



**THE KAMLOOPS SELF ADVOCATE NEWSLETTER**



## October Issue # 58

### Travel for All

I am proud to say that more service agencies and non-profit organizations that believe in inclusion equality, and accessibility, have shown an interest in having me speak about creating an accessible world for all. I have recently teamed up as an ambassador with a travel agency called, “Travel for All”, an organization that helps people with barriers to travel, explore and enjoy the world in the best comfort possible.

“The Big Little Science Centre” is interested in having me speak about this travel agency because the world and accessibility go hand in hand with science and technology. Science has a massive role in improving and creating new ways to make a world that is more accessible and easier to navigate for people with challenges. Technology helps people with living their lives to the fullest.

Free

# The Kamloops Self-Advocate:

A Newsletter for People with Diverse Abilities

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## It's Time to Stop Bullying – Let's Advocate for One Another

By: Lisa Coriale

I have experienced bullying all throughout my life, by people either being rude to my face or behind my back. Sometimes they question my intelligence because I have a diverse ability and I am in a wheelchair. For example, throughout elementary school, my classmates would separate themselves from me, which made me feel isolated. I used to go horseback riding when I was younger, and this girl in elementary school once said to me "I hope you fall off your horse." In University, I heard a group of students next to me whisper about me saying "what is she doing here?"

There are times when bullies repeat what they have experienced. There are several types of

bullying, such as physical, emotional, and cyber-bullying. These can all lower our self-esteem. Physical bullying is when somebody punches another, for example. Emotional bullying is when somebody uses words to hurt another's feelings. Cyber-bullying is when somebody writes mean things on the computer to hurt another person. People's feelings can be hurt over the computer unknowingly, which is why it is important to be careful. Online communication is missing the tone of one's voice, verbal cues, and body language that we would normally have in a face-to-face conversation.

People might take words the wrong way, which is why we have to be very careful with our words and how we treat others. Everyone is different and situations can affect people in different ways. Sometimes people don't even realize it, and that is why we have to keep communicating and educating each other about bullying.

People can overcome bullying by advocating for themselves and others. If we see somebody being bullied, we should stand up

for them whenever possible, and tell somebody that we trust. When I was in Kindergarten, there was a class bully. He bullied everyone else in my class, except me. At that time, I did not have a wheelchair, and spent most of my day on the floor. This class bully was nice to me, he would pat me on the head and say hello. Perhaps he was friendly towards me because he didn't feel threatened by me. Sometimes bullies were bullied themselves, and perhaps they just do it to not get bullied by others.

There are many children who experience bullying in elementary school, high school and even college and University. There are several ways to get help for bullying, including telling a teacher or school counselor. The Kids Help Phone has information about all types of bullying, and any questions kids might have that might be too embarrassing to ask a parent or counselor. Kids can call 1-800-668-6868 or visit the website <https://kidshelpphone.ca/>. There is also a live chat available if kids are more comfortable with that form of communication. For Adults dealing with

bullying, a resource for them to use is:  
<https://www.bullyingcanada.ca/services>

Bullying can affect everyone, especially those with diverse abilities, which is why we should stand up for each other. Talking about our bullying experiences can be scary, but we cannot fight bullying unless we keep talking about it. This is only the beginning.



### Krystian's Corner

I love travel, especially when it's inclusive travel. I am so excited to share with my readers that I am an ambassador for a travel agency, Travel-for-All, that caters to people with mobility challenges, even for those who are hearing/sight impaired, as well as ones who face challenges due to old age.

They believe in inclusive access to enjoy your vacation to the fullest. I do presentations and reach out as an ambassador so if anyone wants to book me

to talk to parents/caregivers and clients about inclusive travel, please let me know.

Their mantra is "Travel should be inclusive not exclusive!" I also believe in the same thing. Inclusion is for everyone, not just those with invisible and visible disabilities.

Their name is Travel-for-All. They specialize in helping people with various disabilities and barriers to being included in the community. Everyone who works there or in conjunction with them has some sort of a challenge to know how things should be accessible.

I reached out to different services and special education classrooms, etc., to do a presentation. They

are a great company to work with and they rock!

If you would like to book an inclusive trip, please contact Tab directly at 1-888-993-9295, ext. 102. When you contact her, mention the newsletter and she will help you with all your travel needs.

### Halloween Jokes

Q: Why didn't the skeleton want to go to school?

A: His heart wasn't in it.

Q: Why didn't the skeleton cross the road?

A: He didn't have any guts!

Q: What did the little girl say when she had to choose between a tricycle and a candy bar?

A: "Trike or Treat"?

Q: Why are ghosts so bad

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at lying?

