



# 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](mailto:thekamloopselfadvocate@yahoo.com)

113-540 Seymour St., Kamloops, BC V2C 2G9 Office phone: 250-828-1344.

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**OCTOBER 2024**

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## Celebrating Community Inclusion Month and Halloween!

October is here, and that means it's time to celebrate Community Inclusion Month. Each year in October, Community Inclusion Month is celebrated across British Columbia as a time to honor inclusion, diversity, and the rights and contributions of people with diverse abilities. It is also an opportunity to showcase how communities that embrace and support diverse populations become stronger, more vibrant, and enriched.

Inclusion isn't about everything being the same for everyone, but it is about making sure that there are equal opportunities for all. This month, we are sharing articles and events that are all about making sure everyone feels welcome and included no matter who they are.

One area where we might not think about inclusion as much is during celebrations. Halloween is just around the corner. What can be a fun experience for many can also be challenging for some people. If you have sensory issues, allergies, or other challenges, it may be difficult to take part in events like Halloween. In this issue, you'll find some great options to help you celebrate.

We have lots of heartwarming stories in this issue, too. You'll read about people with diverse abilities who have achieved amazing things. These success stories show us that everyone can reach their goals with hard work and support.

October is all about celebrating community inclusion and fun. Let's enjoy Community Inclusion Month together! Let's learn, have fun, and make sure everyone feels like they belong. Remember, it's important to remember our past and learn from it so that we don't repeat history.

Have a happy and safe October, filled with lots of smiles and joy!



“Part of the problem is that we tend to think that equality is about treating everyone the same, when it's not. It's about fairness. It's about equity of access.” – Judith Heumann



**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: Celebrating Community Inclusion and Halloween**

This month, we're celebrating something very special—Community Inclusion. Did you know that BC, Canada, was one of the first places to start this special month? Community inclusion is about making sure everyone feels welcome and included no matter who they are. It's all about kindness and respect.

In October, there's a big event happening—the BC government election, this is when people get to vote for leaders who will help make our community better. Voting is important because it helps us choose people who care about everyone in our community. The B.C. provincial general election is scheduled for October 19, 2024.

But that's not all. October is also the time for Halloween—a fun time for dressing up, trick-or-treating, and spooky stories. We interviewed a singer-songwriter who wrote a Halloween song called “Halloween House.” She loves Halloween and shares how she celebrates it. Her song is full of Halloween spirit.

This Halloween, we're also thinking about kids with food allergies. Have you heard of the Teal Pumpkin Project? It's a cool way to make Halloween safe for everyone. When you see a teal pumpkin, it means that house has non-food treats for kids who might be allergic to candy. This way, no one feels left out. Even if there aren't teal pumpkins in your neighborhood, there are lots of ways to make Halloween fun and safe for all kids.

We should always be kind to kids with food allergies. Having a food allergy is a serious health issue, and it's not okay to judge or bully anyone because of it. Halloween should be a time when everyone can enjoy themselves without worrying about getting sick.

We also have an inspiring success story to share. It's about a person with Down syndrome who owns a jewelry business. This story shows how everyone can achieve great things when they have support and believe in themselves.

So, as we celebrate Community Inclusion Month and Halloween, let's remember to include everyone, show kindness, and make our community a place where everyone can shine.

We have an article about Mickey's Not So Scary Halloween Party and lots of Halloween articles including community inclusion articles and it's important to celebrate Community Inclusion Month in October but it should happen every day Community Inclusion and use this special month to remind us how important it is to have Community Inclusion and to celebrate social justice, social change, and we should treat everyone with kindness, compassion and love.

Happy Halloween and Community Inclusion Month!



## Community Connections

By Ben

Making community connections is easier and more enjoyable when you can do it with a friend who shares similar interests. I want to tell you about my best friend, Krystian. We have so much fun spending time together in our community.

Krystian and I love going to plays and movie theaters. One of our favorite things to do is watch movies together. We've seen lots of great films, like Harry Potter, and we always have a blast talking about them afterward.

We also enjoy eating out together. Whether it's grabbing a quick bite or sitting down for a nice meal, it's always a good time when Krystian is there. At Christmas, we make sure to celebrate together. We exchange gifts, have a Christmas dinner, and share lots of holiday cheer.

