



October 2021

THE KAMLOOPS SELF ADVOCATE NEWSLETTER

FREE



It's hard to believe it's Fall already. The weather is changing and the leaves are changing colour, too. It's a time to celebrate Autumn with your family or friends and to do fun activities together. You can get out into nature and enjoy the sights and colours.

This October's newsletter celebrates some of the great things about Fall, including World Cerebral Palsy Day, Thanksgiving, and Halloween.

World Cerebral Palsy Day is an opportunity to learn more about Cerebral Palsy and to reduce stigma and discrimination. It is also a chance to promote a good life for people living with Cerebral Palsy and to focus on their abilities more than their disability. World Cerebral Palsy Day is a very good opportunity to promote awareness.

On Thanksgiving, we have a chance to show appreciation for all of the things we have. In Canada, most of us live good lives. We have choices and freedoms that people in other parts of the world don't always have. Often, we celebrate this by getting together with others and sharing good food, like turkey or ham, vegetables, stuffing, and pumpkin pie.

Halloween is fun because we get to see people dressed up in costumes, hand out candy, play fun games, and see fireworks. Inside there are articles on a fun Halloween movie, a tasty recipe, a word search, activities and a fun arts and crafts project. If you are stuck for ideas, why not see what Spooktacular ideas we have for you!

Please feel free to give feedback or thoughts to keep making the newsletter interesting and fun for everyone to read.

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[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.](#)

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:*

thekamloopselfadvocate@yahoo.com

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



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



Handprint Turkey

Taken from <https://www.funology.com/hand-turkey/>

What You Need:

- Brown craft paint
- Paper plate
- Black marker
- 4 feathers
- White paper
- Yellow construction paper (or craft foam)
- Red construction paper (or craft foam)
- Glue
- Scissors

Instructions:

1. Pour some brown paint on the paper plate.
2. Put your child's hand in the paint.
3. Have your child put a handprint on the white paper.
4. Wash your child's hand while the paint dries a little bit.
5. Glue the 4 feathers on top of the handprint fingers.
6. Cut a small triangle out of the yellow construction paper.
7. Glue the triangle onto the front of the handprint thumb for a beak.
8. Cut a turkey wattle out of the red construction paper.
9. Glue the wattle under the handprint thumb.
10. Use the black marker to draw an eye and legs.
11. Write your child's name and age on the back for a keepsake.
12. Enjoy your little turkey!

Submitted by: Aruna



Spider Brownies

Taken from <https://www.funology.com/spider-brownies/>

What You Need:

- Brownies
 - Thin licorice (black or red)
 - M&M's
- Instructions:

1. Prepare brownies according to box directions

and let cool.

2. Cut the brownies and place them on a plate.
3. Poke holes into the sides of a brownie and put 4 licorice pieces on each side.
4. Create eyes for each spider brownie with M&M's.
5. A small section of licorice can be used to create a mouth for the spider.
6. Have fun eating your spiders!

Submitted by Unknown



Quotes

My disability has opened my eyes to see my true abilities." – **Robert M. Hensel**

"I have suffered from bullying in many ways, from bullying in school due to my disability in reading to digital abuse that I deal with on a daily basis. I'd like to tell the kids that are being bullied that no one should have to deal with the abuse, ever!" – **Bella Thorne**

I have a Disability yes that's true, but all that really means is I may have to take a slightly different path than you." – **Robert M. Hensel**

'When you have a disability, knowing that you are not defined by it is the sweetest feeling.' – **Anne Wafula Strike**

'Muppets Haunted Mansion': Disney+ Halloween Special Gets a Release Date and Spooky Poster

By Margarida Bastos

Taken from <https://collider.com/muppets-haunted-mansion-release-date-poster-disney-plus/>

Today, on *The Muppets* official **Twitter account**, fans have been given a formal invitation to dare enter *Muppets Haunted Mansion* next month. The post included a poster to advertise the show which featured some of our favorite characters from the Muppets dressed appropriately for this "spooky swinging soiree," while a *Muppets Haunted*



Halloween Jokes

What do ghosts eat for supper?
Spooketi

What do you do when 50 zombies surround your house?
Hope it's Halloween!!

