



The  
Kamloops  
Self-  
Advocate:  
A Newsletter for  
People with  
Diverse Abilities

April 2015

Issue #19

HAPPY EASTER!

Dear Readers:

This April newsletter contains lots of great articles. There are articles on assistive technologies, world autism awareness day/Light it up blue, and there is even a special report on the Kamloops Cowboy Festival with an interview with a cowboy.

Check out the advice and tips to help service providers & boards of directors on giving inclusion rather than segregation and what to do to create a biased-free BC for people with disabilities, especially developmental disabilities.

Krystian's also got some great information about the Easter

Seals. He will be running/walking in the splash of color event with Easter seals BC on May 9th from 7:30am to 1:00pm to help raise funds for Camp Winfield that helps children with disabilities gain abilities. He went to camp Winfield when he was younger and knows how fun it can be.

We hope you will give feedback on any of the articles in the newsletter or if you have ideas for future articles.

Happy world Autism Awareness Month!



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## Discovering Technology That Works For You

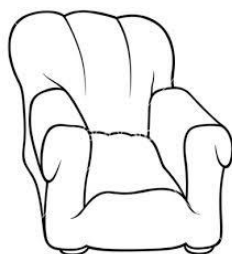
By Lisa Coriale

Communication is a major element for independence. Technology proves to be very useful. There are several technologies that assist people with disabilities and the possibilities are endless. Technology can be used in many every day activities such as speaking, reading, writing, controlling various types of household equipment and many other tasks that occur on a daily basis. Sometimes searching for this equipment can be very time consuming and arduous, but it is definitely worth it in the end. I can attest to this. One of my passions is writing and over the years in order to write I have had to dictate every word of my writing to another person. Although this works for me, it is not ideal because many things get lost in translation and takes double the time.

The audience reading this article may be asking themselves how I am accomplishing this task. As I sit in front of my seventeen inch monitor, a small silver dot is placed strategically upon my glasses and an eye tracking device sits atop my computer screen. This enables me to control the movement of the mouse with the motion of my head. I stare at the screen aiming and pointing precisely at five colourful groups of letters that encircle words in the centre. The word is then

highlighted and placed onto the document. The words begin to tumble out onto the page letter by letter, word by word, sentence by sentence, then tada I have a whole article I can be proud of. I would not change one thing about it.

Although it is very labour intensive at times, it is also very liberating to accomplish tasks independently without any outside influences. People with disabilities often need assistance with many situations in their lives. New technologies can allow us to have capabilities that we do not always have. There are technologies out there for everyone in every circumstance, you just have to find the right ones that work for you. I hope this article will inspire you to do great things and to discover the technology that benefits you the most!



### **Krystian's Corner**

**Service providers serve us so I think people on the board should have a mix of skills, abilities, experiences at all times.**

**And let us be more in control of our service delivery by giving advice, knowledge, tips from the points of views of people with disabilities.**



*If you're an underdog, mentally disabled, physically disabled, if you don't fit in, if you're not as pretty as the others, you can still be a hero.*

*~ Steve Guttenberg*

## **An Interview with All Abilities Welcome**

**What are the history, vision, mission, and mandate at All Abilities Welcome?**

All Abilities Welcome (AAW) was a program launched by the Active Living Alliance for Canadians with a Disability (ALACD) in 2006, aimed at promoting greater inclusion of Canadians with disabilities into community recreation programs. Through the project, we sought to inform recreation providers about simple adaptations which could accommodate individuals with a disability, while also engaging persons with disabilities to be empowered to access physical activity opportunities and lead a more active lifestyle. Although we no longer have funding to deliver AAW as before, we like to think that the concept is still alive and are hopeful of being able to deliver it again in future.

