



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

AUG 2023

Welcome to our August newsletter! We hope you're having a great summer and enjoying the sunny weather. As the summer season continues, we have some exciting articles and interviews for you.

As you look through the newsletter, you can find out about fun events, like Hot Nite in the City and Kamloops Rib Fest. There are also some great country music interviews.

Summer is a great time for traveling. Lots of people may have gone to the Calgary Stampede. For anyone who missed it, we have an article to get you into the cowboy spirit - Yeehaw!

We are also looking ahead to September, which marks the 10th anniversary of our newsletter. We're planning a spectacular party to celebrate this special milestone. Look inside for more information. The party will be inclusive and a great event for everyone. You won't want to miss it!

We hope you enjoy the rest of the summer season, spending time with family and friends. This is a great time for adventures and trying new activities. We'd love to hear what you are doing. Why not send us an email or letter?

Watch out for our exciting September newsletter, which will highlight the 10th anniversary of our business and our commitment to supporting individuals with diverse abilities. We aim to provide resources, education, and enjoyable experiences for people in the community. Stay tuned for this special edition of 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





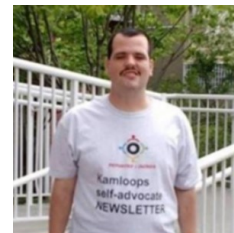
The KSA has created a program to recognize and promote local businesses that are accessible and supportive of all members of the community. The businesses listed here are friendly, accessible, and great to deal with.

Ability Friendly Accessible Business Program

Horizon Dental Clinic
5 Bean Brewbar & Café
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

In this month's newsletter we have decided to interview someone named Jules about his cookbook, which has a disability focus. We have 2 country music interviews, one with Presley and another one with Amanda Kind. There is also an interview with a children's book author named Nicole, about her 11-year-old daughter; the book is all about teaching children to understand disabilities at a young age. There is also an article on the Calgary Stampede that I went to with my family in July.



This month, let's celebrate inclusion, promote more disability awareness, and focus on what we can do, not what we can't do, for example cooking in the kitchen.

It's almost September, the newsletter will turn a decade old. The newsletter is important because it shares resources, provides education, and has fun information for people to read about. There are lots of articles on disability awareness, which helps lessen stigma and discrimination and helps educate society on looking at our abilities rather than disabilities.

The KSA newsletter is having a party on September 21st at 5 to 7 pm at Frick and Frack that people are invited too. Make sure to RSVP by September 6th. You need to buy your own dinner, but cake will be provided. It's awesome that we have lots of advertisers and people who are a part of the Ability Friendly Accessible Business Certificate program now. It's important to learn about people with lived experience, because it helps reduce stigma and discrimination.



Dutch Butterscotch Haystacks

Servings: 4

Ingredients

- 1 cup of butterscotch chips
- 1/2 cup of peanut butter
- 1/2 cup of salted peanuts
- 2 cups of crushed Old Dutch Lightly Salted Rip-L chips

Preparation

1. Melt butterscotch chips in double boiler or microwave safe bowl.
2. Mix with peanut butter.
3. Stir in chopped peanuts and crushed chips.
4. Drop onto a tray lined with wax paper and cool until set.

Taken from <https://www.olddutchfoods.ca/recipes/view/54>

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



Hot Nite in the City

Presented By: Hot Nite in the City

Dates: 8/11/2023, 8/12/2023

Location: Downtown Kamloops

Address: Victoria Street, Kamloops, BC

Time: TBA

For twenty-eight years, Hot Nite in the City has created a downtown attraction for car enthusiasts. Join them on August 11th and 12th in Downtown Kamloops

Taken from <https://www.tourismkamloops.com/event/hot-nite-in-the-city/14270/>



Buddy Up For Friendship

By Krystian

Meet Tony, a local self-advocate who has started a group to help people make new friends.

How did you come up with this group and what is your group about?

It all started when I was watching t.v. a long time ago and saw a commercial about a program for people to connect and make friendships. I thought it was a great idea and wanted to see something like that here in Kamloops. With Covid, I was so isolated and had no connections. I remembered the commercial and decided it was time to make it happen. I wanted a safe place for people to meet, have fun, and make friends. It is a simple idea, but it can be hard for people to take that first step to go someplace new and meet with strangers. This is a safe way to start connecting.

What do you enjoy about this group and what do you think others will enjoy?

We are creating chances for people to meet and have fun. There are good conversations and it is a chance to try new activities. It might be a chance for people to go to new places in town. There are lots of opportunity to have fun around Kamloops. It is about just getting out and trying new things with friends. We want people to feel good and have fun.

What kind of activities do you do? What makes your group interesting and fun?

Some of the activities we have already done include: mini-golf, games at All Aboard Games, Music in the Park. Some of the other things we have planned include: swimming at TCC, going to the movies, picnic and games at the park. We want group members to help us come up with different ideas and activities that they think would be fun or interesting.

What should self advocates know about spending time with friends in your group?

We want people to have fun and to be safe. It is really important to get to know someone before you start sharing too much personal information. When we can meet in public spaces and in groups, it helps keep us safe.

What makes your group stand out in the community of Kamloops?

This group has been created by self-advocates and it is for self-advocates. We get to decide how it is going to run and how we can support each other to have fun and be in safe relationships.