What is the most important subject a witch learns in school?
Spelling.

What did the little girl say when she had to choose between a tricycle and a candy bar?
"Trike or Treat"?

What do you call a fat pumpkin?
A plumpkin.

What room does a ghost not need?
A living room!

Why is Superman's costume so tight?
Because he wears a size "S".

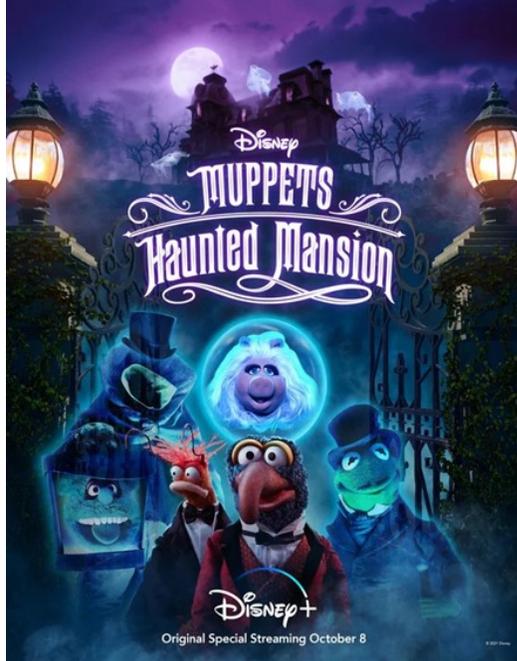
Frankenstein: Witch can you make me a lemonade?
Witch: Poof you are a lemonade!

Mansion release date has also been announced.

It's been a year since *Muppets Now* aired on Disney+. And this year, the platform is bringing us a Halloween special of the beloved show. In *Muppets Haunted Mansion* the great Gonzo will be dared to stay one night in the iconic, spooky Haunted Mansion located in Disney's theme park. Will he be able to last until the morning and keep his fear at bay? This scary story will include the whole gang of Muppets as spontaneous appearances, including all our favorites like Kermit the frog, Miss Piggy, Fozzie Bear, the Swedish Chef, Sam the Eagle among others. To add the cherry on top, there will also be some celebrity cameos, which include the likes of **Darren Criss** and **Geoff Keighley**.

The first-look pictures showed Miss Piggy and Kermit dressed as each other but the poster shows them dressed in appropriate formal fashion for a fancy soiree, donning iconic outfits from the Haunted Mansion attraction at Disney's theme parks. As the first ever Muppets Halloween special, it will include some new original songs like "Rest In Peace," "Live Hereafter," and "Tie The Tango." *Muppets Haunted Mansion* is directed by **Kirk R. Thatcher** and executive produced by **Bill Barretta**, **Andrew Williams**, **David Lightboy** and **Leigh Slaughter**.

This original Muppets special will be available for streaming on Disney+ on October 8



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MAKING SENSE OF INVESTING

Flowers, praise for RIH staff

Story by Sydney Chisholm - Sep 5, 2021

Taken from <https://www.castanetkamloops.net/news/Kamloops/344858/Father-and-son-hand-out-flowers-thanking-health-care-workers-in-response-to-protest-outside-RIH>

A father, a son and a puppy greeted healthcare workers on their way to Royal Inland Hospital on Friday in response to Wednesday's protest along Columbia Street.



Early Friday morning, Bryan Railton, his son Donovan, and their new puppy stood outside the hospital handing out flowers and thanking health care workers for their service.

Railton said he felt compelled to go to the hospital after seeing the protestors earlier this week.

“After witnessing the protests, at various different parts of the province, including Kamloops, Wednesday, we just felt really awful about it,” Railton explained.

