



The Kamloops Self Advocate NEWSLETTER



AUGUST 2024

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

Summer is here and the heat is on! August is full of great things to do, both indoors and out. This month's newsletter is full of amazing stuff. Let's dive in and see what we have for you!

We're celebrating the fantastic music of some superstars through tribute bands. These are special bands that play the music of famous artists like Britney Spears, Dolly Parton, and Maroon 5. They dress up like them, sound like them, and put on shows just like the real stars. The best part is that going to see a tribute band is much cheaper than seeing the original artists. This is great if you don't have a lot of money because you can still enjoy fantastic music without spending a lot. Tribute bands make music fun and affordable for everyone!

We also have stories about the Kamloops powwow in Kamloops, accessible travel, affordable housing, sports, entertainment, and much more. There's so much to discover in this month's newsletter. We have stories about amazing people, fun events, and helpful information. Whether you love music, enjoy learning about different cultures, or want to know more about important topics like housing, there's something here for you.

We hope you enjoy reading this month's newsletter as much as we enjoyed putting it together for you. Happy August, and happy reading!



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

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Celebrating Disability Awareness, 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 good 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! Be sure to check out our online newsletter for bonus stories!** KSA Facebook page: **The Kamloops Self Advocate Newsletter** On KSA website: ksanews.ca





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
All Around Gamerz
The Vic Downtown
Kamloops Film society
People in Motion
New Horizons Professional Support Services Inc.
Our Footprints Eco Store
Kamloops Art Party

Krystian's Corner: Celebrating Music and Tribute Bands!

This month, the theme of the newsletter is the celebration of music and I thought it would be interesting to talk more about tribute bands and artists.

What is a Tribute Band?

A tribute band is a group of musicians who perform songs by a popular artist or band. They dress up like the original stars and sing their songs just the way we remember them. It's like seeing the real artist live on stage. Tribute bands help us enjoy the music we love and remember how great these songs are.

One of the most famous country music stars is Dolly Parton. With her bright smile, big blonde hair, and sparkling outfits, she has captured hearts all over the world. Now, imagine someone who looks and sings just like Dolly. That's what a Dolly Parton tribute artist does. They perform Dolly's hit songs like "Jolene" and "9 to 5" and make us feel like we're watching Dolly herself.

Do you know Maroon 5? They have lots of catchy songs like "Sugar" and "Moves Like Jagger." There are tribute bands that play all of Maroon 5's greatest hits. These bands sound just like the real Maroon 5.

Besides Dolly Parton and Maroon 5, there are tribute bands for many other artists too. You can find tribute bands for rock groups like The Beatles and Queen or pop stars like Britney Spears. Each band tries to capture the look and feel of the original artist, making their performances extra special.

Tribute bands bring joy and excitement to music lovers. They remind us of our favorite songs and give us a chance to experience live music, even if the original artist isn't around. For people on low income, tribute bands are cheaper to watch and offer a wonderful way to enjoy and celebrate music. Whether it's country, pop, rock, or any other genre, there's a tribute band for everyone.

This month let's celebrate music. Whether you're listening to a Dolly Parton tribute artist or dancing to a Maroon 5 tribute band, music brings us all together, and tribute bands help keep our favorite songs alive. So, find a tribute band you love and enjoy the music. Let's keep singing, dancing, and celebrating all the wonderful sounds that make us happy.

Ella's Naughty Drag Bingo (19+)

Date: Wednesdays July 10, Aug 21, Sept 10, Oct 16, Nov 13, Dec 4

Seating: 6PM | Bingo: 7PM

Bright Eye Brewing

[Tickets Here](#)

Guarantee your bingo experience with our exclusive reserved seating option. For just \$6.99 (plus a small fee), you'll secure your spot and receive a dauber to mark your bingo cards. Remember, seats are limited, so gather your crew and buy your tickets together to ensure we reserve the perfect space for your group. Please note that the reserved seating fee covers your spot only and does not include bingo cards, which can be purchased on-site.

Hosted by Ella Lamoureux: Prepare to be entertained by the fabulous Ella Lamoureux, our glamorous host who will guide you through an evening of laughter, naughtiness, and fantastic prizes. Ella knows how to make every moment unforgettable!

For more info, head to rebelliousunicorns.com



summer fun

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

CORN
ICE CREAM
CAR SHOW
CAMPING
MOVIES
MUSIC
DAY CAMPS
TAYLOR SWIFT
RIB FEST
TRIBUTE SHOWS



Summer Jokes

How do we know that the ocean is friendly?

It waves.

Let's take a trip to the beach.

I could really use some vitamin sea!

At summer camp, when do you go at red and stop at green?

When you're eating a watermelon.

Do fish go on vacation?

No, because they're always in school.

What do snowmen do in summer?

Chillout.

Where do math teachers like to go on summer vacation?

Times Square.

Where do sharks go on vacation?

Finland.

What did the beach say to the tide when it came in?

Long time, no sea.



KAMLOOPS DAYBREAK ROTARY RIBFEST

Aug 9-11th, Friday to Sunday 2024

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

Play this puzzle online at : <https://thewordsearch.com/puzzle/7178693/>

My Fun Day at the Powwow in Kamloops

By Krystian

On June 29th, I went to a super fun event called a powwow in Kamloops. It was an amazing day filled with lots of exciting activities and beautiful sights.

When I got to the powwow, the first thing I noticed was the sound of drums and music. It was so loud and rhythmic that it made me feel excited. There were lots of dancers, and they were all dressed in bright, colorful costumes. The costumes had feathers, beads, and shiny materials that sparkled in the sun. The dancers moved gracefully, and their outfits swayed with every step. Some people had outfits that looked like a rainbow.

The powwow is a special event that celebrates First Nations culture. It's a time for people to come together, dance, sing, and enjoy being with each other. I learned that powwows have

been happening for many, many years, and they are very important to First Nations communities.

One of the best parts of the day was trying new foods. I went to a food stand and got something called Bannock. Bannock is a type of bread that is fried and tastes delicious. It was warm, soft, and a little bit sweet. I loved it so much that I wanted to have more.

There were also many other fun things to see and do at the powwow. People were selling handmade crafts like jewelry, clothes, and dreamcatchers. Everything was so colorful and unique.

I had a great time at the powwow. It was a blast to see the dancers, hear the music, and try new foods. I learned a lot about First Nations culture and made some wonderful memories. I can't wait to go to the powwow again next year. If you ever get a chance to go to one, you should definitely go. It's a fantastic way to learn about and celebrate First Nations culture!



