



# The Kamloops Self Advocate NEWSLETTER



SEPTEMBER 2024

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

We are celebrating the 11<sup>th</sup> anniversary of the KSA and this month's newsletter is full of interesting articles and stories.

Even though we are celebrating our anniversary, we are still talking about some tough topics. We are raising awareness about World Suicide Prevention Day on September 10th. We have important articles about mental health. One article is about "More Good Days Than Bad Days Clothing." This article talks about having more good days than bad days and reminds us it's okay to have some bad days.

We have lots of food for thought and important things to think about regarding mental health and preventing suicide. Remember, you are not alone with your thoughts. It's important to support people who have lost someone to suicide. Don't forget, you can always call 988, Canada's toll-free number for suicide prevention.

We are also celebrating our newsletter's 11th year! We are proud to be a specialized media outlet for people with diverse abilities, the mental health community, and diverse communities like LGBTQ and intersectionality communities.

Enjoy this month's newsletter filled with interesting articles on tribute artists and mental health.

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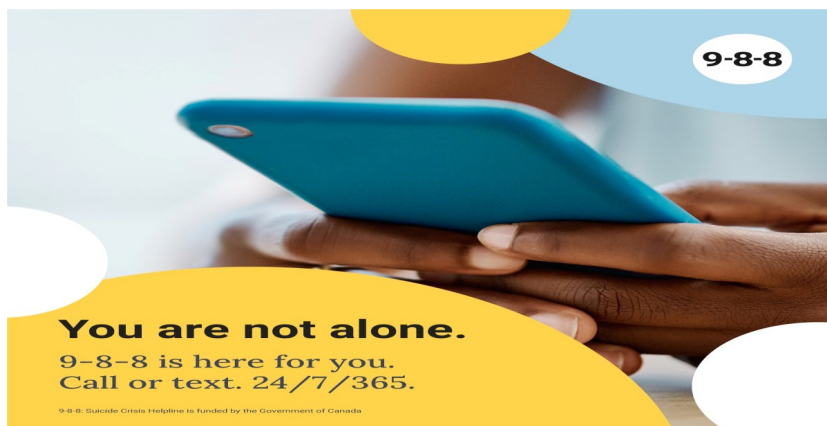
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Celebrating Disability Awareness, success stories and inclusion for all! Written by people with Diverse Abilities **Do you have a story idea or an event you think would be good for our readers? Contact us at:**

[thekamloopselfadvocate@yahoo.com](mailto: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](http://ksanews.ca)



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



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

Hello everyone!

I'm so happy to tell you that September is a very special month for me. Do you know why? It's because the Kamloops Self Advocate Newsletter is turning 11 years old! Yes, we started way back in September 2013, and now we are celebrating our 11th birthday.

We have lots of exciting things planned to celebrate this big birthday. Since we all love music, we are going to have even more interviews with tribute bands and they will be part of a new series. We will talk to tribute bands that play music from performers like: Queen, Celine Dion, and Luke Bryan. They have some really great music. You will get to learn more about these bands and why they love to play this music.

We also have an important article called "More Good Days Than Bad." This article is about mental health awareness. It helps us understand our feelings and how to have more happy days. It's okay to have some bad days too, and this article will help you feel better and know you're not alone.

There is another very important article about suicide prevention. This article teaches us how to help people who are feeling really, really sad. It's important to know how to help others when they need it. We want everyone to feel safe and happy.

Over the past 11 years, our newsletter has become well-known and received lots of media attention and coverage. Many people know about us and the important work we do.

Here's what we will focus on in the next year:

- 1. Self-Advocate Stories:** We will share stories from people who are standing up for themselves and others.
- 2. Mental Health Awareness:** We will have articles to help us understand our feelings and how to take care of our mental health.
- 3. Entertainment:** We will keep interviewing tribute bands because we love music, and it makes us happy.

Happy 11th birthday to us! We are so excited to celebrate our 11th year with you. There will be important stories, music, and lots of fun things to read about.

### EmpowerMinds Mental Health Event

Date and time

Sat, Sep 21, 2024, 5:30 PM - 9:30 PM PDT

Taken from <https://www.eventbrite.ca/e/empowerminds-mental-health-event-tickets-917591068587?aff=oddtcreator>

Welcome to the Canadian Mental Health

Association EmpowerMinds Mental Health Event!

Come join us at the Coast Kamloops Hotel & Conference Centre for a day focused on mental health and well-being. Our event will feature engaging speakers, interactive workshops, and resources to help you take charge of your mental wellness. Whether you're looking to learn more about mental health or seeking support, this event is for you. Connect with like-minded individuals and empower your mind! Don't miss out on this opportunity to prioritize your mental health.



## Tribute to Buddy Holly

By Krystian

*Meet Zachary Stevenson, a singer/songwriter and actor from Vancouver Island. He writes and plays music with his original band, The Oh Boys (based in Chicago). And, he produces concerts such as the Tribute to Buddy Holly, his variety show called "Dead Ringer" and Holly Jolly Christmas.*



### What do you enjoy about paying tribute to Buddy Holly?

The music! He wrote fantastic songs that have stood the test of time. I love being able to travel all over the world, connect and play with different musicians who love rock & roll.

### How did you become Buddy Holly?

I was cast in the Buddy Holly Story back in 2006 in Grand Bend, Ontario. 13 productions later, I'm still playing the part!

### What do you enjoy about Buddy Holly?

Buddy Holly is a genuine original. A guy who was very talent and passionate about music, who formed a band with his friends and wrote his own songs.

### What kind of songs from Buddy Holly do you like?

My all-time favorite is "Everyday" - a totally unique and classic song. But I love playing 'That'll Be the Day', 'Oh Boy' and 'Rave On' live.