After Wednesday's protest, many healthcare workers in the province have spoken out about the disrespect they felt caused by the protesters. Railton said he was worried staff might be standoffish, but when they got closer and read their signs thanking them, he said the response was incredible.

“I think it caught a lot of people off guard, but in a good way. And they were just really surprised that we were there,” Railton told Castanet Kamloops.

“But a lot of people were just kind of left— for lack of a better term, they were left speechless.”

Along with the flowers, the father and son apologized for Wednesday's events, and told the workers to stay strong. According to Railton, that's when many broke down.

“That's when the emotions really started to come out,” Railton said. “Lots of tears of joy.”

The Railtons came in the morning to catch workers on the morning shift, then returned that evening for the night shifts, hoping not to miss anyone.

Though Donovan is only five years old, Railton said it was important to him that his son take part in this, as he took part in demonstrations with his own father.

“I grew up with those sorts of foundational things. And with my son, I just thought it was important that he'd be there to witness it and take part in it,” he said, adding that when his son saw the protesters, he wanted to do something about it.

“I said, do you remember seeing all those people on the news yelling at the healthcare workers? And he goes, ‘Yeah Dad, that was really, really mean,’” he recalled.

“I said, I'm thinking we should go down and give them flowers and say hi and thank you, and he just loved it.”

The father said he wasn't expecting this to get as much attention as it did. “I didn't expect it to blow up quite the way it has,” Railton said. “And just quite overwhelmed with getting all sorts of private messages from people in Kamloops but all over the province as well.”

According to Railton, all the reactions have been positive, and many who have reached out have been thanking him for the gesture.

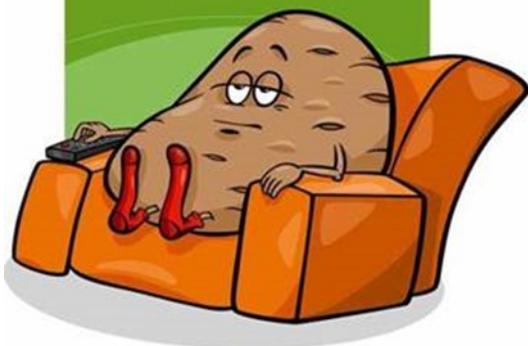


Krystian's Corner

October is a time to eat pumpkin pie! Thanksgiving is on Monday October 11th in Canada and November 25th in the USA. We can enjoy time with our family and friends during Thanksgiving. It's a special time to eat a nice dinner with family or friends and to spend quality time with them. I hope you will have a nice Thanksgiving holiday.

October 31st is Halloween and it's on a Sunday. Some people like to go to haunted houses, go looking for costumes for Halloween parties, or go trick or treating. During Covid 19 some people have enjoyed hosting virtual Halloween parties. I enjoy dressing up in Halloween costumes and I love pumpkin pie and Halloween parties. I hope you will have a great Halloween!

There were protests in Kamloops and around BC about the vaccine passports. After the passport protests, I found a heartwarming story about Bryan Railton and his son giving flowers to health care workers at our local hospital, Royal Inland Hospital. I had my vaccine and I thank the Government and the medical workers for helping to get us through Covid 19 Pandemic. In March of 2020 I had Covid 19, but I overcame it and survived. The medical workers at Royal Inland Hospital treated me well and got me back to normal again where I felt healthy. I really appreciated the help and the health care I received.



Movie Review by the Fried Green Couch Potatoes Review of WONDER

Ben's Thoughts: I thought it was very fun and exciting. Ogi Pullman had a disability within a disability. His disfigurement was the obvious disability but that he was a regular kid was the lesson that his classmates needed to see. The internal disability was his perception of himself and others misperception of him. My favorite part: That him and his classmates got to go to a nature reserve and explore the reserve and watch a movie.

There were things that I didn't enjoy about this movie. One thing that I struggled with was that Ogi felt he had to hide his disability. I could relate to his feelings of being different and of kids not being accepting. I am giving it a lower

rating because it hurt me that the other children were not more accepting of him.