Why is it important to spend time with friends?

I think I feel better about myself. Being with friends is important for my physical health and mental well-being. I feel more out-going and happy. Having friends helps to build confidence. This group is a chance for people to open-up, get out into the community, and to grow their friendships.

What should support workers know about this group?

Support workers can be part of the activities as they support their clients. The events are open to everyone and if a self-advocate needs support to get their, we don't want there to be any barriers. If people are planning to come to the events, we do want them to contact the group so we can plan for the sessions.

What makes the group inclusive?

It is open and we want it to be safe and inclusive for everyone. We also try to plan activities that are accessible. They are usually close to a bus route and we try to think about if people might have mobility issues.

If anyone would like more information, please contact Tony at: buddyup4friends@gmail.com

Exceptional Needs

By Krystian

Check out my latest article in Issue 13 published in *Exceptional Needs Today*. To subscribe for FREE, go to exceptionalneedstoday.com. The digital, bi-monthly publication focuses on educating and energizing families, caregivers, educators, and professionals while preparing a healthy path for tomorrow. Subscribers are provided with access to the latest news/research, expert guidance, and therapies, as well as information on unique books and products.

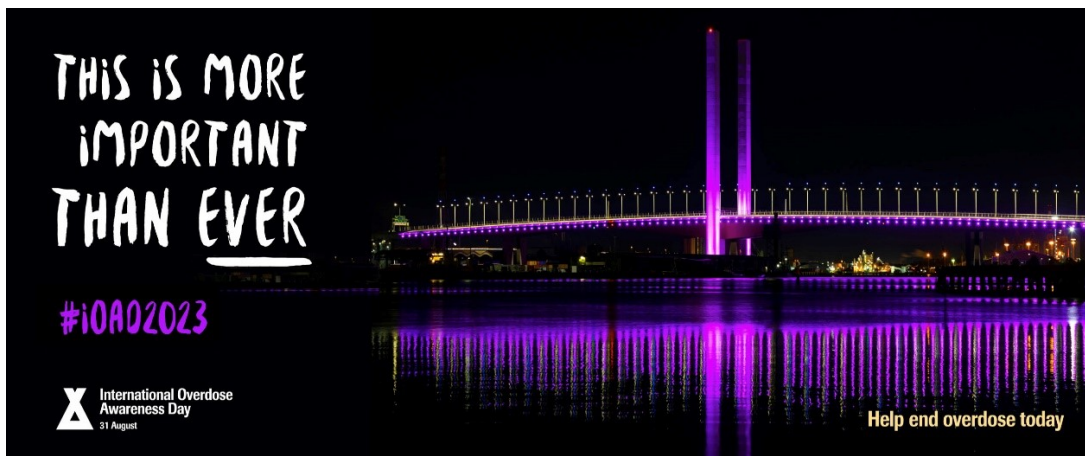
Exceptional Needs Today aims to serve all individuals in need of special services to include autism, blindness or visual impairment, cerebral palsy, deafness or hearing impairment, developmental delay, Down syndrome, gifted/talented, health concerns, mental health, intellectual disability, learning disabilities, orthopedic impairment, speech or language impairment, and traumatic brain injury.

Google link to Krystian Shaw article:

https://drive.google.com/file/d/1KRIJ_xmhOaFeASWai0NCDNMz2dXnm6ka/view?usp=sharing

Website: <http://exceptionalneedstoday.com/>





International Overdose Awareness Day: 31st August

Taken from <https://www.overdoseday.com/>

IOAD 2023 theme: Recognizing those people who go unseen

Overdose touches people and communities in many ways.

With our theme for 2023, “Recognizing those people who go unseen,” we honor the people whose lives have been altered by overdose. They are the family and friends grieving the loss of a loved one; workers in healthcare and support services extending strength and compassion; or spontaneous first responders who selflessly assume the role of lifesaver.

We would like to say to these people: #weseeyou. Theirs are the voices we should amplify, and their strength and experience should be held up as examples to us all. Too often, however, they are left to bear the burden of this crisis alone and in silence.

This year on August 31, let’s acknowledge and support the people in our communities who go unrecognized by raising awareness of the hidden impacts of overdose, promoting education of overdose response, and reaching out to politicians to make lasting, lifesaving policy changes.

It’s time to act. Who are the people in your community affected by overdose that you would like to recognize this IOAD?



Hiking

Hi it’s Riley here. I’m just letting you know it’s great time to go hiking this summer. It’s beautiful outside and going hiking is great for exercise.

I’ve been hiking before and it is so enjoyable once you hike to the top of a hill or mountain. When you are at the top, you get an amazing view of the area. The hills in Shuswap were one of the first places I hiked. I also enjoyed Kenna Cartwright and would recommend that spot.

It is important to remember some safety tips. Wear the right kind of shoes & clothes, take water and maybe a snack, and make sure you tell someone your plan for where and when you will be hiking. It also has to be right type of weather, not too hot and not too cold. Get out there and enjoy it!



Blazers Report

By Andrew

(2023-24 Pre-Season Season)

The 2023-24 Preseason begins with the Kamloops Blazer Playing 4 games. Starting it all off against the Kelowna Rockets at the Sandman Centre on Friday, September 8th and then again in Kelowna at Prospera Place. They will then face off against the Victoria Royals on the fallowing Friday, September 15. To finish off the pre-season they will head down to the Maple Ridge to face the Vancouver Giants at the Cam Neely Arena.