### What do you enjoy about being on stage?

Connecting with the audience. I like to surprise people with some of the stories I tell and songs I choose to add. I like to incorporate song by Buddy's buddies and give people more than they expected.

### What else would you like to add?

My original band, the Oh Boys was formed during a production of the Buddy Holly Story in Chicago, and we named ourselves in his honor. We have a new single out called "Cry Me to the Moon" as of July 12th. Like the Beatles, we consider Buddy one of our greatest influences.

### How can people find you online?

You can find the Oh Boys at @theohboysband on instagram, Facebook or TikTok. And you can find me on Facebook or Instagram by own name, or my website [www.zacharystevenson.com](http://www.zacharystevenson.com)

## Mental Health Quotes

There is hope, even when your brain tells you there isn't."

John Green, 2019

"Things not to say to someone with mental illness: Ignore it. Forget about it. Fight it. You are better than this. You are over thinking."

Nitya Prakash, 2019

"Mental illness... occurs when our mental health is compromised or neglected for so long that it affects our ability to function in our everyday life."

Kati Morton, 2018

"Over the course of the past decade, there's been increased willingness to recognize mental health as an essential part of one's well-being."

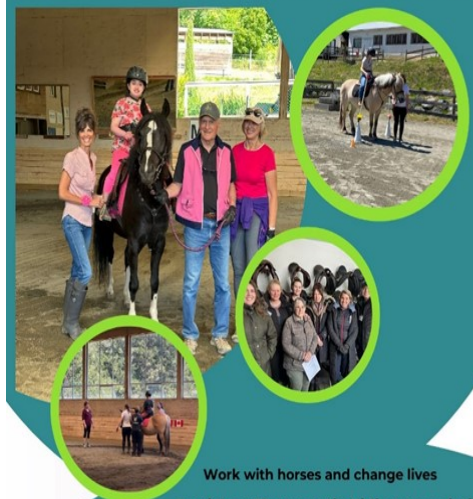
Nicole Spector, 2020

"We all add to the stigma surrounding mental illness. I am not trying to call anyone out or make anyone feel bad, but in our own way, we all contribute to the stigma. It could be the way we think about other people with mental illness, or even the way we talk to ourselves about our own struggles."

Kati Morton, 2018



## Looking for a path to becoming a Certified Therapeutic Riding Instructor?



Work with horses and change lives

Cowichan Therapeutic Riding Association  
CanTRA Accredited Exam and Training Center  
is excited to offer a blended hands on plus online  
mentoring CanTRA Instructor Training Course

Course will be organized to allow for two intense weeks with time between to work from home to complete all your requirements preparing you for the CanTRA exam at the end of week two.

The course can be tailored for a CTRBI, CTRBI-2 or a CTRII

October 28th to Nov 1st of intense hands on training at CTRA facilities in Duncan B.C.

March 10th to 16th 2025 four days of exam prep followed by a CanTRA exam



EMAIL [INFO@CTRA.CA](mailto:INFO@CTRA.CA) FOR A  
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# Polly Can Do

By Krystian



## What is your name?

My name is Alexander Bar.

## Who are you?

I am a TV show creator of kids and family content and am best known as creator of various preschool animation series such as ‘Mike the Knight’, ‘Ranger Rob’ and ‘Ricky Zoom’. In 2015, one of my shows, ‘Mike the Knight’, won an Emmy for Best Preschool Series! I’m also a children’s author and published my first children’s picture book, “Toby & Tabitha”, in 2017.

## How did you create the series of Polly Can Do?

I really wanted to tell simple, kid-relatable stories showing that when kids play altogether, they begin to appreciate and accept their differences. The “Polly Can Do” stories are told through the lens of Polly, a resilient and resourceful five year old girl living with cerebral palsy (CP), and her best friends, Bella, Stephie and Cody. And not forgetting Polly’s dog, Boo! The children navigate their relationships and different personalities through play and fun role-playing games.

Before the start of the writing phase and to help ensure all the stories told felt authentic, we met with children living with CP who related their early childhood experiences to us. We couldn’t have done this without the help of Holland Bloorview Kids Rehabilitation Hospital in Toronto!

## What do you hope people will enjoy about the new series?

‘Polly Can Do’ stories are presented in a charming and inviting picture book style and are filled with kid-relatable moments that in tone, are always funny and never preachy. We hope children, and their caregivers alike will find the Polly stories entertaining as well as educational from the point of view of modelling inclusivity in children’s play. Because when kids play together, they begin to appreciate and accept their differences, showing us that there is no one version of “normal”, that we all move through the world in our own ways and every kid has their unique set of talents strengths and quirks. This series takeaway is a universal message that we hope will resonate with kids and their caregivers everywhere.

## What is the most rewarding part of creating this series?

The themes of representation and authenticity are very important in this series and we are excited to help break new ground by presenting an authentic lead character called Polly who, as a child living with cerebral palsy, is also voiced by a child living with cerebral palsy. According to research, disability is represented in only 2% of characters on screen and as many as 95% of characters with disabilities on TV are played by non-disabled actors. We know firsthand that kids who live with CP will be delighted to see themselves represented onscreen via the lead character of Polly.

It was really rewarding to meet kids from Holland Bloorview Kids Rehabilitation Hospital and listen to their experiences and stories of growing up with CP, which in turn helped inform the themes covered by our stories for “Polly Can Do”. And, in one of our kids’ focus groups, we were even lucky enough to find and cast the lead voice of Polly – a first-time actor who lives with CP and has done an amazing job voicing the character of Polly in the series!

Finally, as well as being the show creator and executive producer of “Polly Can Do”, I am also enjoying wearing other hats as the writer and director of the series!