Fried green couch potatoes: 3/5

Renee's Thoughts: I have a son with dwarfism and have dealt with the bullying and careless remarks of both students and adults his whole life. This movie touched my mama's heart as I too had homeschooled him to protect him from the meanness that can exist in the school system. I cried during the parts of movie where he was being judged and ridiculed and rejoiced when the one boy stood up for him.

I would strongly recommend this movie especially for people working with children in the school system, young persons, and caregivers. LOVED IT

Fried green couch potatoes: 5/5

Next Movie: The joker

Things to Do for Halloween

By Ben

It has many names around the world, like Halloween, All Hallows' Eve, or All Saint's Eve. No matter what you call it, it is a time to celebrate ghosts, goblins, and ghouls. How do you celebrate this holiday? Maybe you have a costume party with butterbeer, or maybe you go to a haunted house. If you're not sure how to celebrate, we've got some fun ideas for you.

Halloween is a classic time for a scary movie marathon. You can even get dressed up and invite some friends to join you. Movies wouldn't be complete without snacks, so here is a list of fun and festive treats: eyeball cupcakes, caramel popcorn, pumpkin cheesecake, spider cookies, and more...you can search on-line for lots of other great ideas.



Happy Halloween

A Halloween dance party is fun. You can get dressed up and dance to a Halloween playlist, which could include songs like The Monster Mash and Thriller. You can find some great songs on YouTube and Spotify.

Why not have a pumpkin carving contest? There are lots of stencils and tools that make it easy to create a fun pumpkin. You can also use markers and paint if you don't want to get messy hands. Going to a corn maze would be fun. If you go at night, it would also make it spooky and challenging. Whatever you decide to do, make sure you have fun and stay safe.



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Tami's Craft Corner

For me, crafting sparks joy and excitement. It is about finding my creativity and all of the possibilities of what I can create. Years ago, I would never have believed that I would feel that way. As I began to get more confident, it gave me the courage to try new activities. It started with colouring, then it went to scrapbooking, then painting, then diamond painting, and now crafts. I hope that by sharing this, it gives you the courage to try your creativity in whatever style makes you happy.

This month's craft is a fall pumpkin that can also be used for Halloween. You will need:

- 1 ceramic pumpkin
- Orange acrylic paint
- Orange glitter, optional
- Mod Podge, if you are using glitter
- Any kind of bling you want

Elmer's school glue, if you are using bling

(All supplies are available at the Dollar Store.)

Steps

Paint your pumpkin. Let it dry.

If you are using glitter, mix 2 Tbsp of Mod Podge with 2-3 tsp of glitter. Paint this onto the pumpkin. Let it dry.

If you are adding bling, you can use Elmer's school glue to stick on

the decorations.

Autumn is a second spring when every leaf is a flower." —*Albert Camus*.

Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale." —*Lauren DeStefano, Wither*.



ECO TIP

It's October! Welcome to another Eco Tip. A while ago, I talked about the impact of our toilet habits on the environment. Now, let's talk about our pets' waste.

If you have a dog or a cat, you know there can be a lot of scooping to do. We are going to talk about what you use to hold all of the waste. Stores will sell you all sorts of bags to hold the waste, but that means a lot of new plastic and an extra expense.

Why not reuse the bags you have that you might be throwing in the garbage anyway? Do you have plastic bags from bread or bulk items that you can't reuse for food or that can't be recycled? Or do you have chip bags that can't be recycled? Why not use them

as poop bags for your dog's or cat's waste?

For years, we would use old bread or produce bags as poop scooping bags on dog walks. Instead of specifically buying plastic poop bags and creating more waste, you're using what you already have. You can even take it one step further and make poop bags out of old newspapers or magazines – check out how to do this using some of the tutorials on YouTube. If you don't feel like making your own, there are paper poop bags available, one of which is called K9 Clean Eco Poop Scoop Bag; I've heard mixed reviews on them and have not tried them out myself, so I can't say whether I would recommend them or not. All of these ideas apply to scooping the cat box, too. Old, unrecyclable plastic bags can be used for cat litter and poop.

