

December 1, 2017

The Kamloops Self-Advocate



THE KAMLOOPS SELF ADVOCATE NEWSLETTER



December Issue # 48

The Kamloops Self-Advocate:

A Newsletter for People with Diverse Abilities

FREE

Well, another year has gone by. Soon it will be 2018. But right now, Christmas and other Holidays all around the world in December is a great time to spend with your family, friends, co-workers, and significant others. Even if you don't celebrate Christmas, the month of December is a great time to snuggle up and be cozy with your loved ones while drinking eggnog or hot chocolate at this time of year. Some people like to travel at Christmas time. Others like to cook Christmas dinner and eat turkey and stuffing. I like to have Yorkshire pudding with my Christmas dinner. Many people love listening to Christmas music to get in the mood for the holidays.

As the founder of the newsletter, Christmas is a special time for me, because I am going on a cruise this year. From the newsletter family/contributors to you and your family, we hope you have a great Christmas and a happy New Year.

Hope you all enjoy this December newsletter. There are lots of good thoughts in here and lots of exciting stuff to read about too!

INSIDE THIS ISSUE:

Feature Articles

Jokes

Recipe

Awareness days

Upcoming Events

Contact us at:

thekamloopselfadvocate@yahoo.com

#113-540 Seymour St., Kamloops, BC

V2C 2G9 Office ph. 250-372-5856



Unwrapping the Mysteries of Christmas

By Lisa Coriale

Have you ever wondered about the meaning behind some of Christmas' traditions? At Christmas time, many people enjoy participating in the festive spirit, including people with diverse abilities. It does not have to cost a lot of money to enjoy the spirit of Christmas. You can even make your own decorations, such as candy canes, wreaths and mistletoe. I thought we could get into the festive spirit by unwrapping some of the stories behind the trademarks of Christmas.

The story of the candy cane goes all the way back to Germany 250 years ago. They started off as straight white sugar sticks. A choirmaster one day decided to give a group of children the sugar sticks to keep them calm during the nativity service. He decided to make them J-shaped to represent a shepherds' staff to remind the children of the

shepherds that visited baby Jesus at Christmas time. Some people say that the red stripes represent Jesus' blood and the white represents His purity. In 1920, a man in the US started making candy canes for his friends and family and started his own business. His brother in-law invented a machine that curves candy canes automatically. The traditional candy canes became a Christmastime staple.

When we put wreaths on our doors, do we even question when this tradition began? The wreath became a sign of hope in Eastern Europe for the coming spring and renewed light. They were made from evergreen trees with candles intertwined. Christian's made this their own tradition in Germany to represent Christ as a light. Traditionally there were five candles on the wreath and the last candle was lit on Christmas Eve to represent the birth of Jesus. Before mistletoe became a holiday tradition, it was used by the Greeks for its medicinal and healing properties. The mistletoe was also used for fertility issues and other health problems like epilepsy and poisons. People could use it throughout the winter months. By the 18th

century, mistletoe was incorporated into Christmas festivities. The kissing tradition first started with lower class individuals in England and spread from there. Men were allowed to kiss any woman standing under the mistletoe.

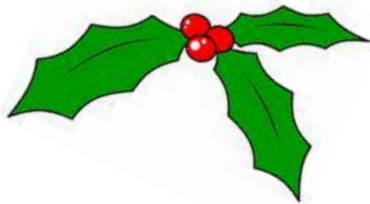
Christmas has varying and many fun traditions. Remember to unwrap many mysteries at Christmas. But don't forget to unwrap the greatest gift of all, the baby in the manger.



Krystian's Corner

I am going on a cruise with Princess Star Cruise Lines, which is actually the Love Boat. We leave from Vancouver to LA and then go to Disneyland and Warner Brother's Studio, etc., for Christmas. We are foregoing Christmas in Kamloops and going to LA instead. Mom is excited at the thought that she doesn't have to put up a tree this year or cook. Being in warmer weather is also appealing to all of us. We are then going to have Christmas dinner at the

Holiday Inn on Christmas day in Vancouver. I have never been on a cruise before so I am really excited. I have been to Disneyland once before but never at Christmas time. I looked it up on the internet and it looks like lots of fun. There is a Christmas parade too. I love parades. We are going to Disneyland for 3 days and then going into LA for 2 days. We bought a Go Pass at a low price which allows us to go to many attractions. We are going to a Go Track Park to ride race cars. We are also going to Warner Brother's and Sony Studios. We are not going to Universal Studios since we went last time. We are also going to take a tour bus that takes us all over LA, even to the beaches. So I am going to have a good Christmas this year. Have a great Christmas. What are you doing for Christmas? Please tell us your ideas and thoughts for Christmas and send us your stories and pictures of Christmas.



Watch for Some Great Ideas in January!

By Krystian

January is a great time to make resolutions for healthier living. We are really excited as we have a new advertiser for the newsletter who is going to share ideas for clean and healthy eating. Danielle will share tips from her Epicure business and maybe some recipes, too. We all could learn more about healthy eating and it is always easier when you find ways to make it tasty and fun.



