



FREE! TAKE ONE! Serving people since September of 2013.

SEPT 2022

Welcome to September and the 9th year anniversary edition of the KSA. The newsletter is 9 years old – that is almost a decade! We can hardly believe it! Through hard work and the support of many people and businesses, the newsletter has been successful. The newsletter team has worked hard and we are proud of our successes and the work that we have done together. We are proud of the newsletter and what it stands for. The newsletter is a business and a voice for people with diverse abilities.

The newsletter goals are to reduce stigma and discrimination and to promote inclusion and diversity. We want to promote a more compassionate and caring world for all. Through the interviews and articles, we promote awareness and provide education on all disabilities. We also promote diverse abilities rather than disabilities and focus on what we can do, not what we can't do. We are putting Kamloops on the map as we interview people from around the world.

Make sure to check out the many great articles and stories in this month's newsletter. There are lots of celebration messages, but also some great articles about awareness days, people running their own businesses, and so many more.

We at the KSA are already looking forward to our 10th year, which we think will be even more awesome and exciting! Most new businesses fail within 5 years, but our newsletter has staying power! Join us as we celebrate the newsletter's 9th year!

Happy September Everyone!

Inside this issue

- Feature articles
- Events
- Movie articles
- Celebrating Disability Awareness and success stories and inclusion for all ! Written by people with Diverse Abilities.

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

Contact us at:

thekamloopselfadvocate@yahoo.com

113-540 Seymour St.,

Kamloops, BC V2C 2G9

Office phone: 250-828-1344

We always look for writers and people to interview.

Please subscribe!

Each month you will receive a newsletter with interesting and inspiring content. Be sure to check out our online newsletter for bonus stories and articles!

KSA Facebook page: **The Kamloops Self Advocate Newsletter**

On the Self-Advocate Net site:

<https://selfadvocatenet.com>

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The name you trust

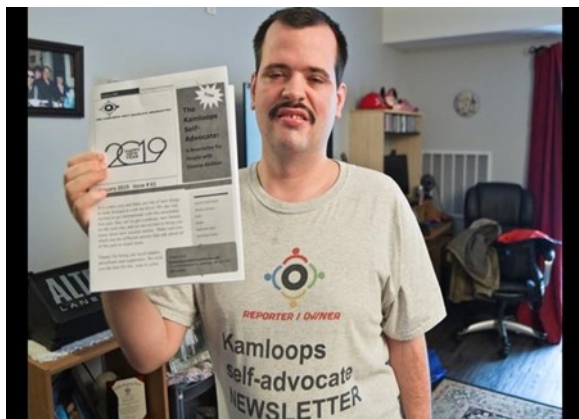
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The KSA has created a program to recognize and promote local businesses that are accessible and supportive of all members of the community. The businesses listed here are friendly, accessible, and great to deal with.

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



Ben spoke to many people who have watched Krystian on his journey with the KSA newsletter over last 9 years. He shares some of his thoughts and some of the good wishes from the people he spoke with.

My friend, Krystian, is celebrating 9 years with the Kamloops Self-Advocate Newsletter. He is a Kamloops resident and is the owner-operator of the KSA.

What I like about the Kamloops Self-Advocate is that it focuses on success stories. There are lots of people who enjoy the newsletter and want to congratulate Krystian on his accomplishments over the last nine years.

Messages from the community:

Brett Mineer:

“Krystian has provided a valuable service to residents of Kamloops whose stories of triumph and success don’t always get the attention they deserve from mainstream media outlets. He has overcome his own personal challenges to run a successful newsletter for 10 years – and that is an amazing accomplishment I think everyone in Kamloops can be proud of him for. I wish him and all the folks behind the scenes at The Advocate another great 10 years!”

Karen Coelho sends her congratulations and is proud of Krystian. He keeps going and expanding the newsletter as well.

Linda Shaw shared that is very proud of Krystian. She said, “Krystian is a hard worker and very conscientious. When he does a job, he does his very best.

I am very happy about Krystian’s success with the newsletter. It is very professionally done and he has a few competent contributors that help to make the newsletter informative.

We are very proud of what Krystian has accomplished in his life. He loves doing research and interviewing people of all different walks of life. It has given him a purpose in life.”

Devon Mah at Open Door Group said:

“Open Door Group is proud to support the Kamloops Self Advocate Newsletter and wish to congratulate Krystian on 9 years in print. As an organization our vision statement is “Meaningful Skills and Careers for Everyone” and this definitely applies to the KSA.

By highlighting those in the community with diverse abilities, you are providing hope for many people wishing to find a better future, and those who wish to make changes in order to create one. Here is to 9 more successful years.”

Louise & Dan Bergan said:

Congratulations to Krystian Shaw on 9 years on his Kamloops Self Advocate Newsletter. Krystian’s hard work and focus have really proven to be the key for success over the years. It had come from a simple ‘awareness’ platform to a true news and information source for the Kamloops community. I am anxious to see it’s continued growth in the years to come. Great Job, Krystian!

Congratulations!

On behalf of everyone at New Horizons we would like to congratulate Krystian Shaw and the Kamloops Self Advocate Newsletter on nine successful years in print!

NEW HORIZONS
Professional Support Services Inc.



Quotes

“There is no greater disability in society, than the inability to see a person as more.”

– Robert M. Hensel

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

“Accessibility allows us to tap into everyone’s potential.”

– Debra Ruh

“I am different, not less.” – Dr. Temple Grandin

“A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.”

– Christopher Reeve

“Disability doesn’t make you exceptional, but questioning what you think you know about it does” – Stella Young

“Ability is what you’re capable of doing. Motivation determines what you do. Attitude determines how well you do it.” – Lou Holtz

Mango Delight

What You Need:

Mango

6 tablespoons of whipped cream

Chocolate sauce

Crushed nuts of your choice (pistachio, almonds, peanuts)

Cherries

Bowl

Instructions:

Take a mango and cut it into small pieces.

In a big bowl, mix the whipped cream, chocolate sauce and some crushed nuts.

Add the mango and garnish with cherries.

Place in the refrigerator for about half an hour. Now it is ready to eat!

Submitted by Aatiqa

Taken from: <https://www.funology.com/mango-delight/>



Jokes



Q: Who says sticks and stones may break my bones, but words will

never hurt me?

A: A guy who has never been hit with a dictionary.

Q: How do you make a fire with two sticks?