While we're talking about reusing bags that can't be recycled, you can also use these bags for your everyday garbage. It's not a perfect system but at least you're not specifically buying new/unused bags to specifically be thrown away. Let's not add to the plastic waste any more than we already do. Small actions can have a big impact over time.



Kindness and Compassion with Amy Verhey

By Lisa Coriale

Can you tell me a little about yourself?

I grew up in the Okanagan and am currently living in Kamloops. I enjoy having coffee with a friend, going for walks, and singing. I love to meet people from different backgrounds and cultures, to learn about their customs and traditions, and to hear their stories.

What do you do for a living?

Right now, I am working as a barista, but I have an educational background in Social Services and teaching English as a Second Language.

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

Kindness and compassion mean practicing empathy daily. To always try and imagine things from someone else's perspective before we act and speak. If we are confused or feel hurt, we should try to listen to what other's are having to say and see if we can talk things out, rather than respond emotionally or in anger. It also means to look for ways to help meet the needs of the people around us. It comes from simple acts such as saying "hello", to paying for someone's coffee, or even helping to buy someone's groceries.

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

It is important to show kindness and compassion to others because it reminds us to be empathetic and open minded about the people we meet. Everyone has a story and things they are struggling with. How they appear on the outside may not be a true reflection of how they are on the inside. Taking the time to treat others with kindness and compassion helps us to create better understanding and relationships with others.

How do you show kindness and compassion for others?

I try to show kindness and compassion by engaging in conversations with my customers every day. I aim to create a welcoming and open atmosphere at work where people can relax and be able to express how they're feeling. I also try to show kindness and compassion to my co-workers by helping them as much as I can and encouraging them during busy and stressful times, so they don't feel burnt out or upset.

How can people show compassion when they are in the community?

People can show compassion by being open minded when interacting with others. By not judging people based on their appearance or based on one interaction. To try and understand people by engaging in conversation, and to look for ways to support the people around them.

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

People can educate themselves on how to be better allies and advocates for people with diverse abilities. To initiate conversations with people and to ask them about what kind of challenges they are facing, and especially, how those people want to be treated and how they want people to support them and interact with them. People can also try to be more mindful about helping to create an open, friendly space for people with diverse abilities, and to respect the objects and areas in public which aid people with diverse abilities. For example, not using their feet to press the wheelchair door button, and not blocking ramps.

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?

People can keep their mental health in shape by engaging in activities which help them to destress and practice self care in healthy ways. Also, finding people who can help support them by offering counselling, or even just to participate with them in common activities they enjoy.

What does being kind to ourself look like?

Being kind to yourself means recognizing and acknowledging when you need to rest and learning how to be assertive about communicating your needs. It's about being honest with yourself about when you are struggling, and to know that it's okay to seek support and help if needed.

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

If people have negative views, they should try to engage in an open discussion with people to learn more about the other side of things. They should try to practice empathy when interacting with people with diverse abilities, and to realize that not every person they meet is the same. Every human being deserves kindness and respect. If they have any misunderstandings or misconceptions about people with diverse abilities, they can try to educate themselves more to gain a better understanding.

Do you have anything else to add? These are very difficult times we are living in. Each person is struggling one way or another. Whether we view those struggles as larger or smaller than our own is irrelevant. When we show kindness and compassion to others our world does become a better place, and those moments of kindness really do help us get through these hard times. Even small acts can have a big impact.

Overview of the Career Pathways to Success Program at Open Door Group in Kamloops

CPS Program Overview

The CPS program is a free 8-week employment program to re-engage or engage jobseekers who have become isolated because of COVID-19 to help them identify their employment or education goals, and to access short-term certificate training where necessary. There are two paths to the program, participants can choose either the supported education or supported employment path, this can/will be identified throughout the first 4 weeks of training.

