



## **THE KAMLOOPS SELF ADVOCATE NEWSLETTER**

We have exciting news!!! We are part of Holland Bloorview Kids Rehabilitation Hospital's Dear Everybody campaign. This campaign promotes diverse abilities representation through community and employment inclusion, social equality, social justice, awareness, respect and reducing stigma and discrimination. Joining it helps The KSA live up to our commitment by making people's lives with diverse abilities better.

Some other important topics to note in this month's newsletter are: nursing awareness days, CMHA mental health week and our regular column about kindness and compassion.

We have far more abilities than disabilities and we need to shine a spotlight on what we can do, not what we can't do.

We always love to hear about what you think is important. Why not send us an email and let us know what is on your mind?

**Be sure to check out the on-line newsletter for bonus stories and articles!**

You can find it on the KSA Facebook page:  
**The Kamloops Self Advocate Newsletter**

It is also on the Self-Advocate Net site:  
<https://selfadvocatenet.com>



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[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 Serving Kamloops and people online since September of 2013.**

**Contact us at:**

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

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

**Office phone: 250-828-1344**



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**
- All Around Gamerz**
- Eat Clean Express & Meal Prep**
- The Vic Downtown**
- Kamloops Film society**



## Dear Everybody Agreement

By Krystian

I increase disability representation for people with diverse abilities in the Kamloops Self Advocate Newsletter. We promote inclusion, success stories and disability awareness. Our focus is more on abilities of people with disabilities; that's where diverse abilities come in. Labelling someone as disabled is not a proactive term. We want to focus on what we can do, not what we can't do, so we prefer using diverse abilities instead of disability. There is a lack of disability representation right now and I believe people should be in movies, commercials, photos and much more in order to reduce stigma and discrimination and make people with diverse abilities feel included and better represented. I sent Dear Everybody the newsletter logo and they are putting the logo on the Dear Everybody website for everyone to see that I promote disability representation

in the community.

The reason I started the newsletter was to increase diverse ability representation, to include people and share their success stories locally and around the world, too. No longer will we stand alone. We need better representation of disability as a part of diversity. We need to reduce stigma and discrimination and to promote a kinder and more compassionate world for all with less bullying, stigma, discrimination, and segregation from society. Let's call for more representation of people with diverse abilities. I am doing my part in representing all people with all kinds of disabilities.

Dear Everybody is based in Toronto but it's a national campaign to reduce stigma, discrimination, and ableism. I love this campaign movement because it helps reduce stigma and discrimination and makes the lives of people with diverse abilities better. It's awesome that this exists because we need it to make people aware of how to reduce stigma, discrimination and how to increase authentic representation of people with disabilities. All people need to be treated equally and with respect, kindness, compassion, love, and care.

There is a big list of companies that signed the Dear Everybody agreement. For example, the BMO Bank [Bank of Montreal] CIBC Bank, Bell Media, CBC, EBAY, Facebook, The Globe and Mail, RBC, REMAX, Rogers, Scotiabank, Sunlife and TD Bank, Toronto Star, and Toyota. Celebrity partners and community and government partners like Variety, the children's charity of Ontario, casting agencies and production agencies, some unions and media companies and some web developers are listed too. I am going to be listed also and I am excited I am one of the ones who will be among some of the big companies in the world. I am happy and excited that I signed the agreement with so many other big companies. We are all important regardless of the challenges we may face.

<https://deareverybody.hollandbloorview.ca/for-partners/>





## Krystian's Corner

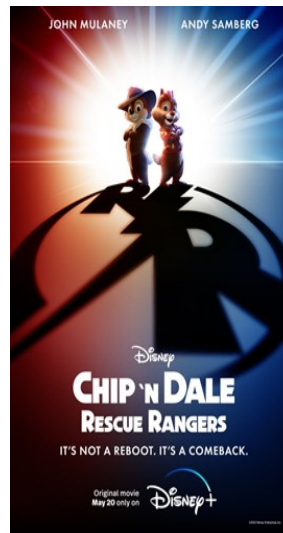
I would like to see more diverse ability actors in movies and shows, giving better representation for people with diverse abilities. There is an article in this newsletter about signing the Dear Everybody agreement on behalf of the Kamloops Self Advocate newsletter. It shares ideas of what diverse abilities mean and that we are increasing disability representation in the newsletter, creating a better world for all. Check that article out.

People should be given equal employment opportunities as an employee in acting and

in a regular business, such as retail. People should not be excluded from employment just because they have diverse abilities and might have some challenges in life that other people don't have. People should be given a good quality of life no matter if they live with diverse abilities. People should be treated with kindness, compassion, love, and care.

We are grateful to be listed as a partner on the Dear Everybody website that shares the same ideals as the newsletter does and wants to see people with diverse abilities represented in media. They believe in inclusion and disability awareness, success stories and much more just like us. They have a powerful movement to change hearts and minds around disabilities and make people think about their own biases towards people with diverse abilities.

Don't forget about CMHA Mental Health Week from May 2 – 8. Please don't judge, just be there for them and let's promote social justice, social & community inclusion, respect, and care for all people.