A: Make sure one is a match!

Q. Why did the banana go to the hospital?

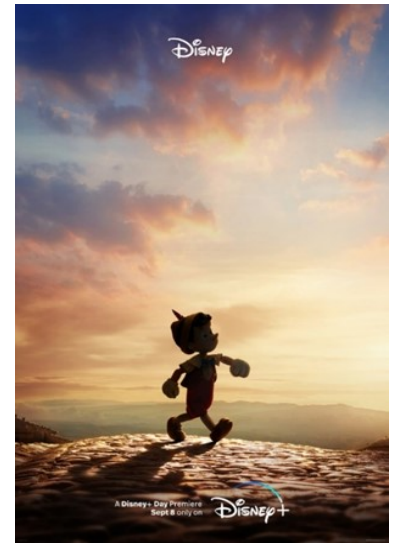
A: Because he wasn’t peeling well!

Q: Why did the orange stop in the middle of the hill?

A: It ran out of juice!

Q: What do postal workers do when they’re mad?

A: They stamp their feet.



A live-action adaptation of Disney's 'Pinocchio'.
September 8th only on Disney Plus

Celebrating 9 Years In Business!

HAPPY BIRTHDAY

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SCIENCE CENTRE
Explore | Discover | Learn

Interactive Science:

Touch and TRY all the fun science activities.

Visit Tuesday to Saturday, 9:30 to 5:00.

For ages 2 and up.

Memberships available (they include free entry to Science World).

Easily accessible @ 458 Seymour Street, Kamloops. 250-554-2572 BLSCS.org



Krystian's Corner

The newsletter is turning 9 years old this September. When the newsletter first started it was 4 pages; now the print version is 8 pages and it's about 15 pages online with extra bonus articles online. The newsletter is also award-winning and so is the founder and publisher.

The newsletter team has interviewed reality tv stars with down syndrome from a show called Born this way and interviewed some actors, even a background actor. There was also an inspiring story/interview with Kacey, a Columbine School shooting survivor; she shared that she is thriving after Columbine.

Over the last 9 years, we have interviewed so many people! There been mental health comedians, an amputee fashion model, some singers and songwriters, some bands that have members with diverse abilities, some book authors with diverse abilities, a person who runs a Halloween blog, someone who owns a Christmas history site, and some people who own businesses.

We want this newsletter to appeal to everyone, so we include different articles, movie listings, entertainment articles, jokes, quotes, awareness days, recipes, eco-friendly tips to be kind to the environment, kindness and compassion interviews, and much more. We even have a new section with self-advocacy events that are being put on by the Speak Up Self-Advocacy Awareness (SUSA) Society's 'Connections Project' team. The KSA newsletter will be putting on some events in partnership with SUSA. There will be an exciting line up of zoom presentations to connect with others and to learn and have fun. You can check out our Facebook Page to find out more.

The newsletter is very interesting for those with diverse abilities, professionals, family members, friends, and the public. The newsletter is delivered to coffee shops, some food places/cafes, a dentist's office, Fun Factor, Kamloops Hospice, and to lots of other businesses, too.

The newsletter has been very successful with advertisements, promoting the newsletter through the media, and by giving presentations. We are doing a presentation in October at the Big Little Science Center. I have invited so many people to come and enjoy this special event. Thanks, Big Little Science Center and Susan, the Assistant Operator, for booking me to do a presentation in honor of the newsletter's 9th year.

Thank you to everyone who is a part of the newsletter, including: all of the contributors; the advertisers; the businesses that are part of the certificate program for ability friendly accessible businesses; my Mom, Linda, who helps me edit my speeches and whatever I need help with in my business; my support workers who drive me around the city, delivering newsletters and helping me with my newsletter; and to my editor, Justine.

A big thank you also goes out to Self Advocate Net, who gave me a column to post my newsletters. Thank you as well to Ability Online for promoting the newsletters and for allowing me to have a message board where I post them each month. The Ability Online site is based in Toronto, but they have members across Canada and members can post their messages about my advocacy work, newsletter ideas, and what they think of the newsletter.

We love doing business with you and thank you very much for supporting the KSA, my dreams, and my career, letting me work with people with diverse abilities and supporting them by telling their stories from around the world, including

Kamloops. Our newsletter's saying is "Putting Kamloops on the Map" and I love supporting people with diverse abilities, giving back some of the same support as I have received during my childhood and adulthood, too.

We have been in business for almost a decade.
Cheers to 9 years!

Thank you to the KSA contributors:

Andrew, Ben, Lisa, Riley & Tami

We appreciate all of your dedication. You've helped make the KSA newsletter a great success.



Kamloops
Hearing Aid
Centre

Canadian. Hearing. Excellence.

Jan & Blaine Alexandre RHIP

jan@kamloopshearingaidcentre.ca

blaine@kamloopshearingaidcentre.ca

414 Arrowstone Drive Kamloops, BC

250.372.3090

1.877.718.2211

BIG Little Science Centre Presents



A Success Story, With Krystian Shaw

Founder of the Kamloops Self Advocate Newsletter
Saturday, October 22, at 1:30pm

In celebration of the ninth anniversary of the Kamloops Self Advocate Newsletter, Krystian shares his story of creation, while overcoming personal diversity. An award-winning promoter for social change, Krystian has interviewed successful people worldwide, and told their stories of living with diverse abilities.



Join us to learn more about the Self Advocate Newsletter, Krystian Shaw, working with diverse abilities, and the stories of the many people involved.

At **BIG Little Science Centre, 458 Seymour Street, Kamloops**
250-554-2572 **BLSCS.org**

Daylen's and Matina's Wedding By Riley



The day was sunny and the church was filled with lots of families and friends. Me, my brother, my other cousin, and my stepbrother Zack, and Daylen's other friend, Tanner, were the groomsmen. We went into the church one by one after all of the family and friends. Each of the groomsmen brought the bridesmaids in. We each bowed and would set off in the opposite direction. The bridesmaids and all the groomsmen sat down and the padre prayed in his book. The bride and groom exchanged rings and were finally married. After, the padre joked, "You guys will have to wash each other's feet." Then we went outside with our bridesmaids and the newlyweds rode off on their horses. It was beautiful watching them ride off like that.