Walmart Canada introduces sensory-friendly hours in stores across Canada to create a more inclusive shopping experience for Canadians

Taken from <https://www.walmartcanada.ca/news/2024/07/08/walmart-canada-introduces-sensory-friendly-hours-in-stores-across>

MISSISSAUGA, ON – July 8, 2024 – Walmart Canada is proud to announce the launch of sensory-friendly hours in stores across Canada.

As part of Walmart Canada’s commitment to create a more inclusive shopping experience for all, these dedicated hours aim to make shopping our stores accessible to customers who may experience sensory overload by providing a less stimulating environment.

Approximately 33% of people experience sensory sensitivity or overload, with more than 25 diagnoses or differences contributing to it, according to Sensory Friendly Solutions. This means visual and auditory stimuli can be too intense to process, which can cause discomfort or frustration for customers as they shop.

All 403 Walmart stores in Canada will now offer sensory-friendly hours from store opening until 10 a.m. local time every Monday, Tuesday and Wednesday, where possible. During these designated hours, the goal is to create a calmer experience by eliminating or reducing potential sensory stimuli. There will be minimal sounds, with no music or radio advertisements and announcements/paging paused except for emergencies. In addition, only static, low-sensory images will be used on TV walls.

“This is such an important step we’re taking to create a more inviting and positive shopping experience for customers who experience sensory overload and their families,” said Joe Schrauder, Head of Store Operations, Walmart Canada. “We want our stores to be a place where all customers and associates feel they belong.”

“Sensory sensitivity and sensory overload are more common than you think. It can be experienced by your family, your friend, your co-workers, your customer and maybe even you,” said Christel Seeberger, Founder and CEO, Sensory Friendly Solutions. “And as a person with lived experience, I know it can stop people from living everyday life. Sensory-friendly environments and experiences make everyday life more accessible, inclusive and invite more people to participate and belong. And that’s why change in a busy, noisy, bright world is needed.”

“When I found out about the sensory-friendly hours at Walmart, I was over the moon that something like that was started,” said Amber Fraser, a Walmart customer who lives with a traumatic brain injury. “We all need to shop, and we all need to go out and do things. I think sensory-friendly hours will be great for not only me but many other people. It might make them feel more comfortable and less anxious going out and I’m happy that Walmart is the start of it.”

“I’ve been in a few car accidents in my life and they left me with concussions. It leaves you very sensitive to noise and it doesn’t go away,” said Mary Lisa Fraser, a Walmart customer. “[Sensory-friendly hours] mean that I could shop longer, be more comfortable and not afraid of something that’s going to give me a jolt. It’s wonderful; I’ve never heard of anything like this, so I think it’s extremely thoughtful.”

About Walmart Canada

Walmart Canada operates a chain of more than 400 stores nationwide serving 1.5 million customers each day. Walmart Canada's flagship online store, Walmart.ca is visited by more than 1.5 million customers daily. With more than 100,000 associates, Walmart Canada is one of Canada's largest employers and is ranked one of the country's top 10 most influential brands. Walmart Canada's extensive philanthropy program is focused on supporting Canadian families in need, and since 1994 Walmart Canada has raised and donated more than \$750 million to Canadian charities. Additional information can be found at [walmartcanada.ca](https://www.walmartcanada.ca) and on Walmart Canada's social media pages – [Facebook](#), [X](#) (formerly known as Twitter), [Instagram](#) and [LinkedIn](#).

Note from Krystian: We are excited to share that Walmart Canada has introduced sensory-friendly shopping hours at select locations, including our local Kamloops store. These special hours are designed to create a more comfortable shopping experience for individuals who may find typical store environments overwhelming. We encourage our readers to take advantage of these hours and experience a more relaxed shopping environment. For more information on the specific times and participating locations, please visit Walmart Canada’s website or contact the Kamloops store directly.





Dolly Parton Tribute Artist

By Krystian

Meet Laurie Lynn, a Canadian Dolly Parton tribute artist from Ontario. Find out how she became a tribute artist and why she enjoys it.

How did you become a Dolly Parton tribute artist?

I started performing in live theatre at the age of 9 and have always loved to sing and entertain. As a child, we listened to all the amazing classic country artists, Loretta Lynn, Johnny Cash, Conway Twitty, many more and of course Dolly Parton. When I would perform on stage, I would perform many Dolly Parton songs as well as other artists, but was always told I sound like Dolly, even when performing a Loretta Lynn or Tammy Wynette song. As much as I love all those very talented artists, no one in my heart compares to Dolly. As the years went by and tributing became more popular, I

planted the seed in my mind that one day, I would set out to follow my heart and tribute to the queen of country music " Dolly Parton ".

What do you enjoy about acting like Dolly Parton?

I have so much fun performing as Dolly Parton, from the minute I start packing my costumes in the suitcase, until the show is over. I can't describe the excitement, everything about Dolly is exciting to me. I love designing new costume ideas and ordering wigs. Learning new songs and rehearsals are also a highlight, but most of all I enjoy the audience. I am a social butterfly and love to speak to folks that came to the show, hear their comments, and have photos taken with them. They often tell me their favourite songs and the memories associated with the song,

What else would you like to add?

I have travelled to parts of Canada and the USA, but have never performed in British Columbia yet, but I would love to.

How can people find you?

Folks can find me on my website

www.laurielynnasdolly.com

Facebook - Laurie Lynn as Dolly Tribute Artist

Instagram - laurielynnasdolly_



Animals: The Maroon 5 Tribute Band

By Krystian

Mario Medina is the keyboard player for Animals, The Maroon 5 Tribute! Mario took some time to connect with Krystian to talk about the band.

What do you enjoy about Maroon 5?

They're one of the most successful recording and touring acts of the past two decades, having sold more than 135 million records. They've been able to rack up hits for 20-plus years by combining rock, pop and R&B, and by staying in touch with the current sounds of pop radio.

What do you enjoy about being a tribute band as Maroon 5? I love seeing audiences sing along with David Gates, our lead singer — and an amazing performer who really captures the energy and vocal talents of Adam Levine, Maroon 5's lead singer.

What do you find fun about being on stage? We have a really high-energy, amazing home to Maroon 5.

Besides watching the crowd sing along while we perform, it's also a blast to perform with musicians who have so much talent, professionalism and enthusiasm.

What do you enjoy about Maroon 5 music? As songwriters, we really appreciate the craft, talent and hard work that goes into Maroon 5's music. It's no accident that they've had so much success on the charts (13 of their songs have hit the Top 10!). It's a blast to deconstruct, program and then perform their hit songs live.

