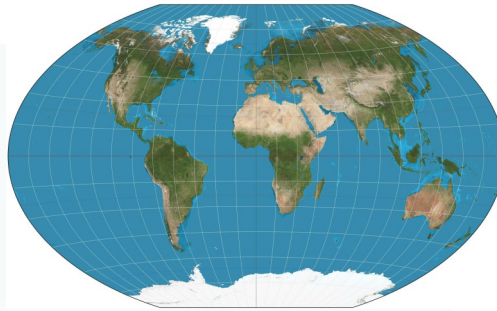




June 2021

THE KAMLOOPS SELF ADVOCATE NEWSLETTER

FREE



Putting Kamloops On the Map

We are really excited about a new plan for The Kamloops Self-Advocate Newsletter! From the beginning, we have had a goal of being an international newsletter. Over the years we've included stories and articles about people from around the world. Now, we are hoping to do even more of that.

We love being able to include local stories and let the world know about the great things going on in Kamloops. We want to continue to do that. We also want to have more people following us from around the world and put Kamloops on the map. Inclusion, acceptance, awareness, and reducing stigma are themes people from around the world can relate to. We all want to be included and accepted for who we are. This is a global theme.

There are so many inspiring stories that are about overcoming obstacles and breaking down barriers. We look forward to sharing more of these. Remember, we love hearing about and sharing your stories, so make sure to send us your story ideas.

If you haven't checked out our Facebook page, make sure to do that. We have 341 followers and 316 likes! Please help us grow that number! We'd love to double it by the end of the summer.

Have a great June and we'll see you next month!

Do you have a story idea or an event you think would be interesting for our readers?

Please subscribe to the Kamloops Self Advocate Newsletter to receive a newsletter each month with interesting and inspiring content *Contact us at:*

thekamloopsselfadvocate@yahoo.com

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

Office phone: 250-828-1344

Inside this issue

Feature articles

Krystian's Corner

Celebrating Disability Awareness and success stories and inclusion for all ! Written by people with Diverse Abilities.

We always look for writers and people to interview.

Green Goodness Smoothies

Taken from: <https://www.bettycrocker.com/recipes/green-goodness-smoothies/>

Prep 5 MIN, Servings: 4

Loaded with everything you need to jumpstart your day, this green goodness smoothie is packed with nectar, spinach, cucumber, yogurt, and a little honey for something sweet!

Ingredients

1 cup pear nectar
2 cups loosely packed chopped fresh spinach
1/2 cup chopped seeded peeled cucumber
1/2 cup Fat Free plain yogurt
2 tablespoons honey
2 cups ice cubes



Steps

In blender, place all ingredients. Cover; blend on high speed about 1 minute or until smooth. Pour into 4 glasses.

Jokes

What do you call a dog on the beach in the Summer?
A hot dog!

Why do bananas use sunscreen?
Because they peel.

What do trains do during the summer?
Play beach trolleyball

Why did the teacher wear sunglasses to school?
Because her students were so bright

What do fans do at the Summer olympic games?
Heat waves.

Why did they call the police during the summer beach concert?
Something fishy was going on.



Quotes

“The advice I’d give to somebody that’s silently struggling is: You don’t have to live that way. You don’t have to struggle in silence. You can be un-silent. You can live well with a mental health condition, as long as you open up to somebody about it, because it’s really important you share your experience with people so that you can get the help that you need.” — **Demi Lovato**

“You don’t have to be positive all the time. It’s perfectly okay to feel sad, angry, annoyed, frustrated, scared and anxious. Having feelings doesn’t make you a negative person. It makes you human.” — **Lori Deschene**

“There is hope, even when your brain tells you there isn’t.” — **John Green**

“Promise me you’ll always remember: you’re braver than you believe, and stronger than you seem, and smarter than you think.” — **Christopher Robin from Winnie the Pooh**

“Mental health affects every aspect of your life. It’s not just this neat little issue you can put into a box.” — **Shannon Purser**

“It is okay to have depression, it is okay to have anxiety and it is okay to have an adjustment disorder. We need to improve the conversation. We all have mental health in the same way we all have physical health.” — **Prince Harry**
“Mental health is just as important as... physical health and deserves the same quality of support.” — **Kate Middleton**



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
Brownstone Restaurant
Kamloops Art Party
All Around Gamerz
The Art We Are
Eat Clean Express & Meal Prep**

Krystian's Corner

I have interviewed Justine Blanchet; she is a great country music singer and songwriter. I really enjoyed listening to her music video called 'Get Out of the Mud' on YouTube. She lives in Montreal, Quebec.