Awareness Days

September is Disability Employment Month

September is Guide Dog Access Awareness Month

Fourth week in September Gender Equality Week

Sept. 27th World Tourism Day

September 30th NATIONAL DAY FOR TRUTH AND RECONCILIATION



Release Date: Friday, September 30, 2022 (Disney+)

Hocus Pocus 2 Plot

Three young women accidentally bring back the Sanderson Sisters to modern day Salem. The trio must then figure out how to stop the witches from wreaking havoc again.



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OCT. 1
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Sagebrush Theatre



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kamloopssymphony.com
Tickets: 250.374.5483

Eco Tip

Congratulations to the KSA on 9 years of being in business! We hope you celebrate your great success.

Celebrations can be fun, but they can also be a big source of waste. There are things you can do to lessen your impact. Here are just a few ideas to get you started:

Avoid balloons! These might seem fun, but they are made of material that doesn't break down easily and it often ends up in waterways. Instead you can use colourful paper streamers to decorate the space. You can even save and re-use these!

Decorate with paper flowers, fabric, and other reusable items. You might be able to find some great items at a second-hand shop.

Use reusable plates, cups, straws, and cutlery. If you aren't able to do this, you can get compostable plates and cutlery. They also have paper straws.

Compost leftover food waste from your event.

You can always do a web search for more ideas. Every little bit helps. That leads to another great topic at this time of year. Things like plastics often end up in the environment, including rivers, lakes, and the oceans. From August 15th - October 15th, people across Canada are taking part in the Ocean Wise Shoreline Cleanup – that includes cleaning up streams and other waterways.

According to <https://shorelinecleanup.org/>, “The Ocean Wise Shoreline Cleanup became a national conservation initiative in 2002 and cleanups started appearing in every province and territory. By 2003, more than 20,000 volunteers were taking part. Public support grew as Canadians became more aware of the harmful effects of shoreline litter on ecosystems, wildlife and people....The Ocean Wise Shoreline Cleanup is now recognized as one of the largest direct action conservation programs in Canada. Ocean Wise is committed to growing the program to achieve our mission: to inspire Canadians to keep all shorelines free of litter.”

To learn more or to organize an event, go to: <https://shorelinecleanup.org/aboutus>



Congratulations Krystian Shaw!

On behalf of TRU Alumni

Committed to improving lives
of BC individuals for 30 years.

☎ : 250-828-1508

info@TCSinfo.ca
102-1450 Pearson Place
Kamloops, BC. V1S1J9
www.TCSinfo.ca



**THOMPSON
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UNIVERSITY**

Alumni



Anniversary Messages from Businesses, Service Providers and People

Happy 9th Birthday to the Kamloops Self Advocate Newsletter! The entire office and our clients appreciate all the dedication and creativity added into each and every newsletter. Congratulations on 9 years of success and we look forward to many, many more - Horizon Dental

Congratulations to Krystian Shaw and the entire team that contributes and maintains the Kamloops Self Advocate Newsletter on celebrating 9 years of service! We at TCS are excited to receive a newsletter each month and learn about new topics and events happening in our community. It is so important to help Self Advocates learn about their rights to equal opportunities

and the newsletter does a great job of showcasing the importance! We appreciate the hard work that you do and we're grateful to be able to help support such an amazing cause.

Congratulations on your incredible success on the ninth anniversary of the Kamloops Self Advocate Newsletter. This is a great success story. May you have many more years of interesting stories and articles. Sincerely, Susan and Gord from BIG Little Science Centre

Congratulations Krystian! From Kathy Sinclair

Amazing work you do! Congratulations on 9 years! From Meighan McKinley

Congratulations From Maria Bruno

Well done and thank you for all you do for Kamloops. From Nancy Beppele

Happy 9 years Anniversary on your Newsletter. Krystian you have done an amazing job with your newsletter. You have kept it going with sheer determination, at the same time bringing diverse abilities to the fore front. Continued success and Congratulations to all your hard work. From Catherine Thompson

Nine years! That is quite an accomplishment Krystian! You have grown your newsletter to be a professional communication tool, and you work tirelessly to promote it and expand your reach. You are a tremendous advocate, and I can hardly wait to see what you accomplish in the next 9 years!! Congratulations! From Michelle McClure at Ability Online

Congratulations on your 9 Year Anniversary. You have shared so many success stories for people with Disabilities bringing awareness that people are more than their differences. You have inspired so many to advocate for themselves just by sharing their amazing stories. May you continue to inspire others to live their best lives. Best Wishes, Flame (flametheband.com)

Congratulations Krystian and The Kamloops Self Advocate Newsletter for 9 years of being in print! We are always happy to get a new issue and hear about community events or learn a tasty new recipe. Here's to 9 successful years and 9 more to come! – The Vic Downtown

Congratulations on the 9th Anniversary of the Kamloops Self Advocate Newsletter! I wish you many more years of publishing. James Cooper - whychristmas.com

Congratulations Krystian Shaw on your 9-year anniversary of the Kamloops Self Advocate newsletter and its continued success. From the team at Eat Clean Kamloops.

Nine years! Such a great creation, Krystian! You have accomplished so much and helped so many others. From Dale Bass

Everyone at People in Motion would like to congratulate Krystian Shaw on celebrating 9 years of writing and publishing his newsletter, The Kamloops Self Advocate. For the past 9 years Krystian has worked hard to create a more inclusive and diverse community here in Kamloops using his newsletter to educate the people and create disability awareness to reduce stigma and inequity towards people living with disabilities. This is an absolutely amazing accomplishment, and we look forward to reading The Kamloops Self Advocate newsletter, for years to come.

The entire team at BC Interior Community Foundation would like to congratulate you on this milestone anniversary, Krystian! Your contributions to the community and advocacy for people with diverse abilities are greatly appreciated by many. Your diligence and dedication has helped you achieve nine years of continued success. It has been a pleasure to work with you and Jolene and to watch the success of your publication over the years. I was happy to be involved with your paper in the beginning and look forward to working with you in the future. Wenda Noonan, BC Interior Community Foundation executive director

Krystian! TRU Alumni would like to congratulate you on nine years of successfully publishing the Kamloops Self Advocate Newsletter. It takes an exemplary alumnus to reach readers around the world. Your willingness to give back to the community and support those with diverse abilities is admirable. We look forward to seeing your future successes!