After 4 weeks of training, participants will choose 1 of 2 paths: supported education or supported employment. Our dedicated staff team will provide post-training support by helping participants move onto further education or to secure and maintain paid employment. Components of the program are offered virtually, and all the necessary equipment and digital training will be provided so participants can participate fully in the program.

Upon completion of the program, all participants will acquire:

- In home tech and disability support (if needed)
- A personalized health and wellbeing plan
- An individualized training plan to support your career success
- A personalized disability management plan
- Soft and essential skills training for the workplace

Those who choose the employment path after the program will acquire:

- Employability skills training: resume and cover letter development, networking and marketing skills
- Occupational training certificates (i.e. First Aid, WHMIS, NVCI, Food Safe, SuperHost, SAFE talk, MHFA etc.)
- Understanding of the labour market and personal career exploration
- On-going employment coaching and support

And those who choose the education path will acquire:

- A personalized education direction and school selections
- Support for accessing further funding for long term education
- Education resources and support inventory
- Ongoing education coaching and support

Eligibility

- You have a self-disclosed disability
 - You are legally able to work in Canada
 - You are unemployed or previously employed (casual, temporary, or unstable employment).
- For those who are interested, I can be contacted so that they can attend a scheduled info session to get a better understanding of what the program entails.

Please feel free to contact me for any further clarification either through email or phone call.
Roseline Oshiyoye (she/her) | Employment Placement Specialist Career Pathways to Success
Telephone 778-765-0796



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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Blazers Report (2021-22 Regular Season) By Andrew

After ending 2019-20 with the Blazers postponing the last 5 games of the regular season for the Kamloops Blazers and no playoffs or Memorial Cup Tournament, the team ended the season in first place of BC Division and winning the BC Division banner. In 2020-20 the Blazers played a total of 22 game split between Kamloops and Kelowna (which were the hub cities). The team won the BC Division banner for a second consecutive season.

To start off the 2021-22 preseason the Blazers will play 5 games: 3 home and 2 away games. The Kamloops Blazers will start the 2021-22 regular season on the road in Prince George against the Cougars and then at home against the Cougars a week a later on October 9th.



Living Authentically

By Lisa Coriale

World Cerebral Palsy Day occurs annually on October 6th. Cerebral Palsy is one of the most common physical diverse abilities, impacting over 17 million people. Affecting children at birth, this disorder causes difficulty in a person's ability to move and maintain balance and posture.

On this day, people with Cerebral Palsy (CP) and their families can tell their stories, celebrate inclusion, and create awareness about what it's like to live with CP. In many societies around the world, people with CP are kept hidden or denied the right to education and a good quality of life. Therefore, World Cerebral Palsy Day organizers work to create a better quality of life for people with CP.

I had the opportunity to interview Marco Pasqua, the newly appointed provincial spokesperson for the Cerebral Palsy Association of British Columbia. He is 36 years old and lives in Surrey with his wife and five-month-old daughter. Having lived with CP his whole life, Marco takes it to heart to educate people about CP. He feels this is not just his occupation but a calling, "I think that I was meant to have my disability because it actually helped me to see the world in a completely different way." His motivation to be a voice of positive change led him to become a motivational speaker and advocate. He is a trained Rick Hansen Accessibility Professional and in his role as Accessibility Consultant, in the last seven years, Marco has supported people with diverse abilities by helping companies develop inclusive strategies for hiring them. He also works with building managers, developers, and designers to create better inclusive physical work environments.

Marco's positive attitude shines through both his personality and his approach to life. He enjoys working out at the gym, he also enjoys activities together with his family. As an inter-abled couple, him and his wife are always looking for ways to spend quality time, playing with their daughter at different parks or playgrounds. It is important to them that their daughter sees her daddy being involved in their activities.

Since CP affects people in different ways, Marco's mantra is, "...about listening to your body and understanding that there may be things that you have to do differently but never ever think that as time goes on that you can't do something anymore, you just might not be able to do it the same way that you used to."