## Chip 'n Dale: Rescue Rangers

A comeback 30 years in the making, Chip 'n Dale: Rescue Rangers catches up with the former Disney Afternoon television stars in modern-day Los Angeles. "Chip 'n Dale: Rescue Rangers" premieres May 20, 2022, exclusively on Disney+. Rated: Not Yet Rated

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"If I have to feel thankful about an accessible bathroom, when am I ever gonna be equal in the community?"  
– Judith Huemann



## CMHA Mental Health Week May 2-8, 2022

When someone is struggling, you don't have to fix it. **Just be there.**

Before you weigh in, tune in.

**#GetReal**  
about how to help.

mentalhealthweek.ca



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OUTFRONT



## Living with Asthma

By Lisa Coriale

Meet Dianna West, a mother of 2 and a grandmother to 3. Dianna lives in downtown Kamloops has recently begun a career in Community Support. She also lives with asthma. Here is what she shared with Lisa about the impact of living with asthma.

### What do you do for a living?

I am a community support worker. I have one private client and work 30 to 40 hours a week. It took me a long time to find the right career but now that I have, I am loving it!

### What do you like doing in your spare time?

I love to read, sing, dance and play object search and match three games. I am working on increasing my body movement by walking and hiking more.

### Can you tell me what asthma is?

Asthma is a condition caused by inflammation of the airways and lungs. Attacks can range from annoying to life threatening. It is incurable but is manageable.

### Can you describe an asthma attack?

The worst attack that I remember occurred immediately after I danced hard for about 40 minutes. I wheezed very loudly, my face became red, and I got very hot. It felt like I had only a hair's breadth to breathe through. Anxiety makes the symptoms worse. I didn't have my rescue inhaler with me so I coped by breathing shallowly and telling myself to be calm and that it would pass.

### What challenges do you face because of it?

I can't run without wheezing, so running isn't sustainable for me. I suffer from both allergic asthma and exercise induced asthma. I can't sing, swim or exercise as well as I want to. I am unable to keep up with typical people. I have to be careful about which climates I am in and what type of air quality I am exposed to.

### How do you overcome these challenges?

I have taken a preventative powder inhaler and always have a rescue inhaler on hand or nearby. I haven't had many flare ups recently so I only use my rescue inhaler. There are also pills that people can take to help control asthma. I took one as a child for around seven years.

### Are there any specific things that can trigger symptoms?

Yes. Exercise and allergens. Also, irritants like smoke.

### What are some things you would like others to know about asthma?

As long as the person is able to breathe, they probably don't need medical intervention. Yes, an attack can be scary to experience and to witness. Stay calm. Ask if they have a rescue inhaler. If so, ask where it is and get it for them. If they can't communicate and their breathing is getting worse then ask if they need you to call 911. Make sure they have space around them. When people cluster around it can make the attack worse. Fresh air can help.

Asthma takes away the ability to exercise, sing, climb stairs and even talk. It does not mean the person is "out of shape" regardless of their body type or weight. Please don't judge people who suffer from asthma. Accommodate them and encourage them.

### What advice would you give to others with asthma?

See a doctor and follow their advice and treatment. Ask about ways you can increase your lung capacity. Small but consistent efforts can make a big difference. Be patient with yourself and concentrate on what you can do rather than what you can't.

### Do you have anything else to add?

I was first diagnosed with asthma at the age of 11. I had recently had bronchitis and I began to cough so severely at bedtime that I couldn't go to sleep. I spent the night in my dad's recliner so that I could get a little bit of rest. The next day I saw the doctor and he suspected I had asthma. I saw a pediatric allergist who gave me a series of tests to measure my lung capacity and he diagnosed me as having asthma. As a child I took a pill for years to control the asthma and had a rescue inhaler to use when I had an attack. As an adult I have gone for tests a couple of more times and had a powder inhaler I used daily as well as a rescue inhaler.



For more information, go to:

<https://www.mayoclinic.org/diseases-conditions/asthma/symptoms-causes/syc-20369653>



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## Poutine

### Breakfast Poutine

How to make Poutine, a Canadian dish of French Fries topped with Cheese curds, Gravy, fried eggs, bacon bits and Canada's favorite - the maple syrup. Crowned as the National food of Canada, Poutine over time has spread mainly across the province and is widely accepted

throughout the world. Enjoy learning this delicious recipe only on Get Curried.

Taken from <https://www.youtube.com/watch?v=G2jW6NVDjiA>

### Poutine Ingredients

For Fries (Chips):

Potatoes: 1kg / 5 -6 large potatoes

oil to fry

Salt: to taste

Pepper: to taste

Sticky bacon bits: Bacon:10 – 12 strips

Maple syrup: to taste

Gravy:

Chicken stock: 1cup/ 250ml

Cheddar cheese or cheese curd for garnish

**Method:** To make fries, chop the potatoes into long strips. Fry them in boiling hot oil. Once the fries are done take them off on an absorbent paper, and after they have cooled down, add salt and pepper and toss them properly.