Hi Krystian, Congratulations! What an accomplishment, this newsletter is always uplifting. You know how to connect with your community and keep them engaged. I look forward to each edition! Thank you! From Twyla at CNIB

Congratulations Krystian on your success over the past 9 years. Keep up the good work!!! From Melissa

Continued on next page



Anniversary Messages from Businesses, Service Providers and People continued

Such an amazing young man. Krystian has done such an amazing job with his newsletter. He is an inspiration to all those with disabilities. From Andy

Congratulations Krystian and to the whole team at Kamloops Self Advocate

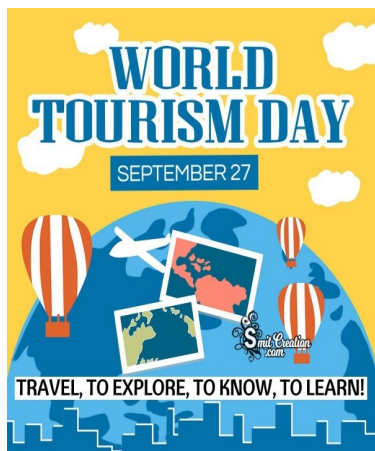
Newsletter!! Celebrating the dedication, you've shown on the way to this achievement. You've earned every bit of the success you're Newsletter is enjoying. From Sonny



Speak Up Self-Advocacy Awareness Society [SUSA] Connections Zoom sessions

Ability Online and the KSA are co-presenting on September 21st at 11 am PST time, which is 2 pm EST time. We will be discussing how the newsletter is included on the site while Michelle McClure from Ability Online will talk about the site. This will be a chance for listeners to learn more about Ability Online and find out how to become a member. This is such a great, free resource and we are pleased to have the chance to spread awareness about this online community!

To join the Zoom session, please send Krystian a note to thekamloopssselfadvocate@yahoo.com and tell me you would like to join; I will send you a zoom link.



World Tourism Day – September 27, 2022

Taken from <https://nationaltoday.com/world-tourism-day/>

Get your bulky cameras ready, unfold your maps and make sure your fanny pack still fits snugly. World Tourism Day every September 27 raises awareness of the need for accessible tourism all over the planet.

World Tourism Day is the result of the work done by the UN's specialized agency — the World Tourism Organization (WTO). If you've ever strolled through a charming, perfectly-preserved European village or town, you've probably seen the WTO at work. Boosting local economies and ensuring sustainable tourism are but a few of the benefits of the WTO.

More importantly, on World Tourism Day, the WTO makes sure that travel is accessible for everyone, including those with disabilities and folks with low-income. Whether you're walking with a cane or rolling in a chair; the world is open for business to you and your friends. So, get traveling!

Check out the website for ideas about how to celebrate World Tourism Day!

KRC

Hello, my name is Riley and I used to work at KRC. KRC stands for Kamloops Race Central. It's the best place to work. Some of the things I had to do included cleaning stalls and scooping rocks in the riding arena. It is labour-type work. My hours were flexible, depending on what needed to be done and I worked in the spring, summer, and fall. You don't need to have horse experience, but it can be helpful.

Anyone that wants to get a job there should contact Jim Cornelson on Facebook or by phone, 778-586-5562. Jim is the best person to have as a boss and definitely needs people to work at KRC.



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

FLUTTER BUYS Thrift Store

Seniors Appreciation Day

Join us The **FIRST** Monday of Every Month

25% off

on Regular priced items / exception on collectibles / furniture

#14 - 1800 Tranquille Road, Brock Shopping Center
250.376.1335

Kamloops Hospice Association

[Image description: Larissa walks across a street in downtown Brantford with their guide dog, Piper. Piper, a golden retriever, is in harness and guiding Larissa.]

Guide Dog Access Awareness Month

By Krystian

Meet Larissa Proctor (they/them), Manager, Guide Dog Advocacy at CNIB. During an interview with Krystian, Larissa talked about Guide Dog awareness.

What is guide dog access awareness month about?

September is Guide Dog Access Awareness Month – a time to raise awareness about the rights of guide dog handlers and the rights and

legal responsibilities of businesses when providing service or access to a guide dog team. This year, we're focusing on guide dog access in the workplace. We want to spread the word that guide dog handlers have the right to be treated equally through all stages of employment, including application, interview, and attending work, without discrimination because of their disability. Guide dog handlers have the right to receive accommodations from an employer, prospective employer, or employment agency up to the point of undue hardship. Employers must provide accommodations in a way that respects dignity, meets individual needs, and promotes integration and full participation in the workplace.

What should people know about behaving around guide dogs?

Having a guide dog is a transformational experience. A guide dog is a partner in independence for people who are blind or partially sighted and can open up the world in a profoundly different way. In order to do that, there needs to be a better understanding of guide dog team etiquette.

Here are a few guidelines:

Avoid talking to or interacting with the guide dog.

Do not pet, feed or distract the guide dog, as it can potentially affect its training. When the guide dog is not in harness, you may ask the handler if it's okay to pet the dog.

Contain your excitement. Don't encourage excitable play with a guide dog. Staying calm is part of their job.

If you own a pet dog, please keep it on a leash and under control in the community. When approaching a guide dog team with your dog, clearly notify the handler and say, "I'm passing on your left and I have a dog with me."

What should people know about guide dogs?

Whether it's avoiding obstacles, stopping at curbs and steps or negotiating traffic, guide dogs foster independence for their handlers. Guide dogs are among the most highly trained dogs in the world, performing tasks that require intensive standardized training, and are specifically trained to assist someone who is blind or partially sighted with mobility. In fact, guide dogs are the only service dogs trained to disobey their handler's command if it will put their handler at risk. The safety of their handler is the guide dog's number-one priority.

The guide dog's harness facilitates communication between the dog and their handler. In this partnership, the person provides directional commands, and the dog ensures the team's safety.

Guide dogs are not pets. They do serious work.

What is the law around guide dogs being in public places even in apartments? What should people know about guide dogs being in public places?

In all of Canada's 10 provinces and three territories, legislation prohibits discriminating against a person with a disability who is working with a guide dog. Discrimination includes denial of access to any premises to which the public would normally have access.

Despite it being illegal to deny access or refuse service, it happens every day – especially in taxis, restaurants, hotels, and stores.

Business owners have a responsibility to ensure the rights of guide dog teams are respected – meaning business owners cannot deny access or refuse service to guide dog teams.

For more information about specific legislation that protects guide dog teams in your province or who to contact in the event you are discriminated against, please visit cnibguidedogs.ca.