## Tips and advice for service providers:

- Inclusion is great so is disability awareness to educate the community, even kids, about diverse abilities.
- Teach sensitivity training to people in the community, especially kids, if we want everything inclusive.
- Please support us with choice; give us freedom.
- Treat everyone as equals.
- Let us be on the board of directors as well, having a mix of skills, abilities, and experiences.
- Give us support when needed.
- We don't want to feel judged from people without disabilities.
- Let us be in control of our service delivery, supporting all program and activity choices.
- Listen to our wants and needs.
- Create a biased-free BC by giving presentations about lived experiences. Give awards to people who are reducing stigma.

### What is the program about?

Through AAW, we developed an inclusion toolkit – we have distributed about 7000 of these to physical activity providers. We have a website ([www.allabilitieswelcome.ca](http://www.allabilitieswelcome.ca)) – it is a little out of date at the moment. We created a video highlighting the capacity for people with disabilities to participate in physical activity (see <https://www.youtube.com/watch?v=4JprJhG5nc8>). We also developed an ebook which includes about 60 profiles of persons with disabilities who have successfully engaged in physical activity (you can

access this off our main ALACD page at [www.ala.ca](http://www.ala.ca)). Finally, we delivered workshops, conference presentations and focus groups across Canada with our network of 73 speakers – many of these speakers had a disability or worked with those who had a disability. Speakers would talk about the importance of inclusion through the lens of their own experiences.

### What should schools and service providers/boards of directors know?

That active living and physical activity is for people of all abilities; that a little creativity and being willing to

“think outside the box” when it comes to inclusion can go a long way; that environments which are inclusive are better for everyone.

### What is the reason for being inclusive?

I think everybody – no matter who you are – brings something unique to the table. We all learn from one another. Ultimately, we were not created the same. It's this diversity which enriches our lives.

### Jorge's Story

*Please note, this story comes from the Disability Rights International web-site and may be disturbing to some readers.*



Jorge locked in a filthy cell

In October 2003, Disability Rights International investigators found eighteen year-old Jorge,

diagnosed with autism, locked away in a tiny isolation cell in the Neuro-Psychiatric Hospital of Paraguay. Jorge had been locked in the cell for over four years. He had been forced to urinate and defecate in the very space where he slept, ate and resided. His cell was completely bare, save for a wooden platform that jutted out from the cell wall. A hole in the cell floor that should have functioned as a latrine was crammed and caked over with excrement. The cell reeked of urine and feces, and the walls of his cell were smeared with excrement. Jorge spent approximately four hours of every other day in an outdoor pen, which was littered with human excrement, garbage, and broken glass.

In response to the egregious human rights violations uncovered by Disability Rights International, the Inter-American Commission on Human Rights (IACHR) mandated that urgent measures be taken by the Paraguayan government to protect the lives and safety of those detained in the institution.

In 2005, Disability Rights International and the Center for Justice and International Law (CEJIL) signed an historic agreement with the Paraguayan government aimed at ending the improper detention of hundreds of people in the country's state-run psychiatric hospital. This was the first agreement in Latin America to guarantee the rights of people to live and receive

mental health services in the community.

In 2006, Jorge was reunited with his family and has returned to live with them in the community. Disability Rights International is dedicated to protecting every child's right to live with loved ones and not be sentenced to a life of inhuman abuse and segregation. Please take a moment to read about our Worldwide Campaign to End the Institutionalization of Children.

### Disability Rights International

Disability Rights International fights abuses in Institutions and puts pressure on societies/governments to end the abuses and bad practices. I think this is a good organization to help all of us realize how important community living is and inclusion is. They go into places that are heartbreaking and reports on it and documents it. For our field of community living.

I want to say I am grateful, I know how hard it can be and how heartbreaking it can be to raise disability awareness. It was started by a human rights lawyer that specializes in disability issues. I want to say thank you from the bottom of my heart. God bless you.

Disability Rights International - June 2013

Please note, the contents of this video may be disturbing to some audiences.