A: Because you can see right through them!

Q: What did one owl say to the other owl?

A: Happy Owl-ween!

Q: Why is a skeleton so mean?

A: He doesn't have a heart.

Q: What do vampires take when they are sick?

A: Coffin drops! Taken from:

<https://www.funology.com/halloween-jokes/>



### Quotes from Yehuda Berg

We need to realize that our path to transformation is through our mistakes. We're meant to make mistakes, recognize them, and move on to become unlimited.

In truth, we are all part of the team of humanity. And as such, we are all obligated to share ourselves, and our talents, for the sake of the team.

### Severed Finger Cookies

Cook Time 25 min

Prep Time 40min

Servings 50

#### Ingredients

- 1 cup unsalted butter, at room temperature
- 1 cup confectioners sugar
- 1 egg
- 1 teaspoon pure vanilla extract
- 2 3/4 cups flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1/2 cup sliced almonds
- Raspberry jam

#### Preparation

In a large bowl, beat the butter until creamy. Mix in the sugar, egg and vanilla, then mix in the flour, baking powder and salt. Cover the dough with plastic wrap and refrigerate for 30 minutes. Preheat the oven to 325 degrees. Using your hands and working quickly, roll a heaping tablespoon of dough into a finger shape. Place the fingers about 3 inches apart on an ungreased, parchment-lined cookie sheet. Stick a sliced almond on 1 end of each for the fingernails. Use a table knife to make three crosswise knuckle marks in the middle of each cookie. Bake until lightly golden, 20 to 25 minutes. Transfer to a rack to cool.

Meanwhile, in a small saucepan, cook the jam over low heat until it reaches a saucy consistency. Once liquefied, remove from the heat and pour into a bowl; dip the severed end of each cookie into the sauce. Taken from: <https://www.rachaelraymag.com/recipe/severed-finger-cookies>

SUN	MON	TUE	WED	THU	FRI	SAT

### Awareness Days

- October 1 to 7: Mental Health awareness week
- October 6: Cerebral Palsy Day
- October 10: World Mental Health Day and World Sight Day
- October 12: World Arthritis Day
- October: Community Living Month
- October 1 to 31: Learning Disabilities Awareness Month

### October Riddles

Q: If two's company and three's a crowd, what is four and five?

A: NINE

Q: If you have it, you want to share it. If you share it, you don't have it.

What is it?

A: A SECRET

Q: If you throw a White stone into the Red Sea, What would it become?

A: WET

### Advice to my Mother

By Sarah Evans

I was blessed growing up. I was very close to my mother and always felt extremely loved and nurtured. This is not to say that I agree with all of the choices she made. One piece of advice that I would give to my mother and other people with disabilities is to not be too overprotective.

My mother encouraged me to try many new opportunities, but she over protected me when it came to issues and problems that were going on in our family. My sister, who is two years older than I am, was not overprotected in the same way that I was. It was about not telling me what was going on. I am sure my mom had her reasons. She believed I had enough to worry about

related to my disability. She thought I would obsess about issues - yes, I tend to do this quite a bit.

But I believe this experience left me ill prepared to deal with challenges in my later life. I had unrealistic expectations in relationships and in life in general. I believed that I could magically make everything wonderful and great and problems would never come. But, of course, they did come. And because I had no coping skills, I would get really upset and be unable to control myself. I struggled with serious mental health challenges for a number of years. I am not saying that the only reason for this was that I was overprotected as a child, but I do believe it was a factor.

Disclosing anything to kids or letting them try new things requires wisdom and knowing the individual. But a lot of people mistakenly believe that kids with disabilities need to be protected physically or emotionally from the world around them because they have their own problems to deal with. But kids with disabilities turn into adults and, just like other kids, need to be as prepared as possible to

deal with the world around them.

Taken from:  
<http://abilityonlineblog.blogspot.com/>

### World Sight Day

World Sight Day (WSD) is an annual day of awareness held on the second Thursday of October, to focus global attention on blindness and vision impairment. World Sight Day 2018 is on 11 October 2018.

2018 is the sixth year of the WHO Global Action Plan and IAPB encourages our members and partners to continue with our rolling theme:

We record **608 events** from 115 countries. These include awareness events, seminars, launches, donation drives, rallies and online events. We have events from IAPB members, the WHO—even the Pope!

