



THE KAMLOOPS SELF ADVOCATE NEWSLETTER

In this month's newsletter, we have lots to share. One of our themes is nature as we celebrate World Oceans Day on June 8th. With all of the talk of climate change, it can sometimes feel overwhelming, but there is so much that each of us can do. We want to encourage you to take a few minutes to think about simple things that you can do each and every day.

Connecting with nature helps us remember how valuable nature is. We can experience this when we take time for some 'nature therapy', which can do wonders for our mental health. Medication is not the only way to keep our mental health in top shape. It can consist of exercise, meditation, yoga, listening to music, getting enough sleep, healthy eating, listening more to good news and less bad news. Let's educate ourselves about mental health issues and reduce stereotypes against people who live with mental health issues.

Let's look after the planet and each other. Together we are stronger.



So
Sorry
for
Your
Loss

The KSA sends our thoughts to Buffalo, New York and Uvalde, Texas, where there have been 2 very tragic shooting events. The KSA does not stand for racism, discrimination, or violence.

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>

June 2022

FREE!
TAKE
ONE



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[Feature articles](#)

[Eco Friendly Tip](#)

[Movie articles](#)

[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?

Contact us at:

thekamloopselfadvocate@yahoo.com

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Office phone: 250-828-1344

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.



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
The Vic Downtown
Kamloops Film society
Kamloops Art Party



Photo by Laura Edwards

THE HAPPY KITCHEN: GOOD MOOD FOOD

By Krystian

Rachel Kelly is a writer and mental health advocate as well as being a bestselling writer, public speaker and mental health campaigner. She writes regularly for the press and gives TV and radio interviews to help educate and break down the stigma around mental illness in her role as an ambassador for several mental health charities. She also shares evidence-based strategies on how to stay calm and well and is the author of four books covering her experience of depression and recovery and her steps to wellbeing from poetry to nutrition. Rachel speaks at events and wellbeing workshops, sharing her motivational and holistic approach to good mental health. She is an official ambassador for Rethink Mental Illness, HeadTalks, SANE and The Counselling Foundation. Her books include her memoir [Black Rainbow](#) about her experience of depression and three subsequent books about her recovery and how to stay calm and well - [Walking on Sunshine: 52 Small](#)

[Steps to Happiness](#); [The Happy Kitchen: Good Mood Food](#); and [Singing in the Rain: An inspirational workbook](#) published in January 2019. She is a member of the Speakers Collective, a group of speakers with lived experience of mental health conditions.

What is THE HAPPY KITCHEN: GOOD MOOD FOOD Cookbook about?

How food influences our mood: the proven links between what we eat and our psychological health.

How did you come up with this book?

I went to see my doctor as I have had a long battle with depression and anxiety. She said there were 3 happy foods: oily fish, dark chocolate, dark green leafy vegetables. I was intrigued; teamed up with a nutritional therapist Alice Mackintosh and spent 3 years researching how insomnia, anxiety, low mood, low energy and other symptoms I had can all be helped by changing our diet.

What was your mental health journey and recovery like?

Very tough when I was suffering two severe depressive episodes. I was in hospital albeit briefly for the first one. I was suicidal as I felt so ill. The recovery took years, and I'm still recovering.

What should People know about living with mental health issues?

People can get better, but they need support. They also need to take care of themselves and feel they can make a difference by what they eat.

How can people reduce stigma and discrimination around mental health issues?

Realise that mental health problems can happen to anyone and a privileged life doesn't mean a privileged health. Keep talking!

How can people protect their mental health?

Realise the links between our mental and physical health: they are one and the same. Eat from my book; sleep well; take exercise - all these things will help your mental health. Guard against negative thinking; focus on the positives; use meditation and mindfulness; turn to poetry if life is tough.

How can people find you online? Instagram : rachelkelly Newsletter <https://mailchi.mp/a77c6550d321/rachel-kellys-newsletter> Website: www.rachel-kelly.net Twitter: www.twitter.com/rachelkellynet *Singing in the Rain: An Inspirational Workbook* <https://amzn.to/2Qlq18p>

How can people buy the cookbook in Canada?

It's published with Simon & Schuster in the USA and Canada where it's called The Happiness Diet.

What is your favorite recipe from the cookbook?

The dark chocolate brownies with Brazil nuts.

Recipe on Next Page

DARK CHOCOLATE BRAZIL NUT BROWNIES

Taken from **The Happy Kitchen: Good Mood Food Cookbook** by Rachel Kelly with Alice Mackintosh
Photo by Laura Edwards

We spent ages perfecting these, ensuring that they were soft, rich and gooey in the centre. Though they are still a treat, you have more control over the ingredients as you are making them yourself. Spelt flour is wholegrain, meaning that it won't lead to a sugar spike as white flour does, and Brazil nuts contain selenium which, as we have seen, plays an important role in the immune system. Cacao is a rich source of magnesium and antioxidants.

Makes about 15 squares

- 10 Brazil nuts
- 125g (5/8 cup) dark chocolate (ideally 100% cocoa, or use 85%)
- 100ml almond milk
- 150g (3/4 cup) coconut oil, plus extra for greasing the tin
- 250ml maple syrup
- Seeds from vanilla pod or 1 tablespoon vanilla extract
- 50g (1/4 cup) raw cacao powder, sieved
- 3 eggs
- 130g (2/3 cup) spelt flour
- 1 teaspoon baking powder

1. Preheat the oven to 190C (or 350F). Grease a 30cm x 20cm brownie tin and line it with baking parchment. Leave the paper sticking up at the sides to make it easier to lift the brownies out when they are cooked.

2. Roast the Brazil nuts in the oven for 15 minutes, turning them once halfway through. They should be slightly browned. Leave them to cool, and then chop them up coarsely.

3. Put the chocolate, almond milk, coconut oil, maple syrup and vanilla seeds or extract in a saucepan over a very gentle heat, stirring regularly, until everything has melted and you have a rich, glossy-looking batter.