Why should guide dogs be allowed in public places?

Guide dogs and their handlers are allowed access to any premises to which the public would normally have access. It's the law.

What else would you like to add?

There is time for play! Guide dogs don't wear their harness at home, where they are not working and get to be a "pet" dog. This is their time to play, run around and relax.



Mallory's Postering Service: Making Self-Employment Work

Taken from <https://readywillingable.ca/blog/2022/02/16/mallory-self-employment/>

Posted on February 16, 2022

Across the country, there are almost a half million working-age Canadians on the autism spectrum or with an intellectual disability for whom employment in the competitive labour force remains out of reach. While Ready Willing and Able (RWA) and its network of supported agency partners works with thousands of employers to change this fact, it is understood that the traditional employer-employee relationship may not be the ideal arrangement to which every job seeker aspires. RWA recognizes the value and fit of self-employment endeavors for individuals with an intellectual disability or who are on the autism spectrum and works with our partners to offer support to those individuals in pursuing entrepreneurship. One such entrepreneur is Mallory Pigage in Whitehorse, YT.

[Mallory's Postering Service](#) actually began life as Mallory's Courier Service over 6 years ago. Back in 2015, Mallory had worked through a few jobs (administration and food service sectors), including a time doing some work for the Honourable Larry Bagnell (MP for Yukon, 2000-11, 2015-21). While the jobs may have generated some income, none of them tapped into what Mallory saw as her key asset: a great ability to engage with people and network. Additionally, Mallory, who lives with some occasional mobility barriers, wanted something where she could set her own hours, make her own decisions and work towards her own goals. With the assistance of [Inclusion Yukon](#), Mallory mapped out the ideal job as a courier delivery service and set herself up as such. However, like many entrepreneurial efforts, Mallory's good idea didn't initially quite work out as expected. Within a relatively short period of time, Mallory noticed that all the calls she was getting were for postering, not couriering. And like all good entrepreneurs, Mallory shifted focus to meet the demand. Thus, in April 2015, Mallory's Postering Service was born, and by the end of the first year, she had completed over 200 contracts and branched off in ways not even Mallory herself could have foreseen.

While the poster service continued to grow and prosper from year to year, Mallory soon found that she had not quite left couriering behind. Two subsequent contracts/jobs presented themselves to augment the postering work. The first was working with the Yukon Department of Health, delivering Quit Smoking packages door to door for Yukoners interested in kicking the habit. The second (beginning in 2019), was as the sole delivery courier for Whitehorse's weekly "What's Up" newspaper, delivering each week's edition from store to store.

Beyond the varied contracts/jobs, Mallory, like many persons who are self-employed, learned early on that getting the whole job done is rarely a simple matter. First, there's the weather. Whitehorse can have long, tough winters, which make for less-than-ideal conditions for any business that operates to a large degree outside. Says Mallory: "Packing tape doesn't stick in cold weather." While a small detail for most, it can become a crucial impediment for a business based on getting (and keeping) posters up around town. Beyond tough working conditions, there's also the myriad of other duties when you are your own boss. For example, Mallory is her own bookkeeper; handling accounts receivable, tracking various contracts and overall keeping the business in good working order. While the challenging and multi-varied role of the entrepreneur can be a big hurdle for many, Mallory finds it one of the most interesting aspects of the endeavour. Mallory commented: "Entrepreneurship gives me variety. Each morning, I wake up in my house in Whitehorse and wonder what my day is going to be like."

Over the years, the demand for Mallory's Poster Services' varied roles grew to a point where Mallory herself could no longer keep up with demand. So, in 2019, Mallory's Postering Service also became an inclusive *employer* – hiring Devon, a job-seeker with an intellectual disability to assist Mallory with postering on some of the main streets in Whitehorse.

Unfortunately, it's not always been smooth sailing for Mallory's Postering Services. Like many Canadian businesses, Covid-19 hit hard and threatened to derail many years of continual growth. When asked about Covid-19, Mallory said, "Covid-19 threw a big curveball. You couldn't host events – and you don't need posters for events you can't host." Mallory's response to Covid-19 was a combination of downsizing (sadly, having to lay off her assistant) and waiting it out, along with pivoting to meet new demand. Galleries in Whitehorse began holding small, allowable-size openings and contracted Mallory to poster for these occasions. Now in 2022, business is starting to return as the community re-opens and Mallory remains hopeful for the future. Like it was for all entrepreneurs across the country, Covid-19 proved to be a real test of determination and resilience; a challenge which Mallory Pigage was more than capable of meeting.

Throughout the years and the many changes Mallory has faced as an entrepreneur, RWA and local delivery partner Inclusion Yukon have been with her along the way. Support in the form of job coaching, transportation support and other entrepreneurial assistance has been provided, when needed. This support has allowed Mallory the ability to navigate the many stages of growth and development all entrepreneurs encounter and ensures that Mallory has the tools for success that match her ambition, determination, and drive.

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Mallory's Postering Service, continued

As Mallory's Postering Service continues back on the road to prosperity, Mallory reflected on both the past and future of her business. Of the past, Mallory is content with where her path has taken her, commenting, "(The job) lets me get out into the community. It is a perfect match for my personality." As for the future, Mallory hopes conditions continue to improve so that she may hire back her assistant; a primary, short-term goal.

In a country where 50% of new businesses fail within the first 5 years, Mallory's Postering Service has proven it has staying power. Having navigated not only that crucial first half-decade, but a global pandemic as well, Mallory Pigage continues to craft a future that is both prosperous and on her own terms. Mallory's story demonstrates not only the opportunity self-employment affords, but also that beyond being *ready, willing and able*, job-seekers with an intellectual disability or who are on the autism spectrum are also resourceful, wise and ambitious.

Put a Rock on This Rolling Stone

By Krystian

Sarah Harralson is a country singer, songwriter, and producer in Nashville, TN. She took some time out of her busy schedule for an interview with Krystian.

When did you start singing music?

I started singing and writing music at a young age of 10. I didn't have a typical childhood, and was very quiet growing up, so I found music as a way to express myself and my emotions.

What got you into singing country music and what do you enjoy about playing live?

I was around all sorts of genres of music growing up, but my Granddad was an accordion player in bluegrass music and encouraged me to pursue music. I fell in love with country music due to the storytelling aspect of it and how relatable it felt for me. I love being able to tell my own stories through country music and sharing it with fans and a live audience so they can connect and relate to it as well.

