St.,

Kamloops, BC V2C 2G9

Office phone: 250-828-1344

We always look for writers and people to interview.

Please subscribe!

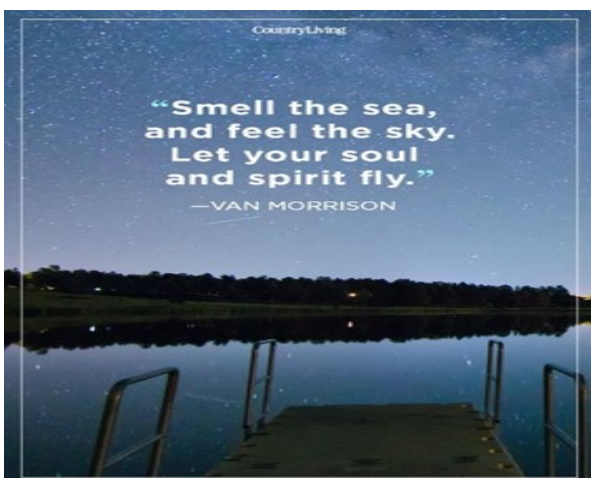
Each month you will receive a newsletter with interesting and inspiring content. Be sure to check out our online newsletter for bonus stories and articles!

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

On KSA website:

ksanews.ca

Interactive flipbook/newsletters
issuu.com/thekamloopsselfadvocate



"Smell the sea,
and feel the sky.
Let your soul
and spirit fly."
—VAN MORRISON





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.
Our Footprints Eco Store

Krystian's Corner

This month we are focusing on summer activities that are fun to do in July and the beginning of August.

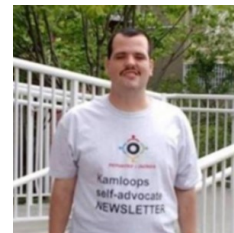
Some people, like me, can't handle the heat. I was born with only 2% sweat glands so I must be careful about not getting over heated.

As many people enjoy outdoor activities, such as swimming and warm-weather festivities, those with heat intolerance may feel frustrated and excluded, but there's no need to miss out on the nice warm weather and fun activities. It's great to participate in these activities without getting too much sun.

Here are some tips and strategies on dealing with the summer heat.

- People with heat intolerance should make sure they drink lots of fluid, especially when outside.
- Find a tree to sit under that provides you with shade.
- Go for an ice cream cone from The Ice Cream Social or even have a swim at the park to cool off.
- Make sure you drink lots of water, wear a hat and dress cool.

So, enjoy going to Buskers, hot night in the city, music in the park, or just relaxing at the beach. When enjoying outside activities, just be cautious. When you've had enough, go inside for a while, or go to the movies or swimming at an indoor pool.



HOMEMADE LEMONADE

"Nice and refreshing. Sure, beats anything you can buy at the store! Cook time is chill time."

INGREDIENTS

8 cups water
1 1/2 cups fresh squeezed lemon juice
1 1/2 cups sugar

DIRECTIONS

Place sugar and 2 cups of water in a saucepan.
Heat until sugar dissolves Pour sugar water, lemon juice and remaining water into a gallon pitcher.

Chill for several hours or overnight.

<https://www.food.com/recipe/homemade-lemonade-71957>



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



Release Date August 2nd

Coming to movie theatres.

In Teenage Mutant Ninja Turtles: Mutant Mayhem, after years of being sheltered from the human world, the Turtle brothers set out to win the hearts of New Yorkers and be accepted as normal teenagers through heroic acts. Their new friend April O'Neil helps them take on a mysterious crime syndicate, but they soon get in over their heads when an army of mutants is unleashed upon them.

<https://www.teenagemutantninjaturtlesmovie.com/>

Becoming a Busker

By Krystian

What is your name?

Hi! My name's Connor. People call me CJ!

What are your disabilities?

I'm High Functioning Autistic and Adhd, with anxiety, Insomnia, and a bit of other bits and bobs.

How did you get into music?

I got into music through other buskers, actually. I spent an absolute ton of my childhood in and around Victoria's buskers festival and had a lovely time learning about the performers and types of shows they'd put on. To say I had stars in my eyes was a bit of an understatement hahaha. I always had choir in my family and my experience set - I started in middle school for elective reasons and got really into it, so that took up a lot of my free time as it was. I ended up finding a beat-up guitar in my choir room trash in middle school and took it home and repaired it, and when I hit high school, I took lessons with it and learned to play through my teacher Mr. How. Busking just came naturally from it.

Why did you want to be a musician?

I wanted to become a musician because I wanted to do a job that made people happy - to see their smiles, their dancing and nodding to my stuff. I wanted to be a good storyteller, and music was a great way of making money and telling stories that made people happy at the same time.

What do you enjoy about Kamloops Buskers Fest?

I enjoy it because it's an easy to access, fast paced environment that provides incredibly visible ways for performers to get their work into the world and the public consciousness. It's a ton of fun, and it's been something as a result that I've taken the time to really get into.

What do you enjoy about being a Busker?

As I mentioned earlier, I enjoy seeing people smiling and happy, and I enjoy making people's lives a little brighter with the stories I tell. Busking is an easy and quick way to do that while making enough to pay my bills or buy lunch if I'm feeling like I want to socialize and get outside.

What do you find fun about singing music?

Music has plenty of interesting tales and legends to it, and learning about them is a process that really appeals to me for some reason. I'm a voracious reader, so the ability to add to the stories told throughout the world is really nice.

What do you like about Kamloops having a Busker Fest?

Kamloops buskers festival is kind of nice because it's a relatively small town - we don't need to all go to Vancouver to enjoy a really extensive, enjoyable festival, and a lot of smaller towns around Kamloops as a result can all make their way in without a long trip either. It's a nice bit of advertisements for the city, too.