In the past, we've done some fun activities together. We went to karaoke, where we sang our favourite. We also traveled to Abbotsford and then to Mission for a self-advocate leadership retreat. There, we learned how to be better self-advocates and how to support others with diverse abilities. It was a great experience, and we both learned a lot.

I'm also proud to say that I write stories for The Kamloops Self Advocate Newsletter. I'm part of the newsletter's advisory group, where I get to share ideas with the team, including Krystian, who is the publisher and owner of the newsletter. It's exciting to be involved and to contribute to something so important.

Krystian and I have shared many special moments together. We've gone to Music in the Park during the summer, enjoyed ice cream, and even attended the Santa Claus Parade. We have so much in common, and our friendship means the world to me.

This October is Community Inclusion Month in BC, and I wanted to write this story to celebrate the connections I've made with Krystian. Being part of the community and having a friend like Krystian makes life so much brighter. I hope everyone has fun celebrating all things related to community inclusion this month!



## Autism and Me

By Riley

I have autism and I love autism because I feel more connected to the universe and the world around me and the people around me. I believe it is a gift and I was put on this earth to spread what autism is about and how parents should connect with their children. I am going to write a book about autism someday.



## Virtual Halloween Party

"Spooktacular Virtual Hallowe'en Party" hosted by Ability Online and Kamloops Self Advocate Newsletter. You are invited to join us on Wednesday October 30th at 4 p.m. BC time (7 p.m. EST). Come in costume, meet some new people and have fun! Send a message to Michelle McClure (Executive Director of Ability Online) to receive the link on the morning of the event, [michelle@abilityonline.org](mailto:michelle@abilityonline.org)

Want to keep the fun going year-round? Join our supportive online community. You can sign up for a free membership at [MyAbility.ca](http://MyAbility.ca)



# Having a Fun Halloween: Ideas for Parents and Kids with Food Allergies

By Krystian

Halloween is an exciting time for kids, but for children with food allergies, it can also be a little tricky. The Teal Pumpkin Project is a wonderful idea that helps raise awareness about food allergies and offers safe options for kids during

Halloween. It's a great way to educate others about food allergies.

However, not every house participates in the Teal Pumpkin Project. If you and your child don't see many teal pumpkins in your neighborhood, here are some fun alternatives to ensure a safe and spooky Halloween!

## 1. Host a Halloween Party

One of the best ways to have a safe and fun Halloween is to plan your own Halloween party. You can invite other children with food allergies or intolerances. At the party, everyone can enjoy treats that are safe for them to eat.

You can

decorate your home with spooky decorations, play Halloween games, and even have a costume contest. By hosting your own party, you can control what foods are served, ensuring that all the children have a fun and safe time.

## 2. Organize a Halloween-Themed Dance

If your child loves to dance, why not plan a Halloween-themed dance party?

This can be a great way for children with food allergies to enjoy the holiday

without worrying about unsafe treats. You can create a fun playlist with Halloween songs and invite other kids who have food allergies. The dance party could include games, contests, and even a spooky dance-off! Everyone can dress up in their favorite costumes, and the focus will be on dancing and having fun rather than on food.

## 3. Visit a Haunted House

If your child enjoys a bit of a scare, visiting a haunted house can be a thrilling Halloween activity. Many haunted houses don't involve food, making them a safe option for children with food allergies. You can check in advance to ensure that there aren't any food items given out. Haunted houses are all about the experience, and your child can enjoy the spooky atmosphere without worrying about allergens.

## 4. Take a Trip to Mickey's Not-So-Scary Halloween Party

For a special treat, consider taking a trip to a Disney theme park for Mickey's Not-So-Scary Halloween Party. Disney is known for being accommodating to children with food allergies, and this event is no exception. There are lots of fun activities, including trick-or-treating with allergy-friendly options, parades, and character meet-and-greets. This can be a magical Halloween experience for your child where they don't have to worry about their allergies.

## 5. Create a Halloween Playlist

Whether you're planning a party or just want some Halloween fun at home, creating a Halloween playlist can be a great activity. Choose spooky and fun songs that your child loves and play them throughout the day. You can even have a mini dance party at home or use the playlist as background music while you carve pumpkins or do Halloween crafts. It's a simple way to add some Halloween spirit to the day.

## 6. Visit Halloween-Themed Attractions

Many local attractions have Halloween-themed events that don't involve food, making them safe for children with food allergies. Consider visiting a corn maze, a pumpkin patch, or a Halloween festival. These attractions are all about the experience and often include activities like hayrides, petting zoos, and crafts. It's a great way to enjoy the season without the worry of food allergies.