4. Remove the pan from the heat and whisk in the cacao powder.

5. Allow the mixture to cool for 10-15 minutes, and then beat in the eggs. Add the flour, baking powder and chopped Brazil nuts.

6. Pour the mixture into the prepared tin and bake it in the oven for about 12 minutes. Insert a cocktail stick and it should come out with a little chocolate residue. If you like your brownies less gooey, put the tin back in the oven for a further 3-5 minutes but take it out before the top starts to crack, otherwise the consistency will be more like cake.

7. Remove the tin from the oven and use the baking paper to help you slide the whole brownie on to a cooling rack. Cut it into squares once it has cooled completely.



Nature Documentaries
As we celebrate World Oceans Day, why not check out some of these nature documentaries:
Oceans Disney Nature film on Disney Plus
Monkey Kingdom
Disney Nature Film on Disney Plus
Chimpanzee Disney Nature Film on Disney Plus
Bears Disney Nature Film on Disney Plus
Wings of Life Disney Nature Film on Disney Plus
Polar Bear Disney Nature Film on Disney Plus
Wild Babies on Netflix
Dancing with the Birds on Netflix
Mission Blue on Netflix

Blazers Report (2021-22 WHL Playoffs)

The Kamloops Blazers swept the Spokane Chiefs in the first round in 4 games. Then in round 2 played the Vancouver Giants who took the series to game 6. Now they take on the Seattle Thunderbirds in the 3 round which is the Western Conference Championship series that starts on May 20th for the first 2 games in Kamloops and then on the road in Seattle for games 3 and 4.



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Can you tell me a little bit about yourself?

I was born on Jan.21st, 1975 in Humboldt Saskatchewan and I am 46yrs old. At birth, I had a cleft palate, club feet, 4 fingers on my Left Hand, and four fingers with a stubble finger as my pinky on my right hand. For my first job as a kid I worked as a construction helper with my Father. I graduated High School in 1994 and had surgery on both legs in 1995/1996. I graduated the Culinary Arts Course in 1997. I worked as a Cook for about 5 years, then I started as an Addictions Counsellor at The New Life Mission for 20 yrs. I had a slight Stroke that affected the left side of my body. I was put in Vancouver General, where they did Surgery and I died for 4 minutes while on the table as a result of my brain swelling. I've been a Medical First Responder with St. John ambulance for 20 years, as well as doing events all over Kamloops and area. I got married to my lovely wife Anju Bains-Kowalsky on August 3rd 2019.

What do you do for a living?

At the moment I am between jobs. I'm on Disability as a result of a major motorcycle accident in 2013 that affects the feeling in the left side of my body.

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

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

Compassion and kindness mean a lot to me. I've lived my life trying my best to follow my Lord and Savior Jesus Christ. As a result, compassion and kindness means everything to me. I've always tried to do my best to put others' needs before mine. God tells us to treat others like we want to be treated. If we don't have both, then we have nothing.

How do you show kindness and compassion to others?

I show compassion & kindness to others by helping without any expectations. God tells us when we do things for others, and not to ask or expect anything in return.

How can people show compassion when they are in community?

People can show compassion in the community by showing respect and kindness to others.

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

Some ways people can show compassion and kindness to people with diverse abilities is by helping them when and where they need it. Showing and giving respect to others and helping in the community by teaching them life skills, kindness and respect. We can do this by showing them that they deserve compassion and love.

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?

We can keep our mental health in shape by staying physical with both our mind and body. Always have a positive attitude. Challenging our mind and body each day by trying new things and pushing ourselves a little more each day.

What does being kind to yourself look like?

Being kind to myself means liking who I am and looking after my health by training and challenging both my body and mind each day.

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

For those who have negative views and attitudes towards people with diverse abilities, I would just pray for them and show them kindness and the love of God. I've learned over my 46 years of life, that negative people are mentally and physically draining. Life is too short to spend time trying to help negative people see the good. I do try but, if it becomes too challenging I just pray and ask God for help.



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Kamloops Symphony
May 11, 2022

Student Showcase Concert Raising Money for Peter Collins Memorial Fund

KAMLOOPS, B.C. — The Kamloops Symphony Music School is showcasing several of their advanced students in a recital that is taking place in Kamloops United Church on Friday, June 10 at 7:30 pm.

This performance will be a fundraiser for the Peter Collins Memorial Fund, which provides the money for a bursary to help struggling youth be able to take music lessons as well as an annual scholarship for a student from the Thompson Nicola regional District who is studying music in university.

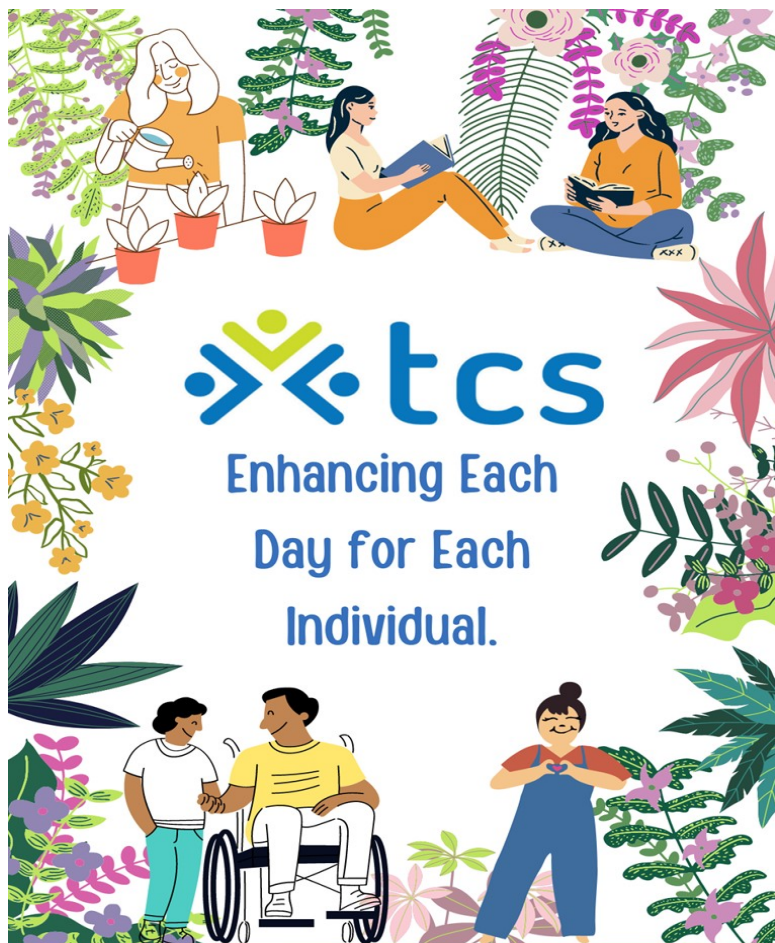
Peter Collins started singing at a very young age and turned his love of music into a new career, becoming a music teacher and voice coach in 2008. Whenever Peter encountered a student who struggled to make lessons happen financially, he would do whatever he could to help them out. He knew what it was like to love music so much and to struggle to learn the craft, and he wanted to help any willing student to make their dreams happen. When Peter passed away the Peter Collins Memorial Fund was established to continue his legacy of helping struggling and deserving youth be able to pursue their passion for music like he did.

