

April 1, 2017

The Kamloops Self-Advocate



**THE KAMLOOPS SELF ADVOCATE NEWSLETTER**



**April 2017 Issue# 41**



# The Kamloops Self-Advocate:

A Newsletter for People with Diverse Abilities

Welcome to spring our loyal readers! This month is about Easter, April Fools, and lots more. There is a fun April fools recipe and that's no joke! We have some great tips for safely making Easter eggs and be sure to check out the article on the Wellness Toolbox class at Let's Move Studio, where everyone is welcome. April also highlights autism awareness by having Light It Up Blue.

Spring can be a time to celebrate new beginnings, especially after such a long winter. Why not tell us what you do to celebrate the new season and the warmer weather. We'd love to hear your stories and share them with our readers.

---

#### *INSIDE THIS ISSUE:*

*Feature Articles*

*Jokes*

*Recipe*

*Awareness days*

*Upcoming Events*

*Recognition column*

**Contact us at:**

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

**113-540 Seymour St., Kamloops, BC V2C 2G9**



### Julia, a Muppet with autism, joins Sesame Street on April 10<sup>th</sup>

This story is taken from: <http://www.cbc.ca/news/entertainment/sesame-street-julia-austism-1.4032362>

Folks on *Sesame Street* have a way of making everyone feel accepted.

That certainly goes for Julia, a Muppet youngster with blazing red hair, bright green eyes — and autism. Rather than being treated like an outsider, which too often is the plight of kids on the spectrum, Julia is one of the gang.

Look: On this friendliest of streets (actually Studio J at New York's Kaufman Astoria Studios, where *Sesame Street* lives) Julia is about to play a game with Oscar, Abby and Grover. In this scene being taped for airing next season, these Muppet chums have been challenged to spot objects

shaped like squares or circles or triangles. "You're lucky," says Abby to Grover. "You have Julia on your team, and she is really good at finding shapes!"

With that, they skedaddle, an exit that calls for the six Muppeteers squatted out of sight below them to scramble accordingly. Joining her pals, Julia (performed by Stacey Gordon) takes off hunting.

For more than a year, Julia has existed in print and digital illustrations as the centerpiece of a multifaceted initiative by Sesame Workshop called "Sesame Street and Autism: See Amazing in All Children."

She has been the subject of a storybook released along with videos, e-books, an app and website. The goal is to promote a better understanding of what the Autism Speaks advocacy group describes as "a range of conditions characterized by challenges with social skills, repetitive behaviours, speech and nonverbal communication, as well as by unique strengths and differences." But now Julia has been brought to life in fine Muppet fettle.

She makes her TV debut on *Sesame Street* in the "Meet Julia" episode airing April 10 on both PBS and HBO. Additional videos featuring Julia will be available online.

### *Created after years of consultation*

Developing Julia and all the other components of this campaign has required years of consultation with organizations, experts and families within the autism community, according to Jeanette Betancourt, Sesame Workshop's senior vice-president of U.S. Social Impact.

"In the U.S., one in 68 children is diagnosed with autism spectrum disorder," she says. "We wanted to promote a better understanding and reduce the stigma often found around these children. We're modelling the way both children and adults can look at autism from a strength-based perspective: finding things that all children share."

Julia is at the heart of this effort. But while she represents the full range of children on the spectrum, she isn't meant to typify each one of them: "Just as we look at all children as being unique, we should do the same thing when we're

looking at children with autism," Betancourt says.

It was with keen interest that Stacey Gordon first learned of Julia more than a year ago. "I said, 'If she's ever a puppet, I want to BE Julia!'"

No wonder. Gordon is a Phoenix-based puppeteer who performs, conducts classes and workshops, and creates whimsical puppets for sale to the public. She also has a son with autism, and, before she started her family, was a therapist to youngsters on the spectrum.

Although she figured her chances of landing the dream role of Julia were nil, her contacts in the puppet world paid off: Two friends who worked as Muppeteers on *Sesame Street* dropped her name to the producers. After submitting tapes, then coming to New York for an audition, she was hired.

*'Does things just a little differently'*

In the introductory segment, Julia is having fun with Abby and Elmo when Big Bird walks up. He wants to be her new friend, but she doesn't speak to him. He thinks she doesn't like him.

"She does things just a little differently, in a Julia sort of way," Abby informs him.

Julia, chuckling, then displays a different-but-fun way of playing tag, and everyone joins in. But when a siren wails, she covers her ears and looks stricken. "She needs to take a break," Big Bird's human friend Alan calmly explains. Soon, all is well and play resumes.