## 7. Explore the Teal Pumpkin Project

While not every house participates, the Teal Pumpkin Project is still a fantastic movement that promotes community inclusion. The project was started in the USA and has now become a worldwide movement. Homes with teal pumpkins offer non-food treats, which can include toys, stickers, or glow sticks. If you do see houses with teal pumpkins, be sure to visit them! You can also help spread awareness by putting a teal pumpkin outside your home and offering non-food treats. It's a great way to support the project and help other children with food allergies.

Halloween can still be a fun and exciting time for children with food allergies. By planning ahead and choosing activities that don't focus on food, you can ensure that your child has a safe and enjoyable holiday. Whether it's hosting a party, visiting a haunted house, or taking a trip to Disney, there are plenty of ways to celebrate Halloween without worrying about food allergies. And remember, the Teal Pumpkin Project is a powerful educational tool that can help raise awareness and create a more inclusive community for everyone.



Keep your **Food Allergy Kid** Safe This **Halloween**



## 15 Halloween Safety Tips for Kids with Disabilities

Taken from <https://brailleworks.com/15-halloween-safety-tips-for-kids-who-are-blind/>

For most of us, Halloween is a holiday filled with fantasy, fun and candy. For children and adults with a disability there can be some unique challenges.

Avoid a too-scary night and treat yourself to the following list of enchanting Halloween safety tips. Based loosely off a list prepared by [Prevent Blindness America](#) in 2005, the tips are valuable for any children with a disability but are geared more towards kids who are visually impaired or blind.

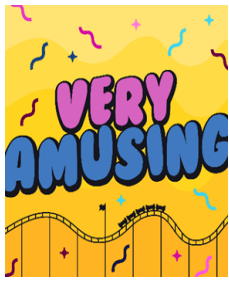


1. Stay away from costumes that include elaborate masks, eye patches, long-haired wigs or over-sized hats. They can become unwieldy and may frustrate children. Be prepared to wear them yourself if your child decides to discard it!
2. In lieu of a freakishly scary mask, which can feel claustrophobic and limit vision, try creating a mask with makeup or face paint. Kits can be purchased from specialty stores or just about any drugstore or supermarket. Moms, you can also use your own makeup! Just make sure it's hypo-allergenic before applying it on your child's skin.
3. Be careful with fake eyelashes. These can be dreadfully irritating to a child's eyes if not applied correctly.
4. Grisly boots, princess slippers and any other shoes should fit snugly so they don't fall off in the fog on Halloween night.
5. Ensure all your child's costume elements are fire resistant. You can do this by checking tags or the costume packaging. (Don't take a match or lighter to it like a mindless mummy would.)
6. If your child is uncomfortable in a traditional costume, let them pick out something they enjoy instead. Maybe they prefer a Halloween themed T-shirt or forgoing a costume altogether. Some children with cognitive differences are uncomfortable with trick-or-treating. That's okay! Let them hand out candy at home, with parental supervision of course.
7. After a night of fun, go through the candy haul and remove anything that looks like it may have been opened or tampered with. For those with food allergies, look for these teal pumpkins! [The Teal Pumpkin Project](#) is a movement to provide non-food treats, so children with food allergies or other conditions can still fill their bucket.
8. Don't be afraid while walking around your neighborhood in the mysterious moonlight of All Hallows' Eve. Sport a bright and/or reflective costume so street traffic can easily see you. Remind your ghoulish gang to walk on the sidewalk and look both ways before crossing a street!

Toy swords, scythes and lightsabers are popular accessories for a lot of children's Halloween costumes, but they can also cause harm to people's eyes in the event of an accident.