What do you enjoy about the entertainment business?

The entertainment business is a rather difficult thing, but there are tons and tons of interesting people out there, and it's always a joy to be able to engage and interact with them, and this industry attracts them in droves.

What kind of songs do you do?

mostly folk music! I do lots of covers and other work as well, and I write and perform my own pieces from time to time. :)

How can people find you at this year's Buskers Fest and what time?

I'm not entirely sure what time I'm at the festival yet, nor if I'm on a busk stop or stage, but if I am you'll be able to find me from the busker's festival website and their online schedule!

What else would you like to add?

If you're interested in my work, you can find me at <http://www.connorheightonmusic.com>! my website has lots of examples of my stuff, and has lots of links to other social media and content. This was a great interview, thank you very much!





Interior Savings Overlanders Day 2023

Presented By: North Shore Business Improvement Association

Dates: July 23, 2023

Location: Brocklehurst Park

Address: 2470 Fleetwood Ave,

Time: 10:00 AM to 3:00 PM

Price: Free

The 8th annual Overlanders Day Community event has something for everyone! There will be a Food Expo of 10 well known & loved Vendors, Entertainment Stage that has performers that go nonstop all day along with Emcee Nick Carter. They will have an even bigger Kidz Zone that will take up the entire end of the Park with a 45' Obstacle Course, Slide & bouncy castle, facepainting, crafts, games, golf, clown, & more in the works, Business & Community Expo with 90+ vendors of crafts artisans & local businesses, Animal Corner of 10 Vendors covering all sorts of animals!, Cake-eating contest sponsored by Harvest Moon Bakery for kids 6yrs to 17yrs & adults 18+ with medals to be won, dunk tank, mascots, fire truck, there will be a new contest this year where kids will be timed & they will be painting their dads face with prizes to be won as well as Doxie Dog Races. There is so much to see & do!! https://www.facebook.com/events/597847795369068?active_tab=about <https://www.tourismkamloops.com/event/interior-savings-overlanders-day-2023/15326/>

PWD clients: know your rights about rent increases!

MAY 25, 2023 BY DABC

DABC has been informed that some landlords are trying to prematurely raise rents of their tenants who are PWD clients in anticipation of the shelter rate increase that will take effect in July 2023 for the August 2023 cheque issue. DABC would like to remind PWD clients of their rights as a tenant: The maximum rent increase for 2023 is 2%, it is illegal for a landlord to increase a tenant's rent above this. Landlords are also obligated to provide 3 month's notice of a rent increase. Rent can only be increased once every 12 months.

If you encounter any issues with this and need more information, please reach out to the [Tenant Resource & Advisory Centre](https://disabilityalliancebc.org/pwd-clients-know-your-rights-about-rent-increases/?fbclid=IwAR0Re3fVGTbJwosFHhpEtenKusXZYtCy_xvm-i3a824DUFe5tsp7s-q5zwc) for assistance and/or advocacy.

https://disabilityalliancebc.org/pwd-clients-know-your-rights-about-rent-increases/?fbclid=IwAR0Re3fVGTbJwosFHhpEtenKusXZYtCy_xvm-i3a824DUFe5tsp7s-q5zwc



Haunted Mansion

Rating:

PG-13

Release Date:

July 28, 2023

Coming to movie theatres.

Inspired by the classic theme park attraction, "Haunted Mansion" is about a woman and her son who enlist a motley crew of so-called spiritual experts to help rid their home of supernatural squatters.

Directed by Justin Simien

Produced By Dan Lin, Jonathan Eirich

Cast: LaKeith Stanfield, Tiffany Haddish, Owen Wilson, Danny DeVito, Rosario Dawson, Chase W. Dillon, Dan Levy, Jamie Lee Curtis, Jared Leto

Taken from <https://movies.disney.com/haunted-mansion>





Summer Jokes

Q: What do you call a dog on the beach in the Summer?

A: A hot dog!

Q: Why do bananas use sunscreen?

A: Because they peel.

What school teaches you how to make ice cream? Sundae school!

Where does a cruise ship go when it's sick on vacation? The Dock! (Doc – doctor)

What object is brown, hairy, and puts on a pair of sunglasses? A coconut on vacation!

What's a sheep's favorite vacation spot? The Baa-ha-mas (Bahamas!)

What did the pig say when it was out in the heat? Oh man, I'm bacon!

Do fish ever go on a vacation? No, they're always in school! (A group of fishes is called a school)

What do you call a witch on a beach? A sand-witch (sandwich)

How do we know if the water is friendly? It will wave!

Knock, knock. Who's there? Ice cream. Ice cream who? I scream if you don't let me in right now! It's too hot outside!

How does a seagull communicate? Using a shellphone (cellphone)!

Why should you never make an egg laugh? Because they crack up!

What has ears but can't hear in the summer? A corn field, of course!

Mind Aid

By Matthew Dickson

Mind Aid is the world's first website with all the groups helping people with mental illness in developing countries on one site.

It encourages people to donate specifically towards 10 nonprofits giving basic mental health care in developing countries. These models of basic mental health care are low cost, proven effective, and scalable.

Over 270 million people in developing countries have no mental health care. Some countries have only one psychiatrist per million people. Some people are actually kept in chains with mental illness (100,000s in 60 countries).

By talking about mental health, having conversations, we can get more attention on those who are mentally ill and desperate for help.

The more people know about Mind Aid, the faster we can help people with mental illness in developing countries. I encourage people to talk about it and share it.

People can follow me on social media at my website, www.MindAid.ca.