"The 'Meet Julia' episode is something that I wish my son's friends had been able to see when they were small," says Gordon. "I remember him having meltdowns and his classmates not understanding how to react."

Gordon says her son, now 13, isn't drawn to puppetry. "He's more interested in math and science, and plays the piano brilliantly," she says with pride. But she's having a blast being part of the show that helped hook her, as a child, on puppeteering.

"It is so much fun to be on set with everyone, and get to play up all the positive things I've seen with the kids that I've worked with," Gordon says. "At the same time, I come at this with a reverence. I

don't want to let the autism community down."



### Krystian's Corner

Wellness Toolbox classes are now on, proudly sponsored by Let's Move Studio and Interior Wellness.

It's going pretty well. It is exciting to see a mix of people coming from the community. 12 people showed up at the first class and 10 people showed up at the second class. I consider that a success.

I've been working hard to promote the classes by emailing lots of groups. In addition to contacting newspapers like The Echo, I've been in touch with lots of non-profit agencies and service providers, including: the MS Society, Insight Support Services, the Canadian National Institute for the Blind, as well as reaching out to the community.

Everyone in society needs an outlet to de-stress. It's a great opportunity for the community to get to know

people with diverse abilities as well as us getting to know them.

Come discover how to live life well and de-stress! This class is designed to explore a variety of techniques on how to balance your body, mind and spirit. It will be hosted by a variety of instructors, featuring different modalities to explore the concept of wellness with tangible tools to use once you leave the studio. In this class you might explore guided meditation, relaxation, music appreciation, art therapy, Feldenkrais and other methods to de-stress and release.

This class has been designed to suit the needs of all people and is open to everyone, including those with physical or mental limitations. This is an all-inclusive class, welcoming all people from different walks of life. This class is by donation to ensure there are no barriers to entry. You are welcome here!

Classes started in March and are on Mondays from 1:00 -1:50pm, so mark your calendars! Let's Move Studio is located at 831 Victoria Street. Looking forward to seeing you there!

For more information, check out the Let's Move web-page at:  
[www.letsmovestudio.com](http://www.letsmovestudio.com).

To read more about this and other things I've been working on this year, go to:

<http://selfadvocatenet.com/my-exciting-journey-as-a-self-advocate/>



## April Fool's Spaghetti and Meatballs Cake

Looking for a baked dessert idea? Candy meatballs and vanilla frosting spaghetti give a sweet twist to the Italian favorite combo in this vanilla cake.

### Ingredients

1 (18.25-oz.) pkg. golden vanilla cake mix with pudding  
1 ¼ cups water  
1/3 cup oil  
3eggs

1 (16-oz.) can vanilla frosting (not whipped)  
½ cup strawberry ice

### **cream topping**

2 or 3 (2.25-oz.) small (1-inch) chewy chocolate candies, unwrapped  
2 tablespoons grated vanilla candy coating or almond bark (from 1-oz. cube)

### **Directions**

1. Heat oven to 350°F. Grease and flour 2 1/2-quart ovenproof glass or metal bowl. Prepare cake mix batter as directed on package, using water, oil and eggs. Pour batter into greased and floured bowl.
2. Bake at 350°F. for 55 to 65 minutes or until toothpick inserted in center comes out clean. Cool in bowl on wire rack for 30 minutes. Run thin knife around edge of cake; invert cake onto serving plate. Cool 1 hour or until completely cooled.
3. Frost cooled cake with thin layer of frosting. Spoon remaining frosting into resealable plastic bag; seal bag. Cut small hole in bottom corner of bag. Squeeze bag to pipe frosting onto cake to resemble spaghetti. Stir strawberry topping to soften; spoon topping onto top of cake to resemble

spaghetti sauce, allowing some to drip down sides.

4. Unwrap candies; microwave on HIGH for 10 to 15 seconds to soften. Break each candy into thirds; roll into "meatballs" and arrange on cake. Sprinkle grated candy coating over top of cake to resemble cheese.

*Taken from:*

<http://www.bettycrocker.com/recipes/april-fools-spaghetti-and-meatballs-cake/a86dbf51-849d-4698-854d-8db6edbce46a>



## Quotes

“Part of the problem with the word 'disabilities' is that it immediately suggests an inability to see or hear or walk or do other things that many of us take for granted. But what of people who can't feel? Or talk about their feelings? Or manage their feelings in constructive ways? What of people who aren't able to form close and strong relationships? And people who cannot find fulfillment in their lives, or those who

have lost hope, who live in disappointment and bitterness and find in life no joy, no love? These, it seems to me, are the real disabilities.”