A Day of Fun and Inclusivity at the Calgary Stampede

By Krystian

I had the most fun time at the Calgary Stampede this July, an event that was filled with excitement and festivities. I was eager to experience everything this famous celebration had to offer.

On the first day of the Stampede, I joined the crowds lining the streets to witness the colorful parade. The atmosphere was electric as floats, marching bands, and

musical performers paraded through the city. The air was filled with laughter and cheers, and I couldn't help but feel the excitement building up inside me. Then we walked to the Stampede grounds about 20 minutes away. For the afternoon, we went to the Rodeo. There was a clown there entertaining the crowd too. I drank lots of lemonade to stay cool. The weather was hot during the day and cooled off at night. We were so tired the first day that we went back to the hotel early, and we all had a bath to relax our aching muscles.

On the second day, we looked around and shopped. I discovered that it was a special day dedicated to celebrating LGBTQ inclusion. This made me even more thrilled to be a part of the festivities. As I explored the grounds, I noticed the Stampede's commitment to inclusivity, as they had made sure to provide vegetarian food options for those with different dietary preferences. It was heartwarming to see everyone being embraced and included, regardless of their backgrounds. When the sun began to set, we made our way to the grandstand show. It was there that I saw a Las Vegas-style production starring Johnny Reid. The stage was filled with bright colorful lights and the music echoed through the air. The show was an explosion of fun and entertainment, and the fireworks lasted for 20 minutes and were amazing.

Throughout my time at the Stampede, I couldn't help but feel grateful for the opportunity to be a part of such a wonderful event with my family. I love spending time with them. The Calgary Stampede was not just about cowboys and rodeo; it was a place where people from all walks of life came together to celebrate and have a great time. It showed the importance of embracing diversity and creating a welcoming space for everyone.

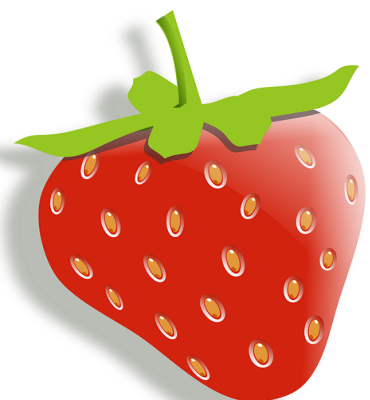
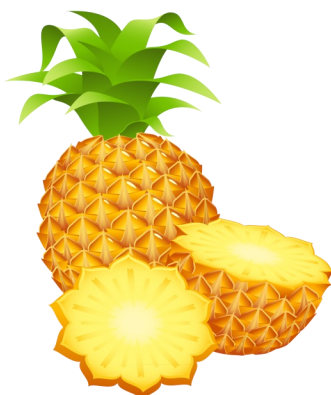
Leaving the Calgary Stampede, I will forever remember the cherished memories of joy, laughter, and inclusivity I felt when there. The experience had a profound impact on me, as I witnessed how others celebrate our differences. I am truly grateful for having been a part of this remarkable event and will always cherish the moments I spent there.



Ahsoka is an upcoming American limited series developed by Jon Favreau and Dave Filoni for Disney+. It is part of the Star Wars franchise and a spin-off from the series The Mandalorian, taking place in the same timeframe as that series and its other interconnected spin-offs after the events of Return of the Jedi (1983), while also serving as a continuation to the animated series Star Wars Rebels. The series follows Ahsoka Tano as she investigates an emerging threat to the galaxy following the fall of the Empire.

Ahsoka is set to be released on Disney+ on August 23, 2023, and will consist of eight episodes.

Taken from [https://en.wikipedia.org/wiki/Ahsoka_\(TV_series\)](https://en.wikipedia.org/wiki/Ahsoka_(TV_series))





Summer Holidays



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

August
barbecue
beach
biking
bonfires
books
camping

canoeing
cottage
family
friends
games
hammock
hiking

holidays
ice cream
July
lake
lemonade
memories
picnics

pool
popsicles
puzzles
reading
relax
road trips
sports

sprinkler
strawberries
summer camp
swimming
traveling
vacation
watermelon

Tree Valley Academy

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



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

Province launches new initiative to protect people during extreme heat emergencies.

Taken from <https://news.gov.bc.ca/releases/2023HLTH0095-001044?fbclid=IwAR0GPnQWeUKX6Z2m9IHly83xJOepo2clbztXr5O7RbdHpajeN6PXKFtF3Eo>

People in B.C., especially those most at risk of health impacts from extreme heat emergencies, will be better protected as the province expands access to air conditioners for people who are medically vulnerable and have low incomes.

This builds on B.C.'s work to strengthen heat response and health emergency supports throughout British Columbia.

“We know extreme heat emergencies can cause significant health challenges for vulnerable people and that’s why we’ve taken steps so B.C. and our health-care system are better prepared,” said Adrian Dix, Minister of Health. “We’re ensuring more people have the tools and supports they need to stay safe during extraordinary heat events. As well, we’re making record investments to our ambulance services and team-based primary care to strengthen our health system.”