I enjoy interviewing country music singers and introducing my readers to new music and new music artists. Interviewing is one of my favorite parts of my job for the newsletter. I love all kinds of music such as POP, Country, rock and roll and whatever has great lyrics and is fun to listen too. My favorite singers are Taylor Swift, Katy Perry, and Madeline Merlo. My platform for interviewing singers is by email, and I like to learn about the individual and how they came to becoming a music artist.

For the KSA, I am 'putting Kamloops on the map', as that is our tagline on Facebook. Some of the ways I am putting Kamloops on the map include interviewing many people from around the world and sharing international stories. This newsletter can be found on the Internet and has become international. It feels good to share positive stories with human interest. I love interviewing people who have diverse abilities around their success stories and how they overcame challenges despite their disabilities.

I have dreamed about working with people who have diverse disabilities like a support worker or social worker. However, I could not go to university to study to be a professional in this field because I need minimal support myself. Despite my challenges, I started my own newsletter that is in the diverse ability field and media field. My newsletter has columns like music, movies, and articles from the BC SPCA. You can also find educational topics around mental health issues, and diverse abilities, and read about success stories from those who have overcome their challenges.

This makes the newsletter interesting for everyone and not just for those who have diverse abilities. We are a small business with a big heart to educate and spread awareness to everyone no matter if they live with diverse abilities.



Birthday Column

Michael J Fox June 9th, 1961 Actor with Parkinson's disease

Johnny Depp June 9th, 1963 Actor who is visually impaired.



Kindness and Compassion Interview with Nadine Speller

What do you do for a living?

I am a nurse in Kamloops, working both in the hospital and in the community.

What does kindness and compassion for yourself and others mean to you?

When I think of kindness and compassion, I think of individuals being able to relate to one another despite different values or ideologies and care for each other on the basis of

human worth. None of us have had the same upbringing, socioeconomic status, challenges or even advantages that shape our lives, so there are a lot of bridges to build, and I believe it starts with kindness and compassion

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

I believe it's the starting point for deep relationships and it almost becomes a positive feedback cycle or pay it forward kind of movement. We start by making the effort, we build a relationship, we know people on a deeper level and then we want to know more people on a deeper level and so it continues. Of course, it isn't as cut and dried as that but that's the general idea.

How do you show kindness and compassion to others?

My jobs give me plenty of opportunities for that, there are so many people I encounter on a regular basis that I have very little in common with and with whom I try to make a connection with. I really try every day to make sure that anyone I encounter has been given the best care I can provide. A lot of the time it's very difficult, and I am able to push through sometimes, but other days I fall short for sure. I also am involved with my church and there are again a lot of ways to care for people inside and outside that environment. One of the things I try to focus on is being an encourager. I struggled quite a bit with insecurities, as most teenagers do, and I always thought everyone else had it together while I didn't and I am starting to realize that the majority of the time people don't have it together and when I tell them what I find is impressive about them, they usually are caught a bit off guard but almost always appreciate it.

How can people show compassion when they are in community?

I am not an expert at all, I really want to make that clear, but I would say there is a lot of damage done when we just write a person off because of a belief that they have. I just wish there were more honest, less heated, conversations between people where each person was heard. Obviously there are so many things people can differ on and I am not at all saying that we should not believe in anything, or that we shouldn't hold different views. I just wish that people were heard for who they truly were not just what our assumptions are about what them. I think we would find a lot more compassion in ourselves if we gave people the chance to share their stories.

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

I think the same way that you would show anyone kindness and compassion. Be ready to listen and learn, and make the effort to step into being slightly uncomfortable. Talking with people I don't know is not actually a strength of mine, it's a learned behaviour (a work in progress to be honest). It takes me prepping myself before events knowing that it's going to be difficult in the beginning when I have to get out of my comfort zone but when I listen and learn about others it makes me want to meet more people and hear their stories. I love it.

When we think about being kind to ourselves, it involves all areas of our lives, including the physical, emotional, and mental pieces. How can people keep their mental health in shape?