9. Children with visual disabilities who are not fully blind should use a flashlight to brighten walkways, sidewalks and staircases. Parents: you can also utilize the flashlight function on your smartphone if you prefer not to lug around a flashlight all night.
10. Children with disabilities may need a little practice trick or treating before the big day! If your child has a visual disability, mapping the route you'll take can help them feel more comfortable and confident. Children with cognitive disabilities may be comforted by practicing the trick-or-treat ritual beforehand. Let your kid practice knocking on your front door, or try it out on a neighbor's house!
11. Avoid pointed or sharp costume elements like swords, spears or lightsabers. While they are fake and usually made of plastic or Styrofoam, they can still cause harm to someone if a bizarre accident occurs.
12. Younger ghouls and goblins should always trick-or-treat with one or more adults alongside. It's better to be safe than sorry when you're out during the one night a year when warlocks, monsters, werewolves and vampires rule the streets!
13. Tweens and teens are encouraged to troll neighborhoods in groups. Being in a group is safer and makes it less frightening if you're approached by shadowy specters or worse yet, a spooky stranger who is walking the streets without a costume.
14. If you find yourself in a creepy or unfamiliar neighborhood, only stop at houses with bright porch lights or visible Halloween decorations. Kids with blindness should rely on sighted parents or friends to guide them to the right houses.
15. Bring a cauldron of common sense with you. Stay away from strange streets that are under construction, agonizing alleyways and horrifyingly heavy-traffic areas.

A fun alternative to trick-or-treating is a trunk-or-treat, fall festival or local Halloween party! Many community centers, school and churches offer alternatives to traditional trick-or-treating. Your kids can still dress up, haul in the candy loot, but in an environment that is more controlled and often safer than navigating the streets. Most of all, be aware, take care and have fun! Pull a prank or two... if you must. Happy Halloween from all of us at [Braille Works](#)



## Very Amusing Theme Park Podcast

By Krystian

*Carlye Wisel is a journalist and podcaster who reports on theme parks, like Disney World and Universal Orlando Resort. She shares some of what she does in this article.*

**Can you tell me about your podcast called Very Amusing?** Of course! Very Amusing is all about the stories, secrets and shenanigans of my life as a theme park reporter. We do interviews with people like celebrity guests and Disney Imagineers, but also discuss theme park news, park guides and travel advice.

**What do you enjoy about being a theme park journalist?** I love bringing the stories behind these destinations to my audience to deepen their understanding and knowledge of these experiences, but what I value most is being able to positively impact their vacations. When it comes to travel — and especially visiting theme parks — you have a huge advantage by knowing how to navigate these places successfully, and I always do my best to help with that!

**Why do people think about listening to your podcast?** It's fun, optimistic and a great time! I am a pretty naturally energetic person, and I love bringing that spirit to each and every episode!

**What kind of Disney theme park rides do you enjoy?** I love Space Mountain, Guardians of the Galaxy Cosmic Rewind and Living with the Land.

**What do you enjoy about Disney?** I love how being there is like nowhere else on earth — the people, the rides, the history, it's just FUN!

**What do you enjoy about theme parks?** I love how much vacation you can pack into a single day at a theme park. Their unique design allows you to do and see so much, and it's unlike traveling anywhere else!

**What do you enjoy about Hollywood Movie Studio Tours?** It's so fun to see behind the scenes of how television and movies are created! The work that goes into it is truly inspiring.

**What kind of theme parks do you enjoy?** All of them ha-ha! But particularly those with a nature or natural element — I think horticulture and plant life and waterfalls bring so much to setting a special space apart from others.

**How can people find you online?** You can find my podcast, [Very Amusing](#), on all providers, and follow me on Instagram [@CarlyeWisel!](#) <https://www.carlyewisel.com/>

## Parents with Diverse Abilities Need Support

By Krystian

Let's meet Michelle Goos who works for Community Living BC and works with CLBC as a person with lived experience and has a project she is starting about parents with disabilities and lives in BC Canada.

She is helping other self advocates with diverse abilities to know about parenting with disabilities and that they need support in different ways and that people with developmental disabilities can be parents too if given the right supports to be able to be a parent and she talks about Community Inclusion Month in this interview too.

Society needs to be more inclusive to parents with diverse abilities and know that they should help parents with disabilities in different ways that is helpful and more beneficial for parents with diverse abilities!

**What is your project parenting with disabilities about?** Awareness about parents with disabilities to bring it out of the woodwork to get people to know that we need support in different ways

**How did this project come about?** With me being a mom and when I had my daughter not have the right support within community and know that there only program for disabilities parents that is in Victoria BC.

**How can we reduce stigma and discrimination and create a more inclusive society for those who are parents with diverse abilities?** To talk to the parent to find ways to help before calling child protection.

**What is the most rewarding part of your project?** To hear the story from the parents the good and bad and what is miss or need to help them

**How can we promote less judgment around parents with diverse abilities?** To be able to support when ask and to listen to their story. and give them praise for being a good parent (good mom or good dad).