## What is the most fun part of the series?

Probably the best part of my job is working with amazingly talented and like-minded people who share the same vision and passion for making great kids’ content!

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

“Polly Can Do” is currently in production. The series is backed by four Canadian broadcasters: TVOkids, Knowledge Kids, TFO and Société Radio-Canada, and is expected to first launch on TVOkids in March 2025. We’re also fortunate to have strong support for the series from Holland Bloorview Kids Rehabilitation Hospital in Toronto and the Cerebral Palsy Canada Network. My production company, Milkcow Media, is co-producing “Polly Can Do” with the great folks at Ottawa-based, animation studio, Big Jump Entertainment! You can find details about other TV shows I’ve created on the Milkcow Media website at [www.milkcowmedia.com](http://www.milkcowmedia.com)!



Welcome to KSANews.ca, a fantastic website full of helpful resources and information. This site has lots of different resources, including support for people with mental health issues and disabilities. Here are some of the great things you can find:

### **Mental Health and Suicide Prevention**

Mental health is very important. KSANews.ca has lots of information about how to take care of your mental health and prevent suicide. You can find tips on how to feel better when you're sad, stressed, or anxious. The website also has lists of professionals who can help, like counselors and therapists. These professionals are inclusive, meaning they are open and friendly to everyone, no matter who you are.

If you or someone you know is in crisis, there are hotlines like 9-8-8 available 24/7, so you can get support anytime you need it.

### **Disability and Diverse Ability**

KSANews.ca is a great place to learn about disabilities and diverse abilities. It provides information on different types of disabilities and how people live amazing lives with them. The website also talks about "diverse ability," which means seeing what people can do, not just what they can't.

There are also videos about famous people like Demi Lovato, who has shared her experiences with mental health issues. Demi talks about her struggles and how she overcomes them. These stories can be very inspiring and show that you are not alone.

### **LGBTQ Issues and Resources**

KSANews.ca also briefly talks about LGBTQ issues. It lists resources that can help people in the LGBTQ community. This is important because everyone deserves to feel accepted and supported.

### **Access 2 Entertainment Card**

One of the cool things you can learn about on KSANews.ca is the Access 2 Entertainment card. This card allows a person with disabilities to bring an escort or support person with them for free to many entertainment venues in Canada. This makes it easier for people with disabilities to enjoy movies, concerts, and more with the help of a friend or family member.

### **Documentary and More**

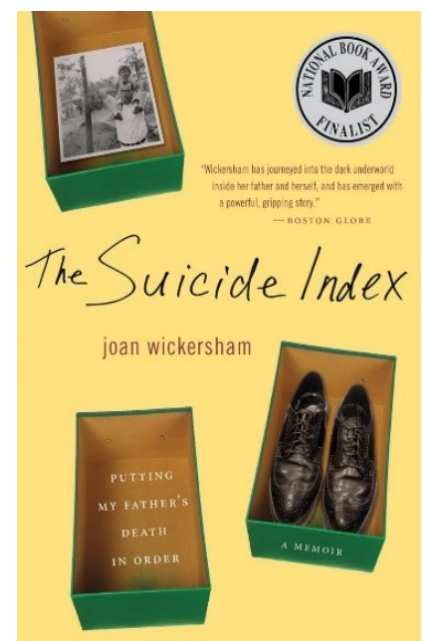
KSANews.ca has a special documentary about how the Kamloops Self Advocate Newsletter started. This newsletter has been around for 11 years and is a big part of the community. The documentary shows the hard work and dedication that went into starting the newsletter and how it has grown over the years.

KSANews.ca is a wonderful website that offers lots of valuable information and resources. By visiting the site, you can find support, learn new things, and feel inspired by the stories of others.

### **The Suicide Index**

Taken from <https://www.amazon.ca/Suicide-Index-Putting-Fathers-Death/dp/0151014906>

A daughter's moving account of her father's suicide and its impact on her surviving family members--"beautiful...bleak, strong, and fiercely honest" (The Washington Post) One winter morning in 1991, Joan Wickersham's father shot himself in the head. How could the man she knew and loved have killed himself? Unless maybe she never really knew her father at all? His death made a mystery of his entire life. Using an index--that most formal and orderly of structures--Wickersham explores this chaotic and incomprehensible reality. Every bit of family history, plus each encounter with friends, doctors, and other survivors, exposes another facet of elusive truth. Dark, funny, sad, and gripping, at once a philosophical and a deeply personal exploration, *The Suicide Index* is, finally, a daughter's anguished, loving elegy to her father that no reader will soon forget.



## BU Candles

By Krystian

*Meet Jacob Drexler-Stretton, a movie and music lover. He enjoys CrossFit and lacrosse, but travelling is his passion! He is also a candle maker and that is what Krystian talked about with him in this interview.*

### Why do you enjoy creating BU Candles?

I enjoy experimenting and coming up with different scents.

### How did you come up with the business name?

I love movies and pretending to be different characters. My mom is always saying, just be yourself. BU stands for Be Yourself. My candles all have different sayings about ourselves.

**What do you enjoy about being a business owner?** I enjoy working at different markets and going to conferences, meeting new people and showing them my products and telling them why they are the healthier choice!

### When did you start your business?

I started my business in 2021 during covid lockdowns. I was bored and looking for something to do. My mom ordered a candle making kit off of Amazon. It was a lot of fun so we ordered more.

That was the start of it! My sister said I should make an Instagram page. People started asking to buy my candles.....and BU Candles by Jacob was born.

### What is your business all about?

My business is committed to making high quality candles with wholesome ingredients.

### What kind of candles do you offer?

My candles are Soy Wax Candles in different vessels and tins.