The Province is providing \$10 million for BC Hydro to expand its Energy Conservation Assistance Program to include free, publicly funded portable air conditioners (AC), meaning more people who are the most vulnerable during extreme heat emergencies will have access to more cooling options to stay safe.

Because of this investment, B.C. Hydro expects to install 8,000 air-conditioning units over the next three years for people who have low incomes and are medically vulnerable to heat.

“Many people in B.C. struggle with extreme heat and often have limited options available when it comes to cooling,” said Chris O’Riley, president and CEO, BC Hydro. “We are committed to providing assistance through new funding for free air-conditioning units for vulnerable and low-income customers as well as a new rebate offer for all residential customers.”

A wide range of actions are underway following engagement with vulnerable populations, emergency planners and other stakeholders to better understand ways to better protect people most at risk during extreme heat emergencies. Highlights include:

- investing \$369 million to the Community Emergency Preparedness Fund, which supports communities in mitigating and preparing for disasters and climate-related emergencies;
- providing more than \$52 million to support long-term care facilities to install or upgrade existing heating, ventilation, and air-conditioning (HVAC) systems;
- distributing an emergency inventory of cooling and clean air items to non-profit operators, through BC Housing; and
- connecting home and community care providers to people who are most at risk, such as through chronic disease registries.

“Extreme weather is now part of our reality because of climate change and it’s important that people, especially those most at risk from extreme heat, have the supports they need to stay safe,” said Dr. Bonnie Henry, provincial health officer. “Making cooling units more available, in addition to other services, will help people and families in B.C. be better protected during extreme heat emergencies.”

This announcement builds on extreme heat initiatives rolled out in 2022, including the launch of the BC Heat Alert and Response System (BC HARS). The Province also introduced the ability to issue broadcast-intrusive emergency alerts during extreme heat emergencies. These alerts will immediately and directly give people the information they need to protect themselves and their loved ones during extreme heat.

The Province also created the Extreme Heat Preparedness Guide, which helps people prepare their residences for extreme heat and provides advice about how to stay safe when temperatures rise. The guide is available in French, Punjabi, traditional Chinese and simplified Chinese and was created in partnership with the BC Centre for Disease Control.

“We know that some people are disproportionately affected by extreme temperatures,” said Bowinn Ma, Minister of Emergency Management and Climate Readiness. “That’s why we’re taking steps to ensure that our province’s most vulnerable people are protected. These proactive measures announced today enhance our capacity to support and care for people during extreme heat emergencies, further strengthening our resilience in the face of climate change.”

In addition, the Province continues to significantly invest in BC Emergency Health Services (BCEHS) by adding more paramedics and dispatchers, modernizing its equipment and improving its governance and oversight. Budget 2022 provided an additional \$148 million over three years to increase the number of paramedics and dispatchers, and Budget 2023 provides a further \$130 million over three years to increase the on-call rate for paramedics and expand ambulance coverage rates throughout B.C.





Rebel Spirit Woman's Empowerment Song with Amanda Kind

By Krystian

What is your name?

My name is Amanda Kind and I'm a singer-songwriter and vocal coach based in Kitchener-Waterloo, Ontario. I was born and raised in White Rock, British Columbia, so I'm very pleased to do this interview for your newsletter.

Why did you create the song called "Rebel Spirit"?

I wrote this song to inspire young girls to stay true to themselves. I read an article that presented significant findings that most girls' confidence and self-esteem plummet when they hit age 12. My nieces, Madeleine and Olivia, recently turned 12 and they're two of the most fearless people I know. With this song, I really wanted to encourage them and all girls their age to hold onto their confidence and to always tap into their inner "Rebel Spirit."

How did you come up with "Rebel Spirit"?

The song went through four different versions because my friend and fellow singer-songwriter Jessie T and I were really trying to get it right. I believe in empowering women and anyone who feels like they're boxed in or held back to stand up for themselves and fight for what they believe in. I'm a huge fan of the Fearless Girl statue in New York, which depicts a young girl defiantly facing the Wall Street Charging Bull statue. I have a canvas of it hanging in my studio and every day it reminds me to be brave. (That's why there's a line referencing it in the song.)

What genre of music do you do?

For the past few years, I've been really hitting my stride in the country music scene and love being a part of this supportive, talented community. My recent releases include the duet "We're Okay" with my friend and fellow Canadian country artist James Downham, the pop-influenced heartbreak anthem "Love Used to Live Here," and the ballad "Slow Dance," which peaked at #1 on SiriusXM's Top of the Country. I'm currently working on my first country EP, "The Good Fight," which is slated to be released in October. In the past, I have also released pop music, and I'm classically trained in opera and musical theatre.

What do you enjoy about singing music?

For me, music is a form of self-expression and emotional release. Both listening to and creating music do that for me. I process experiences through music, and I feel a sense of euphoria and calm when I sing. I also hope that anyone listening to my music will feel the same emotions and experiences as I do, and that they can find their own source of healing or self-expression through my songs.

How did you get into the entertainment business?