**What is Community Inclusion Month?** Where community can come out to events and learn about how disabilities can work and play and do anything with rights support and even be a parent too

**What does Community Inclusion Month mean to you?** Community inclusion is not just a month it should be year around





## Mr. Worldwide a Tribute to Pitbull

By Krystian

### What is your name?

Hello, my name is Cord Stone.

### Who are you?

I am the human equivalent of a caffeinated glitter bomb. Think of me as a walking, talking, sugar rush with a sprinkle of chaos. I'm the life of the party, until I'm not. And when I'm not, I'm probably sleeping. Also, I am the owner of stargazer Productions. I put together the coolest bands for events like weddings, city events, private parties, fundraisers and more.

### What do you enjoy about Pitbull?

Pitbull's got this insane energy that's totally contagious. His music is like a shot of adrenaline straight to the heart. He's mastered that art of blending different sounds into something that just works. Plus, the guy's got serious swagger. He owns the stage.

### What do you enjoy about his song called Fireball?

Fireball is like a shot of tequila on a beach vacation. It's pure, unadulterated fun. The beat is addictive, the lyrics are catchy, and it just makes you wanna get up and dance. It's the perfect anthem for a night out, or even just a good mood boost.

It's like Pitbull bottled up the perfect party vibe and turned it into a track. It's the ultimate feel-good song.

### What do you enjoy about his song called Timber?

Timber is like that perfect storm of a party starter. It's got that infectious beat that just drags you to the dance floor. It's one of those songs that never gets old, no matter how many times you hear it.

### What do you enjoy about his song called Give Me Everything?

Give Me Everything is a classic Pitbull banger. It's got that FIRE energy that makes you want to hit the dance floor, which is the reason people enjoy our Pitbull tribute band, Mr Worldwide. The song is all about living in the moment, enjoying the night, and letting loose. It's got a catchy chorus, a thumping beat, and a mix of vocals that just work. Definitely a crowd-pleaser!

### When did you become a tribute artist as Pitbull?

Mr Worldwide Pitbull tribute has been a band for almost 4 years. It's been such a blast traveling around the country and helping people get into the dance zone.

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

The thrill of being on stage with the rest of the band and dancers is an exhilarating rush! The energy of the crowd, and the ability to captivate an audience is so rewarding. The connection the band has to each other and the crowds we perform for is electric. The people that come and see the band know to expect positive vibes and a slam packed dance floor.

### When did you start acting like Pitbull?

Stargazer Productions put the band together 4 years ago. Mr Worldwide also performs as a wedding and private party band called The After Party. It was a natural transition since the band was performing lots of Pitbull songs.

### Have you ever seen Pitbull in concert?

Yes, Pitbull is super fun when performing live. The dancers are amazing to watch, and it's hit after hit after hit. He keeps em' coming non-stop. It's like a huge party!

### What is the most rewarding part of being a Pitbull tribute artist?

The most rewarding part of being a member of Mr Worldwide – The Ultimate Pitbull Tribute is bringing Pitbulls high-energy, charismatic performances to fans who might not get to see the real artist live. Channeling Pitbull's signature style—his dynamic stage presence, upbeat music, and engaging personality is incredibly fulfilling. It allows the band to create a memorable experience for audiences, relive the excitement of Pitbull's hits, and share in the joy and enthusiasm of his music. Plus, fans of Pitbull get to enjoy a close approximation of the real thing, which can be a lot of fun!

### What else would you like to add?

Mr Worldwide – The Ultimate Pitbull Tribute is a full band, including female dancers. It is not a one man show and not an impersonator that performs solo.

**How can people find you online?** For people looking to book the Pitbull tribute band, head over to

<https://www.stargazerlive.com/mr-worldwide-pitbull-tribute>

<https://www.facebook.com/mrworldwidepitbulltribute>



# Celebrating Love and Inclusion at the Kamloops Pride Parade

By Krystian

On August 25th, there was the Kamloops Pride Parade, which was all about celebrating the community. The parade was filled with joy, laughter, and lots of love. People of all ages came together to show their support for the LGBTQ community. The message of the day was clear: "Love is Love," and everyone deserves to be treated with kindness, respect, and compassion.