I'm no expert on mental health. I have my own struggles that I'm currently working through. Everyone has heard the classic "keep active, eat well, holistic health etc." gambit for a long time. I'm not saying those aren't correct, it just takes a lot of trial and error to find what works for you and sometimes what works changes. My relationship with Jesus Christ is the stabilizing factor for me. Other than that, I think probably the best strength I have is certain people in my life knowing me well enough to speak into my life when they know I am struggling.

What does being kind to yourself look like?

I am also working on this, it's a hard balance to not spend too much time looking inward as it then becomes your entire focus, but also not just looking outward and ignoring signs of illness (whatever illness that may be) in yourself. Again, I come back to the bible as my source of identity, Jesus loved me enough to die for me and my imperfections. I need to come back to this a lot, so I guess for me it's knowing my intrinsic value and worth, not looking for it in relationships with others or in my job, or hobbies, and then from a place of wholeness caring for others so it doesn't empty me out.

What would you say to those people who have negative views or attitude towards people with diverse abilities?

I really don't know what I would say to them. I think I would try to listen to their story and find out why they feel the way they do. I feel that I can't pick and choose who I show compassion and care to, but I would clearly state my point of view which is that those with diverse abilities of course are as valuable as anyone else, and I would hope that we would have an enlightening conversation.

We have a CAT CRISIS in Kamloops!

DO YOUR PART

spayneuter.ca



BC SPCA
OPERATING FOR ANIMALS

There's a Cat Crisis in Kamloops!

In 2019 Kamloops BC SPCA undertook a community assessment to determine how to best address the issue of cat overpopulation. As a result, a multi-faceted approach was developed, including education, community engagement and increased spaying and neutering for both owned and unowned cats.

The assessment found that financial costs were the primary barrier for people accessing veterinary care within the city of Kamloops and the importance of pairing up any programming with education and raising the value of cats.

Low Income Programing

Vulnerable pet guardians often have barriers that create challenges in accessing the care they need for their pets, including spay neuter services, which play a crucial role in the health of pets living in the community and preventing unwanted litters. The BC SPCA has launched a program available for low-income families within the city of Kamloops at the BC SPCA. Cats will receive a spay/neuter surgery, primary vaccines and will be microchipped.

The BC SPCA Kamloops Spay Neuter Clinic will be prioritizing appointments for this program over the coming months to ensure they can meet the needs from the community.

Spay/neuter of Community Cats

Kittens can get pregnant as early as five months old, producing more kittens and continuing the cycle. The result? Too many cats and not enough homes for all of them. Spaying and neutering community cats leads to less vulnerable kittens born outdoors, and improves the overall health of the individual cats. It even reduces the spread of disease in the colony! Reducing their desire to roam is beneficial for their safety and, with decreased competition for mating, cats are less likely to suffer from injuries.

It's important for owned cats to be spayed and neutered, as an unfixed owned cat can contribute to a booming community cat population. Cat owners can help the situation by ensuring their pet cats are fixed and microchipped by the time they are six months old.

For more information please visit/call:

<http://spca.bc.ca/kamspayneuter>

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ONE UNSPAID CAT HAS 4 KITTENS