Following two years of virtual offerings, the KSMS is delighted to return to an in-person performance for this year's recital. Tickets are \$16 for Adults, \$10 for Youth (19 & under), and are available to purchase from [Eventbrite](#) or by calling the KSO office at 250-372-5000. All proceeds will go to the Peter Collins Memorial Fund to continue Peter's legacy of assisting youth to pursue their passion for music.



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—Annette White



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EcoTip

With World Oceans Day coming in June, we are going to give you some suggestions for how to be kind to our waterways. We're going to list a few ideas to help you get started on helping out the water and water residing wildlife, so hopefully there will be at least one that you can start with.

1. Use ocean friendly sunscreen! We talked about this in detail in the July 2021 KSA, but here is a quick reminder. Avoid sunscreens with Oxybenzone and Octinoxate and any chemical sunscreen. You want to look for sunscreens that have non-nano zink oxide or titanium dioxide to avoid harming the wildlife and corals. Check out YouTube for mineral sunscreen recommendations for skin types and shades.
 2. If you're going to be spending time in nature this summer don't litter! Something as small as a bottle cap can have a big impact especially on birds who eat the plastic and end up harming themselves and their chicks by thinking it's food. Plastic kills fish and other wildlife. Take all of your garbage with you and pick up other garbage that others have missed. Why not leave the place a little better than when you found it?
 3. On a hot day doesn't a cool beverage sound great? If you buy cans or bottles held together by plastic pack rings, make sure to cut them up and then dispose of them in the special plastic recycling that can be found at General Grants. These plastic rings can kill animals by getting caught around their neck and suffocating them or they can get stuck around turtles and actually cause them to be deformed as they grow.
 4. Leave eggs and nests alone! If you find a ground nest in areas like marshes, rivers or beaches, please don't play with them. If the eggs get disturbed the baby will be killed or the parent may abandon the nest and the babies will die.
 5. Catch and release fishing can cause quite a lot of stress and damage to the fish; many do not survive long after being released.
 6. Don't release pet fish into the wild! This creates the possibility of an invasive species that may not have any predators and will end up outcompeting local/native species which could throw off the ecosystem. Make sure that, if you can no longer take care of a pet, you take it to the SPCA or Humane Society, who can then continue to take care of it before re-homing.
 7. Reduce your water use! Don't wash your houses or driveways, and turn off your taps while brushing teeth or washing dishes.
 8. Don't wash your car at home. Any chemicals and debris will be washed into the sewage system, which cannot always deal with those substances. Car washes are supposed to have special systems in place to deal with those substances.
- Try some of these tips to get started, and you can always search the Internet for more ideas.

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World Oceans Day – June 8, 2022

Taken from <https://nationaltoday.com/world-oceans-day/?msckid=a15c48f0ce8211ec9f23c581e7c3783f>

The Ocean Project has coordinated the June 8 World Oceans Day for the past 17 years. It's a crucial environmental issue. We get both foods and medicines from the deep blue, and it helps to keep the

climate in check. Oh, and there's this thing about water being the "lungs of the earth" as it turns out, the majority of oxygen we breathe comes from the ocean. We always felt that the waves breathed some life into us. (Alright, once or twice it was the lifeguard, but that doesn't diminish the worth of one our most valuable resources.) However, if we don't take the steps to conserve it, we'll lose a lot more than a spot for a weekend getaway. So dive in and do your part to keep big blue going strong.

HOW TO OBSERVE WORLD OCEANS DAY

1. Make a pledge

Not sure what to do for World Oceans Day? The Ocean Project's website will give you a bunch of ideas for celebrations. But if you'd rather someone else take the reigns, it will point you to some festivities in your vicinity. Also, you'll have the chance to pledge to the planet.

2. Clean up the beach

One of the best ways to celebrate our beautiful ocean is, of course, to go visit. However, keep sustainability top of mind. Getting your barbecue on? Go to the store to get supplies with a reusable tote bag instead of a plastic one. Throwing a party? Bring your own plates instead of throwing away plastic ones. After putting so much thought into conservation, it'd be a shame to throw it all away — by throwing it all away the beach. So clean up after your party and hopefully others will follow your example.

3. Take the "We are blue, tell two" challenge

This might come as a shocker, but the color to wear on World Oceans Day is blue. Finding the right attire shouldn't be hard. However, you'll have to learn two facts about the ocean to tell others. It could be something you've learned here, or some knowledge from your fellow "We are blue, tell two" challengers. Probably not the best idea to tell the same facts to the person who taught you, but repetition does drive the point home. Whatever you choose to, have fun and stay blue!