At the parade, there were many colorful floats decorated in all the colors of the rainbow. The rainbow is a special symbol of inclusion and shows that everyone is welcome, no matter who they are. People were cheering, waving flags, and smiling at each other. It was a beautiful sight to see so many people coming together to celebrate love and inclusion.

It doesn't matter if someone is from the disability community, the LGBTQ community, or any other community. We all deserve to be treated with love and respect, and it is important to live in a community that celebrates diversity and inclusion.

October is Community Inclusion Month, and it's important to remember what this means. Community Inclusion Month is a time to treat everyone with kindness, compassion, and love. It's a reminder to reduce judgment, stigma, and discrimination around the LGBTQ community and any other community. True community inclusion means making sure everyone feels like they belong, no matter who they are.

The Kamloops Pride Parade is a great example of how we can celebrate our community and all the people in it. It shows that we can come together and support one another, no matter our differences. It's important to continue working towards a world where there is less segregation and more understanding.

Celebrating events like the Kamloops Pride Parade helps us learn more about each other and create a better world for all. When we treat each other with kindness, respect, and love, we make our community stronger and more welcoming.



## Kamloops Seniors Village Trick and Treat Event

For more information go here <https://www.facebook.com/events/815769287415725>

"Come One, Come All to Trick-Or-Treating" at Kamloops Seniors Village this Halloween!

Pop by between 2:45-5 PM and trick-or-treat in our Assisted Living Dining Room from 2:45-4PM, and then in Main Lobby and Bistro from 4-5 PM area where residents and staff will be handing out candy!

We are opening our doors for kids 12 and under once again to stop by and say hi to our seniors and show off their costumes!! Location: 1220 Hugh Allan Drive, Kamloops BC (Aberdeen)



## People in Motion in Kamloops BC

By Krystian

*In this interview, Krystian is connecting with People in Motion about community inclusion and recreation for all diverse abilities. It's important to learn about different programs in the community that support people with diverse needs and offer inclusive, community-based programs. That's what People in Motion is all about. Let's Meet Sena the Education and Program Coordinator at People in Motion.*

### **What is your background before working at People in Motion?**

I am a registered social worker. My fourth-year practicum was at People in Motion, and I never left! However, my background is in adventure-based camps and mountain bike coaching. I love to play outside!

### **What is your experience working in community inclusion at People in Motion?**

There is something in this community for everyone. By offering a wide variety of social and educational opportunities, we are providing a safe and engaging space for everyone, of all abilities within our community.

### **What does community inclusion and recreation mean to People in Motion and what sorts of programs are offered?**

We pride ourselves in providing meaningful opportunities for all abilities. Our staff go out of there way to ensure our members get to try new things and push themselves, while also being set up for success.

We have social programs for adults and youth, as well as lots of educational programs. Likelihood is that we offer something you may be interested in. Check out our website [peopleinmotion.org](http://peopleinmotion.org) to see a list of these events and programs!

### **Can you tell me more about Adult Social Club as well as the other social clubs People In Motion offers?**

Our Adult Social Club events and our Youth Social Club events are intended to create opportunities for people to connect and spend time together doing things you enjoy! Regular social club events include monthly Games and Grub night, Ladies night and Abstract Painting nights, as well as other events within the community. The point of these events is barrier free fun with friends. Once you are a People in Motion member, these activities are included with your membership at no extra cost.

### **Can you tell me more about iMove?**

iMove is a fabulous opportunity, funded by CLBC, to be supported with finding meaningful ways to move your body. The focus of this program is to work with a certified fitness instructor, as well as members of our People In Motion team to try new things, and move your body in meaningful, safe and healthy ways! We always have lots of fun.

### **What do your members like about cooking classes and social groups?**

I think that the socializing is a large part of what makes members enjoy attending our programs. But especially during classes, there is a shared goal with our members to create or complete something, and the comradery and support that comes with reaching those goals is awesome.

### **What do you enjoy about the programs People in Motion offers?**

The friendliness of our members and our staff. This space always feels so welcoming, and I feel privileged to be a part of this community. I also appreciate the diversity of our programs and social events.

### **Do some support workers attend your programs?**

Absolutely, we encourage them to attend with their client without any extra cost.

### **What else would you like to add and how can people find you?**

All new members will undergo an intake meeting for me to get to know them. This is because we want our members to enjoy attending programs, and if I can get to know them, I can send them in the right direction to be successful. We want our members to feel comfortable and confident while attending our programs.