5 MONTHS LATER



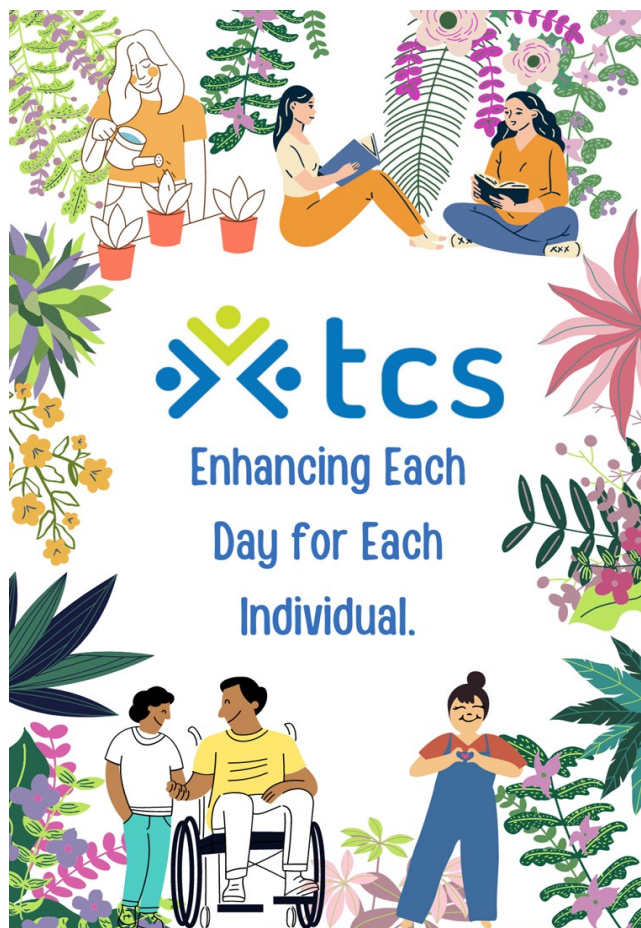
12 MONTHS LATER



17 MONTHS LATER



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This Singer is Definitely Not Stuck!

By Krystian

What is your Name? My name is Justine [Blanchet](#) and I live in Montreal, Quebec!

How did you make the song *Get Out of the Mud* and what inspired it? The song "Get out of the Mud" was written in August of 2020 around the time that I released "Got Away". The song was written in less than two hours, so the words really flowed. It was not until it was all done that I realized how inspirational it was especially for the ongoing pandemic. I was having a moment with my brother and we were just talking nonsense when I said, "Are you feeling stuck?". That was the inspiration for starting my song.

What do you enjoy about being a country singer? I enjoy the fact that country music is very honest and down-to-earth. Those values were taught to me growing up, so it is only natural that I appreciate this music. The simplicity of the music is also another thing that I enjoy in country music.

How did you develop your passion in music? I grew up listening to people like Shania Twain, Carrie Underwood, and Miranda Lambert. I also did 12 years of piano and a few years of guitar lesson, so music has always been part of my life. You can take the girl out of the music, but you can't take the music out of the girl!

What are some of your favorite country songs that you made or listened too? My latest song is usually my favorite one, but I also love "Almost Maybes" by Jordan Davis and "It Didn't" by Madeline Merlo!

Who influences your music? Who do you look up too in the music industry? Lots of people influence my music such as my family and the situations I go through. People like Morgan Wallen, The Reklaws, and Jess Moskaluke influence my music. I look up to my peers and colleagues and especially to the ones changing lives and inspiring their fans.

What made you decide to do country music besides other types of music? My family and I used to travel a lot to the United States when I was younger, and every radio channel over there is practically country music, so it is basically in my veins at this point! We would travel by car during the holidays and the summer.

What is your favorite part of having music as your career? My favorite part...is being able to do what I love every day and making money out of it. That is basically everybody's dream so it's actually quite amazing.

Where have you performed, and can you name some examples? Absolutely! I have gotten the chance to perform at many local town stages including on the main stage the Lotbinière Festival (near Quebec City) in 2019. Back in 2017, I also got to perform at the Big Valley Jamboree in Alberta. I regularly perform at the Diamonds in the Rough showcase during the CCMA music week. It really has been wonderful opportunities.

What do people like about your music? People love the wholesome and many references to nature that I include in all my songs. I mostly write songs that are inspirational and give hope to people.

How long have you been performing music for? I have been performing as long as I can remember. My first performance was when I was six years old, and I got to perform a Christmas song at my church during the holiday season.

What do you enjoy about making music? I enjoy the process of writing a unique piece or art and then making it become a real demo and performance track once it has been through my producer. Yann, my producer, is incredibly talented! I know that I can trust him with my songs, and he makes them become masterpieces!

What else would you like to add? I would like to thank The Kamloops Self Advocate for having this interview with me; it is truly an honor.

How can people find you online? Where can people buy your music? You can find me on Instagram, Tik Tok, and Facebook with the handle [@justineblanchetmusic](#)! My music is available everywhere, so it is available for streaming and purchasing. Thank you so much!

Focusing on Children's Mental Health

By Lisa Coriale

May 7th was National Child and Youth Mental Health Awareness Day. This is a very important topic to address. The past year has shown a large increase of mental health conditions for everyone due to Covid restrictions. It has had a great impact on people's lifestyles and an even greater impact on children and how they spend their time. We must address the issue of children's mental health and pay attention to ways we can help them face these increasingly challenging times.

When it comes to children's mental health, the first question is whether the child's behaviour is different enough to require a professional evaluation or medical help. When a child displays what is seen as negative behaviour, sometimes family members will disagree on whether the behaviour is serious. For example, when some children have many temper outbursts or destroy toys, it may seem like a serious problem to some parents while others see it as them asserting independence or showing leadership skills.