WHY WORLD OCEANS DAY IS IMPORTANT

4. Perspective

For many people, the beach spells fun in the sun. While taking a dip feels great, we sometimes don't think about what that water really means to us. It's essential to the biosphere and we want to make sure that future generations get to enjoy it. Chances are, the creatures that live there will also appreciate it (there are over 1 million of them!). And when you look out into the distance and see ships going to who knows where, it's a strong reminder that we're all connected.

5. Motivation

So much of our waste isn't biodegradable, and the ocean is left cleaning up our mess. Dumping recyclables into the proper bin is a good first step, but we have to carry that habit back home. Even if you don't live near the coast, let your friends and family know how recycling puts a big smile on the ocean's face.

6. Majesty

We never need an excuse to go to the beach, but we'll gladly take one. At times, we just have to pinch ourselves at how gorgeous the place can be; a sunset reflected on the water is like something out of a painting. Most importantly, the ocean gives us the perfect opportunity to empty our heads and relax. Some moments speak for themselves so we don't have to. It's not like the squawking seagulls would let us get a word in anyway.



June Awareness Days

- Brain Injury Awareness Month
- June Pride Month
- World Environment Day June 5th
- World Oceans Day June 8th
- Fathers Day June 19th
- International Day of Yoga June 21st



Painted Rocks with Tami

Crafting doesn't have to be complicated. It can be as simple as finding a nicely shaped rock and painting it to look whatever way you want it to look. It can be colourful or plain, whatever your heart desires. A great way to get ideas is to look on-line at Pinterest or YouTube. Today, we are going to talk about making ladybug rocks, but you can turn it into whatever you want.

You will need:

A round, flat rock

Paint (red, white and black for a ladybug, but you can do it with whatever colours you have!)

Paint brush

Optional: Mod Podge or other acrylic sealer



Instructions:

1. Paint your rock with the base colour (red or whatever colour you want your ladybug to be). Let the paint dry. (You can speed it up using a hairdryer.)
2. Use black to make the face and spots. Let the paint dry.
3. Use the white to paint on the eyes. Let the paint dry.
4. Use black to make two dots in the eyes. Let dry.
5. Optional: Spray with outdoor Mod Podge or other acrylic sealer to help protect your rock.



Krystian's Corner

There is a wonderful film being made called 'Out of My Mind' and Disney is casting an actress named Phoebe-Rae Taylor who lives with cerebral palsy and diverse abilities. Sesame Street made a new Muppet, and the Muppet has diverse abilities and uses a wheelchair.

People should be represented in media and films so it's wonderful that Sesame Street and Disney are making a movie about disability awareness and inclusion. Inclusion is coming true. Dreams really did come true for Phoebe-Rae Taylor in acting and in Out of My Mind movie that will be shot soon. No matter if you want to be an actor or work in retail, a grocery store, restaurants or in self employment. Anyone's dreams can come true. I want to say congrats to her for working in acting and she will do the community of people with diverse abilities justice. She will make people proud. I am excited to see this movie when it comes out as I like movies or shows about people with diverse abilities. I hope people keep an eye out for her in the entertainment business.

Dreams can come true. If you dream it, you can do it. I am proud and happy for the film industry and Disney for picking a person who lives with cerebral palsy and diverse abilities. It made me proud when I found out Disney was making a movie called Out of My Mind and that they will be casting a person who lives with cerebral palsy. Way to go Disney.

In this month's newsletter you will learn about World Oceans Day and how to be good around water that animals live in and there is a listing of nature documentaries. You will see some articles about: mental health, how to reduce stigma and discrimination, and healthy eating. There is a wonderful arts and crafts project from Tami, making painted rocks which are lady bugs. There is a music singer and songwriter article, and she lives with diverse abilities, ADHD, and anxiety.

Acclaimed Novel 'Out of My Mind' to Be Adapted into a Disney+ Original Film

Taken from <https://whatsondisneyplus.com/acclaimed-novel-out-of-my-mind-to-be-adapted-into-a-disney-original-film/?msclkid=1e20f89dce7211ec9a832250aeb47b58>

Disney has announced that the best-selling and award-winning novel "Out of My Mind," by esteemed writer and professional educator Sharon M. Draper, will be adapted into a humor- and heart-filled movie by Big Beach, Participant, EveryWhere Studios LLC and Disney Branded Television for Disney+....



The production team includes multiple people from the cerebral palsy and AAC (augmentative and alternative communication device) community, who have been involved from the earliest stages of development.

After a worldwide search, actress Phoebe-Rae Taylor will star in this heartwarming story introducing the multitasking 12-year-old Melody Brooks, a girl with cerebral palsy. Melody has a quick wit and a sharp mind, but due to her being non-verbal and using a wheelchair, she is not given the same academic opportunities as her classmates. Though she has fierce advocates in her parents, Melody yearns to be seen and heard by the world around her. When a young educator notices her student's untapped potential, she encourages Melody to participate in mainstream education, where greater challenges and greater successes await.

Ayo Davis, president, Disney Branded Television said in a statement

"There's a sense of exhilaration here as we embark with this very well-regarded creative team in adapting Sharon Draper's candid, beautiful and powerful book that tells a universally relatable story about both following your dreams and having an impact in this world. It's also a wonderful opportunity for us to center the lived experiences of people with disabilities."

Amber Sealey said in a statement:

"I'm thrilled to tell this sophisticated, coming-of-age story that is unlike any we've seen before and to have such wonderful collaborators in Peter Saraf, Participant, Big Beach, Daniel Stiepleman and Disney. In Phoebe-Rae Taylor, we have found an amazing actress, and I can't wait for the world to meet her. My hope is that 'Out of My Mind' will be an important part of disability awareness and inclusion and will expand the conversation surrounding diversity and disability."

Robert Kessel, executive vice president of Narrative Film at Participant said:

"'Out of My Mind' advances Participant's mission of reaching audiences with incredible stories that celebrate difference and challenge preconceived notions about ability," said. We are thrilled to work with Disney and the outstanding creative team to bring this story to life. Bringing a story that has been beloved by millions who've read the book to the screen is such an incredible opportunity. We get to make something that hasn't been seen before — a coming of age story about a sixth grader who is non-verbal and uses a wheelchair and who will be played by a wonderful actress with cerebral palsy."