Special Thanks from Krystian!!

I would like to give much thanks to all my helpers who make this newsletter possible.



Q. Who gives presents to baby sharks?

A. Santa Jaws.

Q. How was the snow globe feeling?

A. A little shaken!

Q. What did the Christmas tree say to the ornament?

A. "Aren't you tired of hanging around?"

Knock, knock
Who's there?
Mary
Mary who?
Merry Christmas!

Knock, knock
Who's there?
Sandy
Sandy who?
Sandy Claus!

What do you call people who are afraid of Santa Claus?

Claustrophobic.

Why does Santa have 3 gardens?

So he can ho-ho-ho.

Why was Santa's little helper depressed?

Because he had low elf esteem.

What do you get when you cross an archer with a gift-wraper?

Ribbon hood.

What do you get when you combine a Christmas tree with an iPad?

A pineapple!



Quotes

Never catch snowflakes on your tongue until until all the birds have gone south for the winter!

Sending Christmas cards is a good way to let your friends and family know that you think they're worth the price of a stamp.
~ Melanie White

The office Christmas party is a great opportunity to catch up with people you haven't seen for twenty minutes.
~ Julius Sharpe

The Holidays are the one time you get to experience all the excitement of rush hour traffic in the mall parking lot.
~ Melanie White

On Saint Patrick's Day I pretend to be Irish. At

Christmas I pretend to be good.



Let The Magic Begin By Bobbie Kimmel

It's almost Christmas once again.
It's about time for Santa's magic to begin.

The trees will be all aglow.
The halls will be decked with holly and mistletoe.

It's almost Christmas once again.
It's about time for Santa's magic to begin.

The cookies and candies are getting made.
Mama's getting ready for that special day.

The toy list keeps growing long, and all the Halloween candy is just about gone.

It's almost Christmas once again.
It's about time for Santa's magic to begin.

The snow is now

beginning to fall, adding to the magic for us all.

The memories and traditions we share today, will last for generations along the way.

It's almost Christmas once again,

Let the magic begin.

Thanks to Bobbie Kimmel for this contribution!
Taken from <http://www.xmasfun.com/Poems/LetTheMagicBegin.asp>



Blazers Report

By Andrew

With the first half of the season coming to a close for the Blazers and 13 games to go before the New Year, the Blazers improve their record to 11 wins and 13 losses through 22 games. That puts them in 4th place in the BC Division.

Blazer fans are happy to welcome back Dylan Ferguson and will have some fun on Dec. 3rd at the Teddy Bear Toss. What a great way to support a good cause!



White Peppermint Truffles

SERVES 60

Want to blow ‘em away at your next cookie swap? Try your hand at these minty, creamy little gems. They look like a millions bucks and couldn’t be easier to make.

Courtesy of DAVIDsTEA.

Ingredients

- 2 Perfect Spoonfuls (2 1/2 teaspoons ea.) Peppermint Amour tea
- 1 lb(s) white chocolate, chopped
- ½ cup heavy cream
- shredded coconut (for coating)
- confectioners' sugar (for coating)
- crushed candy canes (for coating)

Directions

1. Place white chocolate in a medium bowl.
2. In a small saucepan over medium heat, bring heavy cream to simmer. Remove from heat.

3. Add tea to a DAVIDsTEA filter and place in the hot cream. Steep for 1 minute.
4. Remove filter and pour the cream mixture over the white chocolate. Let sit for 1 minute.
5. Using a rubber spatula, slowly stir the mixture until smooth and shiny.
6. Cover bowl and refrigerate until well chilled, about 4 hours.
7. Remove chocolate from refrigerator. Using a Perfect Spoon, divide chocolate into truffle-sized portions.
8. Using your hands, roll each truffle into a ball. Roll each ball in the coating of your choice and place on a baking sheet.
9. Place baking sheet in the refrigerator and chill until ready to serve.

Read more at <http://www.foodnetwork.ca/recipe/white-peppermint-truffles/13849/#Ge4svGhGEdlxCZPG.99>

SUN	MON	TUE	WED	THU	FRI	SAT

Awareness days

Dec. 1st World AIDS Day

Dec. 6th The National Day of Remembrance and Action on Violence Against Women

Dec. 10th Human Rights Day

Thank You

Thanks to all Advertisers – Featuring Edward Jones

Brant from Edward Jones has been a long-standing advertiser, who has advertised his business with the newsletter from the very beginning. Krystian and his family have had an ongoing relationship with Brant, the financial planner, at Edward Jones.

Krystian first met Brant at People In Motion when Krystian was interested in the RDSP Program. Brant was offering to assist people who qualified to apply for the program. He offers his services to those who qualify for the RDSP program free of charge.

Brant has been working at Edward Jones for the last 18 years. He loves his job

because he personally has an interest in helping people make money. There is a need for this service in the community and working at Edward Jones puts him in the position of planning people's financial futures with them.

He has advertised with the newsletter from the very beginning because he likes how specialized it is, Brant said. Brant goes on to say he appreciates the depth of how contributors look at things and how it's so unique. Edward Jones' mandate and mission also identifies unique aspects of the community.