Link <https://maroon5tribute.com/>



Totally Twain

By Krystian

What is your name? Who are you?

Michelle Reid - I am a professional singer from Vancouver, BC

How did you become a Shania Twain tribute artist?

I have been singing Shania songs in cover bands for many years. I always felt a deep connection with her music and felt I could bring an authentic experience to audiences if I tributed her.

During the pandemic we (my husband and I) started putting together the project - Totally Twain a tribute to Shania

What kind of Shania Twain songs do you enjoy?

I enjoy all of Shania's songs and it would be hard to pick a favorite song! However I would say my top 3 are; Any Man of Mine, Whose Bed have your Boots been under and From This Moment.

What is your favorite part of being Totally Twain?

The music, the costumes and my audiences in no particular order

What do you enjoy about being on stage?

I enjoy connecting with the audience and bringing joy to people through Shania's music

Can you tell me a little bit about your son, who lives with an intellectual disability?

My son's name is Tyler. [He]... has a Moderate intellectual disability and has a rare syndrome called Phelan McDermid Syndrome. He has had many struggles in his 27 years however he has a cheery disposition and is a kind -hearted young man. Tyler receives a lot of support from his family.

How do you make your shows disability friendly since you have a son with diverse abilities?

I make sure to pay extra special attention to audience members with diverse abilities. It's very important to me that they feel included and in many cases they become the stars of our shows! We also make sure that there is accessible seating and it is a comfortable, safe environment for all of our guests.

Do fans of Totally Twain have diverse needs or disabilities?

Some do for sure. We welcome everyone to be apart of the Totally Twain family!

What else would you like to add?

People with diverse abilities bring a special sparkle to our shows and particularly to our lives. We must celebrate with each other. Shania is very much a believer of inclusion and advocacy!

How can people find you online?

We can be found on our website www.totallytwain.com or on Facebook by searching Totally Twain



Up not Down Syndrome Book

By Krystian

Meet Nancy M. Schwartz, a Mom, an ESL Program Specialist, Reading Specialist, Dancer, and a Writer. She took some time to connect with Krystian about her book.

How did you come up with the book called Up Not Down Syndrome? In the hospital when Alex was born, I thought not down up.

What do you enjoy about your book?

I hope it is a map for those on the same path or for doctors, and educators that want to learn about my particular journey.

What is your book about?

It's about the lessons my son, Alex, has taught me.

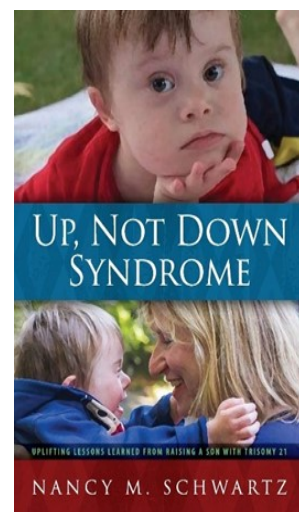
What do people enjoy about your book?

I hope all of it.

What do you enjoy about being a book author? I love it if I can help others to use more empathy for others or for themselves and to inspire others to feel more gratitude regardless of circumstance.

What else would you like to add? How can people find you online?

www.upnotdownbook.com It's my books website for all three of my books.
<https://www.amazon.ca/Up-Not-Down-Syndrome-Uplifting/dp/1615994637>



5-Ingredient Instant Pot® Barbecue Pork Ribs

Taken from:

<https://www.bettycrocker.com/recipes/5-ingredient-instant-pot-barbecue-pork-ribs/23b8ff4b-d9e0-43a4-ab5b-40341ecd5607>

These easy, succulent and meltingly tender Instant Pot® barbecue ribs are as quick as they are delicious! After cooking in the electric pressure cooker, just bake them for a few minutes for that irresistible BBQ rib bite.

Ingredients

- 1cup Progresso™ chicken broth (from 32-oz carton)
- 1tablespoon barbecue seasoning
- 1tablespoon Worcestershire sauce
- 3lb baby back pork ribs, cleaned and cut in 4 (3- to 4-rib) sections
- 1/2cup Annie's™ Naturals organic sweet & spicy BBQ sauce

Steps

- 1 Spray 6-quart Instant Pot® insert with cooking spray. Mix broth, seasoning and Worcestershire sauce in insert. Add ribs; turn to coat. Stand ribs up against sides of insert.
- 2 Secure lid; set pressure valve to SEALING. Select MANUAL; cook on high pressure 15 minutes. Select CANCEL. Keep pressure valve in SEALING position to release pressure naturally. Transfer ribs to cutting board; cool slightly. Discard cooking liquid. When cool enough to handle, cut sections into individual ribs.
- 3 Position oven rack 4 inches from broiler element. Set oven control to broil. Line rimmed sheet pan with foil. Spray with cooking spray. Place ribs on foil; brush all over with BBQ sauce.
4. Broil ribs 2 to 4 minutes or until sticky, crispy and blackened in spots.

Tips from the Betty Crocker Kitchens

- tip 1 No broiler? No problem. While broiling adds nice flavor and color, the ribs will still be delicious if you need to skip that step.
- tip 2 Don't substitute larger ribs for the baby back ribs. This recipe was designed for the smaller racks, and larger ribs will not get tender in the same amount of time.



A Visual Artist

By Krystian

Meet Mahlia Amatina, a neurodivergent visual artist from Reading, Berkshire in the UK.



How did you become an artist? I'm self taught and became an artist the same year that I was diagnosed with autism. It was a real journey, as the two factors were so entwined with one another; the more I learnt about the autism, the more I wanted to reflect and share my learnings through art with my audiences.

What do you enjoy about creating artwork? I love the process of paint on canvas and the feeling of flow. My work is very personal and based on my own experiences of autism, so I don't always know what the outcome of my work will be, yet there's something very boundless and releasing about the process of painting.

What is your favorite piece of artwork? This would be my social art project 'Around the World in 80 Washing Lines', which is all about humanity and connectedness. I collected 80 washing line images from 80 different people across 80 countries and interviewed them. I'm now relaunching the project, but with a twist!

How can people find you online? www.mahliaamatina.com or on my socials @mahliaamatina

Hot Nite in the City

Taken from <https://www.hotniteinthecity.com/>

Join us for the 30th annual Hot Nite in the City on August 9 -10, 2024 in downtown Kamloops, BC!