Sharon M. Draper is a New York Times bestselling author and a recipient of the Margaret A. Edwards Award, the Coretta Scott King Award (five times) and the Charlotte Huck Award. "Out of My Mind" received an NAACP Image Award nomination, a Parents' Choice Award Silver Medal, Teacher's Choice designation by The International Literacy Association (ILA) and Notable Children's Book in Language Arts designation by the National Council of Teachers of English (NCTE). The sequel, "Out of My Heart," is currently on the New York Times bestseller list.

Let's Meet Dan Bergen

By Ben

Ben wanted to take some time to give a shout-out to a special person in his life, his step-dad, Dan. With Father's Day fast approaching, Ben wanted to acknowledge all that Dan has done to help him out over the years. It is a great reminder that dads can come to us in lots of different ways.

Dan Bergen is a former police officer from Winnipeg, Manitoba. In 2001, he moved to 100 Mile House, where he worked at Edwards Security. Now that Dan is in Kamloops, he is part of the Freemasons and he works as a property manager.



Dream Big

L	E	N	D	A	T	D	P	R	Y	M	B	R	E
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T	R	T	A	S	Y	I	E	A	D	T	S	N	R
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DIVERSITY
 ACHIEVEMENT
 HAPPY
 PASSION
 HEART
 ABILITY
 ACTING
 DREAMJOB
 GOGETTER
 LOVE
 DREAMER
 KINDNESS
 DREAMBIG
 BIG PICTURE
 SUCCESSFUL
 AIM HIGH

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International Yoga Day – June 21, 2022

Taken from <https://nationaltoday.com/international-yoga-day/>

Celebrated on June 21, International Yoga Day

celebrates the physical and spiritual prowess that yoga has brought to the world stage. While it is an important source of exercise and healthy activity millions join in and practice on a daily basis. For many, these routines are a way to connect the body, mind and soul in a way that has existed for centuries.



WHEN IS INTERNATIONAL YOGA DAY 2022?

Stretch your body and relax your mind like never before on International Yoga Day on June 21.

HISTORY OF INTERNATIONAL YOGA DAY

For International Yoga Day, people around the world are all set to take out their yoga mats and start exercising, but they might not be aware that yoga goes back centuries.

Yoga is considered to be an ancient practice that originated 5,000 years ago in India. Yoga was developed as a way to interconnect the mind, body and soul to step closer into enlightenment. As the practice became popular in the west, it became popularized as an exercise and relaxation method, with claims to help the body's general well-being, alleviate physical injuries and chronic pain.

The idea of International Yoga Day was first proposed by Prime Minister Narendra Modi on September 27, 2014, during his speech at the UN General Assembly, where a resolution to establish June 21 as International Yoga Day was introduced by India's Ambassador, Asoke Kumar Mukerji.

The date of June 21 was chosen as it is the Summer Solstice, the day where there is the most sun out of every other day of the year. Overall, it received support from 177 nations, the highest number of co-sponsors for any UN resolution, proclaiming June 21 as the International Yoga Day.

On June 21, 2015, nearly 36,000 people, including Prime Minister Modi, and many other high-profile political figures from all around the world, performed 21 asanas (yoga postures) for 35 minutes in New Delhi in what was the first International Yoga Day, and the day has been celebrated around the globe ever since.





Sesame Workshop Debuts New Muppet as Part of Initiative Supporting Children Affected by Conflict and Crisis

Taken from <https://www.sesameworkshop.org/press-room/press-releases/sesame-workshop-debuts-new-muppet-part-initiative-supporting-children?msclkid=1f9cc196ce7411ec8fd537cc92a2dca2>

March 28, 2022

Ameera, an 8-year-old girl, will premiere on the new season of Ahlan Simsim and star in groundbreaking animated content aimed at crisis-affected communities

(New York, NY – March 28, 2022) – Sesame Workshop, the nonprofit educational organization behind *Sesame Street* and local adaptations around the world, is unveiling a new Muppet character as part of its work to support children and families affected by crisis and displacement. The new character, Ameera, will premiere next week on *Ahlan Simsim* (“Welcome Sesame” in Arabic), the local version of *Sesame Street* in the Middle East and North Africa. Ameera will also star in innovative, globally tested videos designed to quickly deliver playful learning to children affected by conflict and crisis.

A witty, inquisitive 8-year-old girl with a passion for science and basketball, Ameera uses her bright purple wheelchair or forearm crutches to get around due to a spinal cord injury. She’s everyone’s favorite comedian, and her great sense of humor serves her well as a natural leader who encourages others with her bright personality. Sometimes, Ameera gets too wrapped up in her own ideas and forgets to notice everyone else’s, but she always remembers that play and learning are most fun when she includes her friends’ ideas too.

“Thoughtfully designed to challenge stereotypes and reflect children’s lived experiences, Ameera brings visibility to the more than 12 million displaced persons and 240 million children worldwide estimated to have a disability as well as to the important role of girls in STEM,” said **Sherrie Westin, President of Sesame Workshop**. “At a time when more children than ever before are affected by conflict and displacement, Ameera also highlights the urgent need for creative and flexible approaches to delivering playful learning and early education to communities affected by crisis.”

Watch Ameera [come to life](#)

Ameera makes her debut in season 5 of *Ahlan Simsim*, which will focus on the social-emotional skills of kindness towards oneself and others. Ameera will join beloved *Ahlan Simsim* friends like [Basma](#), [Jad](#), and a [sweet baby goat named Ma’zooza](#), as well as familiar favorites like Elmo, Gargur (Grover), and Kaki (Cookie Monster), as they navigate setbacks and learn about appreciation of oneself and mutual respect through play. Along the way, the Muppets of *Ahlan Simsim* will help young viewers grow more confident and resilient in the face of life’s ups and downs. Season 5 will premiere across the Middle East and North Africa at the beginning of the holy month of Ramadan.