### Do you ship your candles to Canada?

Yes, we ship to Canada and the United States.

### How can people find you online?

Check me out on Instagram and Facebook!

Bucandles.com



## Peanut butter smoothie

Taken from <https://www.bbcgoodfood.com/recipes/peanut-butter-smoothie>

By Miriam Nice

Whizz up a quick and filling peanut butter smoothie, with rolled oats and banana. Brilliant for breakfast, you can freeze the banana for extra thickness

### Ingredients

200ml oat milk

1 [banana](#), peeled and chopped

20g [peanut butter](#)

1 tbsp [rolled oats](#)

pinch of [cinnamon](#)

pinch of allspice

pinch of [nutmeg](#) (optional)

small handful ice cubes

### Method

#### STEP 1

Whizz all the ingredients together in a [blender](#) (one suitable for crushing ice) until smooth. Pour into a tall glass and serve.



## For Immediate Release Rhythm and Brews Set to Rock McArthur Island on September 28

Kamloops, BC – August 9, 2024 –

BrewLoops is thrilled to announce the highly anticipated **Rhythm and Brews**, taking place on **September 28** on the scenic disc golf course at McArthur Island. In partnership with 2024 Canadian & World FireFit Championships, this unique event promises an unforgettable day of music, craft beer, and community spirit.

Rhythm and Brews will transform McArthur Island into a vibrant forest fest, featuring two dynamic stages: one for DJs and one for live bands. Attendees will groove to the sounds of renowned acts such as The Zolas, The Boom Booms and daysormay, ensuring a diverse musical experience.

Early bird tickets are available for \$40 plus fees at [tickets.kamloopslive.com](https://tickets.kamloopslive.com) until September 1, 2024. You can also purchase drink tickets in advance through [tickets.kamloopslive.com](https://tickets.kamloopslive.com) and pick them up from the Kamloops Live! Box Office between September 1 and 26. After September 1, tickets will be \$50 plus fees. For more information, please contact:

Suzan Goguen

[suzan@wctlive.ca](mailto:suzan@wctlive.ca) or 250-319-8635





# Crafting in the Fall

By Tami

It can be fun to get new supplies to make a craft, but you can also use up things you have around the house. This fun craft will let you make a beautiful lantern or vase. You could also use this to hold pens, pencils, or utensils.

## Fun Lantern/Vase

You will need:

1 Glass bottle

Wool thread, colour of your choice

Packing tape

Nail polish – at least 5 different colours

Glue gun

1. Cover top and bottom of glass bottle with packing tape

2. In an old bowl that is filled with water, pour nail polish in a circle action one colour at a time.

3. Using a toothpick, pull from the edge of the bowl toward the middle. Repeat this moving around the bowl like a clock. So you pull from the edge at 1 o'clock, 2 o'clock, 3 o'clock, and so on all the way to 12 o'clock.

4. Take your jar and hold it so it is on its side and roll across the top of the water. You will see the nail polish sticking to the side of the glass. Once done a complete roll of the jar, lift it up and set it on a piece of plastic to dry.

5. Remove the packing tape from the top and bottom.

6. Get your wool and glue gun. Place a small amount of glue on the center of the glass bottom. Carefully, put the start of the wool in the glue and slowly make a spiral, adding more hot glue to hold the wool as you go. This will begin to cover the bottom of your jar. Keep going for 3 spirals around the bottom edge of the side of the jar. Cut the wool and fix the end down with more hot glue.

7. Glue wool the top edge of the jar, starting at the top and spiral down until you have covered about an inch of the jar top. Fix the end of the wool with some more hot glue



Idea taken from: [I did an INCREDIBLE job with the glass bottle, yarn, nail polish. DIY recycling craft ideas - YouTube](#) .



Enhancing Each Day  
for Each Individual



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

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200-286 St. Paul Street  
Kamloops, B.C. V2C 6G4

## Blue Jays Report

By Andrew

During the last month, Toronto has still been struggling with getting to the top of their division and trying to keep their hopes alive of being able to compete for a playoff spot with only two and a half months left of their regular season schedule. Here's hoping that Toronto can make it through to the playoffs and make the World Series.



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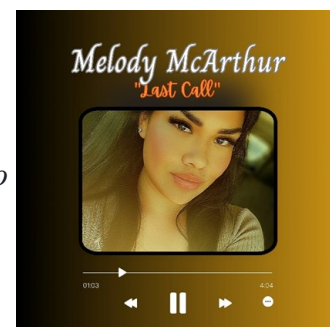
250.372.3090

1.877.718.2211

## Last Call

By Krystian

*Melody McArthur is a singer-songwriter and live theatre actress from Treaty 8 Northern Alberta Territory. She took some time to connect with Krystian for an interview. Here's what she had to share.*



**How did you come up with the song called Last Call?** Last Call is a tune I penned over the Christmas holiday in 2023. It was such a painful time for me as I was spending my first Christmas alone following the breakdown of a 12-year relationship. This absence of routine, family, and love forced me to look inward and face a lot of inner childhood wounds including my parents' separation and events that unfolded afterward including my father leaving my mother for another woman with younger children and moving on to help her raise them and my mother's unsuccessful attempts to foster love with unhealthy men after he left. I thought about every argument and then each painful memory they must have shared or privately internalized trying to move onto new partners after 20+ years spent together. I thought about the perspective of someone new stepping into that situation, and what that possibly felt like also. Then, I channeled some of my own story with relationships, trauma-bonding, and co-dependence and how painful that period of my life was, and Last Call was born.