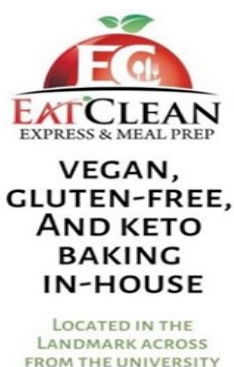
Such issues may arise in times of change for the family, such as death, a new child, a move or even lockdown during a pandemic. Especially now that children have limited interaction with other children and are confined to their own homes, this makes it even harder for them to adjust to different changes in their lives. Some children may develop inappropriate emotional and behavioral responses to situations that persist over time. The realization that a child's behaviour requires professional attention can at times be painful or frightening to parents who have attempted to get the support needed for their child. Other times, some parents even internalize it as a personal failure.

It is important to remember that parents need to work together with their children to learn new behaviour management or communication techniques to provide a suitable environment for their family life. However, if the issues connected to the child's behaviour are very severe and interventions at school, in the community or at home are unresponsive, this is the best time for a mental health professional to step in. This may lead to a diagnosis of a mental health, emotional or behavioral disorder. There are many factors to consider that might be affecting a child's behaviour like problems at school, physical conditions, changes in the family environment due to a death, divorce or a new child or even drug use in young adolescents. Toddlers display a wide range of developmental behaviours that are appropriate, but if there is any delay (six months or more) in language, motor or cognitive development it is important to bring it to the pediatrician's attention. Other instances that might require a medical professional's attention may be concerning situations that have been occurring for an extended period of time. These could include things like: self-abusive behaviour (head-banging, biting or hitting), not forming affectionate relationships with care givers or relatives, and repeated attempts to injure others.

Is there a magical moment when parents should recognize that their child's behaviour requires professional and medical intervention? There probably isn't one. It is often a gradual process of awareness that leads parents to making that decision. In the mental health field, especially when it comes to children's mental health, professionals are often hesitant to label a child at an early age because they are still developing. On the other hand, getting help is important for the well-being of the child's and the family's future as well.

More information is available at: <https://www.pacer.org/cmh/learning-center/does-my-child-have-an-emotional-or-behavioral-disorder.asp>

Wellness and balance is for everyone. If you are living with a mental health condition and interested in working towards greater wellness while building community connections, we're here to support you. Our caring, qualified staff will work with you one-on-one to set and work towards your personal goals. Whether your goal is healthy eating, a more active lifestyle, discovering a new hobby, or developing the skills you need to get a job, we will be with you every step of the way.



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Eco Tip

It's June and June 5th is World Environment Day. As you take time to think about the environment, maybe some of this month's eco tip suggestions will help you celebrate the planet. This month, I want to talk about water. Water is so important to our survival and the planet's survival. There is a limited amount of freshwater, so we need to make sure to conserve it and avoid overuse when possible. Here are two easy ways to get started as you think about ways to save water:

Turn off your tap when you're brushing your teeth unless you are rinsing your toothbrush. Pop in the plug and turn off your tap while you're doing your dishes, only turning it on when you are rinsing an item.

Take Part has a great YouTube video, *The Global Water Crisis*, that talks about some of the hidden uses of water in the world. Did you know that water goes into making clothes, powering electronics and appliances in the home, agriculture and caring for livestock, making cars, making plastic bottles, and making paper. Water, it seems, is hidden in almost everything.

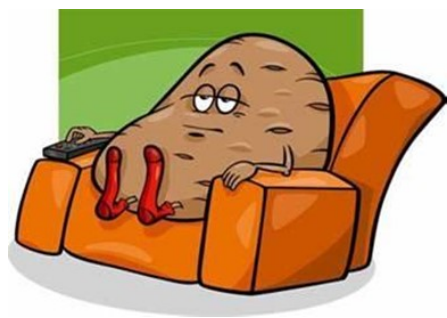
The Global Water Crisis video says less than 3% of the world's water is fresh/drinkable as of 2012. In addition, the National Geographic website says, "Freshwater makes up a very small fraction of all water on the planet. While nearly 70 percent of the world is covered by water, only 2.5 percent of it is fresh. The rest is saline and ocean-based. Even then, just 1 percent of our freshwater is easily accessible..." - National Geographic freshwater crisis page (Dec. 13/19 www.nationalgeographic.com)

Our Global Water Crisis, Explained YouTube video by Our Changing Climate goes into a lot more information about water scarcity and the effect on everyone: "Approximately 70% of the world population faces water scarcity at least one month a year. With 500 million people, about 6% of the population, exposed to severe water scarcity all year round." This is greatly due to poor government and business practices & management.