Our bodies can change with age, it is important to exercise, moving your body in new or different ways can be helpful. For Marco, using a manual wheelchair was a choice he made in high school, and he feels that not only was it a form of transportation, it also acted as an advocacy tool. He noticed how it was a great way to create dialogue with people as they could ask more questions that created awareness.

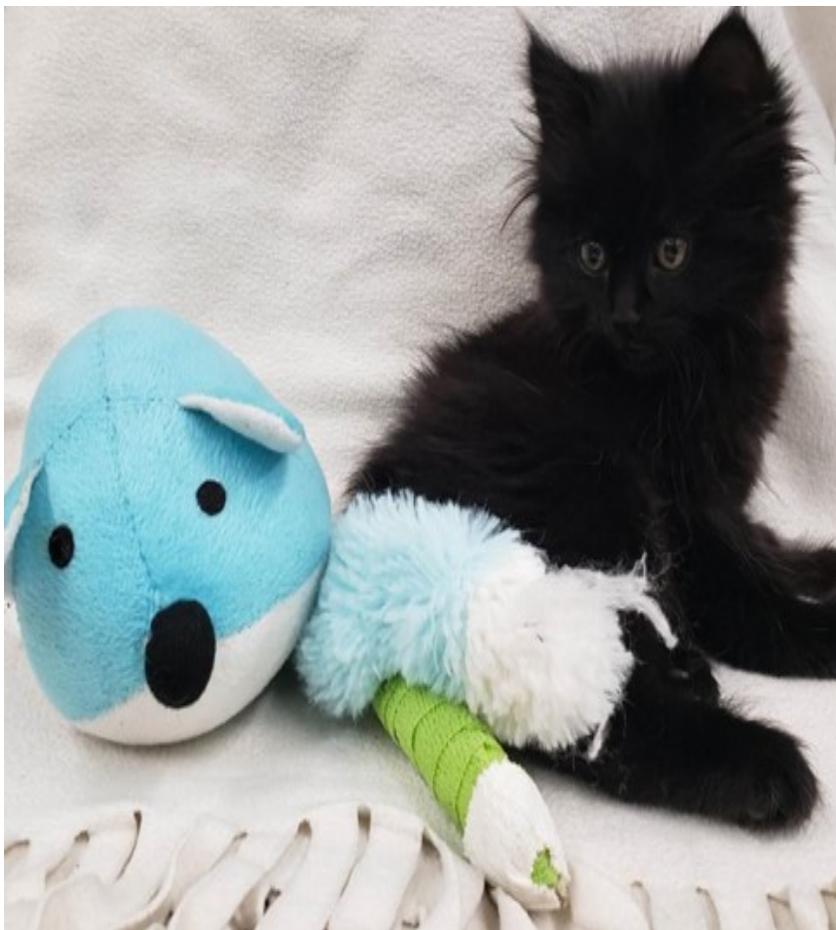
Living with CP comes with its challenges. Like others Marco also has had both good and bad days. He talked about having anxiety and depression, he also described having Imposter Syndrome, as he felt he couldn't be in the position of a motivational speaker when he himself felt depressed. However, he says the biggest 'Aha!' moment of his adult life was realizing that "if you're willing to be vulnerable with people, if you're willing to open up about the things that you can and can't currently do, they'll actually open up to you and you might even realize that some of the people around you have had very similar challenges in their own mind about their own self worth and their own abilities. So, I think that creating more dialogue is important and understanding that mental challenges are just as valid as the physical challenges."

When I asked Marco what World Cerebral Palsy Day meant to him, he said it was a great opportunity for people to share their stories and what CP means for them. He also talked about how social media can be a positive platform to spread awareness and to remember that there are good people out there doing good things. Marco also pointed out how CP is coming to the forefront in media, and he was recently asked to do the voiceover for a cartoon character with CP. Therefore, celebrating CP Day is important, as it starts the conversations that are needed to create awareness.