### Sticky bacon bits

Take long streaky bacon and cut them into small pieces. Then cook the small bits of bacon in a warm pan, when they are nice and golden, take them out on an absorbent paper. To a clean pan, on medium heat add some maple syrup and add the fried bacon to it. Let the bacon soak up all the syrup, this will only take a couple of minutes, then immediately take it off the flame before it caramelises and burns.

### Gravy

Take chicken stock in a saucepan on a medium flame and add cold mixture of butter and flour (Beurre manié) and whisk it till it dissolves completely and forms thick chicken gravy.

Sunny side up (quail eggs) Take some oil in a frying pan on low heat, cook the eggs.

On a plate lay the fries, garnish it with cheese, gravy, bacon bits, and quail egg sunny side ups.

“My disability exists not because I use a wheelchair, but because the broader environment isn’t accessible”  
– Stella Young

## Spring Pot

By Tami

Each season is a new chance for a different kind of craft. I had fun decorating some clay pots in different ways, getting ready for some spring flowers. Try it out and see what you can create!

### Supplies

1 medium sized clay pot

Your choice of paint; suggested colours:

White

Yellow

Pink

Purple

Red

Green

Paint brush

Pencil



### Instructions

Paint the clay pot with your base colour (yellow or white). Let this dry (you can use a hair dryer to speed up the drying process).

Paint a second coat of your base colour.

Paint the top rim the colour of your choice. Let this dry. You may need to do a second coat.

Using the end of a pencil or a paint brush, paint your flowers. Make the centre dot with one colour. Clean the end of your pencil or brush and make your petals with a different paint colour.

Optional: Coat your pot with a layer of Mod Podge to seal it.

“Know me for my abilities, not my disability.”  
– Robert M. Hensel

### Awareness Days

May 2-8, CMHA Mental Health Week

May 9 to 15<sup>th</sup> National Nursing Week

May 12<sup>th</sup> International Nurses Day

Bladder Cancer Awareness Month

MS Awareness Month

Speech and Hearing Month

Vision Health Month



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## Billy Madison Movie Review

By Ben

Billy Madison has a chance to go back to school, where he starts back in grade 1 and goes all the way to 12<sup>th</sup> grade. He has to do this to prove to his Dad that he can go to school and graduate. If he can do this, he can run the family business. But, the plot thickens! The movie has a twist at the end that I didn't expect. I think this is good movie and it is very funny. They do things that other people don't usually do on their off time. Check this movie out and you'll see what I mean. I would give this movie 2 thumbs up. Available on Netflix



## Teigen Gayse Sings 'Blame the Wine'

By Krystian

My name is Teigen Gayse. I am a small town girl from Chetwynd BC, currently living in Kelowna BC, who likes to eat snacks, write music, go on adventures, watch movies, and hang with her pug.

'Blame the Wine' is a song about, well wine. It's a fun bubbly song that talks about all the funny things one does when sipping the wine and how it's not your fault, the wine made you do it. It is quirky and fun.

Country music always just spoke to me and I don't know why, I think it's because it's so honest and real and has so much meaning to it. That being said, I love all genres of music and my style is very country pop. I always loved writing and singing and I started that young. I started pursuing music in 2016 when I released my first single 'Your Girlfriends Crazy'. I wasn't sure at that time if this was what I wanted to do, but it became very clear to me in the last few years that this was what I was meant to do.

My success started to unfold when I won Stingray Radio's trending track in 2021 for a song I wrote myself called 'I Don't Wanna Fall In Love Anymore'. I got my first Billboard top 50 and I was in the game. After that I released 'Blame The Wine' and it also went top 50 and it was very rewarding to know I was on the right path.

My favourite memory would have to be seeing my name on the billboard charts. That to me is just so cool. I also went to my first CCMA's in London and that was super fun and memorable.

I love that music can help you escape, it can help you feel, heal you, it can take you back to a time and place and it's just so magical in so many ways. My influences growing up were the Disney Channel kids. They were all so young and living my dream and I also thought if they could do it then so could I (Miley Cyrus, Jonas brothers, Taylor Swift, Selena Gomez). Now my musical influences would be Maren Morris, Parker McCollum, Morgan Wallen, and Taylor Swift.

I don't know why it finally clicked...that I was like "this is what I was meant to do" but it did and when it did I've given it 110% and its paid off. I always loved writing and I loved music and song structure were so natural to me. I got my first guitar at 16, learned my first 3 chords and the rest is history. I love that I have the ability to move people and make people feel something for a couple minutes. I am so thankful when I hear a song and FEEL something so immensely that I dream of doing that for other people.

You can follow me on all social platforms, I'm very active on all of them and don't hesitate to say hello

website <https://www.teigengayse.com/>

## A Fun Radio Station

By Ben

Have you ever wondered how radio stations get their names? I have. I decided to contact a radio station in the Cariboo to find out more.

Country 840 got its name from their company's station branding, which is country, and their radio frequency 840 am. Their stations call letters, CKBX, come from the BX stagecoach which stopped at 100 Mile House during the gold rush.