Pride Week August 19-25, 2024

Taken from <https://www.kamloopspride.com/pride-week>

Kamloops Pride Choir

Date: Every Tuesday Time: 7:00pm-8:30pm

Kamloops United Church The Kamloops Pride Choir is back! This group meets every Tuesday evening. All ages, all voices, and all skill levels are welcome. There is no cost and allies are welcome and encouraged! <https://www.kamloopspride.com/events>



Tribute Artist With Something for Everyone!

By Krystian

Who are you? My name is Hannah Rubix, though my legal name is Hannah Thompson. I am a professional singer and dancer originally from Liverpool/The Wirral. I work as a multi-tribute artist at events across the UK and perform overseas, mainly based in Corfu during the summer seasons.

What do you enjoy about paying tribute to Britney Spears and Katy Perry? I have been a fan of both artists since the start of their careers. I have seen them both in concert and have always been super inspired by these leading ladies of the pop industry. Performing my tributes to them is a dream job. I used to perform in local talent competitions and school performances as a child and teenager, so becoming a tribute artist came naturally to me. I love it so much, and this passion comes across in my shows.

What do you enjoy about Katy Perry and Britney Spears? I respect both artists for being strong, confident women who have broken many records in the industry. Their music brings joy and celebration to many people, and I have great memories with my family and friends through their songs. I love how empowering they have been for women, as well as their talents, voices, and stage presence.

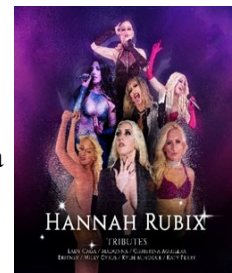
When did you become a Katy Perry and Britney Spears tribute artist? I started as a solo tribute artist in 2019, initially performing as Lady Gaga and Katy Perry. In 2020, I added Kylie Minogue and Madonna shows, and in 2021, Britney Spears and Christina Aguilera. By 2022, I included Miley Cyrus and Taylor Swift in my repertoire. Now, I have solid shows for each artist, with up to two 45-minute sets and costume changes for all. It has been an enjoyable journey of creation, and I still love developing these shows.

What are your favourite songs by Katy Perry and Britney Spears? My favourite songs by Katy Perry are "Never Really Over," "The One That Got Away," and "I Kissed a Girl," among others. My favorites by Britney Spears are "Toxic," "I'm A Slave 4 U," and "Stronger."

What else would you like to add? I would like to create an Avril Lavigne/Paramore punk rock show, and I am developing a full show called 'Everybody Burlesque with Dancers' featuring Christina Aguilera's music.

How can people find you online?

@hannahrubixtributes on [Instagram](#), [facebook](#), [youtube](#)



Enhancing Each Day
for Each Individual



Committed to improving lives
of BC Individuals for over 35 years.

info@TCSinfo.ca
200-286 St. Paul Street
Kamloops, B.C. V2C 6G4

Blue Jays Report

By Andrew

During the last part of June and the start of July, Toronto has had an up-and-down season so far, with a record of 43 wins and 50 losses. They are still sitting in 5th place behind Tampa, Boston, New York and Baltimore who sit in 1st in the Division.

The All-Star Break in July began with the Home Run Derby followed by the All-Star game the next day. The highlight of the game was the MVP Jarren Durran's home run.

The Blue Jays resumed play at home on Friday, July 19 against the Detroit Tigers.



Kamloops
Hearing Aid
Centre

Canadian. Hearing. Excellence.

Jan & Blaine Alexandre RHIP

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250.372.3090
1.877.718.2211

Highway 16

By Krystian

Credit Photo to Brizsa Pedroso

Kaeley Jade is an indie-folk singer/songwriter, actor, and multidisciplinary artist from Edmonton, Alberta. Kaeley took some time for an interview with Krystian and this is what she had to share.

How did you get into the music business?

I started performing when I was around nine years old, so it's something I've always been passionate about!

What do you enjoy about being on stage?

There is so much that I love about being onstage! I love building a connection with my audience, I love dancing to my upbeat tunes, I love the catharsis from performing my ballads, I love dressing up, and I love having fun with my band.

How did you come up with the song called Highway 16?

I grew up on an acreage about 30 minutes east of Edmonton, and our place was just off the highway. When my friends and I got our drivers licenses, I was struck by a feeling of freedom—it felt like I could just get in my car and drive anywhere I wanted. A couple years later, I found myself in the middle of an all-around bad summer. I wasn't feeling fulfilled by my job, I'd gotten out of a relationship, and I was feeling stuck, so my song came out of a desire to get in my car and drive away from my problems. So, in honour of the highway by the house where I grew up, "Highway 16" was born.

What do you enjoy about this song?

I think a lot of people can relate to it! There's nothing like the feeling of blasting music with all the windows down on a road trip, and that is what that song feels like to me.

What has your success been so far in the music business?

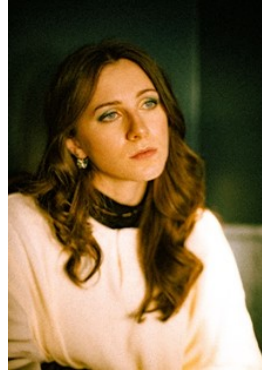
I've been really lucky so far. Since I released my first EP in 2020, and my first full-length album in 2022, I've been able to work full-time as an artist, which has allowed me to tour across Canada, write a lot of music, and take time for the things I love to do outside of the arts. I've also been fortunate enough to receive some industry recognition for my work, such as the Indigenous Songwriter of the Year Award at the 2024 Canadian Folk Music Awards, a Western Canadian Music Award Nomination, and a Summer Solstice Indigenous Music Award.

What do you enjoy about your fans?

As an emerging artist, every bit of support I've received so far has been special, whether that be seeing someone sing along to one of my songs, receiving a message online, or hearing how a song from my set has impacted an audience member. It's seriously so cool.

What else would you like to add? How can people find you online?

I'm really looking forward to performing in Kamloops for the first time at Music in the Park on July 16th, and I hope to see you all there! If you'd like to check out my music, I'm on all the streaming platforms, but you can also look at my website (<https://www.kaeleyjade.com>) or follow me on social media @kaeley_jade for all the latest updates. Thanks for reading!