I am bicycling across Canada this summer to raise awareness for Mind Aid.

I have also successfully recovered from schizophrenia and am attempting to be the first person with schizophrenia to bicycle across Canada. So, I am also raising funds for the national and provincial Schizophrenia Societies across Canada.

The bike ride webpage is www.MindAid.ca/2023-bike-ride.

I will be in Kamloops June 8-9 and would love to meet people there with schizophrenia, mental illness, friends and family, or anyone really! If anyone wants to put me up for the night, that would be amazing!

I have a GoFundMe page for trip expenses (food, camping fees, ferry fees): www.gofundme.com/f/2023-mind-aid-bike-ride-across-canada



Memorial Cup and Live Music

By Krystian

You may remember Andrew talked about the Memorial Cup in Kamloops.

There was even live music and on the Big TV there was a hockey game with Kamloops Blazers and other hockey teams outside. I loved The Angie Heinze Band on the last evening of the memorial cup.

There was wonderful entertainment at Sandman Centre, it was a blast and a great ending of the memorial cup. Angie was singing some Miley Cyrus songs, other cover songs that most people know, and it was fun. After the hockey games then there was live music outside. It happened in June.



Kamloops Powwow

Presented By: Kamloops Powwow Society

Dates: 8/4/2023, 8/5/2023, 8/6/2023

Location: Tk'emlúps te Secwépemc Powwow Arbour

Address: 345 Powwow Trail, Kamloops, BC

Time: TBA

Price: TBA

The annual Kamloops Powwow is one of the largest Indigenous celebrations in Western Canada to celebrate the Secwepemc people's culture through storytelling, song and dance in traditional regalia. This event will run from August 4th to the 6th at the Powwow Grounds. Taken from <https://www.tourismkamloops.com/event/kamloops-powwow/14268/>



Enhancing Each Day
for Each Individual



Committed to improving lives
of BC Individuals for over 35 years.

info@TCSinfo.ca
200-286 St. Paul Street
Kamloops, B.C. V2C 6G4



Art in the Park on Canada Day

Presented By: Kamloops Arts Council

Dates: July 1, 2023

Address: 100 Lorne Street, Kamloops, BC

Time: 9:00 AM to 4:00 PM

Price: Free

Taking place at Riverside Park

Now running for more than 40 years, Art in the Park on Canada Day is the largest arts event in Kamloops. The full day of arts exhibitions and sales, demos and performances are **free to the public**. Approximately 30,000 people attend the event each year.

Typically, more than 100 artists have their handcrafted and original work from painting and pottery to fashion and jewelry, while the KAC's Performing Arts Stage features entertainment for all ages.

Have a photo share? Are you a vendor excited to take part? Use the hashtag **#KamArtInThePark** to share your images with us on Facebook and Instagram!

Taken from <https://www.tourismkamloops.com/event/art-in-the-park-on-canada-day/15394/>
<https://kamloopsarts.ca/program/art-in-the-park/>



Music in the Park

KAMLOOPS — The lineup for Music in the Park 2023 in Kamloops has been unveiled.

The free, nightly summer concert season at Riverside Park in July and August, supported by the City of Kamloops and BCLC, will feature blues, rock, classics, country, tribute bands and other family-friendly acts.

Organizers say performances take place at the Riverside Park Rotary Bandshell each evening from 7:00 p.m. to 8:30 p.m., but shows are

weather and air quality permitting. Cancellation is at the discretion of the evening performer.

Here are some examples of what you can see at Riverside Park this summer.

July 1 – Anita Hamilton (country), The Eh Team (Canadian rock) and Serious Dogs (classic rock)

July 5 – Totally Twain (Shania Twain tribute)

July 6 – Angie Heinze Band (pop rock)

July 8 – BC Top (ZZ Top tribute)

July 11 – Moonshine Chaser (honky tonk hoedown)

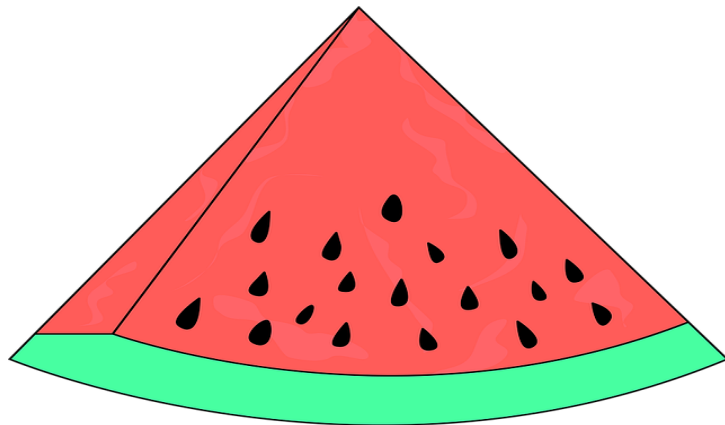
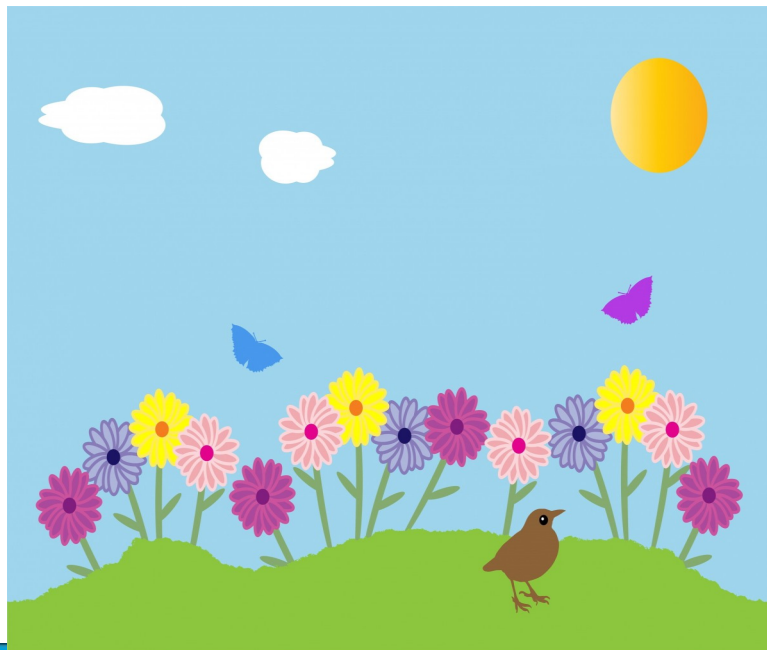
July 19 – BCLC Midsummer Night's Jam, Gaslighter (Songs of the [Dixie] Chicks) and Dreams (Fleetwood Mac tribute)