Chris Adams has been working for country 840 for over four years. His job is the "morning man" or morning announcer. He's on the air from 6 to 10 AM at their station on Alder avenue in 100 mile house.

If you like country music, why not tune into Country 840 and see what's on their playlist?





# Disability Awareness and Inclusion



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EQUAL  
CANE  
EMPLOYMENT  
DISCRIMINATION  
GUIDE DOG  
STIGMA  
DISNEY WORLD  
REPRESENTATION  
LOVE  
MUSIC  
MOVIE  
CARE  
WALKER  
SOCIAL JUSTICE  
KIND DEED  
WHEELCHAIR  
KINDNESS  
ABLEISM  
AUTISM

## Blazers Report (2021-22 WHL Playoffs Round 1) By Andrew

The Kamloops Blazers finished the 2021-22 season with 47 wins, 17 losses, and 3 overtime losses to sit at the top of the B.C. Division for a 3rd season in a row and 2nd overall behind the Winnipeg Ice. The Blazers will start the post season on April 22<sup>nd</sup> at home against the Spokane Chiefs, who finished 4th in the U.S. Division with 24 wins, 39 losses, and 4 overtime losses including 1 shootout loss. The schedule for the playoffs had Spokane in Kamloops Friday, Saturday and Monday, where they lost all 3 games to the Blazers. Game 4 of the series will be in Spokane including, if necessary, game 5 and 6. If a 7<sup>th</sup> game is needed, they will play back in Kamloops on May 4th.

Play this puzzle online at : <https://thewordsearch.com/puzzle/3500546/>



## NorthPaws Ready for Inaugural West Coast League Season

April 13, 2022

The Kamloops NorthPaws is Kamloops' newest sports franchise, entering its inaugural season in the West Coast League (WCL) for 2022.

The NorthPaws will play a 54-game schedule, including 27 home games at Dearborn Ford Field at Norbrock Stadium, located on Kamloops' beautiful McArthur Island Park.

The name NorthPaws was created with the image of a big, dominant right-handed pitcher in mind. If left-handed pitchers are known as southpaws, wouldn't then a righty be a northpaw? More than 60 per cent of Major League pitchers are right-handed and 14 of the last 18 Cy Young Award winners were righties. Perhaps the Port Angeles Lefties are already a natural name rival in the WCL.

It was also important to include "North" in the team name. The NorthPaws play on Kamloops' beautiful *North Shore*, in the Great White *North* and is the second *northernmost* team in the WCL.

Founded in 2005, the West Coast League is one of the premier summer collegiate baseball leagues. With 16 teams, across British Columbia, Alberta, Washington and Oregon, the WCL showcases pro prospects from major collegiate baseball conferences across the continent.

Every summer, the league features unparalleled fan and player experiences with the best weather in North America. In the 2021 season, 305 WCL alumni played in affiliated professional baseball, including a record 59 former players suiting up in the Major Leagues.

The NorthPaws have signed 30 players to the 2022 roster, including 16 Canadians and two Kamloopsians. The roster consists of current NCAA, NAIA and NJCAA student athletes who will spend their summer playing for the NorthPaws in hopes of gaining exposure for the MLB Draft.

The inaugural home opener is on Tues., May 31<sup>st</sup> at 6:35 p.m. when the NorthPaws host the Edmonton Riverhawks.

The NorthPaws, Riverhawks, Nanaimo NightOwls and Springfield Drifters are all expansion teams for the 2022 WCL season. All NorthPaws information can be found at [www.northpawsbaseball.ca](http://www.northpawsbaseball.ca).





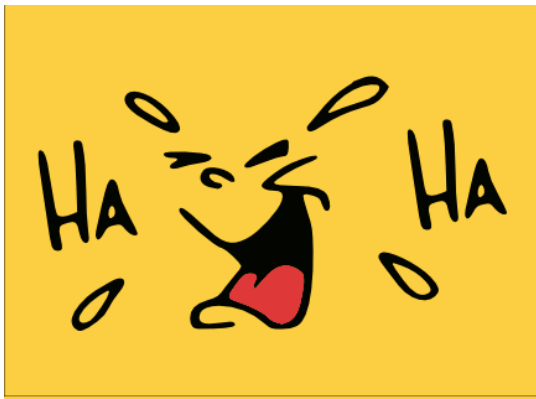
### Eco Tip

It's May, and welcome to this new Eco Tip! Do you use batteries? Did you know that if batteries are not disposed of properly they will leak toxic chemicals/materials and those toxic chemicals will get into the water and soil? While Batteries are a great invention, they are not perfect and have many drawbacks. Thankfully there are ways to dispose of batteries properly.

First things first, a big warning/reminder: **\*Do not throw batteries in your regular garbage!\***

However, you can take your batteries to Staples, General Grants, London Drugs, Rona Home Center, Home Depot, The Source, Lorne Street Bottle Depot, so they will not end up in the landfills.

For more information/locations check out: [What Goes Where | City of Kamloops](#)



### Outer Space Jokes

Q: What is a spaceman's favorite chocolate?