Who do you look up to in country music? People such as Johnny Cash and Brandy Clark have always been an inspiration for me in songwriting. I love how the two of them write such authentic lyrics and are brilliant storytellers. As far as sound, I've always been inspired by Jewel and Natalie Maines from The Chicks. I love how unique their voices are and how they developed such an authentic country folk sound.

What do you find enjoyable, interesting, and fun about your career?

I love how every day is an opportunity to create something new. I love being able to travel to new places to play my music for strangers and have them connect with my music in some way.

I love knowing that you never know where it's going to take you. You might be inspired to write a specific song and then it works perfectly for a movie or commercial, or another artist might hear it and want to cut your song. It's always such a good feeling when a song finds its home and you never know what kind of home it will find.

What do you want people to take away from your music?

I want them to take whatever they need from my music. Whether it's healing, joyful, heartwarming, or lifts their spirits, I just want them to be able to connect with my messages so it can help them in any way it can. Life can be hard, and music is so essential.

What is your song called "Put a rock on This Rolling Stone" about?

"Put a Rock on This Rolling Stone" is about someone who is a free spirit, but they are willing to settle down if they find the right person in life. I think of myself as someone who has an old soul or a gypsy soul and relate to this concept and know that many young women relate to it as well.

How did you deal with COVID 19 as a country artist?

It was difficult at first because all of my live shows were cancelled. But then so many people began recording music remotely. Luckily, I was able to do remote vocal work and production for people through online platforms in my home studio. I was even hired to write songs for people and record voiceovers. I'm still doing remote work today and love it. The pandemic also allowed me to focus more on songwriting and finishing my album that was released in February of this year called, Whiskey History.

How can people find you online?

You can go to my website www.sarahharralson.com for everything about me and upcoming shows. You can find me on socials under @sarahharralson and I am on all listening/streaming platforms under Sarah Harralson.

What else would you like to leave with our readers?

My latest album, Whiskey History, came out this February, so please go give it a listen! Stay tuned for new music from me around the holidays. Thank you!





In a first, airport installs mock airline cabin to help fliers with disabilities

Taken from <https://news.yahoo.com/first-airport-installs-mock-airline-231419201.html>

Written by Harriet Baskas June 28, 2022



Long delays, rampant cancellations and packed planes have turned air travel into an endurance sport for even the most seasoned travelers. And the challenges can be even greater for the more than 25 million Americans with disabilities that make travel difficult even in ordinary times.

A handful of airports, airlines and community groups have made an effort to provide certain flyers the opportunity to navigate security, crowded airport terminals and the boarding process beforehand. But such programs are limited, and the industry continues to have a poor track record in transporting wheelchairs and scooters and providing reliable and consistent service to passengers with additional needs such as mobility and physical issues as well as sensory and cognitive disabilities.

Minneapolis-St. Paul International Airport is out to change that.

In an industry first in May, the airport — in partnership with Delta Air Lines — installed a mock airplane cabin on-site to give flyers with a wide range of special needs an opportunity to become familiar with a realistic aircraft cabin.

“Being able to test out an airplane cabin could help people who have never flown, who use wheelchairs, older adults, people with autism, and anyone who has any reservations about flying,” said Eric Lipp, executive director of the Open Doors Organization, which works with businesses on accessibility issues, “It will recognize that everyone’s needs are different and encourage more people to fly.”

In the two years preceding the pandemic, nearly 15 million people with disabilities traveled by air, generating \$11 billion in revenue for airlines. That was up from \$9 billion in 2015, according to a report from the organization. And, he said, “The true economic impact is potentially double since people with disabilities typically travel with one or more other adults.”

The 33-foot-long cabin had been used to train Delta’s in-flight teams in Atlanta and includes a (nonworking) lavatory and 42 standard coach seats from a retired Boeing 737. Delta shipped it in pieces to the Minneapolis airport, where it was re-assembled in an unused retail space. Airport carpenters added cutouts so that every row has a window, and local youth artists painted the cabin and the surrounding walls with blue skies and landscape to make it sensory friendly.

“My 5-year-old son, Remi, has autism and I felt it was important for him to experience the airport before the day we actually had to travel,” said Cassandra Welch, who brought him to the mock cabin recently. “Remi did well and sat nicely in his seat and was able to see what the cabin looked like, and what the airplane bathroom looked like.”

Welch also brought along her family and some relatives. “We will be traveling together in August, so it was great that we could all be there for this experience.”

Tiffany Owen, a first responder, also wanted to give her traveling companion a chance to get acquainted with flying before she booked a trip. Hazy, a rescue pit bull, is Owen’s service dog and helps her manage stress and anxiety. The visit was arranged through Soldiers 6, a local nonprofit group that provides service dogs to military veterans and first responders in Minnesota.

“I’ve flown before, but Hazy has never been on an airplane,” she said. But Hazy quickly got the hang of it.” When we walked in, Hazy wanted to have her own seat next to me,” she said. “I had to train her to realize she’s on an airplane and would be sitting on the floor between my legs.”

Owen said it means a lot to her that the airport “has gone to great lengths to make sure that both me and my service animal feel comfortable, and that we can go back to the airport again for more training if we need to.”

The mock cabin, which is free and available by appointment, isn’t just for flyers.

Airline personnel, flight crews and companies that provide service to passengers who need help getting to or from their airplane seat have access to the cabin for training, too.

The Minneapolis-St. Paul branch of Prospect Airport Services, which provides wheelchair attendant and other services for airlines at airports across the country, now runs weekly staff training sessions in the mock cabin. There is a big focus on transferring passengers in wheelchairs to their seats, which can be a complicated and delicate process.

Loretta Halligan, the company’s general manager at the Minneapolis airport, said that before the mock cabin arrived, orientation for new passenger service assistants mainly took place in a classroom, with a wheelchair, an airline seat and a video. Actual training in how to transfer passengers didn’t begin until new hires could shadow someone with experience.

“Now, new employees can start practicing lifting a person on and off an aisle chair on a ‘real’ plane right away,” she said, adding that watching a video “is nothing compared to having that hands-on experience during your first day of training.”

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Airport Installs Mock Airline Cabin, Continued

“Now, new employees can start practicing lifting a person on and off an aisle chair on a ‘real’ plane right away,” she said, adding that watching a video “is nothing compared to having that hands-on experience during your first day of training.”