Aug. 1 – Southern Belles (country classic)

Aug. 2 – Cod Gone Wild (modern Celtic)

Aug. 7 – Last Child (classic rock)

Taken from <https://cfjctoday.com/2023/06/06/2023-music-in-the-park-lineup-unveiled/>



summer fun

I	F	I	A	O	C	T	O	T	G	G	S	G	V
N	O	I	T	A	C	A	V	N	P	N	P	U	N
R	U	N	E	A	E	F	I	M	V	I	E	P	P
R	T	U	U	P	S	P	A	U	M	T	C	I	N
U	D	T	T	F	M	C	O	I	P	I	I	T	U
V	O	I	O	A	R	L	W	L	N	C	A	G	F
H	O	I	C	E	U	O	I	M	O	X	L	E	E
S	R	M	M	R	A	C	O	N	L	E	E	R	V
C	F	M	R	A	P	M	H	D	L	G	V	I	A
I	U	C	W	A	T	E	R	O	N	S	E	F	H
S	N	O	H	E	C	C	O	C	G	I	N	P	G
U	U	A	T	U	O	P	L	O	N	I	T	M	U
M	D	A	H	G	O	M	O	V	I	E	S	A	O
T	R	A	V	E	L	I	N	G	T	E	I	C	I

EXCITING
 CAMPFIRE
 SUMMER CAMP
 INDOOR FUN
 OUTDOOR FUN
 HAVE FUN
 MOVIES
 POOL
 HOT
 VACATION
 COOL
 SPECIAL EVENTS
 MUSIC
 CAMPING
 WATER
 TRAVELING

Play this puzzle online at : <https://thewordsearch.com/puzzle/5691857/>

Kamloops Hearing Aid Centre

Canadian. Hearing. Excellence.

Jan & Blaine Alexandre RHIP

jan@kamloopshearingaidcentre.ca

blaine@kamloopshearingaidcentre.ca

414 Arrowstone Drive Kamloops, BC

250.372.3090
1.877.718.2211

BIG
Little
SCIENCE CENTRE
Explore | Discover | Learn

Interactive Science:

TRY the many fun science activities.
Open Tuesday to Saturday, 9:30 to 5:00

BIG Little Science Centre: For ages 2 and up.
 Memberships available: they include free entry to Science World!
 Accessible. 458 Seymour Street, Kamloops.
 250-554-2572 BLSCS.org

Getting a Good Night's Sleep

By Ben

Sleep is important because it helps with your health and wellbeing. If you don't get the right sleep, you can't function properly. According to the National Sleep Foundation, the amount of sleep you need depends on your age. For babies, they need a lot of sleep each day (11-19 hours!), but seniors may only need 5-9 hours.

If you are struggling to get a good sleep, here is some information that you might find helpful.

Taken from:

[Sleeping Better | HealthLink BC](#)

Sleep is important for your physical and emotional health. Sleep can help you stay healthy by keeping your immune system strong. Getting enough sleep can help your mood and make you feel less stressed.

But we all have trouble sleeping sometimes. This can be for many reasons. You may have trouble sleeping because of [depression](#), [insomnia](#), or [fatigue](#). If you feel anxious or have [post-traumatic stress disorder \(PTSD\)](#), you may also have trouble falling or staying asleep.

Whatever the cause, there are things you can do.

Your sleeping area

Your sleeping area and what you do during the day can affect how well you sleep. Too much noise, light, or activity in your bedroom can make sleeping harder. Creating a quiet, comfortable sleeping area can help. Here are some things you can do to sleep better.

Use your bedroom only for sleeping and sex.

Move the TV and radio out of your bedroom.

Try not to use your computer, smartphone, or tablet to compute, text, or use the Internet while you are in bed.

Keep your bedroom quiet, dark, and cool. Use curtains or blinds to block out light. Consider using soothing music or a "white noise" machine to block out noise.

Your evening and bedtime routine

Having an evening routine and a set bedtime will help your body get used to a sleeping schedule. You may want to ask others in your household to help you with your routine.

Try to not use technology devices such as smartphones, computers, or tablets during the hours before bedtime. The light from these devices and the emotions that can result from checking email or social media sites can make it harder to unwind and fall asleep.

Create a relaxing bedtime routine. You might want to take a warm shower or bath, listen to soothing music, or drink a cup of non-caffeinated tea.

Go to bed at the same time every night. And get up at the same time every morning, even if you feel tired.

Use a sleep mask and earplugs if light and noise bother you.

If you can't sleep Imagine yourself in a peaceful, pleasant scene. Focus on the details and feelings of being in a place that is relaxing.

Get up and do a quiet or boring activity until you feel sleepy.