A: A marsbar!

Q: Why did the sun go to school?

A: To get brighter!

Q: How do you know when the moon has enough to eat?

A: When it's full.

Q: What kind of music do planets sing?

A: Neptunes!

Q: Why did the cow go in the spaceship?

A: It wanted to see the moooooooon!

Q: What do planets like to read?

A: Comet books!

Q: Why don't aliens eat clowns?

A: Because they taste funny!

Q: What is an astronaut's favorite key on the keyboard?

A: The space bar!

Q: Why did the cow go to outer space?

A: To visit the milky way.

Q: Why did Mickey Mouse go to outer space?

A: He was looking for Pluto.

Q: Why did the people not like the restaurant on the moon?

A: Because there was no atmosphere.



### Halle Kearns, Happy In This Bar

By Krystian

*Meet Halle Kearns, a singer/songwriter living in Nashville, TN. Her music caught our attention and we had to share!*

#### How did you get into country music?

I grew up listening to country music and began playing guitar when I was 13. I decided when I was 16 that this is what I wanted to do forever.

#### What do you enjoy about playing music for others?

I love feeling like I am connecting with people that I otherwise may not have met through my music and lyrics.

#### Why did you want to be a singer and songwriter?

I love story telling, and have always been fascinated by the art of doing that through song!

#### What is your favorite memory working in the country music business?

I have so many incredible memories, but probably one of my hometown shows. There is nothing like it!

#### What goes into being a singer and songwriter?

The ability to put your thoughts and emotions to a melody, create new melodies, create concepts, etc.

#### How did you come up with 'Happy In This Bar'?

I was feeling very tired of the "going out" scene, and feeling like I had to partake in it to fit in!

#### What else would you like to add?

I'm super grateful for the opportunity and interview!

#### How can people find you online?

My website is [www.hallekearns.com](http://www.hallekearns.com), or you can search "Halle Kearns" on any platform!

## **Big Little Science Centre: Let's learn about science and why science is important.**

By Krystian

*Meet Susan Hammond, a mother, partner, educator, explorer of life and the world. Susan works at the Big Little Science Centre. Find out what she does and some of the great things that happen at the Science Centre.*



**What do you enjoy about working at the Science Centre?** I like the people I meet, the many different types of jobs that I get to do, and sharing cool science with people of all ages and abilities. The look of amazement and awe on a person's face when they see something unexpected, or learn something new, is always rewarding.

**How did you find out about the Science Centre and that they were looking for another staff member?** I knew about the centre before I worked here, as I had visited with my son's school class. I heard about the job through friends and the newspaper. I am very pleased that I had what the society was looking for, and was hired.

**What do you do at the Big Little Science Centre?** My title is Operator at BIG Little Science Centre. This job is incredibly varied and involves almost all aspects of keeping the science centre open and running; from cleaning toilets (sometimes) to teaching science to families and groups. Working with people is very cool, but I also get to create and plan new programs and exhibits. Right now we are planning two exciting fall 2022 special exhibits.

**Why is science important? What is your favorite part of working with science?** Science is everywhere. Science is the study of the world and beyond, and discovering how things are connected and how they work. There are always new questions and discoveries to be made, which means that we will never run out of new things to learn. By studying science we increase our ability to think critically and logically while also encouraging our creative side; we are able to develop our imaginations and curiosity.

**What are the future goals of the Science Centre in the new location?** As a not-for-profit, registered charity, we are continuing to expand and improve what we have to offer, and to reach a wider audience. We are working to create a top notch science centre that provides an amazing and fun experience for people, so as to develop a passion for science. This means we are improving our science exhibits and programs to be a place for people of all ages and abilities.

**What do patrons enjoy about the Science Centre? What can people, including adults, do at the science center?** People of all ages visit BIG Little Science Centre to discover science in the Gordon Gore Exploration Room, be amazed by the shows and labs, and learn during special lectures and presentations. All of our guests truly enjoy the interactive and interesting hands-on science exhibits and activities. Our extremely popular camps and clubs are full of physical activities for children to 'do' science. School classes, private groups, families, children and adults are all invited to visit for awesome science adventure.

**What do you enjoy about the speaker talks?** Our adult speaker series will restart in the fall of 2022. The programs are a wide variety of presentations that explore science topics connected to day-to-day life. Each lecture is unique, providing a fascinating insight into an interesting and current area of science. Along with all people who attend, I enjoy learning from our speakers' knowledge and expertise. We are always on the lookout for new topics, and for people who might wish to share with our audience. If any of your readers have suggestions for a topic or presenter, I encourage them to contact me.

**How is music science? Why is music important in science?** Music is very much a collaboration of the arts and science. Musicians need to understand the science behind how their instruments work and how different melodies and sounds affect their audience. Many scientists are also musicians. All who make music have a creative ability that is much appreciated when shared.