In addition to appearing on the new season of *Ahlan Simsim*, Ameera will join Sesame friends in new “[Watch, Play, Learn](#)” animated videos designed for children ages 3-8 on topics like social-emotional learning; math; science; child protection, health, and safety. The videos, which are part of Sesame Workshop’s [Play to Learn](#) program and developed with extensive consultation with advisors and tested with families around the world, are created for broad use to respond to the most pressing needs of children affected by crises.

Watch a preview of the [new videos](#)

“Ameera continues Sesame Workshop’s long history of creating diverse characters that children around the world can relate to, and we are so excited to welcome this exuberant 8-year-old girl to our cast of beloved Sesame Muppets,” said **Scott Cameron, Head of International Production at Sesame Workshop**. “Ameera was in development for over two years and was designed with the guidance of inclusion advisors who helped ensure that her identity, movements, and equipment were representational. An instant favorite with our writers for humor and wit, we know that Ameera will inspire young viewers to be curious and confident.”

The new content featuring Ameera is grounded in playful learning, which is crucial to children’s development across a wide range of outcomes, from physical health to cognitive and social-emotional skills. Learning through play is especially important for children affected by crises, as playful experiences can offer a positive outlet for anxiety, reduce stress, and promote resilience—enabling children to overcome adversity and build the foundational skills they need to succeed in school and life.

Ahlan Simsim and the new “[Watch, Play, Learn](#)” videos are part of Sesame Workshop’s broader humanitarian initiatives that deliver early learning and nurturing care to children and caregivers affected by conflict and crisis. *Ahlan Simsim* is part of a wider humanitarian program of the same name, in partnership with the International Rescue Committee (IRC) and made possible by historic support from the MacArthur Foundation, that reaches families in Iraq, Jordan, Lebanon, and Syria with the vital early learning that children need to thrive. With generous support from the LEGO Foundation, Play to Learn is an initiative in partnership with BRAC and the IRC to bring playful learning opportunities to children affected by the Rohingya and Syrian refugee crises.

Continued on next page

Sesame Workshop, continued

Sesame Workshop's efforts supporting children impacted by crises combine educational media and direct services, reaching displaced families and host communities in person—in homes, community centers, and children's spaces—and online to help children grow smarter, stronger, and kinder. Supported by research and advocacy and designed with approaches and content that can be adapted for different contexts around the world, these programs are laying the foundation to transform how the world supports children and families affected by crises for generations to come.

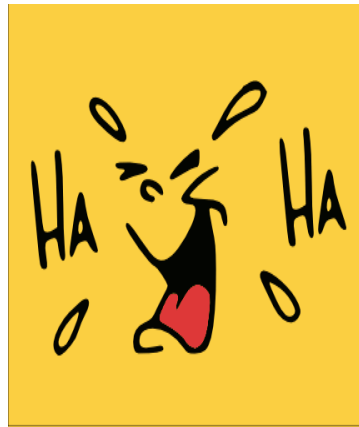


About Sesame Workshop

Sesame Workshop is the nonprofit educational organization behind *Sesame Street*, the pioneering television show that has been reaching and teaching children since 1969. Today, Sesame Workshop is an innovative force for change, with a mission to help kids everywhere grow smarter, stronger, and kinder. We're present in more than 150 countries, serving vulnerable children through a wide range of media, formal education, and philanthropically funded social impact programs, each grounded in rigorous research and tailored to the needs and cultures of the communities we serve. For more information, please visit www.sesameworkshop.org.

Bird Jokes

- Q: When should you buy a bird?
A: When it's going cheep!
Q: Why did the bird get a ticket?
A: It broke the law of gravity!
Q: What do you call a chicken in the 1960's?
A: A funky chicken.
Q: Why did the little bird get in trouble at school?
A: Because he was caught tweeting on a test.
Q: Why did the chicken cross the playground?
A: To get to the other slide!
Q: Why do hummingbirds hum?
A: Because they don't know the words.
Q: Why do ducks fly south?
A: Because it's too far to walk!
Why did the rooster cross the road?
A: To prove he wasn't a chicken!
Q: What does a cat call a hummingbird?
A: Fast food.
Q: What robs you while you're in the bathtub?
A: A robber ducky.



Dream Big Quotes

"A bucket list is an invitation to dream bigger."

—*Annette White*

"A dream you dream alone is only a dream. A dream you dream together is reality."

—*Yoko Ono*

"Ask yourself, 'How long am I going to work to make my dreams come true?' I suggest you answer, 'As long as it takes.'" —*Jim Rohn*

"Dream big dreams! Imagine that you have no limitations and then decide what's right before you decide what's possible."

—*Brian Tracey*

"Dream big, because dreams do happen." — Alex Morgan

"Dreaming is the beginning of getting everything you want." — Annette White





Wise Kids Mental Health Life Skills with Nikki

By Krystian

Meet Nikki Walsh, a survivor of suicide and a warrior in her journey with depression, anxiety and chronic illness. She started WiseKids after entering the recovery phase of her mental health journey. In learning various skills to use for daily management of the effects of my depression, she found herself wishing she had these skills available to her as a youth. She would have been able to understand herself and the world around her so much more effectively.



After going back to school to earn her community support worker diploma, she began to develop WiseKids, to provide a space and program where youth of all ages and abilities can learn skills to boost their mental health.

What is WiseKids with Mental Wealth Campaign about?

I have partnered with Mental Wealth campaign to continue my mission to provide accessible and affordable services. As part of their subscription program, youth can register for WiseKids, and soon to be released, WiseKids: Teens Edition, for weekly sessions. Starting May 9th, WiseKids Sessions will be offered online via zoom at 6pm MST (5pm PT).

What do you do in this program?

In the WiseKids Programs, we explore concepts of building emotional vocabulary, emotional regulation, growth mindset, mindfulness, self-talk, coping skills, and much more. Each program is targeted to the developmental milestones and changes that are occurring cognitively and socially for each age group. Each week, we target a specific topic through activities, videos, and fun, engaging conversation.