**What does Last Call mean to you?** *Last Call* to me, was intended to empower those caught up in a situation they know is not all it seems to be, that they are hurt and unfulfilled by but cannot walk away from. The song was birthed to openly confide about the impacts of infidelity, something I know happens every day to hurt people who hurt people. To those with low self-esteem and father or mother wounds linking them to a perpetual cycle of dysfunction, grief, rejection, disappointment, and/or fraudulent love.

**What do you enjoy about this song?** I enjoy most how many people have resonated with the song. I was astonished to see how equally both men and women identify with the lyrics from all perspectives: the cheater, the other woman/man or the spouse of a cheater. I've received so much praise and excitement around the release of the song and requests to play it live for people. It really makes me proud something so painful could turn into something that helps people heal or face things they've perhaps been avoiding to see.

**What is this song about?** The song is about adultery, and how it harms all parties involved.

**What do you like about being on stage?** The healing that I receive from both expressing emotion through my body and voice and the energy I receive from the crowd. The exchange in energies between the performer and audience is truly astonishing.

**How did you get into the music business?** I got myself into the industry cultivating networks and relationships since 2014 and getting educated on the music industry, running a successful music business, strategizing, promo/marketing, pitching, and attending conferences, lessons, and multiple music incubators including *CMI Canada's Music Incubator* via *Coalition Music*.

**What do you enjoy about being a singer and songwriter?** Sharing and expressing my inner thoughts, ruminations, turmoil, joy, sadness, pain, trauma, love, loss, as an outlet and approach to internal healing.

**What else would you like to add?** Even if you're afraid, do it. The magic happens outside of the comfort zone.

**How can people find you online?** I can be found at the handle @melodymcarthurmusic on Facebook, Instagram, Tik Tok and YouTube.

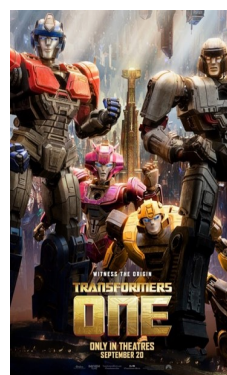


## The Kamloops Blazers

### Mascot

By Riley

The Kamloops Blazers mascot is named Digger. He is the best guy ever. I met him in person. I got to meet the person behind the mask and he is great in every way. We had a nice chat and I found out it was him I met in costume at the Terry Fox run event. He's always going to be one of my heroes.



## TRANSFORMERS ONE

Taken from <https://www.transformersmovie.com/gallery/>

TRANSFORMERS ONE is the untold origin story of OPTIMUS PRIME and MEGATRON, better known as sworn enemies, but once were friends bonded like brothers who changed the fate of Cybertron forever. In the first-ever fully CG-animated TRANSFORMERS movie,

TRANSFORMERS ONE features a star-studded voice cast, including Chris Hemsworth, Brian Tyree Henry, Scarlett Johansson, Keegan-Michael Key, Steve Buscemi with Laurence Fishburne, and Jon Hamm.

In theatres September 20th



# More Good Days Clothing

By Krystian

## What is your name?

My name is Hayden Jones and I own More Good Days Clothing Ltd. Along with my wife, Kaitlin Jones.

## Who are you?

Hayden is an Illustrator going into his final year of university for a degree in Design. Kaitlin is an Interior

Decorator who works two jobs along with the work she does for More Good Days.

## What do you enjoy about your company called More Good Days?

The most enjoyable part of running More Good Days for us is the opportunity we get to give back to our community. Not only do we donate a portion of each sale to different Canadian mental health organizations, we help try to start the conversation so that we can take a small part trying to end the stigma towards mental illness. We do this by sharing our own stories of what we have been through, in order to help others feel comfortable to share theirs.

## How did you come up with the company?

Kaitlin is the daughter of Hockey Night in Canada's Kelly Hrudey. Kaitlin has dealt with OCD and Anxiety since childhood. Once Kaitlin was 19, Kelly used his platform to allow Kaitlin to tell her story about how she is doing in regard to her OCD and Anxiety. Being one of the first people in the public's eye around Calgary advocating for mental health and taking her first steps to help end the stigma. Kaitlin has had many opportunities since to speak at charity events where she tells her story, which usually included the quote "More Good Days than bad".

Fast forward to the year 2020, Kaitlin and Hayden decided to make "More Good Days" T-shirts as gifts for our family. Using Hayden's Art experience and Kaitlin's quote "More Good Days" we made 10 shirts.

They were received so well by family and friends that they convinced us to start selling them. We could not be operating this company without the help from my father Bruce, Kaitlin's Aunt Shelly and Kaitlin's dad Kelly.

## What is your favorite clothing item?

I would say at the moment mine is either the trucker hats or the Cabin logo sweatshirt.

## What is the most rewarding part of owning this company?

The most rewarding part is seeing the difference we are making in people's lives. We can't see what is happening with the money we donate, but we do get to see our loyal customers when they come out to our events. I can't even put a number to the amount of people who have cried because of how much just a small message like ours has helped them or a loved one.

## How did you create this company?

We created this company by combining our love for clothing and art with the idea of giving back to the community that has been there for us when we needed it. We started with one t shirt and over the past few years have grown into what we are today.

## What else would you like to add?

We think that More Good Days is a very achievable goal for anyone. Having a couple bad days is normal, it's human, but striving to have more good days will keep you on a positive track.

## How can people find you online?

You can find us at:

[moregooddaysclothing.com](http://moregooddaysclothing.com)



## Canada Disability Benefit – Have Your Say

<https://canadagazette.gc.ca/rp-pr/p1/2024/2024-06-29/html/reg2-eng.html>

Persons with disabilities face significant barriers to financial security, making it hard to cover the costs of today, or save for the expenses of tomorrow.