**How is the Science Centre accessible in the community for people with diverse abilities and for those with the Easter Seals Access 2 card program?** BIG Little Science Centre is accessible physically with a flat entry, door that opens at the push of a button, and room inside for wheelchairs and other means of movement. Our exhibits include a large variety of materials that are meant to be touched and used, at a person's own pace. If a quieter experience is required, a group or family may book for a low use time. As well, support staff enter for free and our entry fees are low. We also have free entry events and days so everyone is able to come. If other accommodations need to be made, we ask that you let us know in advance, so we can support you in the best way possible.

The Easter Seals Access 2 program encourages all venues to provide free admission for support staff. This is an important part of our history and we have always done this, even before the Easter Seals Access 2 program was in place. We are, however, honoured to be part of this amazing program to help get the word out for accessibility.

**What do people like about the center being accessible for people in wheelchairs or who use canes or walkers?** All feedback has been very positive. Science centres should be for everyone; we strive to ensure that all of our guests feel safe, welcome, included, and involved.

**Continued on next page**



# Big Little Science Continued

Why did you want to be a part of the KSA Newsletter and support people with diverse abilities? Having known Krystian since he was a volunteer at BIG Little Science Centre, we are pleased to support him and his success with the Kamloops Self Advocate Newsletter. Krystian has taught us much about working with people with different needs and abilities. We believe that it is important that the science centre is a safe and positive place for everyone, no matter their age, background or personal situation.

What do you like doing for fun outside of work? I love to read, hike and explore, swim, and play with my dog.

What else would you like to add? We love our new downtown location. It is super easy to get to, and on a city bus route. I encourage your readers to reach out and organize a visit to the centre, or to call and chat about science. We are open Tuesday to Saturday, from 9:30am to 5:00pm. Our website is blscs.org. Join us on Facebook and Twitter for fun science news, and details on upcoming special events at the science centre.

If anyone is interested in volunteering at BIG Little Science Centre, please contact us for a tour and to learn more about the opportunities that we have. As a registered charity, we accept donations, and provide income tax receipts. I can be reached at the science centre by phone or email. 250-554-2572, [susan@blscs.org](mailto:susan@blscs.org)  
Thank you very much in inviting me to do this interview.



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# 10 ways to make your business more accessible

BY SONIA WOODWARD ON AUGUST 8, 2016,

Taken from <https://www.rickhansen.com/news-stories/blog/10-ways-make-your-business-more-accessible>

If you own or operate a business, chances are you've tried different ways to attract more customers and increase your sales. But have you ever wondered if your business has physical barriers that prevent customers with disabilities from accessing your shop, restaurant or office? Over 3.8 million Canadians currently have some form of disability affecting their mobility, vision, or hearing, and this is projected to increase in the coming years as our population ages. Making your business accessible for people of all abilities not only increases your customer base and makes good economic sense, but benefits everyone and helps to create a more inclusive society.

Everyone, with and without a disability, should have equal access to offices, stores, restaurants, gyms, and parks – essentially, to all of the places where we work, live, and play. Providing access for all means allowing access to all. To help get you started, here are 10 ways to make your business accessible:

**1. Make a good first impression.** When people approach your business, ramps and automatic doors allow customers with mobility devices (and parents with strollers) to enter easily.

**2. Clear the aisles.** Regardless of a person's abilities, having a floor space free of obstacles allows any customer to move through the store easily and eliminates tripping hazards. When people can access all areas of your business, they're more likely to have an enjoyable experience and spend more time there.

**3. Be seen.** Signs using a 72-point, sans-serif font (e.g., Verdana, Arial) are easier to read, make navigation more straightforward, and accommodate customers who are Deaf or have low vision.

**4. Ensure the washroom is accessible.** An accessible washroom has a door that is at least 85cm wide, a grab bar at the side and back of the toilet, an 80cm space beside the toilet, and a turning radius of 1.2m. You can provide even more space if the door on the bathroom stall swings out, instead of in.

**5. Provide accessible print materials.** In addition to written text, having Braille on signage, menus, and business cards will help people who are blind or have some form of vision loss. Also, include photos on your menus to make it easier for customers who may be deaf-mute to indicate what they would like to order.

**6. Find the right light.** Adjust the lighting to meet and support the needs of your customers and employees. Although ambient mood lighting creates a casual or romantic setting, it might not be bright enough for customers to read menus, way find, or communicate if they use sign language. You can provide clip-on lights for greater illumination. Many [tools](#) are available online to help calculate the lighting required in a given space.

**7. Consider the highs and lows.** Offer a variety of high and low tables to accommodate customers who use a wheelchair or scooter or have other mobility challenges.

**8. Offer flexibility at the point-of-sale.** Portable debit machines or an extendable cord give customers a more convenient way of paying, especially for individuals using wheelchairs or for those who aren't tall enough to reach a fixed debit machine.

**9. Open up to closed captioning.** Turning on closed captioning on any in-house TV sets will allow customers who are hard-of-hearing or Deaf to follow along with whatever program is on.

**10. Arrange for sensitivity training.** Education is the best way to change attitudes and break down barriers for people with disabilities. Providing your staff with training on topics such as how to assist those with mobility devices, interact with service animals, etc, will ensure that everyone is informed on how to accommodate and include all people.