I was pretty shy as a kid, but always loved singing. My mom was a piano player and my whole family on her side is pretty musical. There were always many kinds of music playing in our house. I listened to everything from hymns, jazz, musical theatre, and classical music, to pop, rock, and country growing up. I've sung in a bunch of different genres over the years and written music in a variety of styles. I love country music because it's so story oriented. I've known since I was a kid that I was going to have some kind of a career in music. My journey has been a bit of a winding road, but I'm thrilled to finally be releasing music and playing for audiences.

What is your favourite part of being a singer and songwriter?

Processing my feelings through music is my favourite part of writing and singing. Music is a healer for me—both writing my own songs and singing songs by other artists that I connect with. Whenever I have a bad day, I put on "Always Be My Baby" by Mariah Carey and it makes me feel better. Anytime I hear "9 to 5" by Dolly Parton I always feel uplifted. Songs are so powerful. I love the way they can express feelings or situations in a way that almost nothing else can.

What goes into releasing music videos?

The "Slow Dance" video was special because I was nervous about being in it personally. As a plus size artist, I'm very conscious about the fact that my size is often considered a negative reflection of me. I originally thought about having someone else act out the song while I just sang to the camera. Eventually, I realized that it was really important for me to be in the video as the leading character because everyone is deserving of love at any size. It was important to me to act out a romantic story where the leading players were not necessarily what you would expect in a standard romantic comedy.

continued on next page

Rebel Spirit, continued

I was very lucky to work with Patrick Stiles who is a good friend of mine. We had a blast re-creating all sorts of cheesy scenes from famous movies with AJ Astle and the Roadhouse Productions crew. It turned into our own mini romantic comedy. I laugh out loud when I watch it ... so much cheesiness! Lots of people have reached out to me to say that it's refreshing to see a plus size body type represented in this context. Even though it was a bit nerve-racking, I'm so glad I did it. You can watch the video here: <https://youtu.be/jrtBOnW9iX4>.



I see you are on YouTube. What do you enjoy about YouTube as a singer and songwriter?

YouTube is incredibly helpful for emerging, independent artists. Due to its large user base, it allows me to share my music with a global audience while reaching, engaging with, and growing my existing fanbase and community. It also provides a platform for me to showcase my music through engaging, visual storytelling with affordable online distribution. I highly recommend other singer-songwriters to use YouTube to their advantage.

What do you enjoy about your career?

I love the variety in my career. Every day is a little bit different. Some weeks I'm doing a lot of teaching and coaching clients, and some weeks I'm playing gigs and writing songs. I've been really fortunate to make a full-time living being an artist. I have a lot of gratitude for the life I'm living. One of my favourite things is when people tell me that one of my songs spoke to them in a very personal way. That's always really special and makes me extra thankful for my musical life.

What else would you like to add?

Stay tuned because there's more new music coming soon. I have two more singles that I plan to release this year and my EP, "The Good Fight," slated to come out in October. The outpouring of support for "Rebel Spirit" and the rest of my songs within my community and beyond has been incredible and I'm truly grateful. Thank you for interviewing me for your newsletter.

How can people find you online?

You can keep up with me and my music on Instagram, Facebook, and YouTube, and on my website at www.amandakind.com.



Ben's TV Recommendation

M*A*S*H is a television series about a mobile Army hospital in the Korean War. It is a drama/comedy that shows the ins and outs of the daily lives of the characters. It can be very serious, but the way they deal with the hard times is through laughter. There are lots of spots that will make you laugh. I really like Hawkeye because he plays his character from the heart. I also like Hot Lips Houlihan.

For more information, go to:
[https://en.m.wikipedia.org/wiki/M*A*S*H_\(TV_series\)](https://en.m.wikipedia.org/wiki/M*A*S*H_(TV_series))

Kamloops Daybreak Rotary Ribfest

Presented By: Kamloops Daybreak Rotary Ribfest

Dates: 8/11/2023, 8/12/2023, 8/13/2023

Location: Riverside Park

Address: Riverside Park, Kamloops, BC

Time: TBA

Over three days in August, enjoy Western Canada's biggest Rib Festival. Head to Riverside Park to enjoy live entertainment, vendors, refreshments and of course, award-winning ribs from Champion Ribbers. All activities are free to enjoy, including the Family Fun Zone, which features an assortment of bouncy castles, live family entertainment, face painting, kids games and more. <https://www.tourismkamloops.com/event/kamloops-daybreak-rotary-ribfest/14269/>

Or go to: <https://kamloopsribfest.com/>



Awareness Days

International Youth Day –
August 12, 2023

World Humanitarian Day –
August 19, 2023

Cooking with Jules Sherred

By Krystian

Meet Jules Sherred, a home cook, an advocate and a cookbook author with a focus on food security and disability awareness.

What do you enjoy about cooking?

It relaxes me. It let's me do science through experimentation and results. There is a method to follow that creates a rhythm that helps me to shut out anything that may be stressing me while I focus on what is directly in front of me. And the result, when successful, is something delicious to eat.

I like cooking everything. Before pain and fatigue became the two biggest symptoms of my disabilities, I used to spend five hours or more cooking. I don't even have to be the one eating it. For me, it is about the process and the effects it has on my nervous system, and not necessarily about the finished product.

What do you find interesting about cooking?

A lot of the science about cooking. Things like how heat sources affect flavour; how humidity and elevation affect baking; how acid works to enhance flavours. And so much more.