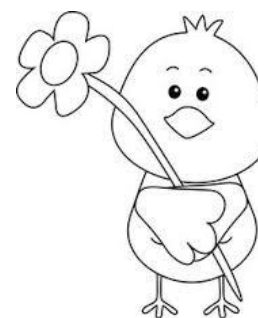
[https://www.youtube.com/watch?v=HgwQgjf\\_\\_yM](https://www.youtube.com/watch?v=HgwQgjf__yM)

### Giving Her All

Madison Tevlin is an inspiring young singer from Toronto who is getting lots of attention on YouTube. It isn't unusual for people to post to YouTube, but at 12 years of age she has a performance of John Legend's song "All of Me" that has received over 6 million hits. Why? Madison is beating the statistical odds of singing with Down syndrome. Keep watching upcoming issues of the KSA for an interview with Madison. Until then, check out her YouTube performance – wow, way to go Madison!

*The only disability in life is a bad attitude.*

~ Scott Hamilton







## Mustard & Maple Glazed Ham

Makes 8 servings  
Prep Time 5min  
Cook Time 2hrs

### Ingredients

2/3 cup maple syrup  
1/2 cup Classic Yellow®  
Mustard or Dijon Mustard  
3 Tbsp. melted butter or  
margarine  
1 bone-in ham, butt or shank  
portion (7 lb.)

### Directions

PREHEAT oven to 325°F.  
Combine syrup, mustard and  
butter; reserve 1/3 of the  
sauce.  
PLACE ham, fat-side up, in  
roasting pan. Cover with foil.  
Bake 1 hour.  
REMOVE foil. Brush ham with  
1/3 of the glaze. Bake,  
uncovered, 1 hour or until  
heated through (140° F),  
brushing with remaining 1/3 of  
the glaze every 20 min.  
SLICE ham and serve with  
reserved sauce.

Taken from:

[http://www.frenchs.com/recipe/  
mustard-and-maple-glazed-](http://www.frenchs.com/recipe/mustard-and-maple-glazed-)

[ham-RE002637-  
1?qclid=CIn6g-  
jko8QCFY9gfgodcwYAIQ](http://ham-RE002637-1?qclid=CIn6g-jko8QCFY9gfgodcwYAIQ)

## EASTER SEALS CAMPS

### What is the Easter Seals Camping Program?

Easter Seals Camps give BC children with disabilities the chance to discover their individual abilities. Camp sessions are carefully planned and designed to encourage these children to gain new skills, develop new friendships, gain confidence and independence – skills that will help them to live lasting and fulfilling lives.

On average, over 800 children with disabilities from all over BC attend a one-week camping session at one of three Easter Seals camps located across the province – Shawnigan Lake on Vancouver Island, Squamish near Vancouver and Winfield in the Okanagan. It is because of fundraising events like the Splash of Colour, Woman2Warrior and the Easter Seals 24 Hour Camp Challenge that the BC Lions Society is able to operate the camping program at a minimal cost to the families, many of whom are already financially burdened by the costs associated with raising children with special needs.

### Why are Easter Seals Camps different?

Each camp is specially designed and equipped to accommodate children with special needs. The addition and maintenance of ramps and lifts, the modification of doorways, washrooms, the purchase of specialized sports equipment like climbing walls and giant swings are just a few of the expenses unique to these kinds of operations.

The special needs of these children also require Easter Seals Camps to have very low ratio of counselors to campers. For every 3 campers we have a designated counselor compared to other camps that may have a ratio of 8 to 1. This low ratio ensures that counselors have the time to fully understand the individual needs of their campers and the ability to provide the attention and assistance they require. We also provide medical staff to ensure the needs of our campers are well taken care of.

<http://www.splashofcolour.ca/>

“The worst thing about a disability is that people see it before they see you.”

~ [Easter Seals](#)

### Easter Seals House Vancouver

Easter Seals House in Vancouver provides a low cost, caring place to stay for more than 100 parents and children every night.