In order to become a member, you can call us at 250-376-7878 ext. 2 or send me an email at [programs@peopleinmotion.org](mailto:programs@peopleinmotion.org).





## Does Halloween Candy Sink or Float?

Taken from <https://www.kellysclassroomonline.com/2020/09/halloween-candy-sink-float.html>



It's only September and the stores are already gearing up for Halloween. Shelf after shelf after shelf is loaded up with bags of Halloween candy waiting for you to buy it and take

it home. Of course, we can eat the Halloween candy or pass it out to trick-or-treaters, but we can also use it to teach little ones about one of the basic fundamentals of science... does it sink or float? It's never too early to introduce science to children in a fun manner.

Even though this experiment is intended for our young learners, children of all ages may enjoy giving it a try. Science is always fun... especially when Halloween candy is involved! If you try this experiment with older children, you can introduce them to more sophisticated science concepts.

### Materials Needed

There are only a few items needed for this experiment.

10 pieces of wrapped candy

bowl of water

pen or pencil

sink or float record sheet (optional)

### Procedure

The procedure for this science experiment is not complicated at all. Students simply drop the Halloween candy into the bowl one at a time, observe whether or not it sinks, and record the results. Not so bad, right?

It'd be negligent of me if I didn't say something at this point. Even though this is a fun and easy science experiment for kids, conducting this science experiment without any kind of focus lesson or review will keep the children entertained for a few minutes, but won't teach them much of anything. Use this science experiment as a means to introduce and reinforce the objectives you need to teach.

(Unless... you are using this as a party game at a Halloween party. If that's the case... have at it and worry about the science concepts later!)

### Record the Results

If you choose to use my premade sink or float worksheet, there are no hard and fast directions about how to fill it out.

### Extend Your Learning

While doing this experiment, you may discover that the majority of wrapped chocolate candies will float. This is because of the air in the wrappers. Try the experiment again but use unwrapped candy this time. How did unwrapping the candy change the results?



## Beetlejuice - Painted Porch Signs! About the event

Taken from <https://allevents.in/kamloops/beetlejuice-painted-porch-signs/200027040889726?ref=eventlist-cat>

CALLING ALL BEETLEJUICE FANS!!!

Back by popular demand and right on time for the new Beetlejuice movie! Join local artist Kelly who will guide you in creating your very own Beetle Juice painted porch sign! This event includes all the materials you'll need to craft a 10-inch x 4-foot wood plank sign, including paints, brushes, and step-by-step instructions.

Date: October 20

Time: 6-8pm

Venue: Kamloops Art Party Studio

Ticket Price: \$69+GST per person

This is the perfect opportunity to gather with friends and family for a fun evening of creating and getting into the spooky Halloween spirit. \*Ages 16+

Space is limited, so be sure to secure your spot by registering today.

## Stat Holiday

Thanksgiving in Canada

Mon, Oct 14, 2024



## New Aging Knowledge Hub launching in September 2024

Taken from <https://mailchi.mp/gov/clbc-update-for-individuals-families-september-6-2024-edition?e=c0a5f2d6b5>

Community Living BC are excited to announce the upcoming launch of CLBC's new, online Aging Knowledge Hub. The Hub will be hosted on the CLBC website and will compile available, online aging resources, information and tools into one convenient location.

The goal of the Hub is to provide easy-to-access information on a wide range of topics to improve quality of life and enhance well-being for individuals with developmental disabilities as they age. The Hub will include resources for Indigenous individuals and families, opportunities for connection to community, transportation resources, housing programs, health resources, information about equity groups, dementia resources, advocacy tools and more.

We will be announcing the official launch of the Aging Knowledge Hub on CLBC's website and social media channels in September. Until then, stay tuned!

### Healthy Aging in Community

As a result of the de-institutionalization of people into community living environments over 25 years ago, we now have, for the first time, a growing population of individuals with developmental disabilities who are aging in community. Understanding and providing what they need to age with safety and dignity in community is not something we as organizations or a broader community have done before. (Aging Strategy, CLBC, 2012).

### About Community Living BC

Community Living BC (CLBC) is a provincial crown agency, mandated under the Community Living Authority Act that funds supports and services for adults with developmental disabilities and their families in British Columbia. We use the term individuals who are aging to refer to people with developmental disabilities who are eligible for Community Living BC (CLBC) services and are aged 55 or over. On occasion, this may also include people under age 55 who experience early onset of aging related challenges.