Want to know how your business ranks on accessibility and how you can remove potential accessibility barriers? Get a [Rick Hansen Foundation Accessibility Rating & Certification](#) of your business and for recommendations on how to improve accessibility for people with disabilities. Do you have any other helpful recommendations to reduce barriers in your community spaces? Let us know at [info@rickhansen.com](mailto:info@rickhansen.com).



"I wish for a world that views disability, mental or physical, not as a hindrance but as unique attributes that can be seen as powerful assets if given the right opportunities"

~ Oliver Sacks



  
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## Celebrating National Nurses Week May 9th to the 15th with Sue Holm

By Krystian

I am a registered nurse as well as being a wife to Bob, Mom to Tyler and Ryan, and Grandmother to Madi and Lukas.

National Nurses' Week means a lot to me as it helps showcase all the work nurses do and the value of the amazing nurses we have. Nurses work in all aspects of healthcare including health promotion and prevention as well as care of people aged a day old to over 100 years old. There are many different healthcare team members that work together for the better health of everyone in our communities and nurses are important in all aspects.

Working in the ER at RIH is very challenging most days. A lack of space, low staffing levels, and many people in our community without a family doctor make our ER very crowded and it can be overwhelming. Often, we are seeing patients in hallways and chairs and have to ask people in pain to wait or to move off a stretcher so another patient can be seen. Luckily, I work with such an amazing team of other nurses, doctors, and other team members like physiotherapists, social workers, and mental health workers. Together we still provide an amazing level of care to the people of Kamloops and

the surrounding area. Most days in the ER we triage around 200 people as well as care for all the patients who are waiting for beds up on the wards. You can't be an ER nurse if you don't love a bit of chaos!

My job is filled with special moments, sometimes helping people with their pain, sometimes sharing a laugh or two, and sometimes helping someone hold it together as they get very bad news. And some days those can all happen within about 10-15 minutes. It is pretty rare these days that we have time to offer a back rub or to listen to a story from a patient reminiscing about their childhood but every once-in-a-while it happens. Those are my best moments.

I enjoy laughing with my patients and my colleagues, I enjoy helping people make it through hard times and I enjoy teaching people about healthy lifestyle choices. I have been blessed to be a pretty optimistic person and try hard to help other people see the positives in life.

I became a nurse in 1985! I attended what was Cariboo College here in Kamloops, of course, it is called TRU now....

I hope anyone thinking of becoming a nurse decides to go for it. It isn't an easy job, but it truly is a fulfilling one. As I ease further and further into retirement, I can see the gaps in the staffing levels more and more. Nursing has a place for all sorts of people from all sorts of backgrounds and of all ages.



May 9-15, 2022: The National Nursing Week annual celebrations take place from the Monday to the Sunday of the same week as Florence Nightingale's birthday, May 12.

The theme this year is **#WeAnswerTheCall** and was developed by CNA to showcase the many roles that nurses play in a patient's health-care journey. The pandemic brought to light the courage and commitment that nurses work under every day and showed the important role that nurses play in the community.

Taken from: <https://www.cna-aic.ca/en/news-events/national-nursing-week>







## **Kindness and Compassion with Samantha Garvey**

By Lisa Coriale

### **Can you tell me a little bit about yourself?**

Hello! I'm Sam Garvey. I met Kamloops Disability Advocate contributor Lisa Coriale during journalism school in 2011 at Thompson Rivers University. Since then, my life has seen multiple cities, careers and now multiple children (Juniper and Theodora, aged 2 and 1) and we've settled in the unceded traditional territory of the ləkʷəŋən People (Victoria B.C.).

### **What do you do for a living?**

I have a pretty cool job working for CTRS, a boutique research firm, mostly market intelligence, and a B Corp. I like it because I get to spend my time learning about new topics, sometimes industries I wasn't at all familiar with before.

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

I feel compassion is one of those words you have more of a feeling about, rather than a specific definition for. I like a definition I came across recently which essentially said it is empathy combined with action. Empathy is something I've been making an effort to improve in myself. Compassion, then, is taking those efforts a step further and adding action. Another part of my learning is not only spending extra mental energy to determine the best way to take action from the perspective of the other person, but also (to the best of my ability) trying to remove myself, my needs and my wants and my ego, from the equation.

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

I think as human beings, our own identities are the center of our universe, and it takes thoughtful effort to see the world from another's perspectives, when their story is not our own. For the privileged (and I am a very privileged person) it's easy to miss the obstacles and challenges we don't face ourselves, but others do. And for our world to grow and improve and strive for equality, it is important to challenge ourselves to recognize that another's experience isn't the same as ours, and furthermore to not doubt another's experience, because it doesn't match our own.

### **How do you show kindness and compassion to others?**

A concept that has stuck from my time in university with Lisa has been a concept of 'perceptual salience'. Meaning when I pass someone on the sidewalk, I only see one snapshot of their life, that very moment. That person's demeanour and mood in this single moment is all that is salient to me, and this is what I judge them on. Not the lifetime of experience they carry with them, or every other event of that day, week, or month, that has created their present demeanour and mood.