The House has 49 self-contained rooms....Easter Seals House gives families the opportunity to focus

on their most important task - caring for their child.

By Permission by Stephen Miller, CEO

<http://www.lionsbc.ca/default.aspx?PageID=1062>

*I choose not to place "DIS", in my ability.  
~ Robert M. Hensel*

### What to watch for in upcoming issues of the KSA:

**MAY** - The May newsletter will be on abilities, spread the word to end the Word/R word and bullying related to being called names.

**JUNE** - There will be a whole newsletter in June dedicated to employment, any employment, even dream jobs and in the entertainment business.



### Joking Around

What do you call a bunny with a large brain?  
An egghead.

Where does the Easter Bunny get his eggs?  
From Eggplants.

What happened to the Easter Bunny when he misbehaved at school?  
He was eggspelled!

Why do we paint Easter eggs?  
Because it's easier than trying to wallpaper them!

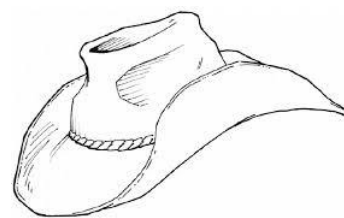
What day does an Easter egg hate the most?  
Fry-days.

### Cowboy Festival

I went to the Kamloops Cowboy Festival at the Calvary Community Church with my friend Ben and we had fun. We listened to cowboy music and we listened to a workshop on the history of ranching and cowboys! It was fun.

We were at the cowboy festival all day until 8:30 p.m. It was really cool. We saw western art and the trade show. We saw some people get inducted into the BC Cowboy Hall of Fame. There was some cowboy music and after the evening show we all went home.

You should check it out next year for community inclusion and bring a friend along. It's a good experience.



### Thoughts from a Rancher

Krystian had the opportunity to attend Ken Mather's workshop at the recent Cowboy Festival. Afterwards, Krystian got in touch with Ken to find out more.

#### What do you like about being a cowboy?

I am not really a cowboy but ran the O'Keefe Ranch near Vernon that is a heritage site preserving ranching history. I guess you could say I am a "rancher."

#### Why do you like the cowboy festivals?

The cowboy festivals are a chance to see the music and poetry that tell us about ranching lifestyle. They are an opportunity to meet the people who live the life of cowboys and ranchers and to hear their stories.

#### What made you want to be an author on ranching, cowboys?

When I got to the O'Keefe Ranch, I began to realize the rich history of ranching in British Columbia and to want to learn more about it. I began to write articles on the interesting things that I learned about the history and later began to write books. I really enjoy researching the history of the

cowboys and ranchers.

### What is your background in being a cowboy?

I lived on the O'Keefe Ranch from 1984 until 2004 and we raised many types of livestock (cattle, sheep, pigs, chickens, turkeys), put up our own hay and looked after them all year round. I really loved the ranching lifestyle, even though it was a lot of hard work.

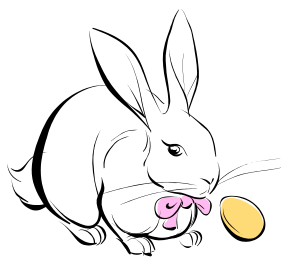
### Role models who live with mental illness or disabilities.

**Celebrities who have mental illness or disabilities are speaking up and speaking out. Don't stigmatize anymore. Educate yourself.**

Demi Lovato Opens Up About Bipolar Disorder Diagnosis  
<https://www.youtube.com/watch?v=qHTfgo1yNkI>

Demi Lovato's speech at the National Alliance of Mental Illness  
<https://www.youtube.com/watch?v=H72beAG4-PI>

What is Mental Health? - Transforming Stigma™  
<https://www.youtube.com/watch?v=ZuEZ9POVr3w>



### Accessibility in Kappa Sigma

By Andrew Embury

This is a unique article because of the personal journey I took in becoming one of the members of this fantastic group of men, also known as a Fraternity. My journey begins in the summer 2005 with People In Motion, when I was talking to a summer practicum student from TRU (Thompson Rivers University). During an outing I was talking

with the student about organizations I could join. The student suggested the only Fraternity on the TRU campus, Kappa Sigma.