I love failing when I'm developing a new recipe. It allows me to problem solve and, in that process, I learn something new. Learning and problem solving are some of my favourite activities.

How did you come up with the idea for this cookbook?

I have a website called Disabled Kitchen and Garden (DKAG) that is all about cooking and hydroponic gardening for disabled people. A few months into the COVID-19 pandemic, I knew that a cookbook that focuses on common symptoms of disability, such as pain, fatigue, and brain fog, was needed. That was the focus on DKAG. It became a matter of finding a publisher that would let me create a book out of content that already existed on DKAG plus adding a lot more that had not yet been published but that I had created.

What will people enjoy about your cookbook?

I think people will enjoy the fact that the cookbook meets them where they are and that one size doesn't fit all. None of the advice in the book is about trying to fit a disabled person into an able-bodied box. Instead, it helps people to create systems that acknowledges and respects their boundaries and limitation; it acknowledges things are often much more difficult when disabled and there is no shame in that. The book is based in mindfulness and self-care. The advice is flexible and adaptable, not prescriptive. And of course, all the delicious recipes that are listed in order of how much energy it takes to make it. The book also has flat-lay binding making it extra easy to use in the kitchen.

What do you want other self advocates to know about cooking?

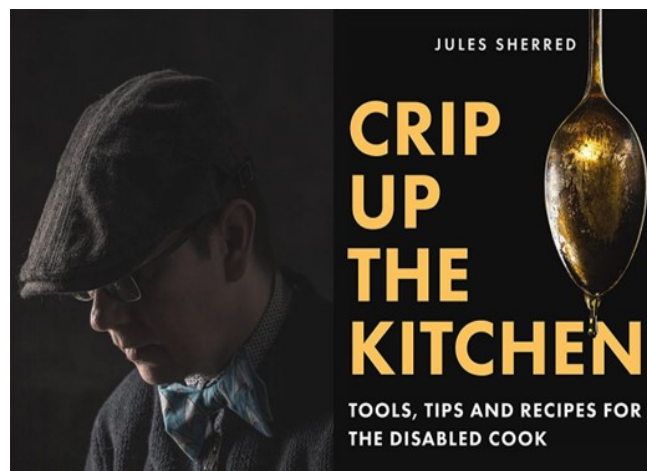
There is a lot of shame in food and cooking culture. We get messages that tell us if we use accessibility tools, already prepared ingredients or anything that makes the process easier and more manageable that we are lazy and not real cooks. That simply isn't true. Buy those frozen chopped ingredients that are often healthier than ingredients found in the "fresh" section of the store. Buy that minced garlic if you can afford it. Take whatever steps you need to take to make the process of feeding yourself easier and more enjoyable. You are no less a cook than anyone else.

Why did you want to make it easier on people with diverse abilities to do cooking?

Food is a foundational need and access to food is a right. Food insecurity isn't only about the ability to buy food. A measure of food insecurity is also ability to cook. That ability isn't only knowledge and how-to, but also having access to tools and methods that are created with universal design in mind and acknowledges that one size doesn't fit all.

How can people find your cookbook and buy it?

People can buy Crip Up the Kitchen wherever books are sold. I suggest checking with your local bookseller. If they don't have it in stock, they are able to order it in. It is also available through Chapter Indigo, in store and online, and Amazon.



Continued on next page

Summer Jokes

Why is a baseball game a good place to go on a hot day?

Because there are lots of fans.

What is brown, hairy, and wearing sunglasses?

A coconut on its summer holiday!

What did the reporter say to the ice cream?

What's the scoop?

What should a baby wear to go swimming?

Pool-ups!

Knock, knock

Who's there?

Fire

Fire who?

Fire you; I'd put on some more sun cream!

What do snowmen do in Summer?

Chillout



Cooking with Jules Sherred, continued

How can people find you online? What are your other hobbies and interests besides cooking?

My author website can be found at <https://julessherred.com>. Disabled Kitchen and Garden can be found at <https://disabledkitchenandgarden.ca> I can be found on Twitter at <https://twitter.com/GeekyJules> and <https://twitter.com/disabledgarden>, on Instagram at both <https://instagram.com/polariscreativefood> and <https://instagram.com/disabledkitchengarden>

I'm a huge Star Trek fan. I have two beagles and two cats who keep my life interesting. I'm a photographer. I'm also a literary Young Adult writer. I love all things arts and crafts and do many of them as hobbies.

Summer Quotes

"I love summertime more than anything else in the world. That is the only thing that gets me through the winter, knowing that summer is going to be there." — Jack McBrayer

"I like summer. I like warmer weather and long days." — Danielle Steel

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



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



Celebrating
— 10 YEARS —

The Kamloops Self-Advocate Newsletter
is turning 10, and we want to celebrate!

Join us for a fun evening looking back
over the past 10 years.

SEPTEMBER 21ST, 5:00-7:00PM
AT FRICK & FRACK

RSVP by September 6th
e-mail Krystian at:

thekamloopsselfadvocate@yahoo.com



Joyfully Josie

By Krystian

Meet Nicole Zeitzer Johnson, author of Joyfully Josie and mother of Josie. Nicole & Josie live just outside New York City



What is the Joyfully Josie book about?

Joyfully Josie is a heartwarming children's book that serves as a powerful tool to help all children understand disabilities at a young age.