That training could have been invaluable during the earlier days of the pandemic, “when social distancing made it difficult for people to be lifted and transferred to vehicles or planes,” Lipp said. “Guiding people who are blind also became more difficult with social distancing.”

Although the mock cabin has been open for just about two months, Phil Burke, assistant director of customer service at the airport, says sessions are getting booked up far in advance. He also said airports in Houston, Denver and Kansas City, Missouri, have been in touch with him and are planning to install mock airplane cabins in their terminals, too.

celebrating 9th year

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CELEBRATE
BIRTHDAY
PARTY
AWESOME JOB
GOOD WORK
HAPPY
FOUNDER
SUCCESS
ANNIVERSARY
FUN
COOL
THRILLED
EXCITED
THANK YOU
GOAL
WELL DONE
GREAT JOB
ABILITY

Tumbler Block Coasters

By Tami

Summer is winding down and maybe you are starting to think about being indoors more again. Maybe you are trying to find ways to occupy your time. Crafting is one great way to do that! I find lots of inspiration on YouTube. I will search for “easy crafting ideas” and tons of inspirational ideas pop up. I could spend hours looking at all of the creative possibilities.

I follow quite a few people on YouTube. It is amazing what they come up with. If you are looking for some great ideas, here are a few people you might want to check out:

Beverly’s Stunning Creations
Do It on a Dime
ChicOnTheCheap

Those are just a few of the people I follow. Maybe you will find some other great crafters. Great creative and have fun!

Jenga Block Coasters

Supplies used:

2-tone tumbling tower blocks (12 blocks make 1 coaster)
wood glue
Mod Podge

Use wood glue to put 3 blocks together. Set those aside to dry.

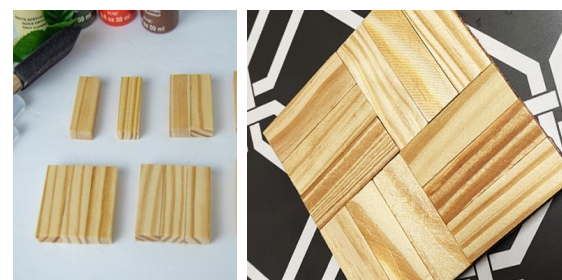
Repeat this to make 3 more sets. You will have four sets of 3.

Once the glue has dried, you will glue the blocks of three blocks into a square to make one coaster.

When you are done and the glue has dried, seal your coaster with Mod Podge or acrylic sealer. You can add a piece of felt or cork as a backing for your coaster.

If you need more help, check out this YouTube video:

<https://www.youtube.com/watch?v=bUOOKB-j1f8>





Kindness and Compassion Interview Suzanne Flukinger

By Lisa Coriale

Can you tell me a little bit about yourself?

The first images that come to mind are me as a mother, grandmother, and a person who wants to please Jesus and is thankful He loves me anyway. I am also a wife, daughter, sister, aunt, and friend. It is not that these parts of who I am are less important; it is just that I don't think I am very good at those roles. Currently, I work at the Salvation Army assisting with disaster services and special events. At this time in my life, I feel like I am the product of the many roles and

experiences of my life so far, but I am still dreaming, planning, and setting goals.

What do you do for a living?

My income comes from several sources including my job at the Salvation Army, our business that includes piano tuning and music teaching (Dan does the tuning and repairs, I do the book work).

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

Kindness changes my perspective. For example, if there is a situation, I feel cynical about, an act of kindness is like taking a deep breath and going, "Okay, let's look at this again...and care." I do not drip with compassion, but I think I am empathetic. I care. Although I sometimes have to pause rather than go with my first reactive thought, I think kindness is powerful. When someone know you care, through an act of kindness, you open doors to relationship, to growth, to resolution.

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

It is important to show kindness and compassion to others because it shows another that you care. I do not know what another person is experiencing. I do not know what their challenges are, what stress they are facing, what loss they are walking through. On a tough day, something as simple as a stranger holding a door open for me, puts a smile on my face. I hope it sometimes gives another a glimpse of Jesus' love for them. I think we resolve far more conflicts through kindness, than we do through reasoning with each other. Words are important but acts of kindness express compassion.

How do you show kindness and compassion to others?

I often have regrets about missed opportunities to show kindness. A "coulda," "woulda," "shoulda," feeling. I think later about how I should have returned that elderly shopper's cart for her. Or I should have offered to help the mom at the park with the crying child and an infant sobbing in her arms. Carry the picnic items and toys to the car. That is not always appropriate, I know, but you get the idea. I think compassion is often expressed in more gentle ways such as a smile, an acknowledgement of the pain someone is experiencing, and an act of service.

How can people show compassion when they are in community?

There are so many opportunities to show compassion in the community if we are willing to look and listen. That is the first step, is the awareness of the need for an expression of compassion. It is likely that compassion is expressed in practical ways in the community. I am very aware of that right now as I was humbled to be a part of caring for the people of Merritt evacuated because of the flooding. Many lost everything. We were able to facilitate people stepping forward and providing Christmas for these families in a very practical expression of compassion. We saw the impact of that kindness when families collected the gifts. Many shed tears of joy. They were overwhelmed that a stranger cared enough to give to them. Acts of kindness express compassion in the community, but we must be aware of the need.

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

Showing kindness to people with diverse abilities begins with the same awareness that showing kindness to anyone requires. We must be willing to step out and care. We also must educate ourselves about the strengths and challenges individuals encounter in life. Simply, some expressions of compassion and kindness can cause harm, if we are not sensitive to the challenges of living that some people encounter. This example is a little silly and blunt but giving gloves to a cold person who has no hands, is, well, not helpful and could be offensive. Most of all expressing kindness to people with diverse abilities, and really with anyone, requires honest communication about how to help. It means not assuming you know better than what the person needs. It is stepping beyond discomfort and asking what is needed, if anything is needed, and how we can help.

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?

That is a challenge over the past two years, maybe more now than ever. The isolation of the past two years has compounded the struggle to care for our own mental health. Personally, I have seven keys in my date book to remind myself daily. I do not incorporate each of them every day, but I try. These include reading or listening to the Bible, praying, sending a friend an encouraging message, exercising, reading, writing, and doing an act of kindness. The other key for me is getting a good night sleep a couple of times a week.

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Kindness and Compassion Interview, continued

What does being kind to yourself look like?