2SLGBTQ+ Shopping Nights

Date: second Tuesday monthly Time: 4:00pm-7:00pm

Kamloops United Church Thrift Shop

Those who identify as part of the 2SLGBTQ+ community and are looking for a safe and judgement-free environment to explore their gender expression and style are welcome to join us! All volunteers will be hand-selected allies and/or members of the 2SLGBTQ+ community. There will be assistance available for those who join to find the style that enhances their confidence while offering connections to resources and assistance with their journey. We will also be playing some great music and the KUC Thrift Shop always has affordable prices! Please note, the KUC thrift shop accepts cash only. Taken from

<https://www.kamloopspride.com/events>

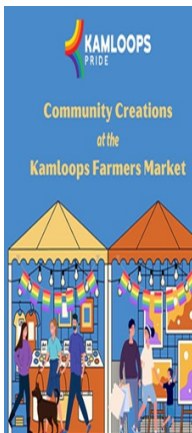


Community Creations

Join Kamloops Pride at the Farmers Market every Saturday from April 27th until October 26th!

Calling all LGBTQPIA+ owned businesses! We want to feature YOU! Whether you create art, crafts, offer unique services, or create in any other way, we'd love to have you join us. Your business could be the highlight of our booth. Interested? Fill out the application [here](https://www.kamloopspride.com/events).

<https://www.kamloopspride.com/events>



Behind the Music

Taken from <https://www.kodileerocks.com/>

A Story of Human Triumph and Discovery

Kodi Lee is the first-born child to Tina and Eric Lee. He is a 26-year-old blind and autistic musical prodigious savant. He is one of only approximately 25 in the world today who possess his extraordinary abilities. Kodi's amazing gift lies within his musical expression, perfect pitch, and passion for all forms of music. Kodi has an audio photographic memory, in which he can recall music he hears after just one listen. An unbelievable gift, but his musical expression and prowess top even that.



He has been performing his singing and piano expertise all across the globe for many years. He currently performs locally at a variety of venues including local restaurants, wineries, and music events all around town. Recently he was invited to perform at the prestigious Carnegie Hall in New York City. His musical repertoire ranges from rock to jazz, to R & B, and pop. Plus, his mastery of the classics such as Bach, Chopin, Mozart and the list goes on. He literally has a library of songs in his mind that would rival any jukebox. But he doesn't stop there. He recently has picked up tap dancing and he continues to amaze with his musical expression through dance and vocalization.

Kodi's story, his inspirational determination, and indomitable spirit to overcome all obstacles have been featured in Orange County Register, LA Times, numerous broadcast television features and documentaries. He also shares his gift to help bring awareness to autism and many other charitable organizations.

Born with optic nerve hypoplasia, surviving a life-saving surgery at 5 days old, and being diagnosed with autism at an early age has never stopped Kodi from reaching for his dreams. Kodi continues to pursue his musical career and his dream is to be a "rock star" performing for thousands of fans. Any opportunity Kodi has to perform is a good day for him, and the bigger more energetic the audience, the more he loves to shine.

We are Allies Campaign

Taken from: <https://www.weareallies.ca/about>

About

We want to support you in finding the facts and information you need related to gender-affirming care.

All youth deserve our love, respect and care. Trans, Two-Spirit, and non-binary youth deserve access to the care and support they need to thrive.

However, in recent years, there has been an increase in visibility, attention and information circulating about gender-affirming care for trans, Two-Spirit and non-binary (TTNB) youth. We have come together to create better access to information from diverse perspectives.

We all have a role to play as allies supporting trans, Two-Spirit, and non-binary youth. We Are Allies was created to help adults learn how to support and care for the youth in their lives. After all, it's about coming together as allies and supporting the young people around us.



What do we mean when we use the term gender-affirming care?

Gender-affirming care refers to emotional, mental and physical health care that supports the whole person, including their gender. Gender-affirming care respects who a person is and how they want to be referred to. It provides the support, care and information they need to live authentically.

While creating this resource, we received advice from young people who told us that a larger circle of voices is needed to clarify facts about gender-affirming care and gender diversity. That is why we bring our voices and experience here to you on this website.

On our website, you can:

Hear voices and stories of people with direct experience from many backgrounds.

Check out research-based resources on key topics created by researchers.

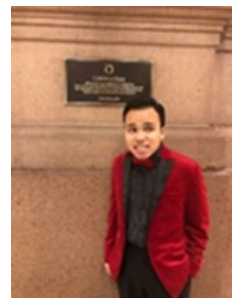
Learn about misinformation; how misinformation impacts youth, their families and care providers; and how to spot and deal with misinformation.

These resources were created by experts from across Canada, including:

Indigenous knowledge keepers and Elders who shared their teachings with the project
Trans, Two-Spirit and non-binary people, as well as their families and loved ones, who are speaking from their own experiences

Researchers from the Vancouver School of Nursing, University of British Columbia, who reviewed published research and created learning resources

Medical and other care providers with experience providing gender-affirming care to young people



Doggy Delights by Allison

By Krystian

What is your name? Who are you and what are your challenges and disabilities?

Hi, my name is Allison Fogarty. I am 33 years old, and I am the dog treat chef and CEO of Doggy Delights by Allison.

I have had many health challenges in my life, starting when I was just born. I also have Down syndrome. When I was born, I could not swallow or eat. I could not breathe well because my eating and breathing tubes were connected. I had surgery to fix this when I was a few days old, but I still had problems breathing and eating. I had to have a trach in my neck to breathe. I had that for 23 years. I also needed a g-tube in my stomach when I was 11 years old. I could not eat or drink by mouth for 2 years. And by the way, that is when I became obsessed with cooking and food. I wanted to be a chef like Rachael Ray.

The whole time I was growing up and until age 26, I had a lot of surgeries, and I was sick and also I felt sick a lot. It took me a few years to get my trach out and have the hole in my trachea and neck closed. I am so glad that I can breathe without my trach now. I am much healthier now. And moving from Illinois to Florida when I was 27 years old helped me breathe better and be healthier. The warm humid air is good for me.

How did you come up with your Doggy Delights Business?

When we still lived in Illinois and I left high school when I turned 23, the agencies that were supposed to help me find a job said that I was unemployable because I was too sick. Also, I wanted to work in a kitchen and that was not going to work since I still had a trach in my neck. So, when my mom retired from teaching, we started an unofficial cooking business. My mom and I made fancy lunches for the teachers where my mom was a teacher. We did that once a week. I learned about recipes, measuring, cooking, taking and filling orders, and labeling the customers' containers.

When we moved to Florida, I was not happy at all. I had to leave my friends, and my theater group, and my lunch business. My mom said that I had to have a business that I could do myself because my parents would be busy babysitting for my niece who was just born, and also my nephew who was 4 years old. We thought of dog treats because I could make them myself and there were lots of dogs in my neighborhood.

What do you enjoy about your business?