The Canada Disability Benefit aims to enhance the financial well-being of over 600,000

working-age Canadians with disabilities, once most eligible individuals receive the benefit.

Share your opinions and take part in shaping the final regulations of the Canada Disability

Comment on draft regulations for the **Canada Disability Benefit** by **September 23, 2024**.

## Affordable Homes, Part II

By Krystian



Last month, we brought you part I of an interview with the Minister of Housing about the topic of affordable homes. That part talked about affordable and accessible housing for people with diverse abilities. This month, we are sharing the Minister's responses about increasing the availability of housing in B.C.

### **Response from Ravi Kahlon, Minister of Housing:**

#### **How can B.C. get more housing?**

Our government is tackling the housing crisis on many fronts because we believe that everyone in B.C. should have access to an affordable place to live. We knew we had a lot of work to do on housing when the current government took office in 2017, and it hasn't been easy.

We started with work to slow down the rising cost of housing by making it harder for speculators to make big, fast money off BC homes without providing any benefits or housing to the community. We also put laws in place that encourage people who own homes to rent them out. We're now focusing on making it easier to build the kinds of homes that people need, faster.

#### **Here are some examples of our priorities now:**

Speeding up construction by making it easier to get permits and rezone land for housing.

Ensuring BC has the tradespeople needed to build homes via the BC Provincial Nominee Program.

Making it easier for people to build extra suites in their homes or develop housing with multiple units instead of housing designed for a single family.

Bringing in new rules to make sure housing is used for long-term rental where possible, instead of being reserved for short-term rentals like vacation spaces.

Increasing housing options near transit.

We are making the largest investment in housing supply in B.C.'s history – \$19 billion – and working with partners to deliver thousands of affordable homes. Nearly 78,000 homes have been delivered or are underway throughout the province.

However, we know there is more work to do. We're ready in British Columbia to work with all levels of government – federal, municipal, and First Nations – to ensure that we're building the housing people need across the province.

#### **How can B.C. improve housing?**

The Province is committed to [delivering better buildings and more homes that are sustainable and accessible for people](#). That is why as of March 8, 2024, the Province adopted a new British Columbia Building Code to ensure that buildings across the province are more accessible, adaptable, safe and healthy.

#### **Here are some examples of changes:**

Including more power-operated doors, accessible entrances, elevators, signage, and universal washrooms as well as a greater adaptability requirement in units.

Permitting mass timber buildings, provincewide, to help accelerate construction process; and

Introducing new ways to cool buildings, to reduce risks of people overheating.

Addressing energy-efficiency and building resiliency for existing affordable housing will make life more affordable for people, create jobs, build the economy and protect the environment.

Our government is also determined to make sure everyone in B.C. has access to a place to live that they can afford. That is why as part of our historic \$19 billion investment, we have contributed \$3.3-billion to the Community Housing Fund (CHF), to build more than 20,000 affordable rental homes for people with moderate and low incomes by 2031-32; and \$3.4 billion to the Supportive Housing Fund over 10 years to deliver an additional 5,700 homes with 24/7 support services for people who are experiencing homelessness or who are at risk of homelessness.

We know that investing in safer and more accessible housing will deliver long-term benefits to all British Columbians. We welcome these changes, and are continuing to explore ways to make more accessible and adaptable homes across B.C.

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

BC Housing and the Province are committed to increasing access to housing for all British Columbians and are working together to deliver thousands of new homes across the province.

Krystian, in one of your videos you said that in many ways, we all need the same things. Everyone needs a place to eat, sleep and be loved and accepted. We agree, and for many people, these things happen in the context of their homes, so we're committed to doing our part to make sure people with disabilities have access to safe, affordable and accessible places to live.



## **Kindness and Compassion with Shaylynn Nelson**

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 Shaylynn Nelson. I am 24 years old, a mom of a two year old daughter, and am expecting our second baby girl in September. I live in Alberta with my spouse, daughter, and our pets.

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

I clean house's part time as well as stay home with my daughter as much as I can.

### **What does kindness and compassion mean to you?**

Kindness to me means spreading joy. Whether it be smiling at strangers you see, complimenting them when you can, or giving a helping hand to anyone that may need it. Compassion to me is having sympathy for others and their unfortunate circumstances or experiences.

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

I believe it is important to show kindness and compassion to others because we have no idea what the other person is going through and they might really, really just need someone to show them a bit of true humanity. A little bit of kindness and compassion may change that person's whole day, week, or month.

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

I like to spread kindness and compassion by chatting with most people I come across day to day. The checkout girl at the grocery store - I will compliment her or ask how her day is going. The older gentleman at the post office shuffling to the door - I will hold the door open and ask if he needs any assistance reaching his mailbox. The stressed-out mom who's dealing with a toddler meltdown in the middle of the store - I will give a sympathetic smile and tell her she's doing a great job and that I've been there before; I get it.

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

I believe anyone can show compassion when they are out in their community just by being more aware of their surroundings and the people that fill their surroundings. It's usually relatively easy to tell if someone isn't happy or doing well. It doesn't take much to make a difference; just smiling at someone and saying you hope their day gets better, goes a long way.

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

I think it's important to treat someone with diverse abilities the same as you would treat others with kindness and compassion. As far as I know, they don't want to be treated differently. They just want the same respect and treatment as everyone else. I would offer a hand to them if I noticed they couldn't get across the street easily. I know just from my experience of pushing my daughter's stroller that a lot of sidewalks and store entrances are not very wheelchair accessible. I would also chat with them, ask them about their day, or how they are doing. We have no idea who might need a friend or a listening ear.