I try to remember this and remember that I do not know someone's story. I do believe that everyone, every person I encounter in my day, pass on the street or online, is simply doing their best. And I try to treat them with that in mind.

### **How can people show compassion when they are in community?**

A friend of mine, a brilliant activist and facilitator, told me that to 'change the world', and to 'build community', are the same thing. If we want to see big change, we need each other to accomplish it together. Showing kindness in community can mean opening a seat at the table, or starting a dialogue, or learning about who shares a space with us. These are the building blocks to seeing each other's humanity, to creating unity, and then together addressing the big changes that we need all around us.

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

For me, it starts with two types of acknowledgements. One, an able-bodied, neurotypical person with means, can and should challenge themselves to look at the world around us, both the built environment and the systems that we operate in. And really look at it. We must push ourselves to see what we normally can't see. Then we'll begin to understand that the world around us has been built to be accessed by only some. We'll start to see how inaccessible our world really is, and challenge that inaccessibility. Secondly, I believe we all need to learn that we can never know another person's experience. We must find and flex a new muscle within ourselves to not assume we know what another person is going through, and how they as an individual might respond to their experience. To make an assumption and base our behaviour on it, can be very damaging to those with diverse abilities.

### **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?**

Due to the strain put on all of us through COVID-19, this is a critically important question right now. My partner and I use an acronym: SANE. This stands for Sleep, Art, Nutrition and Exercise. Generous and regular helpings of each. I think all of us need to slow down and really take note of how we are doing. If the answer is 'not great', then start with the basics: improving our sleep hygiene, eating nutritious food, and getting outside into fresh air. Art, in this context, means to create art, not to consume it (which is a fine activity if that's your thing). But to create art for the sake of expressing the creativity that is inside of us all. Any art form works!

**Continued on next page**



## Kindness and Compassion with Samantha Garvey continued

### What does being kind to yourself look like?

It's a struggle. When things are hard, I tend to be very hard on myself, and say rather mean things to myself.

So, I've been asking myself questions like 'the things you say to yourself, would you ever say those to another person?'

I believe, for myself and any others who struggle in this same way, that as long as I don't give up, and stay teachable to new life lessons, things will get better, bit by bit, over time.

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

My gut feeling is that those who are unwilling to build understanding with a person with diverse abilities, are themselves hurt, dealing with pain, and that would be the reasons they hold negative views. I believe their attitudes have arisen through misplaced and complicated fear. I don't think this group can be reached, and their attitudes changed, through shame or admonishment. Rather, I think exposure and dialogue, learning as much as possible, is the way to reach them and address their biases. This is (certainly) idealistic, and at the same time, it is important to hold people to account for discriminatory actions.



## Disney World Vacation

By Krystian

In March, my family and I went to Disney World in Florida to celebrate Disney's 50<sup>th</sup> birthday, which happened to be my stepfather's 50<sup>th</sup> birthday, too. We are not dare devils, so we went on a few tame rides such as Buzz Lightyear's Space Ranger Spin, which was a ride that we shoot targets at. Country Bear Jamboree was a show about country bears that sang country music. Mickey & Minnie's Runaway Railway was a ride about Goofy being a bad train driver and the train moved back and forth and goofy was on the screen on the train, but we eventually got to our destination. Toy Story Mania! was a ride and was a game where you shoot targets and Muppet\*Vision 3D was a show where the Muppets blew up the theater. I really liked the show called Canada Far and Wide in circle-vision 360. It was a show about Canada at the Epcot center showcase. "It's a Small World" ride is a musical ride which was fun. You ride in a boat. And I overcame my fear by going on Pirates of the

Caribbean. It was a great ride. I was afraid to go on it when I went to Disneyland a few years ago but tried it and I loved it this time. It was lots of fun. The ride was indoors and had boats. We went on an African safari in a jeep to see many different live animals and it had an African safari theme as if we were really in Africa. I also went on a Jungle Cruise where you see auto animatronic animals in the water, and it feels like you are in a jungle.

My favorite ride was Remy's Ratatouille Adventure Attraction located in World Showcase at EPCOT because it was a ride which shrinks you down like a mouse and you go under tables like a mouse, and it was fun.

Lots of places at Disney World are accessible for people in wheelchairs and walkers if someone you are with can transfer you onto a ride. My mom had a walker, and she was given lots of support. We went to 4 parks at Disney World, including Epcot, but the only thing I didn't enjoy was my feet hurting because of lots of walking. I enjoyed the theme parks very much.

We went to universal studios and SeaWorld also. We ate at rainforest café which is a themed cafe at Disney as well as T-Rex restaurant in Disney Springs. They had autotomic dinosaurs going off while eating.

I enjoyed myself even though my feet were hurting, and it was a exciting opportunity to go back to Disney World. I went there when I was 10 years old with Make a Wish Foundation and I enjoyed going there again to see how things have changed. I wasn't as scared of the rides this time. How about you, do you like Disney?