Don't drink any liquids after 6 p.m. if you wake up often because you have to go to the bathroom.

Your activities during the day

Your habits and activities can affect how well you sleep. Here are some tips.

Get regular exercise. Figure out what time of day works best for your sleep patterns.

Get outside during daylight hours. Spending time in sunlight helps to reset your body's sleep and wake cycles.

Limit caffeine (coffee, tea, caffeinated sodas) during the day. And don't have any for at least 4 to 6 hours before bedtime.

Don't drink alcohol before bedtime. Alcohol can cause you to wake up more often during the night.

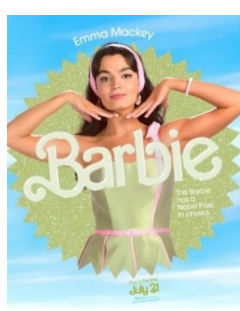
Don't smoke or use tobacco, especially in the evening. Nicotine can keep you awake.

Don't take naps during the day, especially close to bedtime.

Don't take medicine that may keep you awake, or make you feel hyper or energized, right before bed. Your doctor can tell you if your medicine may do this and if you can take it earlier in the day.

If you can't sleep because you are in great pain or have an injury, or you often feel anxious at night, or you often have bad dreams or nightmares, talk with your doctor.





'Barbie' Movie Releases Posters for Every Character of Its Star-Studded Cast

By Margherita Cole on April 6, 2023 Taken from: <https://mymodernmet.com/barbie-movie-posters-cast/>

Summer is on the horizon. In addition to sunny weather and pool parties, there's another event to look forward to: Greta Gerwig's *Barbie* movie. After years in the making, this colorful film will be hitting movie theaters and dazzling audiences with the vibrant world inspired by the classic *Barbie* doll. While many may already know that Margot Robbie will play the titular role, there are several other big names gracing the screen in this film. A series of newly released playful posters shines a light on what people can expect from the varied cast come July 2023.

In the movie, Barbie lives in the candy-colored Barbie Land, which is inhabited by other Barbies with a range of different professions. These posters reveal what some of these occupations are. For instance, Emma Mackey's Barbie "has a Nobel Prize in physics," Issa Rae's Barbie is president, and Hari Nef's Barbie is a doctor. In contrast to the impressive resumes of the Barbies are the playful descriptions of all the Ken actors, which feature some variation of "He's just Ken." Ryan Gosling, Simu Liu, and Kingsley Ben-Adir are just a few of the Kens that we'll see in the film.

Although the details of the Barbie movie plot are still being kept a secret, we do know that Barbie (Margot Robbie) will be expelled from Barbie Land, forcing her to travel to the real world with her boyfriend, Ken (Ryan Gosling). Now, we also have some images of the human characters that they will meet, played by America Ferrera and Ariana Greenblatt. Hopefully, as summer approaches, there will be more sneak peaks of the whimsical movie.

If you want to see what you would look like as a Barbie, the movie has released a selfie generator that will transform your photo in the style of the official Barbie movie posters. You can check that out [here](#).

[Barbie Selfie Generator](#)

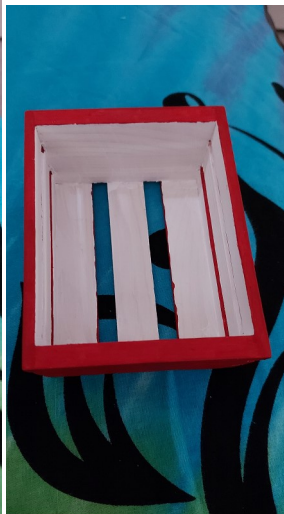
The *Barbie* movie will be released in theaters on July 21, 2023.



Tami's July Craft

Here is a wonderful craft for Canada day. You will need a wood crate from the dollar store, red and white paint. You can always change the colours for a different theme.

Have fun creating this delightful craft. I know I did. It was relaxing.



Riverside Park Grand Opening Celebration



Taken from: <https://www.kamloops.ca/our-community/news-events/city-stories/riverside-park-grand-opening-celebration>

May 25, 2023

Hundreds of parkgoers, young and old, descended on Riverside Park on Saturday, May 20 to celebrate the grand opening of the highly anticipated improvements to one of the City's most-cherished parks.

Children of all ages and abilities enjoyed the various new structures that make up the brand-new inclusive playground and accessible water park, as part of a revitalization project over a year in the making.

The smell of mini donuts filled the air as Uncle Chris the Clown delighted children with his goofy antics, the Kamloops Rube Band regaled the crowd with their classic tunes, and families gathered in all corners of the park to watch the ribbon-cutting and participate in the special occasion.

MC Jason Foui of local radio station 98.3 CIFM also teased that more information will be forthcoming this year about Council's unanimous decision to fund an outdoor skating facility to be housed near the water park.

Special thanks to Mayor and Council, representatives from Tk'emlúps te Secwépemc and People in Motion, the Kamloops Ambassador Society, and many other community partners for their efforts in making the event a success.

Click [here](#) for more information on the park. Water Park hours are 10:00 am to 9:00 pm daily.



Summer Safety Tips

By Andrew

1. Sunscreen
2. Staying in the shade
3. Drink Lots of Water
4. Summer Clothing (e.g. Shorts, Tank tops, Hats, Sunglasses)
5. First Aid Kit

Summer Quotes

"It's a smile, it's a kiss, it's a sip of wine ... It's summertime!"