My favorite part of my job is mixing the batter for the treats. I love getting out my ingredients and measuring tools and mixing the batter. I really like meeting my customers and making new friends, too. We used to sell treats at the Farmers Market every Sunday. Then we stopped during the pandemic, and we never went back. It is too much work for my parents. But I really miss seeing all of the dogs and my people customers, too. I sell a lot of treats online, and I am a vendor at some in person events, too. I also love being on TV, in magazines, and doing interviews like this. I love being famous.

What does your mom think about you owning a business making dog treats?

My mom and my dad are my sidekicks. They are in the business too, because it has grown, and I can't do it all myself. My dad shops for my ingredients, helps prepare some of the ingredients - for example, grinding the peanuts to make peanut butter, and pressure cooking 40 pounds of sweet potatoes. He helps me put the batter into the molds, too. Plus, he takes care of our freeze dryers. My mom does the business stuff, like taxes, the website, shipping the orders, labeling the bags, and things like that. She also helps me get the batter into the molds.

What advice do you have for people who might want to own a business and who happens to have disabilities?

I have a lot of advice. For example, start small but dream big. Make sure that you will LOVE your job even after a few years. It had to be what YOU love, not your parents. Find sidekicks that want to work with you and do the parts of the business that are hard for you. Be ready to keep learning and be flexible. Parts of your business will change, and you have to be flexible. For example, in my business at first, I just sold frozen treats. People wanted me to ship my treats, so now I sell freeze dried treats.

I have a whole presentation about how I started my business and how it has changed and grown. I have been in business since October of 2017, so I have a lot of experience.

Where are you based?

I work out of my house in Clermont Florida, which is not far from Orlando.

Do your treats ship to Canada?

I would love to, but I am not sure how to do that.

What else would you like to add?

I will be in a book by Melissa Hart. It will be called Down Syndrome Out Loud and it will come out in 2025! I am so excited!!



Kindness and Compassion Interview with Gwen Kerr

By Lisa Coriale



As self advocates, we teach those around us how to look at life from our perspective. Kindness and compassion change our interactions from strained, stressful, unpleasant, and hurtful to easy, peaceful, joyful, and healthy. There are many simple ways to express and offer kindness and compassion each day. This feature shows us how many different individuals use kindness and compassion to improve their daily lives and the lives of those around them.

Please tell me about yourself.

My name is Gwen Kerr. I moved to Kamloops three years ago with my husband. We love it here and have bought a trailer which has allowed us to begin to really get to know B.C. and appreciate its diverse natural landscape. I love art and enjoying looking at works by other people, as well as creating things myself. I paint and work with textiles. It is important to me to find situations where I can continually learn and grow. I am currently a student in the Master of Arts in Human Rights and Social Justice program at Thompson Rivers University.

What do you do for a living?

I am retired from the Federal Government. I spent almost all of my career doing policy work in the Immigration program. I learned a lot throughout my career and am grateful for the experiences and opportunities I had to help make Canada a safer and more welcoming country for immigrants.

What does kindness and compassion mean to you?

Kindness and compassion are ways we can gently approach life and those around us in order to increase harmony and peace in the world. I think kindness and compassion are things we need to consciously cultivate. It's not as though we are born with them – we have to turn our minds to creating them and make a commitment to applying them in our lives.

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

The well-known 'golden rule' applies here. To me it's common sense to treat others as we would like to be treated ourselves, and I know I am happy to receive kindness and compassion in unlimited doses, so why shouldn't I offer it whenever I have the opportunity? What I have found is that as I've increased my ability to extend kindness and compassion to others, I've felt better about myself, and have been able to be more generous towards myself with kindness and compassion. It's a win-win.

How do you show kindness and compassion to others?

Sometimes it's being a good listener – just looking someone in the eyes and taking in what they are saying while trying to really understand them as a fellow human being. Sometimes it's smiling at someone. It could also be sharing my time with someone in a way that shows them that they matter to me. It might mean being willing to soften my heart and truly let go of resentment I am holding towards them, or just being willing to warmly hold that person in my consciousness and wish them well. We can also express it through words by telling others we are happy they are in our lives, that we enjoy their company, and by honestly sharing what we see that is good in them.

How can people show compassion when they are in community?

I think working to treat others equitably can be a life-long exploration. It means being willing to be equally open and kind to those we disagree with or feel different from as well as those we see eye-to-eye with or can relate to easily. It means working to deeply understand others and why they are the way they are – especially if they are different than we are. When we are in a community it means demonstrating respect for everyone, regardless of who they are.

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

I think it's valuable to take the time to get to know people with diverse abilities. Spending time together to understand them as individuals is important. We all like it when people ask us about ourselves and show interest in our lives. It's no different with people with diverse abilities.

Being kind to ourselves improves our mental health. In what ways are you kind to yourself?

This can be such a challenge. Last week I was cranky with a clerk at the grocery store. I had to work through being sad about not being a kind person in that situation and then I was able to go back after a few days and tell her I was sorry. I actually got to the place where I could laugh about myself being a cranky old lady in that situation. It may sound odd but that felt like being extremely kind to myself because I was able to let go and forgive myself for my bad behaviour.

Continued on next page

Kindness and Compassion With Gwen Kerr Continued

People sometimes have negative views and/or attitudes towards people with diverse abilities. What do you do, or can you do, to increase kindness and compassion for those who are diversely abled?

Well, I think this starts with *choosing* not to have negative views and/or attitudes towards people with diverse abilities. It's a conscious decision to see each person we encounter, regardless of their abilities, as a fellow human being and treat them with openness and respect.

Lisa's Thoughts - Throughout the process of doing these kindness and compassion interviews, I have learned that I believe it is important to feature everyday people. Different people have different perspectives and I enjoy hearing from those who are not well known in our community. I think that they are people many others can relate to.

Gwen points out that we aren't born with the skills of kindness and compassion. We have to make a conscious effort to create them and then apply them in our lives. Part of this is doing what we can to understand others as fellow human beings. We have the most effect on people when we learn the ways that they feel understood and treat them that way. This shows them that they matter. Sharing with others the good that we see in them lifts their spirits and ours.

Gwen gives me a lot of hope because she knows that all people are valuable and worth our time. She is willing to really "see" people of all abilities and treat them the way she wants to be treated.



Music Can Be Used in Recreation Therapy

By Krystian

Michelle McClure is the Executive Director for Ability Online, Recreation Therapist. She took some time to talk to Krystian about the therapeutic benefits of music.