At the end of each program, I offer a WiseParents night. This provides an opportunity for the family to understand the concepts that their youth has learned and ask questions that they may have. At WiseKids, we believe that family involvement is key! Behind every WiseKid there is a WiseParent.

What should people know about children's mental health? How can people reduce stigma and discrimination around mental health issues?

Children's mental health awareness is of the utmost importance in our current social climate. COVID-19 has had a devastating impact on everyone's mental health and thankfully conversations are being had to bring this health crisis to the forefront. It is important that parents, family members, educators, and anyone involved in working with children that emotional "outbursts" can be a mask for much deeper issues or concerns. By our greater community embracing conversations about mental health or their own journey with mental illness, the barriers and stigma associated will begin to crumble and overall, more acceptance around this invisible illness will come forward. It all starts with one conversation. My experience with suicide is one that I hold with great honor, and I am always willing to share. It helps remind me of how far I have come, and I hope that it gives others the reassurance that even when there is only a little flicker of light, things can get better when we reach out for help.

How can kids and teens keep their mental health in top shape and how can parents help their children with their mental health?

Youth can keep their mental health in top shape by taking time for self-care. These can be activities that help "fill your cup" or make you feel good. Some examples are: doing yoga, reading, hanging out with friends, playing with your pet, or helping someone in your community. The best way parent can help their kids, is by setting a positive example. Share your feelings about a situation you encountered during your day- How did it make you feel? What were the thoughts that you had? Is there anything you wish you did differently?". These conversations will create an environment where the sharing of thoughts and feelings are accepted and welcome. Parents can also make a point to set boundaries for their own self care. This demonstrates that looking after your self is a top priority. Afterall, if you are unwell, it makes it much harder to care for others in the capacity that you would like to. Most importantly, don't shy away from acknowledging your mistakes. Did you snap at your child unnecessarily? Was it fueled by something unrelated to them? Stop and take a moment to acknowledge to them that snapping at them was not the appropriate behaviour and that you should have caught yourself before doing so. By explaining that it was a reaction from earlier events or the stress of a long day, it helps make the connection to self-awareness, acknowledging and taking responsibility for our mistakes, and showing a desire to create a more positive outcome in the future.

Mental Health Life Skills are simply everyday tasks that we can learn to help keep our mind as healthy as possible. Just like in school, where you learn how to do basic cooking skills, computer skills, resume writing, etc. that help prepare you for your future; mental health life skills will help you navigate through stressful situations or crisis with greater ease and less mental-emotional impact that could lead to future mental health decline.

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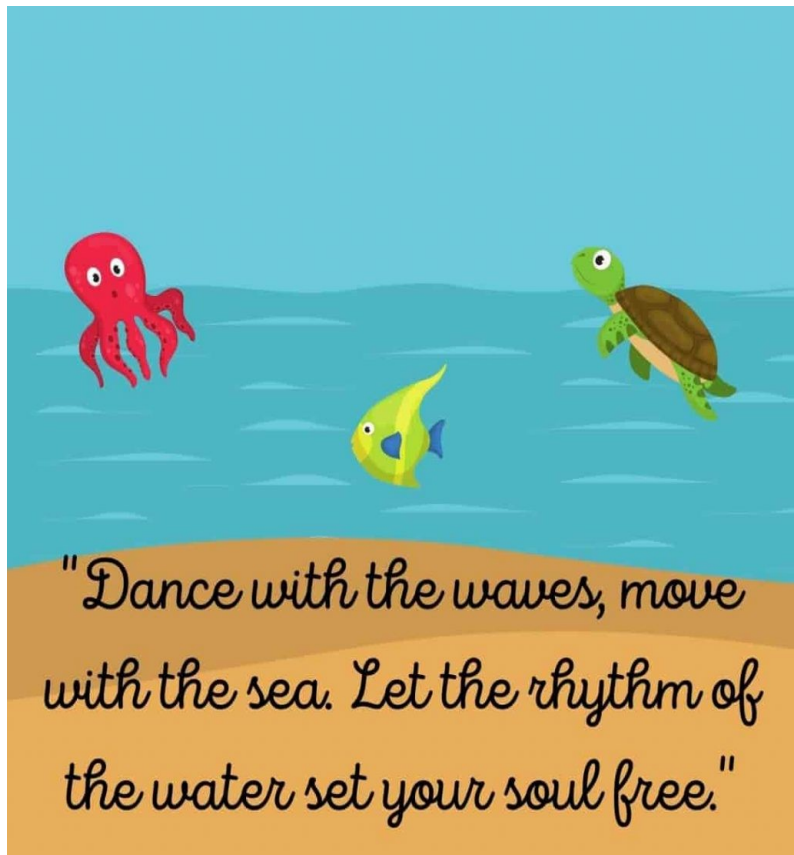


Wise Kids Mental Health Life Skills with Nikki Continued

What else would you like to add?

WiseKids programs are not just for youth who are struggling with a mental illness.

These programs are for anyone because there is value in learning how to be kind to yourself, communicating how you are feeling in an effective manner, and strategies to cope through intense or stressful situations. You can learn more about the programs we offer at wisekidsmentalhealth.ca. Programs are offered online or in-person through one-on-one or group sessions. I also book with schools or other community organizations that work with youth/teens. For any questions or booking inquiries, please contact us via my website or email me at wisekids@shaw.ca. I look forward to hearing from you! Remember to Get Wise, Be Wise and Stay Wise!!



"Dance with the waves, move with the sea. Let the rhythm of the water set your soul free."



"On the beach, you can live in bliss."

-DENNIS WILSON
OF THE BEACH BOYS

"Life is like the ocean, it goes up and down."

-VANESSA PARADIS



LIFEWELLCRUISED.COM

Tyler Alexis Sings Summer Nights

By Krystian

Tyler Alexis is a great singer and songwriter who lives with diverse abilities. Find out about her music journey in this interview with Krystian.

How did you get into pop music? What is your favourite part of being a singer and songwriter?