Marco's advice to people with CP is to be more vocal, "...if you want people to understand what you're going through personally, give them some tips and advice that is a little bit more welcoming, saying that you're okay to be an ally with me along this journey and I'll help you understand my needs to the best of my ability." He also feels "if there's something that you're passionate about and that you want to advocate for, don't be afraid to raise your voice, just do it in a way that you know is going to turn heads for the right reasons and not the wrong reasons."

Especially during these difficult and uncertain times, Marco's message to people is to "know that there are good people behind the scenes that are trying to do the right things to get us back to where we need to be. I think that is universal, no matter what we're going through-never lose hope. We control our own destiny, and we control our own future. We can't control the actions of other people, but we can control how we react to what is happening around us and around the world. You don't have to be something that you're not, just be yourself, be authentic, and the rest will fall into place."





Ivy: a true tail of transformation

Ivy's story is a true 'tail' of transformation. At just seven weeks old, the little black cat was horrifically thrown from a moving vehicle. Thankfully, a Good Samaritan was able to retrieve her and brought her to the BC SPCA location in Kelowna for help.

Upon arrival, Ivy was immediately administered medication to relieve her considerable pain. The impact of her harrowing ordeal was so severe that her tail skin was almost completely removed and one of her femurs were fractured. After her examination, it was determined that her tail was beyond repair and would need amputation. Surgery was also discussed to help her damaged femur.

Flash forward a few months, and now Ivy's future is looking more than a little paws-itive. "Ivy is a trooper. When we first met her, she was very traumatized physically. Her injuries meant that she would have a long road to recovery, but it was her strong personality that stood out and gave the veterinary team and us the confidence that she would pull through" says the Kelowna branch manager.

Ivy's recent medical exam showed excellent and continued healing around her hip and femur issues, which might not require surgery after all. She is expected to make a full recovery, and once she is given the all-clear from the doctor, there's no doubt Ivy will make a 'purrfect' addition to her new 'forever' family's home. While she might be missing a tail, her tale of transformation is truly inspiring.

For more heartwarming stories, check out the BC SPCA web-site: spca.bc.ca



Enhancing Each
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BCSPCA

Speaking for Animals



VEGAN,
GLUTEN-FREE,
AND KETO
BAKING
IN-HOUSE

LOCATED IN THE
LANDMARK ACROSS
FROM THE UNIVERSITY



autumn celebrations

S	I	N	I	K	P	M	U	P	F	I	N	O	O
H	C	O	S	T	U	M	E	S	I	S	E	E	G
H	A	T	U	R	K	E	Y	K	R	E	H	F	N
A	S	M	L	B	A	G	A	V	E	I	A	E	I
R	P	F	E	B	L	S	G	R	W	R	L	F	V
V	O	N	A	E	Y	N	S	E	O	R	L	I	I
E	O	N	V	R	T	C	A	Y	R	E	O	K	G
S	K	F	E	B	K	T	T	C	K	B	W	S	S
T	Y	O	S	Y	B	K	G	L	S	N	E	I	K
U	O	I	D	F	O	T	S	R	P	A	E	L	N
B	G	N	S	E	M	E	E	S	U	R	N	A	A
A	A	A	W	E	N	E	S	N	I	C	U	O	H
C	I	U	T	S	T	U	F	F	I	N	G	R	T
W	U	N	U	M	C	C	T	K	R	Y	K	O	W

Play this puzzle online at : <https://thewordsearch.com/puzzle/2748418/>



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Awareness Days

- October Community Living Month
- October 6 World Cerebral Palsy Day
- October 10 World Mental Health Day
- October 11 Thanksgiving
- October 18 to 24 Invisible Disabilities Week
- October 24 Brain Cancer Awareness Day
- October 31 Halloween



October Birthday

October 18, 1960, Jean-Claude Van Damme Belgian [Europe] Actor, Martial Artist, Film Maker, Fight choreographer with Bipolar