How does music in recreation benefit people regardless of ability? Music has so many therapeutic benefits. It can remind people of special moments in their lives; it can help them relax; it can be inspiration for movement, drawing or visualization. There are so many ways to use music for positive impact.

Why listening to different kinds of music artists like Taylor Swift can be uplifting and beneficial for all people with diverse needs? Often it is both the melody and the lyrics that can be beneficial and uplifting. Certain songs are lively and happy and can boost our mood. And a lot of artists write such beautiful lyrics that have wonderful messages of hope, resilience and celebration of life.

Why does upbeat music make people excited and relaxed? First music can raise your spirits, and when you feel better emotionally, you can also begin to relax and let go of stress and tension. A good dance session is also wonderful for releasing stress and boosting a positive mood.

How can music be used in recreation therapy? It can be used in so many ways. For listening, for dance parties, to draw to, the possibilities are almost endless. We often use it to play games like Name that Tune challenging people's memories and recall.

Why does music make people happy when they are sad or depressed? Music reaches our senses, our emotions and our thoughts. The right music can push away sad thoughts and replace them with happy ones. Moving to music also has the same effect.

What is the difference between a recreational therapist like you Michelle or a music therapist and is it similar or different in what ways? Both types of therapists use music, but music therapists may tend to use it more to help people explore their feelings and find other ways of expressing themselves. A recreation therapist uses it as part of an activity designed to engage individuals and help them feel better. This is a very simplified answer, and a Music Therapist might be able to give you more insights as people receive different education to be a therapist.

What else would you like to add? I personally love listening to music while I work. IT helps me focus and blocks out other distracting noises. It can also be energizing (when my favourite song comes on the radio).



Summer Crafting

By Tami

It is great to have the beautiful summer weather happening. When it gets too hot to be outside, why not take a crafting break? Here's an idea that can use up some old popsicle sticks.

Wooden Popsicle Stick Plant or LED Candle Holder

You will need:

The leftover cardboard ring from a roll of packing tape
Piece of cardboard to cut a circle to fit inside packing tape ring
22 Popsicle sticks
6 or 7 Wooden skewers
Paint – colour of your choice
White glue

Instructions

Take the cardboard ring, set it on the piece of cardboard and trace the inner circle. Cut out circle.

Put cardboard circle into bottom of ring and trace the edge of the ring with glue. It will look like a small bowl.

Cut 19 popsicle sticks to 7cm in length; save 3 long popsicle sticks for later.

Cut skewers to 7 cm in length.

Paint skewers the colour of your choice. Let dry.

Paint inside of the cardboard bowl the colour of your choice. Let dry.

Put glue on a small section of the outside of the bowl. Starting with a 7 cm piece of popsicle stick, line the cut edge of the stick with the bottom of the bowl. Take a 7 cm piece of coloured skewer and place it beside the popsicle stick. Do this for 6 popsicle stick and 6 skewers.

Take a long popsicle stick and glue it so the top of the stick lines up with the top of the other popsicle sticks.

This stick will be stick out below the bottom of the bowl to make a leg for the candle holder.

Glue 6 more popsicle sticks and skewers, then glue a long popsicle stick to make the second leg of your candle holder.

Repeat for one more round of short popsicle sticks and skewers, then add one more long one to make the 3rd leg of your candle holder.

Add your LED candle (make sure it is an LED candle – you don't want to cause a fire) or a small, decorative plant.



Indigenous Horse Relay Day

By Riley

I was at an Indigenous horse racing event, where there were people doing a relay on horseback. The riders would hop off one horse, then hop on another once they got to finish line and they would race with second horse. That was fun.

My favorite part of day was the bull riding, because my favorite bull rider, Elijah, did a great job riding on a bull. Even though he didn't get past the time, I still thought he did his best.



Accessibility in Passenger Transportation

By Ben Johnson

I recently rode Ebus, an efficient and affordable transportation service offered in Alberta and BC. I enjoyed the experience a lot and found it to be very accessible. I decided to send questions to the company to learn more about their accessibility focus. I heard from several Ebus employees and have adapted their answers below.

How accessible is Ebus?

It is our mission to ensure everyone can travel safely, comfortably and with dignity. Everyone on the Ebus BC team works hard to ensure inclusivity and independence.

Ebus BC offers accessible coaches equipped with lifts or ramps, ensuring seamless boarding and disembarking processes. Our coaches adhere to strict accessibility standards, allowing passengers using wheelchairs to travel without the constraints often faced in other forms of transportation. Wheelchair bookings must be made at least 48 hours in advance of your trip. Please Call 1-877-769-3287 for more information.

We also proudly allow Registered Service Animals on Ebus coaches. Tickets with a Service Animal must be booked with us by phone, 1-877-769-3287 and please keep in mind we require 48-hours notice for service animal bookings. We accommodate service animals by moving seats to provide the service animal extra room to be seated on the floor of the coach at the seat next to the person requiring the service animal. There are no additional charges to booking a service animal nor a person with mobility limitations.

Central to Ebus's accessibility initiative is its team of trained professionals who understand the diverse needs of passengers with disabilities. Staff members undergo rigorous training programs that emphasize empathy, sensitivity, and practical skills necessary for assisting individuals with varying degrees of mobility challenges. This proactive approach ensures that every passenger receives the support they need throughout their journey, from ticketing to onboard assistance, thereby fostering a welcoming and inclusive experience.

How can people book rides with Ebus?

Ebus enhances accessibility by providing clear and concise information through multiple channels, including our website at [Ebus Home - Ebus \(myebus.ca\)](http://Ebus Home - Ebus (myebus.ca)), our customer service hotline 1 877 769 3287 and at ticket counters. We have ticket offices in Kelowna, Kamloops and Vancouver along with Customer service reps to support our clients.

This ensures that individuals who are blind or have visual impairments can independently access essential travel details, such as schedules, ticketing options, and boarding procedures.

Tell me about accessible seating.

Safety and comfort are paramount for all passengers. Ebus prioritizes these aspects by maintaining high safety standards across its fleet and ensuring that its coaches are equipped with comfortable seating options and ample space for maneuverability.

What are some of your safety measures?

We have handrails on stairs, seat backs and overhead by the luggage compartments. We also have emergency window exits on both sides, roof exits and help buttons in our washrooms. And our seats have three-point seat belts.

Accessibility is key to our operations, and we do all that we can to make riding our buses convenient and pleasant for all. We recently attended the Abilities Expo in Vancouver and work with local accessibility groups. We are proud to offer the level of service that we do.