Through the inspiring story of Josie, a little girl with a rare disease called FOXG1 syndrome, children will gain an understanding of disabilities, rare diseases, and medical complexities, empowering them to approach children who have different challenges with compassion and knowledge. Rather than feeling scared or confused when first meeting a child with disabilities, children will remember the lessons they learned from "Joyfully Josie" and embrace differences with empathy and acceptance.

This introductory book of an upcoming series delivers an impactful message: even in the face of the toughest challenges, Josie radiates joy. Children will be inspired by Josie's positivity and encouraged to navigate their own obstacles with resilience and optimism.

All profits from book sales go to the FOXG1 Research Foundation, the non-profit organization I co-founded to find a cure for FOXG1 syndrome and related children's neurological disorders. By supporting "Joyfully Josie," readers not only gain a valuable resource, but also actively contribute to ongoing research and the pursuit of medical advancements.

Who is Josie?

Josie is my 11-year-old daughter and my North star. Meet Josie here: <https://www.joyfullyjosie.love/meet-josie>

What is FOXG1?

FOXG1 syndrome is a rare disease that happens when an important gene called foxg1 doesn't work properly. Children born with FOXG1 syndrome often have a hard time talking, walking, or doing things on their own, and they often have terrible seizures. But, there are people who are working very hard to change this.

The FOXG1 Research Foundation is a group of scientists, doctors, and families who are working together to find a cure and bring hope and healing to children around the world.

FOXG1 children all have one thing in common - they are amazing. Despite their many challenges, just like Josie, they show us how to appreciate the little things in life and teach us about strength, love and pure joy.

What are your daughter's interests and hobbies?

Just like it says in the book: "Josie loves sunny days, music, and playing with friends".

Josie laughs a lot; she loves seeing joy all around. She also loves swimming! She has a float that goes around her neck so she can swim on her own!

Can people buy your book in Canada?

Yes! It's available on our store on <https://www.joyfullyjosie.love/category/all-products>
Or Amazon or Barnes and Noble online!

How can people celebrate disability awareness and inclusion?

I created a line of clothing with the words: Live Joyfully. It's a mantra, perhaps a movement! I hope for "Joyfully Josie" to remind us that we have the choice to live joyfully no matter what hurdles and setbacks we face in life. We all face them. Josie faces awful seizures, she can't tell me what's hurting her, she can't eat by mouth, she's in the hospital far too often. Yet she is joyful. When challenges occur, we can think of Josie's laughter and remember those two simple words: live joyfully.

Wearing Live Joyfully is a celebration and expression of understanding disabilities and inclusion.

But everyone can celebrate disabilities by just learning more about how to include anyone who has challenges. Just be patient and inclusive - it's pretty simple.

What is your proudest moment of being a mom to Josie?

Well, she just graduated from elementary school and I was so proud I had to blog about it. <https://www.joyfullyjosie.love/post/movin-on-up>

I'm proud of Josie every minute of every day.

What do you enjoy and others enjoy about the book?

People have sent me videos of them reading it to children who are so engaged. One child was hitting the buttons that Josie hits to say Yes and No in the book. Another child even kissed the photo of me and Josie! I love that the website is an extension of the book with games and more to explore, that helps parents continue the conversation at home. I love everything about my first book and I'm excited to write more!

To learn more about Josie and about FOXG1, go to: <https://www.joyfullyjosie.love/>



Kindness and Compassion Interview with Jenna Woodrow

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, peaceful, joyful, and healthy. 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 Jenna Woodrow. I am a white cis-gendered woman of mostly settler colonial ancestry. I am originally from Nunavik, in northern Quebec (Salluit, Inukjuaq and Kuujuaq). My parents, Louise Beaudoin and Keith Woodrow, and their parents, Horace Beaudoin and Beverly Campbell and Kaye Timmony and John Woodrow, are all from Tiohtiàke, colonially known as Montreal, in the traditional territories of the Abenaki peoples. Both my children, Lachlan Johnson and Saya Johnson, were born on the traditional and unceded territories of the Tk'emlúps te Secwépemc within Secwépemc'ulucw. I am very grateful to live, work, and play in these beautiful lands.

What do you do for a living?

I am an Associate Teaching Professor of Philosophy at Thompson Rivers University. My teaching and research areas centre on knowledge and justice. My work focusses on how norms evolve, the relationships to land and people that ground justification, meaning, and practices of holding one another responsible, and the roles that gender, oppression, and colonization play in producing knowledge and ignorance.

I am also co-chair of the Canadian Philosophical Association Equity Committee Decolonizing and Indigenizing Committee, chair of the Thompson Rivers University Faculty Association Equity Committee, Chair of the Faculty of Arts Decolonization, Reconciliation, and Indigenizing Committee and Western Regional Director and Founding Member of Ethics Bowl Canada.

What does kindness and compassion mean to you?

Kindness is a dispositional virtue. A way of being in the world. A person is, or is not, kind. Kindness has both an intellectual and an emotive facet. It starts with nurturing deep empathy: taking the time and care to genuinely know the hopes, dreams, realities, and necessities of others, to then be positioned to help them achieve their interests—should they ask. Kindness is not paternalistic but enabling. The emotive facet of kindness is a form of non-agent-specific love. Compassion also has both intellectual and affective dimensions. Compassion is premised on humans' deep sociality: it is the ability to feel another person's feelings as your own and so entails motivation to relieve or ease pain and suffering. Compassion is often a source of kindness. For example, feeling someone's pain as your own will position you to help them, should they need it, want it, and request it.