Fred Rogers, *The World According to Mister Rogers: Important Things to Remember*

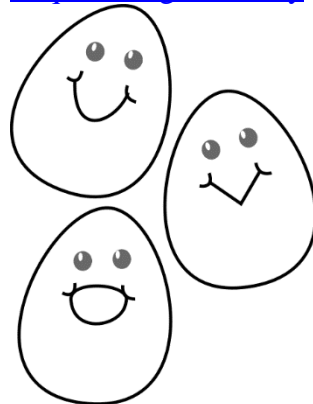
“Try not to associate bodily defect with mental, my good friend, except for a solid reason”

— Charles Dickens, *David Copperfield*

The world isn't built with a ramp.”

— Walt Balenovich, *Travels in a Blue Chair: Alaska to Zambia Ushuaia to Uluru*

<https://www.goodreads.com/quotes/tag/disability>



## A Dozen Easter Egg Safety Tips

Eggs are high in protein, and they have a lot of moisture in them, two factors that make them a target for the bacteria that cause food poisoning. If

you're planning to decorate Easter eggs, it's a good idea to brush up on your food safety knowledge. Here are a dozen egg safety tips to help make sure you or someone else doesn't end up with a case of food poisoning.

1. Use one set of eggs for decorating and hunting, and another for eating. Or to be *really* safe, use plastic eggs for your Easter egg hunt instead of real ones.

2. Keep everything clean. Wash utensils, countertops and other surfaces that eggs come in contact with. That includes washing your hands thoroughly with soap and hot water before and after handling raw eggs or cooked eggs that will be eaten.

3. Coloring Easter eggs can be fun, but if you're planning to eat the eggs you dye, make sure that you only use food-grade dyes.

4. Keep hard-boiled eggs intended for eating in the refrigerator until the last possible minute.

5. Check the temperature of your refrigerator with an appliance thermometer to make sure that it is at 40°F or colder.



6. Under no circumstances let anyone eat eggs that have been unrefrigerated (whether at room temperature or outside) for more than two hours.
7. If you hollow out eggshells by blowing the raw egg through holes in the shell, you could expose yourself to salmonella from raw egg touching your mouth. To be safe, use pasteurized shell eggs. If pasteurized eggs aren't available, you should sanitize the outside of the egg before it touches your mouth.
8. To do so, wash the egg in hot water and rinse it in a solution of 1 teaspoon chlorine bleach per half cup of water.
9. If you plan to use the raw eggs you have blown out of their shells, cook and eat them right away — don't try to store them.
10. When preparing hard-boiled eggs for an egg hunt, be on the lookout for cracks in the shells. Even tiny cracks can allow bacteria to contaminate the egg. Eggs that have any cracks whatsoever should be discarded.
11. If you're hiding eggs outside, choose the cleanest hiding places you can, and avoid areas that

pets or other animals might visit.

12. Keep track of time to ensure that the hiding and hunting time don't exceed a cumulative 2 hours. And remember the eggs that are found must be refrigerated right away — or discarded if the 2-hour limit is exceeded.

Nothing lasts forever!  
Even hard-boiled eggs that have been refrigerated properly must be eaten within 7 days of cooking.

*Taken from:*  
<https://www.thespruce.com/easter-egg-safety-tips-995501>



## Jokes

What Monster plays the most April Fool's Jokes?  
Frankenstein!

What do you get if you cross a dog with a prankster's holiday?  
April Drool's day

What would you get if you crossed Halloween with April 1<sup>st</sup> ?  
April Ghouls day!

<http://www.kidactivities.net/post/April-Fools-Day-Jokes.aspx>



## Recognition Column: An Enjoyable Journey With BC Transit in Kamloops By Ben

Recently, I got to have a ride on bus route #6. My experience riding the City Loop was very fun as I have not done that before. I liked the ride and trying a new route. Whenever I take different buses, I get to see parts of the city of Kamloops that I haven't seen before.

If you haven't done this before, give it a try. It will open your eyes to parts of Kamloops you don't get to see. And, make sure to ask the drivers questions - they will make sure you get to where you want to go.

Thank you to the driver that showed me around Kamloops!