— Kenny Chesney

"Summertime is always the best of what might be." — Charles Bowden

"Summer is the annual permission slip to be lazy. To do nothing and have it count for something. To lie in the grass and count the stars. To sit on a branch and study the clouds." — Regina Brett

"Everything good, everything magical happens between the months of June and August." — Jenny Han

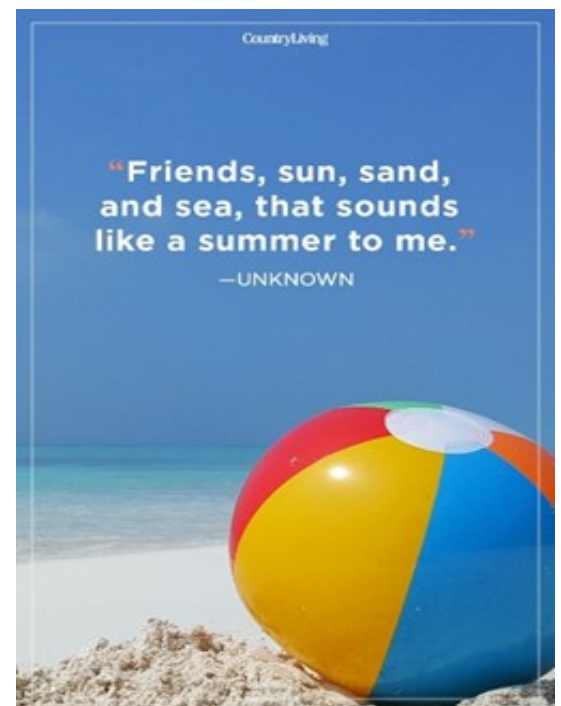
"Summer is singing with joy, and the beaches are inviting you with dancing waves." — Debasish Mridha

"A vacation is having nothing to do and all day to do it in."

— Robert Orben

"Rejoice as summer should...chase away sorrows by living."

— Melissa Marr





Tradin' Up For A Truck

By Krystian

Meet Anita Hamilton, a country singer based here in Kamloops, BC. Krystian connected with Anita recently and this is what she shared with him.

What do you like and enjoy about country music?

I enjoy the storytelling aspect of Country Music the most. As country music songwriters, we can tell stories about every part of our lives. The adventures, the good times, the hard times, love, loss, adventure, heartbreak, hard work, beer drinking, and everything in between. It's rare in music to experience a genre that discusses many different topics. It's exciting to get to connect with audiences and take them on a journey through different emotions as one song

rolls into the next.

What do you like about the Kamloops Buskers Fest?

I like that people can come to the Kamloops Buskers Fest and experience such a diversity of artists and other talents. It's a unique and exciting opportunity to have a family-friendly event of this kind in Kamloops.

Why did you want to take part in Kamloops Buskers Fest?

I want to take part in the Kamloops Buskers Fest as an opportunity to engage locally with my fans. Living in Kamloops, hometown shows are always so much fun! Connecting with friends, family, and neighbors in the audience is one of my favourite parts of performing. I am looking forward to the warmth and support from the Kamloops crowd!

What time will you be at the Kamloops Buskers Fest and what stage will you be on?

The schedule is not released yet, so I don't know this information. Please keep an eye on the Kamloops Buskers Festival website for the upcoming schedule.

What do people enjoy about your music?

People enjoy the unique melodies, relatability, and variety that my music brings. I have a deep and unique voice for a female country artist, which fans recognize and love! Writing in a way that people can sing along to and feel as though they are a part of the stories I am telling is something that feels specifically special about my music. We are all everyday people with shared experiences, and I love building a community that values that.

How did you come up with Tradin' Up For A Truck and what does this song mean to you?

Tradin' Up For a Truck was written about the concept of saving up as much money as possible to buy your first truck. My producer Jeff Johnson and our co-writer Jimmy Thow had a great time working through the experiences and freedom that buying your first truck brings. We're thankful for all of the success that this debut single has had on streaming and social media. It's an exciting summer this year getting to play this one live for the first time at festivals and other events. We can't wait for you to hear it!

Having waited and saved up until I was 23 to buy my first Truck, the song Tradin' Up For a Truck means the world to me. The feelings of freedom, possibility, empowerment, and excitement that came along with buying my first truck are all wrapped up in this song for me. Every time I perform it, I think back to the adrenaline rush that happened the first time I got to drive my 2015 F150. Getting your first car is an exciting moment in any teenager's life, but getting your first truck is something entirely different. It's life changing.

How can people find you online?

People can find my music online on Spotify, Apple Music, Amazon Music, and more.

People can find me on Instagram and Tiktok @anitakhamilton



Special Day
July 1st Canada Day





Kindness and Compassion Interview with Ryan Rudichuk

by Lisa Coriale

As self advocates, we teach those around us how to look at life from our perspective. Kindness and compassion change our interactions from strained, stressful, unpleasant, and hurtful to easy, healthy, peaceful, and joyful. There are many simple ways to express and offer kindness and compassion each day. This feature shows us how many different individuals use kindness and compassion to improve their daily lives and the lives of those around them.

Please tell me about yourself.

My name is Ryan. I am 48 years old and I was born and raised in Kamloops. I have been married for 20 years, and together with my wife, have one daughter who is turning 10 this year. I love to travel with my family. My wife and I have travelled to many countries around the world and continue to do so with our daughter. We also love to ski as a family. A few of my other interests are biking, hiking and cooking.

What do you do for a living?

I am a service department manager for a privately owned Toyota dealership and have worked there for 16 years.

What does kindness and compassion mean to you?

To me, kindness and compassion mean showing and giving care to anyone in need of something I have but that they might not. This could simply be showing patience, sharing a smile or taking the time to listen to someone who needs it. Or giving material things to help others.