Even though most of this is something businesses need to address, let's do our part as individuals. Take Part has a helpful video called **Three Easy Ways to Save Water at Home All Year Long** for some interesting ideas. So, let's not wash our driveways or sidewalks. Let's not power wash our homes. Let's not over water our lawns and make sure the sprinklers don't hit the sidewalk, road, or driveway. Let's not leave our taps running when we're doing the dishes or brushing our teeth. If you have a dishwasher only put it on when it's a full load. When you have leaking faucets, get them fixed or put a bucket or cup under to catch the falling water so it can be reused for plants.

There are some simple ways to reuse water that people might not know about. If you're having to change the water temperature from your tap instead of letting that go down the drain why not use a container to catch that water until it reaches the temperature you are looking for and water a plant. If there is extra tea left in your tea pot, water down the dregs and use that to water plants, too. If you have pets, when you go to change the water in their dish, instead of dumping the dirty water down the drain, why not water a plant with it? You can do this with your own drinking water, too; if you are not going to finish your water, a plant would be happy to help.

**Even though you can reuse water for plants, always give yourself, pets, children, family members, and friends fresh, clean water.* (As a side note, even though you're trying to save water, it is important to remember to always wash your hands, especially with the pandemic, but also after going to the bathroom or when you are cooking. That's a very important, hygienic activity.)*



Movie Review by the Fried Green Couch Potatoes

Series Review of **Love on the Spectrum** (Currently available on Netflix)

Bens Couch: 5 out of 5 Potatoes

Thoughts: I thought this series was awesome. It was wonderful to see others like myself on TV, which I rarely see. Each person they followed had a diverse ability and they were seeking to find a romantic relationship. It gave me hope for myself and I loved the message that anyone can find love regardless of ability. I would recommend for everyone to watch it!

Renee's Couch: 5 out of 5 Potatoes

Thoughts: I loved this series as well! As a mama of a teenager on the spectrum and a support person to many, this series brought to light the struggles and success of so many. It showed the characters navigating the world of romantic relationships with all of its joys and hurdles. It was full of humor, joy, sadness and frustration. A wonderful view of real life displayed with respect and fun. I felt that this series is a must see!

Mayday Club Youth Choir

Summer Series—Join us for the summer as we learn about the Mayday Club Youth Choir!

Meet Nicole Provost from Abbotsford, BC, the founder and director of the Mayday Club Youth Choir, which is a choir made up of over 50 young people from across Canada, all of whom are affected by neurodiversity in some way. The choir began in 2016 and it is going strong, even during Covid.

Who are you and what did you study at UBC?

I am a calculus tutor, a tap dance teacher, a radio host, a voice actor, and I have a diagnosis of Asperger Syndrome, which is a form of ASD. At UBC I studied math and geo-physics, under

the Bachelor of Science Program. Now, I am completing my last few credits at the University of the Fraser Valley (UFV) in Abbotsford, as I am currently enrolled in the Aviation program at Coastal Pacific Aviation as a commercial pilot student. I currently fly a Cessna-172M model and I completed my first solo flight in November 2020. I have 48.7 flight hours total. I am working towards earning a commercial pilot license, and I plan on either working for an airline as a pilot one day, or an aerial firefighter pilot.

What happened for you to think about making up this Choir?

After I graduated from high school and started attending university, like many students of all backgrounds and neurotypes, I experienced major anxiety and depression and found the transition from the routine of public school to university and adult life very difficult. From all angles I was doing well - I worked full time and got excellent grades, but it was the time that I was alone and left to my own thoughts that I was truly suffering. I felt like my brain had a brain of its own, and my loneliness and isolation were truly a scary experience. I thought I was less than everyone else around me and I felt like I would never fit in and there was no future for me. I thought I found solace from my loneliness in a friend that I met online, but it ended up turning into a situation where I was caught in an emotionally abusive relationship. Though I slowly found out that the situation I was in was dangerous, I still did not remove myself from it because I found even verbal and mental abuse more comfortable than the loneliness I previously felt.