His commitment to people is to understand what is important to you and to help you reach your financial goals. Although he offers his expertise with the RDSP program for free, he also offers other financial services. He works with you to invest your money and to make sure any losses are at a minimum while your investment grows. He charges a small percentage of what you invested for this service. This is how his business grows and advertising with the newsletter helps Krystian's business to grow also. So, thank-you Brant for your support. If anyone is

interested in investing, go to Edward Jones on Seymour Street. Brant is easy to talk to and is there to give you advice to reach your financial goals.



Country music article

By Ben

The Country Music Awards happened on November 9, 2017. It was a great show. There were some new country stars that I've never heard before. They also had a lot of the country stars, including Dallas Smith, Darius Rocker, and Emerson Drive.

Brad Paisley opened the show in a different way. He got an award for doing a good job of hosting the show.

One new performer and song that I enjoyed was Eric Church with his song, Why Not Me – it was awesome.



“Don’t ‘Dis’ My Ability”

by Michelle McClure

At Ability Online we help our members, young people of ALL abilities (all inclusive community), discover their potential/abilities and help them enhance those abilities by building confidence and self-esteem; letting them know they are not alone and providing opportunities to develop skills that will enhance independence and open the door to inclusion. By connecting them to role models and mentors they begin to explore possibilities - for community involvement (sports and recreation; friendships), volunteer work or employment opportunities or something even bigger!

On December 3rd, International Day of Persons with Disabilities,

we are launching our “Don’t ‘Dis’ My Ability” social media campaign. It will start on twitter (@Ability_Online) and Facebook ([facebook.com/AbilityOnline](https://www.facebook.com/AbilityOnline)) people will see inspiring stories from our members (including Krystian Shaw) and they will be invited to share their own stories or head to Ability Online to engage with others. The goal is to keep the conversation going.

We will keep posting stories as we build up to February 28th, National Pink Shirt Day - to show the world how we stand up to bullying. We are proud of the fact that Ability Online has been bully-free for 27 years! Check out our I AM AWESOME pink shirts (www.abilityonline.org) which will go on sale in January. All proceeds go to our *Bully Bouncer* program.

Visit our website for more information or send a message to michelle@abilityonline.org
We all have the ability to do something that others can't do - what is your thing?



A Camp Amasa Retreat

Recently, Krystian had the opportunity to attend a weekend retreat at Camp Amasa. Find out why he thought it was a great experience and why he is looking forward to attending one of their week-long camps!

Every fall and spring, Camp Amasa holds a camp for people with developmental and physical disabilities. It is quite affordable at \$125.00 for a week-end retreat.

During the camp, you can take part in arts and crafts, singing, camp fires, and great food.

This camp is good for anyone who is spiritual or religious. Camp Amasa is owned and operated by One Hope Canada.

Anyone interested can contact Jacquie at: jkbolem@shaw.ca
 Or, check out their website to see videos and photos of previous camps at: www.amasa.ca

Focus Ability

Focus Ability Workable Solutions is pleased to announce the opening of their new office at 351 Hudson Ave NE – Suite 102 in Salmon Arm (beside the old Matchbox location across from the Post Office). Sharing office space with the **Reaching Out Multiple Sclerosis Society** has been a beneficial consociation. Focus Ability assists high functioning adults on the Autism Spectrum to recognize their strengths, challenges, and work towards finding rewarding employment. Focus Ability works with employees to reinforce their strengths, remove their employment barriers, and focus on helping to find suitable employment for them within the community. If you are looking for a more focused, loyal, and talented employee, or know a good candidate for their programs give them a call. For more information, please email info@focusability.ca, call (250) 253-3045, or visit the website www.focusability.ca.

Events

Nov. 25th – Dec 22nd
 Woodward Christmas Trees welcome you during the most wonderful time of year

Nov. 30th – Dec. 12th – A Christmas Carol @ Sagebrush Theatre

Dec. 3rd – International Day of Persons with Disabilities

presents "Christmas Baroque" @ St. Andrew's on the Square, 2 p.m.

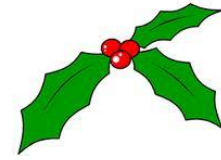
Dinner @ ROMEOs, 1250 Rogers Way, 4:00 - 6:30 PM

Dec. 3rd - Blazer Teddy Bear Toss

Dec. 16-17 Christmas with the KSO @ Sagebrush Theatre

Dec. 10th - Kamloops Brandenburg Orchestra

Dec. 25th - Christmas



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
Member – Canadian Investor Protection Fund

Edward Jones
MAKING SENSE OF INVESTING




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

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

EPIASURE
Independent Consultant

DANIELLE JENKINS
Independent Consultant



250-320-2536
dmj2536@gmail.com
daniellejenkins.epicure.com

Cooking Classes | Host Rewards | Fundraisers | Business Opportunity

Book a Tasting Event with me and I'll show you how to go from raw to ready in 20 minutes or less. Eating clean is super easy, nutritious and delicious

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



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