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

It's important to show kindness and compassion because it helps to lift the heavy weight off of others' lives when they may be struggling, suffering or experiencing great loneliness. I have also been on the receiving end of the kindness and compassion of others and know the great impact and lasting positive effects it has made in my own life.

How do you show kindness and compassion to others?

One example of how I try to show kindness and compassion in the workplace is to make myself available to support my staff in times when they may be facing work and/or personal life struggles. Often just a compassionate listening ear creates a more supportive work environment.

How can people show compassion when they are in community?

We can show compassion when we are in community by taking action to give, help or support others in need, rather than turning a blind eye.

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

We can show kindness and compassion to people with diverse abilities in many of the same ways. When we treat everyone with the same approach, conversation, tone and care we create an inclusive environment for all.

Being kind to ourselves improves our mental health. In what ways are you kind to yourself?

At times we all struggle with our mental health. I find that getting into nature, exercising, being with my family and being thankful for what I have is how to best care for myself and show kindness to myself.

People sometimes have negative views and/or attitudes towards people with diverse abilities. What do you do, or can you do, to increase kindness and compassion for those who are diversely abled?

For me, choosing just to be myself and making those with diverse abilities feel as included, comfortable and cared for as anyone else is important.



Sushi Royal Tokyo

By Riley

I went to a great place to eat yesterday. It was called Sushi Royal Tokyo. The people that work there are the kindest people. They make you feel like you want to come back again.

My favorite meal to have there was the sokai salmon nigiri. It was raw or smoked fish on top of mini rice cups. I had two of them and they are healthy.

I give the Royal Tokyo 10 stars for the greetings.

Disability Representation in Media

Lack of representation has significant repercussions.

By Sarah Park

Apr 11

Taken from <https://thedisabilitydiva.medium.com/disability-representation-in-media-2ef6461578f4>

I was working on a sales page earlier today; for an upcoming workshop, I am delivering on disability inclusion. It got me thinking about; how disability inclusion is often underrepresented in media, marketing, and other forms of representation.

It's not my first time considering or writing about the issue, and what prompted this was looking at photos to find disability represented in pictures. It became evident that disability was being defined much less positively than other oppressed groups.



Here are a few possible reasons why:

1.Lack of understanding: Many people do not clearly understand what disability is and how it affects individuals. It can lead to misunderstandings and stereotypes perpetuating negative attitudes towards people with disabilities, leading to a lack of knowledge about accurately representing people with disabilities in media and other forms of representation.

2.Stigma: There is still much stigma attached to disability, making people uncomfortable talking about it or portraying it positively. This stigma can lead to people with disabilities being excluded from mainstream media and representation.

3.Access barriers: People with disabilities may face additional barriers to participating in media and other forms of representation, such as physical access barriers or a lack of accommodations for their needs; which make it difficult for people with disabilities to have their voices heard and stories told.

4.Intersectionality: Disability intersects with other forms of diversity, such as race, gender, and sexuality. People with disabilities who belong to other marginalised groups may face even more significant barriers to representation and may be even more underrepresented than others.

Disability in the Media — The statistics

There is a significant lack of comprehensive data on the representation of people with disabilities in media compared to other minority groups. However, a few studies and reports provide some insight:

According to a 2020 report by the Ruderman Family Foundation, only 22% of television characters with disabilities were portrayed by actors with disabilities, highlighting a lack of authentic representation of people with disabilities in the media.

The same report found that only 2.3% of speaking characters in films were portrayed with disabilities, significantly lower than the representation of other minority groups, such as LGBTQ+ characters, who made up 10.2% of speaking characters in films.

A 2018 USC Annenberg Inclusion Initiative report found that out of the 100 top-grossing films of 2017, only 2.5% of characters had a disability, a lower percentage than the representation of other underrepresented groups, such as women, people of colour, and LGBTQ+ characters.

According to a 2019 report by GLAAD, LGBTQ+ representation in television has reached an all-time high, with 10.2% of regular characters identifying as LGBTQ+, significantly higher than the representation of people with disabilities in television (which is still not enough on both sides).

I want to clarify in sharing these statistics that I am not saying that other minority groups are less important or don't deserve improved representation in the media but that disability rights should be as crucial as other minority oppressed groups.

So what is disability oppression?

Disability oppression is the systemic and institutionalised discrimination and marginalisation of people with disabilities. It is a form of social injustice that arises from a history of unequal power relations between people with and without disabilities, and a range of social, cultural, and economic factors perpetuates it.

Disability oppression can take many forms, including physical barriers that limit access to public spaces and services, negative attitudes and stereotypes that stigmatise people with disabilities, and discriminatory policies and practices that exclude them from employment, education, and other aspects of society.

Continued on next page

Disability Representation in the Media, continued

Examples of disability oppression can include:

- inaccessible buildings and transportation systems
- lack of accommodations and support services
- employment discrimination
- limited access to healthcare and education.

These barriers can limit the ability of people with disabilities to participate in society fully, contribute to their isolation and marginalisation, and perpetuate negative stereotypes and stigmas.

How to promote greater inclusion

It is essential to recognise and challenge disability oppression to promote greater inclusion, accessibility, and equality for people with disabilities. Promoting greater inclusion can involve:

Advocate for policy changes.

Raise awareness about the experiences and contributions of people with disabilities.

Work to eliminate physical, social, and economic barriers that limit their full participation in society.

Disability oppression is just as crucial as the oppression faced by other marginalised communities, such as the LGBTQ+ community and Black communities.

All forms of oppression are damaging and contribute to systemic inequalities, and it is essential to address them to create a more just and equitable society.

People with disabilities face significant barriers to full participation in society, including discrimination in employment, education, housing, and access to public services. They also experience negative stereotypes and stigmas that can lead to social isolation and marginalisation.