Then I met an awesome professor who had a background in autism research and counselling, and I took a course on autism, and learned that many of the things that I was experiencing were not uncommon for girls and women on the ASD spectrum. (Did you know that one in every four women with ASD will experience some type of abuse or exploitation in their lives?) I learned that there were hundreds of thousands of people in the world who felt similarly to the way that I did, and I felt confused as to why then, I still felt so alone, and why I still stood out so much when I tried to mix in with my classmates.

I tried to look for somewhere I could go to meet like-minded people, but many of the programs were geared towards individuals with intellectual disabilities, or towards little kids. There was hardly anywhere I could go, as an adult attending university and more than capable of looking after myself, but with some major social eccentricities, a unique worldview and a high level of anxiety, to make friends and be myself and grow. Especially out towards Abbotsford where I lived, there were no such programs for me. I wished someone would do something for people in my situation. But then I remembered seeing Malala Yousuf on TV and hearing her story, and I sort of realized that whenever we want to see change in the world, someone needs to make that change happen. I wanted more inclusion in my community NOW, and I did not want to wait, so I realized that I would need to be the one to initiate that change. That was what made me realize I wanted to do something.

I came up with the idea of a choir for a variety of reasons, namely that I sang in a choir when I was a kid, and I witnessed a little girl with ADHD get held back from concerts and events because she couldn't stand still, and I had thought that was unfair - so I wanted to start my own choir one day ever since then. Secondly, I had watched the Watoto Children's Choir perform, and I loved the way that they mixed important lessons in with their performances. I recognized that it was the perfect blend of statistical information and humanity (how they are bringing light to situations with hunger and homelessness in Uganda, but doing it through the innocent and happy eyes of the children) and I realized what a powerful educational tool music is.

Mayday Choir continued on next page

Mayday Choir, *continued*

I had the idea to start a choir - I thought it would be a fun little project to keep my mind occupied while I was at home during my time as a student, but it turns out that there was a real need in the community for it after all, and it evolved into more than I ever thought it would be!

Where has the choir performed?

Some of my favorite performances we have done so far include opening up the Variety Club Show of Hearts Telethon live on Global News in February 2019, opening up for Dr. Temple Grandin at the PNE Agrodome in 2018, performing in the halftime show for the Harlem Globetrotters in 2017, and performing at various other community events, fairs, and school assemblies around BC.



Where can people find you online?

You can find us online at www.maydayclub.ca, on Facebook 'Mayday Club Youth Choir', or on Instagram @Maydaykidzzz. We also run a Youtube Channel and you can find us on there!

Who can Join?

Anyone under the age of 30 with or without a diagnosis of anything can join. It is a place where young people of all backgrounds, religions, and neuro-types can come together to sing, strive for excellence, and share a passion for music and performing.

Next month, join us to find out more about Nicole, neurodiversity, and how the choir is impacting the singers!



Awareness Days

June 5th World Environment Day
June 15th World Elder Abuse Awareness Day
June 20th First Day of Summer
June 26 International Day Against Drug Abuse and Illicit Trafficking
June 26th National Cancer Wellness Awareness Day
June 27th PTSD Awareness Day
June 29th Brain Injury Awareness Month

KamloopsMusicCollective.ca



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Kamloops, BC V2C 2E7
250-851-2052

www.edwardjones.com
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Volcano Time: Fun Science at Home

BIG Little Science Centre

Have you ever wanted to make your own volcano? With these kitchen ingredients, you can create some very satisfying eruptions.

Materials:

Baking Soda

Vinegar

Dish soap

Food colour

Different sized and shaped containers (maybe a drinking glass, pop bottle, bowl)

Safety:

Keep this out of your eyes. Try working outside, or in a sink or bathtub, to reduce mess! Vinegar spilled on grass can burn it.

Method:

Add equal amounts of baking soda and vinegar to your container. Did you get an explosion, or an eruption? I hope it fizzed and foamed!

Explore what happens using different amounts of baking soda and vinegar. Do you need equal amounts, more vinegar, or more baking soda? What happens in differently shaped containers?

Discover the best combination; use this combination, with a squirt of dish soap and some drops of your favourite colour, in your most reactive container. Cool right?

Variation:

Using a pop bottle and balloon, add some vinegar to the bottom of the bottle, and some baking soda to the bottom of the balloon. Attach the balloon to the top of the bottle, keeping the baking soda in the balloon. Tip the baking soda into the vinegar and watch the chemical reaction and the balloon. The gas is safe, carbon dioxide.