Taken from:  
<https://www.iapb.org/advocacy/world-sight-day/>







## Halloween Safety By Ben

*Halloween is just around the corner. With that in mind, Ben contacted Constable Dustin at the RCMP to get some safety tips for everyone to share with children who may be trick-or-treating this year.*

The message we pass along is the stuff we have all learned over the years:

- stay with friends or family
- younger students need to stay with a parent or other adult
- try to wear brightly coloured costumes
- walk up one side of the street, then down the other (do not zig-zag across the street)
- reflective pieces are encouraged for costumes as are flash lights
- never go into someone's house to get candy (stay at the doorway)
- don't trick or treat at houses that are dark (no pumpkin, decorations or lights on)

-always have parents or adult check your candy before you eat it

Be safe and have a Happy Halloween!

## Best Wishes to the KSA from @Holm

@Holm is, and always will be, a proud supporter of disabilities groups and organizations in BC in their advocacy for better rights and recognition from all levels of our government and society as a whole.

To that end, we'd like to wish a happy 5th birthday to the Kamloops Self-Advocate, the first newspaper in BC written for persons with disabilities, by persons with

disabilities.

Founder Krystian Shaw is an amazing young man who has taken great strides to bring many of the issues facing the community to a more prominent light, whether through his newspaper, as a guest speaker on networked news channels, appearing in TED Talks or winning grants and awards for his work. @Holm is proud to help sponsor Krystian and the Kamloops Self Advocate.

Find our ad in this month's edition, and don't forget to head to the KSA Facebook Page and leave them a "Like". When it comes to disability rights, we -all- have a responsibility.



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## Conflicts Happen – Learn to Resolve Them

We all experience conflict at some point in our lives. It usually doesn't feel very good when it happens, but there are things that we can do to work through it and feel better.

The first thing you can do is keep talking (if you are really upset, take some time to calm down, first). It is important to talk to the person with whom you have had a conflict. It may be a simple misunderstanding, or it may be something more complicated, but if you can't talk about it, you can't find a way to make things better.

Take time away from the computer and have the discussion in person never online. Avoid communicating by e-mail, Facebook, or text – the written word can easily be misunderstood.

If you feel like you have done something wrong, you can start with an apology. If you think they have done something wrong, you can let them know that you are feeling hurt. You can't make them apologize, but you can share that you are upset about what has happened.

Do your best not to point fingers.

To come to an understanding or a compromise, both parties need to be willing to work things out. If one person isn't willing, you may need to give them some time. It is okay to ask for help. Having a supportive person who you both trust involved to help you both come to a solution can make a big difference.

Remember it is not your job to make anyone else do or be anything. You can only look after what you do and say. It's fine to move on and find new friends. Both parties might not agree, but taking the time to try to work things out is a chance to learn and grow. It can also allow you to come to terms with what has happened.

For more suggestions on conflict resolution, you can search on the Internet for ideas and suggestions.



## Blazer Report

By Andrew

During the off season the Kamloops Blazers hired a new head coach, Serge

Lajoie, formerly the head coach of the University of Alberta Golden Bears.

During the 2018 preseason the Blazers went 4-1 with all four goalies making a start in each game of the five preseason games. The Blazers first regular season game was September 21 against the Kelowna Rockets, followed by a trip to Kelowna to face the Rockets again on Saturday night. The Blazers won both games, getting the regular season off to a fantastic start!

Things to watch for: Mark Recchi Hockey Hall of Fame on Friday, October 19<sup>th</sup> at 7:00pm at the Sandman Centre against the Swift Current Broncos. There will be a special ceremony to honour Mark Recchi; all Blazer fans will receive a free replica banner.

## October is Community Living Month!

Each October, British Columbia marks Community Living Month. This annual celebration, entering its 20th year in 2018, recognizes the contributions and accomplishments of people with diverse abilities across our province. It is always an eventful month with great

celebrations and events taking place in communities across the B.C. Taken from: <https://www.communitylivingbc.ca/>

**Events**

**Oct. 26, 27, & 29<sup>th</sup> @ 7**

p.m. GHOST TRAIN  
For more information, go to <https://www.kamrail.com/>

**Sept. 28<sup>th</sup> – Oct. 21<sup>st</sup>**  
Adams River Salmon Run at Tsútsweew

Provincial Park in Squilax-Anglemont from 8:00 a.m.- 4:00 p.m.

**Oct. 26<sup>th</sup> & 27<sup>th</sup>**  
Kamloops Symphony - A Dark and Scary Night @ Sagebrush Theatre

# Ask about a Registered Disability Savings Plan.



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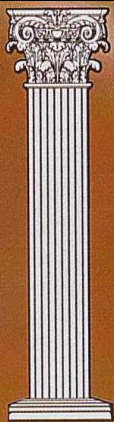


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Community Living BC (CLBC) is a provincial crown agency, mandated under the Community Living Authority Act, that funds supports and services through service agencies for adults with developmental disabilities and their families in British Columbia.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

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