During my first day of University at TRU, after my first morning at around 11:30am, I had the rest of the day to see what other groups/clubs were on campus. The first and only table that was in Old Main was the fraternity that I got some information on earlier that summer. So, I talked to the guys who were at the table to learn more about the fraternity. After that I signed up and since then I have been having a great time.

As for this year, I have been appointed to be the accessibility advisor for the fraternity to have every event of the fraternity be accessible. For all of men on the University campus this September who join the fraternity, I welcome you to the brotherhood.



### Jenna's Blazer Report

The Blazers' season was up and down this year. They had a better year than last year, though. The season has now ended as the Blazers are not in the play-offs this year. At the March 21<sup>st</sup> game, they won and I won Cole Kehler's game-worn jersey! Well, I can't wait until hockey season is back



### Light it Up Blue for World Autism Awareness Day

In Kamloops, we celebrated World Autism Awareness Day with a Zumba Flash Mob at the local library. This was the kick-off to Pivot Points's activities at the library and was followed in the evening with the City

lighting up our old Courthouse with blue lights.

It is the first year that different groups are coming together in Kamloops to celebrate this event. Bringing everyone together is important, because autism affects a lot of people in different ways, but not everyone understands what autism is.

Light It Up Blue is a good way to start conversations and to create support in the community. It is also a way to reduce stigma and discrimination regarding people with autism. This is a chance to raise awareness and

educate people on abilities rather than disabilities. This is also a great way to let people with autism know they are not alone.

We hope that it is the start of something that will grow in years to come!

## Upcoming Events

Let us know if there are community events that people might want to hear about!

**Apr. 2<sup>nd</sup>** – Light it Up Blue – Autism Awareness Day

**April 5<sup>th</sup>** – Easter

**Apr. 17<sup>th</sup>** - Disney Nature Monkey Kingdom movie opens in theatres

**Apr. 22<sup>nd</sup>** – Earth Day

**May 3<sup>rd</sup>** - The 7th Annual CFBX Record Fair @ Sahali Mall

Sellers will have dozens of tables full of vinyl

**WorkBC** Employment Services Centre

**Free Employment Services**  
IN KAMLOOPS

**North Shore**  
795 Tranquille Road  
T: 250.377.3670  
F: 250.377.3695

[www.kamloopsesc.ca](http://www.kamloopsesc.ca)  
[info@kamloopsesc.ca](mailto:info@kamloopsesc.ca)

**South Shore**  
100-275 Lansdowne Street  
T: 250.434.9441  
F: 250.434.9442



The Employment Program of British Columbia is funded by the Government of Canada and the Province of British Columbia.

records, compact discs, stereo equipment, musical instruments, & music memorabilia. There will be a wide selection of music for sale of all styles and eras. For more information, phone 250-377-3988

**May 4<sup>th</sup>** – Star Wars Day – May the fourth be with you!

**May 8<sup>th</sup> & 9<sup>th</sup>, 7:30 p.m.** – **Cirque de la Symphonie** brings the magic of the circus to the music hall. See some of the world's best circus artists in exceptional performances choreographed to classical masterpieces and popular contemporary music.

**May 10<sup>th</sup> Mother's Day**



### April Contest

There is a contest in April to win a spa treatment! To enter just send your success story about living with autism. Entries are due by April 28th and can be sent by e-mail:

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

Or regular mail to:

**KSA**

c/o 743 Nicola St., Rear.,  
Kamloops, BC, V2C 6G4

We will announce the winner by May 11th. Thanks and we hope you win. Have fun!

Place your ad here. Contact us for rate information at:

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