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

It is important because it is one of the things that makes humans humane. It is the substructure of social living. The root of cooperation and the groundwork of love.

How do you show kindness and compassion to others?

I think of kindness as a way of being in the world. And so I try to exhibit this by always treating people around me as whole people with lives that are full, amazing, difficult and easy, and very complex.

How can people show compassion when they are in community?

Community means being interconnected. We are all responsible for building our community with our relationships with one another. Compassion in a community foregrounds small things like civility (letting someone in front of me in a grocery queue and/or smiling at strangers to acknowledge and celebrate their personhood) and larger things like self-sacrifice and undertaking necessary work that you are well positioned to accomplish, especially when it is difficult. Compassion, like kindness, means knowing who others are; knowing what they want and need. And working to assist them in accomplishing their goals.

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

Acknowledging their full personhood and treating them with the dignity and respect they deserve but are too often denied. Some of my friends and family members with diverse abilities say that they feel invisible; unheard and unseen. A basic starting point for kindness and compassion is to not look away (both metaphorically and literally) and to commit to truly seeing people with diverse abilities. Seeing them as they are and not according to stereotypes and prejudices. Compassion is different from empathy. Empathy is the capacity to understand and feel another's feelings. Compassion *starts* with empathy but also foregrounds the motivation to relieve others' painful feelings. In the context of people with diverse abilities, kindness and compassion often involve recognizing barriers and working towards dismantling them. Just as a small example from my life: a student of mine who uses crutches was unable to access my office because there was no accessible door. It took some persistence, but I worked with my university to install an accessible door and so helped remove a barrier to a student's learning. **Continued on next page**

Kindness and Compassion Interview with Jenna Woodrow continued

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

That is a great question. I am kind to myself by trying to live my life *well*. By trying to act with integrity and balance. By trying to spend my time doing the things I love for their own sake with the people I love for their own sake. I also practice mindfulness to care for myself as a whole person: mind, body, emotions, and spirit.



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?

So many negative views and attitudes towards people with diverse abilities stem from ignorance: the lack of knowledge about and the lack of experience with people with diverse abilities. It is not an easy thing, but forging friendships (and friendly acquaintanceships) with people with diverse abilities is a very important way to build better and stronger communities where kindness and compassion are foregrounded in big and small ways. As a society, systemic barrier removal is also a very important step—one that will help reduce needless suffering and injustice for people with disabilities and uplift their ability to navigate physical and social environments.

[Kukwstésemc](#) (Many thanks) for the opportunity to answer these important questions.

600 Miles

By Krystian

What is your name?

Hi! My name is Presley Tennant!

How did you come up with the song called 600 Miles?

When I first wrote 600 Miles, it was actually quite different and very specific to the situation I was in versus what you hear now. I knew I wanted it to be different so I kept trying to figure out ways to re-work certain lines to still make it personal but also where listeners can relate to the exact same situation... I felt like I tried everything, so I took it into a writing session with Nick Autry and Alex Dooley and they loved the idea, so after figuring out how we wanted to go about it, we put our minds together and a few hours later the song was finished! I absolutely LOVED how the song turned out & I'm so thrilled that its finally out.



What does 600 Miles mean to you?

600 Miles was a big turning point in my music. I was only 18 at the time when I wrote it, but I feel like when you listen to the music I had previously written and released, there's a difference in maturity. I know I still have so much to grow and learn from still but that was one of the big turning points.

What do you enjoy about country music?

I love the storytelling of country music. I love where you can close your eyes, listen to the lyrics of a song, and feel like you're transported right to that situation, or you can pinpoint that exact moment in your life where you had gone through the same thing.

Why did you want to sing country music?

Growing up I had always listened to country music, and it had always been apart of my life. I felt so comfortable in country, though from 10 to 16 years old I did a lot of pop music. I loved what I was doing at that time, but as I grew up, the more I felt like I wasn't myself and I was trying so hard to be someone else. I took a step back to figure out where I was, and I ended up back where I started in country music. I couldn't have been happier. Some people ask if I regret doing pop music and I always say, I would never take back my experiences because I wouldn't be where I am to this day without them.

What do you enjoy about being a singer and songwriter?

I love that I can just be myself. I think music is the most beautiful form of self expression. I don't have to be anyone else or try to fit in, etc. I can just lay it all out there. Plus, I'm always surrounded by other singers & songwriters and it's incredibly inspiring. It pushes me to step outside my comfort zone and try something different.

Who do you look up too?

My parents 100%. My parents are my best friends and the strongest people I know. I don't know where I'd be without them, but I am so lucky to have them by my side.

What are your hobbies and interests besides country music?

Literally anything adventurous. It doesn't matter what it is, I am always in for an adventure.

What else would you like to add?

So many exciting things are happening this year so if you want to stay connected you can find me on all my social medias at @PresleyTennant or go to www.PresleyTennant.com for all the latest updates!

Thank you so much for having me.