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

Since becoming a mom I have had to learn how to be kind to myself. A lot of that comes from self care and accepting that I don't have to do everything all at once to be a good mom or wife. I've started to treat myself how I would treat a friend; with love, acceptance, and understanding. When I have a hard day and don't get as much done as I feel I "should've", I've learned to take a step back and tell myself it's ok. Life is hard and it's so important to be kind to ourselves.

### **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?**

It's unfortunate that some people have negative views/attitudes towards people with diverse abilities. One way I can increase kindness and compassion for people with diverse abilities is to stand up for them when I witness someone being rude or short with them. Also, I can comfort the individual that's being attacked as they should never be treated that way! Just having one person stand up for them can make a huge difference and inspire others to be kinder and more compassionate in the future, too.



# Suicide Prevention

By Krystian

Pat Doyle (she/her) is the Community Education and Engagement Coordinator at CASP, which is the CANADIAN ASSOCIATION FOR SUICIDE PREVENTION. CASP envisions a Canada without suicide. The organization works to achieve its mission by advocating, communicating, and educating for suicide prevention, intervention, postvention and life promotion in Canada.



**CASP** CANADIAN ASSOCIATION  
FOR SUICIDE PREVENTION

**ACPS** ASSOCIATION CANADIENNE POUR  
LA PRÉVENTION DU SUICIDE

## How can people raise awareness about suicide?

Suicide is a major public health issue, and everyone has a role to play in preventing premature death by suicide. CASP's resource, SUICIDE IS EVERYONE'S BUSINESS - CANADIAN ASSOCIATION FOR SUICIDE PREVENTION, defines four key areas of prevention, along with who has potential to address suicide at each level, and examples of promising community-based activities for preventing suicide and promoting life and living.

## How can people support those who are thinking of suicide?

Being a calm, engaged and respectful listener is the best support anyone can offer. Talking about suicide with a trusted person can provide tremendous relief for someone with thoughts of suicide and can help build connection, reduce intense emotions, and create opportunities for further support and life assistance. CASP's resource, I'm Concerned About Someone - Canadian Association For Suicide Prevention can offer additional guidance, and various educational and training programs are designed to prepare helpers to identify and respond to people with thoughts of suicide, so they may seek further help.

Never agree to keep thoughts of suicide a secret. Treat this conversation, and the person involved, with respect, dignity and compassion. Become aware of community services and resources who can help support those in distress or crisis. This work cannot be done alone, and we encourage helpers to reach out for help. CASP maintains a list of crisis and support services here, Crisis Services - Suicide Bereavement Support- CASP- Canadian Association For Suicide Prevention

## Supporting a person with thoughts of suicide:

Take all threats or attempts seriously.

Be aware and learn warning signs of suicide.

Be direct and ask if the person is thinking of suicide. If the answer is yes, ask if the person has a plan and what the timeline is.

Be non-judgmental and empathic.

Do not minimize the feelings expressed by the person.

Do not be sworn to secrecy ...seek out the support of appropriate professionals.

Ask if there is anything you can do.

Draw on resources in the person's network.

Do not use clichés or try to debate with the person.

In an acute crisis take the person to an emergency room or walk in clinic or call a mobile crisis service if one is available.

Do not leave them alone until help is provided.

Remove any obvious means e.g. firearms, drugs or sharp objects) from the immediate vicinity.

## How can people reduce stigma and discrimination around people thinking of suicide?

Pay more attention to our mental health & well-being, and encourage it in others, too.

Support a loved one/friend/colleague living with a mental health issue or illness, who is going through a difficult time, is struggling with suicide-related thoughts and behaviours, and/or has lost a loved one to suicide.

Do not use 'commit suicide' or 'successful suicide' but rather use 'died by suicide' or 'suicided'. Vocabulary - How to Talk about Suicide - Canadian Association For Suicide Prevention

Reassure others that it's okay to talk about suicide.

Talking about suicide can help elected officials shape policy, can improve the mental health system, and ensures programs exist for all Canadians, such as skills groups for those who have attempted suicide and those in need of bereavement support.

Take suicide alertness or intervention training (LIVINGWORKS EDUCATION offers Start/SafeTALK/ASIST/Faith, Mental Health First Aid, or another similar program). Just like we learn physical first aid skills, we can also learn suicide first aid skills.

**Continued on the next page**

## Suicide Prevention, continued



**CASP** CANADIAN ASSOCIATION FOR SUICIDE PREVENTION  
**ACPS** ASSOCIATION CANADIENNE POUR LA PRÉVENTION DU SUICIDE

Encourage families/friends/co-workers/faith groups/coaches to lead others to take and host training in your community.

Raise funds for suicide prevention in Canada.  
[Host](#) or attend a World Suicide Prevention Day event.

### What else would you like to add?

Thank you for the opportunity to share. To learn more about the work of CASP or to [SIGN UP FOR THE CASP NEWSLETTER](#) please visit the organization's [WEBSITE](#).

## Share the Light

Taken from <https://suicideprevention.ca/events/world-suicide-prevention-day/>

Light a Flame of Hope on September 10, 2024, at 8:00pm.

World Suicide Prevention Day (WSPD) was first launched in 2003 on the 10th of September by the International Association for Suicide Prevention with the endorsement of the World Health Organization (WHO). The 10th of September each year has been designated as a way of focusing attention on the problems of suicide worldwide.

### CASP's 2024 WSPD Event

Changing the Narrative: How we can Reshape Public Discourse about Suicide to Save Lives with special guest, Dr. Mark Sinyor  
Tuesday, September 10, 2024  
10:30-11:30 am EDT (Toronto time zone), Live via Zoom (online)  
7:30 am PDT / 8:30 am MDT / 9:30 am CDT / 10:30 am EDT / 11:30 am ADT / 12:30 pm NDT  
This is a free, online event.