Maroon 5 Quotes

"It's not always rainbows and butterflies. It's compromise that moves us along."

— Maroon 5

"I got those Moves Like Jagger!"

— Maroon 5

"Even the sun sets in Paradise"

— Maroon 5



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Affordable Homes, Part I

By Krystian

Background from HOUS:

Several responses to these questions required answers beyond the scope of BC Housing. Due to this, this interview was passed onto the Minister of Housing for response.

BC Housing is accountable to the Minister of Housing through a Board of Commissioners appointed by the Lieutenant Governor in Council. BC Housing's direction is set by the Provincial government. This includes guidelines, policies and legislation related to achieving public policy objectives, serving the public interest and demonstrating accountability to B.C. and its citizens.

Response from Ravi Kahlon, Minister of Housing:

What is your name? What do you do?

My name is Ravi Kahlon, I am the Minister of Housing and member of the legislative assembly (MLA) for Delta North.

How does BC Housing help people with disabilities?

The Province and BC Housing are working to provide people in British Columbia with the supports they need, in homes where they feel safe and connected. We know that it can be especially challenging for people with disabilities to find housing that is both affordable and accessible.

BC Housing has strategies to make sure accessible and adaptable homes are part of new builds, and to make homes in older buildings more accessible over time. Many of these strategies can be found in the [BC Housing Accessibility Plan](#). Here are some examples:

At least 8% of units in projects that receive grants from BC Housing must be wheelchair accessible. Since 2017, BC Housing has funded 2,871 new wheelchair accessible units. This number is current as of March 31, 2024. Many newer projects also feature adaptable units which are designed and constructed to make changes for accessibility easier, if needed.

BC Housing ensures an accessibility consultant is part of the design/master planning team. Priority is given to accessibility consultants with both lived experience and design knowledge.

Where possible, BC Housing increases the number of adaptable and accessible units in existing buildings. This work is receiving financial support from Canada Mortgage and Housing Corporation (CMHC).

As housing that is managed directly by BC Housing ages, their Redevelopment Team considers the accessibility needs of many tenants, including neurodivergent people, people with developmental disabilities, people living with mobility or sensory disabilities and those living with temporary and permanent disabilities. The Redevelopment Team also engages with tenants and BC Housing's Accessibility Advisory Committee to ensure they are truly addressing the housing needs of people living with disabilities.

Sometimes existing units cannot be made fully accessible, and you'll find that the term "accessible housing" has different meanings to different communities. The most important thing is that each home meets the needs of the person living there. There are many ways that homes can be changed to make them more functional and comfortable, such as adaptations for mobility, visual impairment, hearing impairment, sensory needs, chronic illness, aging in place, and more.

It's also important to the Ministry of Housing and BC Housing that staff are trained to work with people with disabilities in an inclusive and accessible way, whether those are visible disabilities or invisible disabilities. This includes training on mental illness and trauma, and BC Housing's Office of Equity, Diversity, Inclusion and Belonging is excited to be developing a new training package in these areas.

BC Housing and our Ministry lead programs that support people with disabilities in many different and sometimes overlapping ways. We'd encourage you to read about programs like the [Independent Living BC Program](#), [BC Rebate for Accessible Home Adaptations](#) (BC RAHA) and rental supplements offered through [The Right Fit](#) program, run by Disability Alliance BC.

How can B.C. increase housing for those with disabilities?

BC Housing is in the process of [implementing the Accessible British Columbia Act](#). The first step in this work was to form advisory committees and develop an [accessibility plan, which was published in September 2023](#) on BC Housing's website. With guidance from people with lived experience, we expect that this process will influence the way BC Housing designs buildings, policies and programs.

Continued on next page





Affordable Homes Part 1 Continued

BC Housing is also improving accessibility for people using their website through their Web Accessibility Project and is working on making forms and processes more intuitive and easier to understand for both English-speakers and those who speak other languages. BC Housing is following the [Web Accessibility Initiative](#) (WAI) standards to ensure their site is accessible to people living with disabilities.

How can self advocates with disabilities advocate for more housing and subsidized housing with the BC Government?

Everyone benefits when our communities are inclusive and when all people have access to opportunities. The B.C. Government is working to remove barriers and is committed to assisting people with disabilities to gain greater independence and security, enhanced well-being and increased participation in community. Here are some actions that self-advocates can take if they're interested in making housing more affordable in the community:

Contact their [local MLA](#);

Contact Parliamentary Secretary for Accessibility Susie Chant (susie.chant.MLA@leg.bc.ca), who works with the Ministry of Housing on accessibility and ensures the voices of people living with disabilities are heard in policy development;

Participate in [budget consultations](#);

Share their thoughts with the [Select Standing Committee on Finance](#); and

Self-advocates with intellectual/developmental disabilities can join one of [Community Living BC's Community Councils](#).

From May 31 to July 31, 2024, people within B.C. are invited to provide input on draft recommendations for Accessible Service Delivery and Employment Accessibility (ASDEA) standards under the Accessible British Columbia Act. People can [read more about the standards, complete a survey and sign up](#) for a virtual town hall. These upcoming changes to the ASDEA standards may apply to organizations such as BC Housing and Community Living BC. Detailed information on the recommendations under each standard is available on this [engagement webpage](#).

Check back next month for Part II of this interview.

Harold and the Purple Crayon

Release date August 2, 2024

<https://www.haroldandthepurplecrayon.movie/>

Inside of his book, adventurous Harold (Zachary Levi) can make anything come to life simply by drawing it. After he grows up and draws himself off the book's pages and into the physical world, Harold finds he has a lot to learn about real life-and that his trusty purple crayon may set off more

hilarious hijinks than he thought possible. When the power of unlimited imagination falls into the wrong hands, it will take all of Harold and his friends' creativity to save both the real world and his own. *Harold and the Purple Crayon* is the first film adaptation of the beloved children's classic that has captivated young readers for decades.

Directed by Carlos Saldanha and produced by John Davis, the live-action hybrid family adventure/comedy stars Zachary Levi, Lil Rel Howery, Benjamin Bottani, Jemaine Clement, Tanya Reynolds with Alfred Molina and

Zoey Deschanel. The film's screenplay is written by David Guion & Michael Handelman, based on the book by Crockett Johnson.



Awareness Days

[Gastroparesis Awareness Month](#)

[Spinal Muscular Atrophy Awareness Month](#)

August 7* [World PVNH Disorder Awareness Day](#)

August 12* [International Youth Day](#)

August 19* [World Humanitarian Day](#)

August 31* [International Overdose Awareness Day](#)