We would love to see your photos and stories.

BIG Little Science Centre is open for family visits.

Call to book your private exploration time.

<https://blscs.org> 250-554-2572

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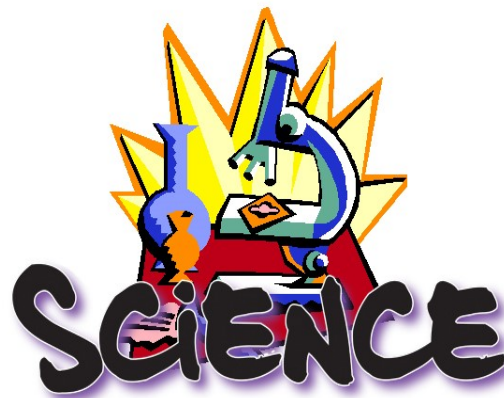
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Covid protocols apply.





Meditation

By Ben

Meditation has become very popular all over the world. Sometimes we think of people sitting cross-legged, chanting a mantra while they meditate. That is one way to meditate, but there are other ways. Meditation can be as simple as focusing on your breath. That sounds pretty simple, but when you try it, you will probably realize how challenging that can be.

Why is it challenging? Because monkey mind kicks in really quickly. Monkey mind is all of the thoughts that start to happen when we try to slow down. It takes practice to control the monkey mind. The goal is to just notice the thoughts and not get caught up in them. As we meditate, if we think about something, like a chore we need to do, it is really easy to start thinking about that and forget that we are supposed to be focusing on our breath. One thought leads to another and, before we know it, we have planned the rest of the day, week, or month! How did that happen? We were just supposed to be noticing our breath. That is the challenge of monkey mind! We have to practice a lot to get good at controlling monkey mind.

There are lots of studies that show that a meditation practice is good for your mental and physical health. It can help to reduce stress, lower anxiety and blood pressure, and calm the mind.

When you begin, you probably want to start slowly and just meditate for a few minutes. As you get better at it, you can increase the amount of time you spend meditating. You can also use guided meditations to help you stay focused. I really like using guided meditations from Davidji and Jason Stephenson. Everyone is different, so you might want to try these and some different guided meditation links to see what you like.

Here is a fun YouTube video that talks about some of the health benefits and how to meditate. Have fun and good luck with your meditation practice!

Mindfulness 101: A Beginner's Guide

<https://www.youtube.com/watch?v=o-kMJBWk9E0>

Elder Abuse Awareness Day

Taken from: <https://worldelderabuseawareness.com/>

What is Elder Abuse?

Elder abuse can be financial, emotional, physical, and sexual. It also includes people who are neglected and those who neglect themselves (self-neglect). Social isolation, financial or emotional stress, and dementia can make a senior vulnerable to abuse.

The consequences of elder abuse are grave: older adults who are abused are twice as likely to be hospitalized, four times as likely to go into nursing homes, and three times as likely to die. While studies show that 60% of abusers are family members, abuse can happen in any setting: in the older adult's own home or a senior living community.

Between 1 million and 2 million Americans over 65 years old were injured, exploited or mistreated by someone they depended on for care or protection, according to the National Center for Elder Abuse.

Elder Abuse: Everyone's business

World Elder Abuse Awareness Day (WEAAD) is commemorated each year on June 15th to highlight one of the worst manifestations of ageism and inequality in our society, elder abuse.

Elder abuse is any act that causes harm to an older person and is carried out by someone they know and trust, such as a family member or friend. The abuse may be physical, social, financial, psychological, or sexual and can include mistreatment and neglect.

WEAAD was officially recognized by the United Nations General Assembly in December 2011, following a request by the International Network for the Prevention of Elder Abuse (INPEA), who first established the commemoration in June 2006.

In many parts of the world, elder abuse occurs with little recognition or response. It is a global social issue that affects the health, well-being, independence, and human rights of millions of older people worldwide and an issue that deserves the attention of all in the community.

According to WHO, prevalence rates or estimates exist only in selected developed countries – ranging from 1 to 10 percent. Although the extent of elder mistreatment is unknown, its social and moral significance is obvious. Individuals, communities, municipalities, and organizations will come together across the globe to hold events on June 15th that raise awareness of elder abuse.