I grew up listening to pop music on the radio, along with other genres. I love how, no matter what genre or feeling, music can reach people wherever they are. My favorite part about being a singer and songwriter is being able to communicate thoughts and feelings that I'm not always able to express verbally. I have always connected to music on a deeper level and often spent hours playing and singing, while growing up.

What is your song 'Summer Nights' about?

Jon and I wrote "Summer Nights" to capture that exciting feeling that only the warm nights of summer can bring. After such a draining few years, we wanted to bring a little positivity and warmth back into the world. The song is about celebrating love and connection and living in the moment.

What is your success story working in the music business?

I don't know if I would claim that I'm "successful" just yet, but I've been successful at pushing myself through mental and physical boundaries. With my ADHD, being self-motivated, among other things, is a daily struggle for me. I've had to teach myself a plethora of new abilities ranging from web development, video editing, marketing, branding, merchandise development/sales, audio/visual production, green screen, and so much more. Way more than I ever figured I would need to know. I've actually genuinely enjoyed learning so many new things, but it's not been without its difficulties. Some days I feel like I'm fighting a losing battle with my brain.

In addition to my ADHD, I also struggle with anxiety, intermittent depression, and chronic pain. These past few years have been a major test to my determination and ambition. I keep going and I keep progressing towards a future that I want. I feel grateful and would consider this probably my biggest "success" story.

What do you enjoy about playing music for others?

Playing live is a unique and magical experience. I love that moment when you can see someone in the audience connecting with what you are singing. Even streaming online, I've had so many people reach out and tell me how much my music and my streams mean to them, and it fills me with so much happiness. It keeps me going on the difficult days.

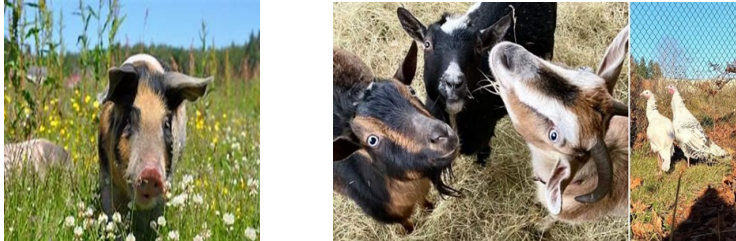
How did you get into the music business?

When I decided to commit to music as a career, I started off playing open mics and reached out to every friend and acquaintance who had any connection to the music industry. I did TONS of research. I didn't know what I was doing, but I did everything I could until I reached a wall. Then I would work on something else, until I reached a wall there. Then I would work on another thing until I reached a wall. Eventually, the walls that originally presented themselves, dissolved or became easier to climb when circling back. I just never allowed myself to stop moving forward. That really has made all of the difference.

What else would you like to add?

This past September, I released my most recent single "Summer Nights," which is available on all platforms. I am now currently in production of creating an acoustic version, along with an adorable cassette USB bundle, including exclusive downloadables and more, which will be available this summer. I also stream on Twitch every Wednesday (8pm pst) and have a wonderful Discord community where we sometimes do game nights, movie nights, and so much more. I would love to invite anyone to join this loving and inclusive community. All links can be found through my linktr.ee/tyleralexismusic





What do Farm Animals Want?

Like us, Farm animals have similar needs and wants. The BC SPCA uses a welfare tool called 'Five Freedoms' to make sure animals don't suffer.

1. Freedom from Hunger and Thirst - Since most farm animals (chickens, pigs, turkeys, dairy cows and others) live their whole lives in barns, they can't forage for their own food. People must provide the correct food and ensure they have fresh, clean water. Beef cattle and sheep spend most of their lives outside in fields. In winter, farmers must make sure their water supply isn't frozen. If snow covers the fields, farmers need to provide hay.

2. Freedom from Pain, Injury and Disease - Farmers are usually quick to treat sick or injured animals. But many farmers are only starting to use pain medication for painful procedures such as dehorning or branding cattle. Dairy cows naturally grow horns. To prevent them from harming other cows, farmers remove their horns. An acid paste is applied to where a calf's horns grow. This really hurts the calves. If pain relievers are given before and after the paste is applied, suffering is greatly reduced. On SPCA Certified farms, pain medication must be used for all painful practices including dehorning and castration (neutering). Branding is not allowed.

3. Freedom from Distress - When animals are crowded into small pens or poked with electric shock prods, they can suffer from distress – not only physically, but emotionally too. Like us, farm animals have similar needs and wants. At the BC SPCA we use a welfare tool called the Five Freedoms to make sure animals don't suffer. The Five Freedoms are a set of animal welfare guidelines used around the world.

4. Freedom from Discomfort - We all feel uncomfortable at times – like sleeping on the ground when camping. Yet, when farm animals are forced to sleep on hard concrete or cannot get out of the rain or away from the hot sun, they suffer from discomfort for a lot – or all – of their lives. Battery-caged hens, for example, have to stand on wire cage floors. Pigs sleep on barren concrete slatted floors. At

feedlots, cattle are fed mostly grain instead of grass to fatten them up, but cattle cannot digest grain without feeling an upset stomach.

5. Freedom to Express Behaviours that Promote Well-being - This is the freedom for animals to do what makes them feel content, satisfied and happy. Cows want to graze, chickens want to stretch their wings and scratch for food, and pigs want to root around and play. Yet, most farm animals can't do any of these things, though things are starting to change. The BC SPCA is helping set new rules to make life better for farm animals. Scientists are proving that animals suffer when we don't provide them the Five Freedoms. How we treat animals matters to people and, of course, to the animals.

Thank you Ashley Fontaine for contributing the BCSPCA articles to the Kamloops Self-Advocate Newsletter and helping us learn more about animal care and welfare. We've enjoyed all of your articles!

“If you truly love nature, you will find beauty everywhere.”

Vincent van Gogh

“Study nature, love nature, stay close to nature. It will never fail you.”

Frank Lloyd Wright



Special thanks to The Printing Place for your continued support of the Kamloops Self-Advocate Newsletter.