The steps I mentioned above are part of being kind to myself, but I think the biggest challenge I face in being kind to myself is not judging myself too harshly. I struggle with kindness to myself, with taking time for myself or indulging in something I enjoy if I have not fulfilled my responsibilities. I can tell others they need to be kind to themselves, but it is not so easy to apply it to myself.

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

What I want to say is, “get over it (expletive).” When I hear someone express a negative view, I immediately have a negative view of the person with the negative view. Seriously, if the negative view is because of honest ignorance and the person is willing to learn, then I want to direct them to answers and educational sources. If the person is determined to be judgemental, I am ready to battle. I will usually just fume, but I want to battle. There is really no point to saying anything to that type of person.

Disability without Poverty

By Krystian

Meet Kate Fish (she/her), one of two Community Organizers with Disability Without Poverty BC. Kate lives on Vancouver Island in an area called the Comox Valley.

What is Disability Without Poverty about?

Disability Without Poverty is a national disability-led, grassroots, independently funded movement working to get public support for ending disability poverty and influence the government's design and creation of a Canada Disability Benefit. For us in the BC chapter, we also focus on getting a BC perspective and advocating for provincial disability poverty issues.

Disability Without Poverty and its website started in 2020 as a way to connect with people across the country. The BC Community Organizers started in October 2021 and our social media launched in the spring of 2022.

Who are some of your partners?

We are lucky to be connected to many fantastic organizations! Some that we partner with frequently in BC are groups like the Burnaby Association for Community Inclusion, PLAN, Plan Institute, Disability Alliance BC, and BC Poverty Reduction Coalition. You can see our generous funders on our website, which include Inclusion BC and the Vancouver Foundation.

Who founded the website?

The website was created by people organizing Disability Without Poverty with the support of website designers.

What should people know about disability poverty?

People should know that disability, poverty, and disability poverty are way more common than you might think! 22% of Canadians and 24% of British Columbians are disabled and are disproportionately living in poverty. Nationally, disabled people represent 41% of those living below the poverty line.

People should also know that BC disability assistance rates from the Ministry of Social Development and Poverty Reduction are too low. In BC, people receiving disability assistance get \$1358.50 per month, with the expectation of using \$375 to cover shelter like rent, and \$983.50 for all other costs like food, transportation, and medication. This is much less than people actually need.

Plus, it's expensive to be disabled! This is due to “disability tax”, which refers to the extra costs disabled people might have, depending on their disability and how severe it is. Some things non-disabled people don't tend to think about could be things like therapies, equipment and medications, accessible housing, communication aids and devices, specialized technology, transportation and mobility devices, or personal care and support workers. If you can't afford to cover even your basic and medical needs, your stress level can increase, and your health can get worse.

How can the government and society help end poverty?

This is a big question that I probably won't be able to fully answer here! The federal and provincial governments can help end poverty by creating benefits and programs that provide money and support to people who need it. The Canada Child Benefit and Old Age Security are two examples that we already have in place for children and seniors across Canada. We are advocating for the Canada Disability Benefit to be another one.

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Disability without Poverty, continued

How can the government and society help end poverty?

Supporting initiatives like low-income accessible housing, affordable childcare, increasing benefits to inflation and disabled cost of living, and expanding eligibility for programs like the Disability Tax Credit would all help.

Society can help by advocating for government decisions that will reduce poverty and making sure to get out and vote! Learning about the impact of poverty can also create a connection to the cause. For instance, has learning that many disabled people live in poverty change how you think about it? Have a conversation about it with someone you know and share your support for anti-poverty work (like our social media!). If you want to be more actively involved, many communities have poverty action groups that people can join to help make change where they live and beyond.

You can let your Member of Parliament know that a Canada Disability Benefit is important to you, a family member, or someone you know. You can call, email, or write your Member of Parliament. Please contact us if you need help!

You can complete a template letter to directly email your Member of Parliament requesting action using this [link](#)!

What is the new monthly Canada Disability Benefit? How would it benefit people with disabilities and what should people know about the benefit?

Federal Minister of Employment, Workforce Development and Disability Inclusion, Carla Qualtrough, committed to making a Canada Disability Benefit in 2020. There wasn't much information behind the promise of this federal benefit, other than the goal of having it modelled after the Guaranteed Income Supplement for seniors, which is stacked on top of Old Age Security payments. We could be looking at a stacking benefit on top of existing benefits disabled Canadians currently receive which isn't very much. Minister Qualtrough has also said the payment would be for working-age (18-64 years old), low-income Canadians with disabilities.

We don't have many confirmed details because things are still being worked out!

How much will the benefit be? We don't know. What we do know is that it would be a monthly federal benefit. We believe that at the VERY least, it must meet the poverty line, but knowing the added costs of being a disabled person, it must be higher if the goal is to actually "lift disabled people out of poverty." We have more thoughts on what the Benefit should consider listed on our website.

A Canada Disability Benefit could mean that low-income disabled people would be able to afford to live! It could mean moving beyond survival to thriving.

What should people take away from our interview?

1. Every Canadian regardless of disability should be able to afford the basic essentials of life and to enthusiastically participate in society without financial, physical or social barriers.
2. Canada has the resources to end disability poverty, as demonstrated by other targeted benefits for children and seniors.
3. We all need to work together to make sure the government hears our urgent call for a Canada Disability Benefit!

What else would you like to add?

We would love to hear what people think about the Canada Disability Benefit and what is important for the government to consider or include! Email us at bc@disabilitywithoutpoverty.ca or call (236) 317-2423.

How can people find you online?

Website: www.disabilitywithoutpoverty.ca/bc

Facebook: <https://www.facebook.com/dwpbc>

Instagram: https://www.instagram.com/dwp_bc/

Twitter: https://twitter.com/DWP_BC

Sign up for our newsletter: <https://share.hsforms.com/1LZhuOu5TROR0JPsvNx-Tgboefy>



Starts and ends at the Valley First Lounge at the Sandman Centre

10 Teams of Four \$25/person
For more information and to register, go to Eventbrite.ca and search: **Amazing Race To Inclusion**

On September 29th 2022, as a kick-off to October's Community Inclusion Month in BC, the Speak Up Self-Advocacy Awareness Society is hosting this year's "An Amazing Race to Inclusion". The event aims to raise awareness about the barriers to inclusion that exist for many individuals living in Kamloops and region.