## Volunteer Week

April 23 to 29 is National Volunteer Week. It is also the 14th consecutive year that Volunteer Canada delivers the National Volunteer Week (NVW) campaign in partnership with Investors Group. Thank you Canadian volunteers, for 150 glorious years. In 2017, volunteering comes in many forms and is as diverse as Canada itself. Someone who shovels their neighbour's laneway or who brings a lost pet to the animal shelter is helping to build a stronger community. Sometimes we miss recognizing these people as volunteers, because they do not occupy a formal role within an organization or group. To celebrate all volunteers and to get you thinking more deeply about volunteering, during NVW Volunteer Canada will release a series of crossword puzzles that reveal the impacts, benefits and diverse ways

Canadians are involved in communities. Some answers may be obvious, while others may cause you to stop and say: "Volunteering, Eh?" However you recognize volunteering in 2017, one thing remains timeless...and that is volunteer efforts create positive impact in communities across Canada.

*Taken from:*  
<https://volunteer.ca/nvw2017>

SUN	MON	TUE	WED	THU	FRI	SAT

## Awareness Days

Daffodil Month  
 Irritable Bowel Syndrome (IBS) Awareness Month  
 Parkinson Awareness Month

*Third Week:*  
 National Medical Laboratory Week  
 National Volunteer Week  
 Screen-Free Week;  
 International; Campaign for a Commercial Free Childhood

*Fourth Week:*  
 Arts and Culture Week

National Victims of Crime Awareness Week

*April 2:* World Autism Day  
*April 7:* World Health Day

For more awareness day information, go to:

<https://charityvillage.com/directories/special-awareness-days.aspx>

**SPRING FLING**  
 Dinner & Dance  
 Hosted by: Thompson Cariboo Community Council  
 CLBC  
 Friday April 21, 2017  
 5:30 – 8:30 pm  
 Desert Gardens  
 540 Seymour St.



**Tickets:**  
 Self Advocates \$5  
 Guests \$10  
 RSVP: Lesley, 250-819-6483

**Dinner:** Lasagna, Salad, Garlic Bread (vegetarian option upon advance request)

Music by: Ashley Wohlgemuth

## Events

**April 6th-7th Up the Down Staircase @ Kamloops School of Arts**

**April 8th -22<sup>nd</sup> Kamloops Symphony - Barb's Used Book & Music Sale @ Sahali Mall**

**April 12th Drink and Draw @ Red Collar Brewery**

**April 20-22<sup>nd</sup> The Laughing Stock Theatre Society presents Let's Murder Marsha! @ Coast Hotel & Conference Centre Theatre**

**April 21<sup>st</sup> Spring Fling Dinner & Dance @ Desert Gardens, 5:30-8:30 p.m.**

**April 30<sup>th</sup> Kamloops Happy Choristers Spring Concert @ Kamloops United Church**

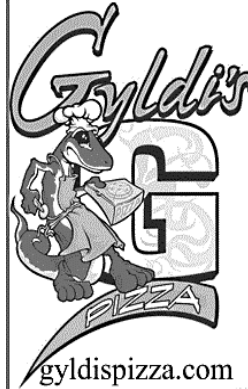
## Ask about a Registered Disability Savings Plan.



**Brant K Hasanen**  
Financial Advisor  
275 Seymour Street  
Unit 5  
Kamloops, BC V2C 2E7  
250-851-2052

[www.edwardjones.com](http://www.edwardjones.com)  
Member – Canadian Investor Protection Fund

**Edward Jones**  
MAKING SENSE OF INVESTING



Power Lunch or Game Night. We are able to deliver to your home of business

Let us satisfy your desires for tasty food and wonderful service.

Serving all of Kamloops  
250-554-4300 104-1295 12th St



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



250-828-1508  
250-372-7544  
1 844-828-1508

info@TCSinfo.ca  
102-1450 Pearson Place  
Kamloops, B.C. V1S 1J9  
www.TCSinfo.ca

Thompson Community Services

Printed on 100% post consumer fibre



Community Living BC (CLBC) is a provincial crown agency, mandated under the Community Living Authority Act, that funds supports and services through service agencies for adults with developmental disabilities and their families in British Columbia. CLBC is working to create communities where people with developmental disabilities have more choices about how they live, work and contribute.

#45 – 450 Lansdowne Street,  
Kamloops, B.C. V2C 1Y3  
Telephone: 250-377-4444  
Toll Free: 1-877-377-4433

**Place your ad here – contact us for rate information:  
thekamloopselfadvocate@yahoo.com**

**This newsletter is brought to you by the amazing and ongoing support of our great advertisers!**