**CHANGE THE NARRATIVE**  
WORLD SUICIDE PREVENTION DAY

HELP IS AVAILABLE: CALL OR TEXT 988 (SUICIDE HELPLINE)

Join us in a walk to bring the community together around the topic of suicide, contribute to changing the narrative, reduce the stigma and provide hope and healing to those impacted by suicide. T-shirts (first 250 attendees), resources, activities, and snacks will be provided.

World Suicide Prevention Day Walk 2024

Date: Saturday, September 7, 2024

Time: 10:00am - 12:00pm

Location: McArthur Island Park

For More Information Follow Us:

#StartTheConversation

@pre\_vention2024

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# My Amazing Time at Mountain View Summer Camp

By Ben

I have been going to Mountain View Summer Camp since I was 9 years old. This camp is very special to me, and I look forward to it every year. The first time I heard about Mountain View Summer Camp was when a member of the camp staff came to visit my family and me. They told us all about the fun activities, the friends you can make, and the beautiful nature all around the camp. After hearing this, I knew I wanted to go, and I'm so glad I did!

This year at camp, we did many fun activities like boating, archery, crafts, walking, music, and basketball. Each activity was so much fun, and I loved spending time outdoors with my friends. We didn't use the horses this year because they weren't fully trained yet. But guess what? We found out that next year, in 2025, we will be able to use the new horses! I am really looking forward to that.

One of my favorite parts of camp is when we gather together twice a day with a pastor who reads a part of the Bible. We also have a Bible study group where we can ask questions and get answers about the Bible. It's a great time to learn more and share our thoughts with each other. In the mornings and evenings, we have music sessions where we sing and praise the Lord. These moments make me feel happy and connected to everyone around me.

At camp, we also enjoy listening to some stand-up comedy and playing fun games. One night, we even got to watch the staff perform a play they had been working on. It was so funny, and we all laughed a lot!

This year, something extra special happened. The new director of Mountain View Summer Camp asked me if I wanted to be a staff-in-training for leadership. He told me to contact him in September, and he would help me get started. I feel so excited and honored that they want me to be a part of the team!

Mountain View Summer Camp is for everyone, not just those who are visually impaired. They have a youth camp, a teen camp, and even a week for camp meetings. I'm so grateful for Wilf, the person who told me about the camp, because it has been a wonderful experience every year. Meeting Wilf in my home community of 100 Mile House made me realize how special Mountain View Summer Camp is. I can't wait for next year!

There is a new director named Tony. If you want more information, please visit <https://mvsc.ca/>

## Crash My party a tribute to Luke Bryan

By Krystian

**What is your name?** Casey Wayne

**Who are you?** I'm the lead singer of Crash My Party

**What kind of Luke Bryan songs do you enjoy?** I enjoy all of Luke Bryan's songs, especially the high energy ones

**How did you become a Luke Bryan tribute artist and band?** I [have] been singing and playing country music in bands for quite some time and I always have enjoyed the crowd response anytime I sang a Luke Bryan song. I got the idea to do the tribute mid 2020 and followed through with it 3 years later, in April 2023.

**What do you enjoy about being on stage?** I love the spotlight, love partying with people, and love seeing the joy in people's faces

**What do you find interesting about Luke Bryan?** I find his story very heartfelt and I can relate to where he's coming from. Also, I find it interesting that we are the same height, weight, and age.

**Have you ever seen Luke Bryan in concert?** yes, a good handful of times

**What do you find exciting about being Luke Bryan tribute artists?** I'm excited by the energy of the crowd.

**Where are you based?** Long Island, NY

**What else would you like to add? How can people find you online?** We are Crash My Party - The Ultimate Luke Bryan Tribute Band. We enjoy playing the songs of Luke Bryan and performing them in the way Luke would do it. We sometimes add our own twist on songs but try to remain true to the music. Check us out at [HOME | Crash My Party](#) .... email [info@lukebryantributeband.com](mailto:info@lukebryantributeband.com)





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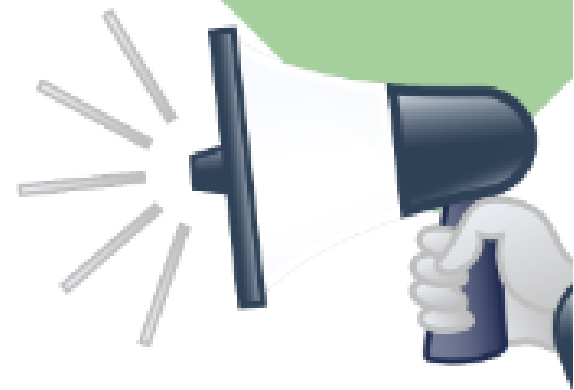
# SUSA SOCIETY BI-ELECTION

ELECT A NEW DIRECTOR AT LARGE

## WHY JOIN THE SUSA SOCIETY?

**Make a Difference:** By joining SUSA, you can help create positive change in the community, support self-advocacy, and promote inclusion for people with diverse abilities.

**Build Connections:** SUSA offers the chance to connect with others, learn new skills, and be part of a supportive group that values everyone's unique abilities.



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## DETAILS

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### WHAT DOES A BOARD DIRECTOR AT LARGE DO?

The Director at Large doesn't have a specific job but is an important part of the board. They attend board meetings and take part in conversations and decisions that help guide the SUSA Society.

**When:** September 23, from 1:00 PM to 2:30 PM

**Where:** 113-540 Seymour St

**ANYONE CAN ATTEND AND VOTE. YOUR VOTE IS IMPORTANT!**

For more information, please email [speakupkamloops@gmail.com](mailto:speakupkamloops@gmail.com) or call 250-572-6009