Moreover, people with disabilities often face intersecting forms of oppression and marginalisation, such as those based on race, ethnicity, gender, sexual orientation, or socioeconomic status.

These multiple oppressions can compound one another and further limit their opportunities and life chances.

I have always found that disability inclusion and awareness feel like a poor relation when looking at how we are presented in all areas of the media.

How under-representation can be harmful.

These statistics suggest that people with disabilities are significantly underrepresented in the media compared to other minority groups. There is a clear need for a more authentic and diverse representation of people with disabilities to promote inclusion and combat stereotypes and stigmas.

Not feeling represented in the media and other forms of representation can significantly affect individuals and communities. Here are a few examples:

Marginalisation: When people with disabilities are not represented in media and other forms of representation, it can contribute to their marginalisation and exclusion from society leading to feelings of isolation and can contribute to negative stereotypes and stigmas.

Undermined Self-Esteem: When people do not see themselves represented in media, it can damage their self-esteem and sense of self-worth. It can also lead to feelings of inadequacy and a lack of confidence in one's abilities and worth.

Invisibility: The lack of representation can make people feel invisible or overlooked as if their experiences and identities do not matter. It can be particularly damaging for people with disabilities who may already feel invisible or ignored in society.

Stereotyping: When people with disabilities are not represented in media, it can contribute to negative stereotypes and misunderstandings about their experiences and abilities. It can lead to discrimination and exclusion in various aspects of life, such as employment, education, and social activities.

Conclusion:

The lack of representation of people with disabilities in media and other forms of expression can significantly affect individuals and communities.

Promoting authentic and diverse representation is crucial to combat stigma, promoting inclusion, and ensuring everyone feel valued and represented.

So, if you have been nodding along, agreeing with what I have said, or shocked at some of the information I have shared.

It is time to start the conversation and educate yourselves on being more inclusive in business and society.



INTERNATIONAL SELF CARE DAY – July 24, 2023

Taken from: <https://nationaltoday.com/international-self-care-day/>

International Self-Care Day is celebrated on July 24. It stresses the importance of self-care as the cornerstone of wellness. On this day, individuals throughout the world are encouraged to make self-care a part of their everyday routines and turn it into a priority. It is a milestone, and an opportunity to raise further awareness of the benefits of effective self-management of health.

Self-care has become incredibly important as people realize the need to take care of themselves and put themselves first. This has made people talk about it and increased the interest of others to take control of their health and wellness by prioritizing themselves. Today, we urge you to practice self-care, even if all you do is take a walk.

HISTORY OF INTERNATIONAL SELF CARE DAY

Self-care is a crucial cornerstone of health, and International Self-Care Day was established by the International Self-Care Foundation in 2011 to raise awareness about it. The celebration of International Self-Care Day on July 24 emphasizes the advantages of self-care that can be felt at any time of day or night, seven days a week, regardless of the season. The benefits of self-care, to put it another way, last a lifetime and are not limited to a single day. The International Self-Care Day simply provides a wonderful focus and a chance to publicize or reflect on self-care programs in action.

Revolving around a yearly theme, International Self-Care Day serves as a focal point and an opportunity to increase awareness of healthy living self-care programs all over the world. The concept of self-care has been around for a while, but it has recently received a lot of attention because of its emphasis on wellness. This can include anything from following a healthy diet and exercising proper cleanliness to developing disease-prevention strategies in one's daily routine.

Significant progress has been achieved in the availability and accessibility of novel self-care interventions, and the self-care movement continues to rise. A wide range of health issues, from mental health to therapy for chronic diseases, can now be self-administered thanks to new approaches and technological breakthroughs.

INTERNATIONAL SELF CARE DAY ACTIVITIES

1. Write a List

Compose a list of all the ways you can continue to provide self-care for the rest of the year. Ways you can prioritize self-care include reading a good book, having a regular sleep pattern, paying your bills on time, and so on.

2. Stress less

Stress can take a toll on your health, and when we are aware of our stress, we get even more stressed. You can drink tea, take a walk, or journal to relieve stress, and take care of yourself.

3. Meditate

Spending just a few minutes quieting your mind through meditation will go a long way. Meditation has been shown to improve quality of life, so today is a good day to practice it or get into it if you have always wanted to but haven't found the time yet.

5 INTERESTING FACTS ABOUT SELF-CARE

1. Perform at your best

Self-care helps you perform at your best and have a higher quality of life.

2. Maintains self-esteem and self-confidence

When you prioritize self-care it helps to boost your self-esteem and self-confidence.

3. It teaches resilience

When we take care of ourselves, we can handle challenges better, which is important for maintaining resilience.

4. Self-care can be done in minutes

Self-care does not need to take a long time, it can be as simple as taking a bath or picking up a new creative outlet.

5. Self-care gives energy

Self-care reduces stress and has several benefits, including increased energy, better sleep, and increases clarity.

WHY WE LOVE INTERNATIONAL SELF CARE DAY

It lessens anxiety and depression symptoms.

Anxiety and depression symptoms can be lessened by self-love. Self-compassionate people have a lower risk of getting anxiety or being depressed according to studies. Self-love can also free you from the feeling that mental illness is somewhat your responsibility.

It helps to achieve your goals.

To reach your goals, you need to love yourself. As a result of self-love, you learn to prioritize your dreams. Having a strong sense of self-worth gives you the energy, resilience, productivity, and self-assurance you need to accomplish your goals.

It raises confidence.

When you're constantly berating yourself, it's hard to have a sense of self-assurance. Negative self-talk can lead to both low self-esteem and lack of confidence. Self-love allows you to be kind to yourself when you're feeling down, resulting in a rise in your self-confidence.