<https://www.communitylivingbc.ca/>



### Halloween Events at the Big Little Science Centre.

#### Murder Mystery Masquerade

Mark your calendars for a thrilling "Adult BIG Night Out" at the Murder Mystery Masquerade on Thursday, October 24th, from 7 to 10 PM! This annual fundraiser is for adults ages 19+ and offers an evening of mystery and intrigue. Put on your best mask, or make one upon arrival, and prepare to solve a captivating murder case with chances

to win draw prizes. As a fundraiser for the centre, there will also be a Silent Auction filled with amazing items to bid on! Tickets are \$30 (added fees may apply) and include one free drink and complimentary appetizers, with additional drinks available for purchase. Don't miss this exciting evening of entertainment!

#### Science Spooktacular

Bring your little ghouls and goblins to the BIG Little Science Centre for a family-friendly Halloween Spooktacular Saturday on October 26th, from 10 AM to 2 PM! Kids in costume get FREE entrance, and there will be two spooktacular science shows that are sure to amaze and delight. Enjoy hands-on activities that combine fun with a little bit of spooky science. It's the perfect way to celebrate Halloween with the whole family!



## The Teal Pumpkin Project

Taken from

<https://www.foodallergy.org/our-initiatives/awareness-campaigns/living-teal/teal-pumpkin-project>

The Teal Pumpkin Project is a simple way to make trick-or-treating safer and more inclusive for the one in 13 children living with food allergies, and many others impacted by intolerances and other conditions. Placing a teal pumpkin on your doorstep signals that, in addition to candy, you offer non-food trinkets and treats that are safe for all trick or treaters. Help us make this Halloween one to remember!

### **Teal Pumpkin Project**

Raising food allergy awareness and offering the option of non-food trinkets and toys in a separate bowl makes Halloween safer and more inclusive for all trick-or-treaters.

### **What is Teal Pumpkin Project?**

Putting a teal pumpkin on your doorstep means you have non-food treats available, such as glow sticks or small toys. This simple act promotes inclusion for trick-or-treaters with food allergies or other conditions.

Provide non-food treats for trick-or-treaters

Place a teal pumpkin in front of your home to indicate to passersby that you have non-food treats available

Spread the word! Share the Teal Pumpkin Project with your friends and family

### **Why is this important?**

Halloween can be a tricky time for families managing food allergies. Many traditional Halloween treats aren't safe for children with life-threatening food allergies. The Teal Pumpkin Project promotes safety, inclusion and respect of individuals managing food allergies. This worldwide movement offers an alternative for kids with food allergies, as well as other children for whom candy is not an option. It keeps Halloween a fun, positive

experience for all!

### **How did the project start?**

The Teal Pumpkin Project was inspired by a local awareness activity run by the Food Allergy Community of East Tennessee (FACET). FARE thanks FACET for their ongoing partnership as we work to reach families across the country and around the world with the Teal Pumpkin Project's messages of awareness, inclusion and community.

### **Supports**

Taken from <https://mhsupports.ca/>



MENTAL HEALTH

Mental Health Supports is a website aimed to help people find a place of comfort, a place to guide them a bit on their own neurodiverse journeys. Whether you are new on your journey or have been at this for a while. We hope that this website can help provide a sense of hope, kindness, support, and acceptance, where we won't judge you for who you are. We can embrace our unique talents and life journeys while helping each other a little along the way!

This website is based in the Fraser Valley in BC Canada

# TEAL PUMPKIN PROJECT®

HELP CREATE A SAFER, HAPPIER HALLOWEEN FOR ALL!



1. Provide non-food treats for trick-or-treaters
2. Place a teal pumpkin in front of your home to indicate you have non-food treats available to passersby
3. Display a free printable sign or premium poster from FARE to explain the meaning of your teal pumpkin



TEALPUMPKINPROJECT.ORG  
#TEALPUMPKINPROJECT

Powered by  Allergy Insider

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# Mickey's Not So Scary Halloween Party

By Krystian

Krystian is connecting with Timeless Tales Travel about Mickey's Not So Scary Halloween Party and how Disney is friendly to all people with disabilities and food allergies.



## What is your name? Who are you?

I'm Jenn Sime, the owner and a Vacation Planner at Timeless Tales Travel - a travel agency specializing in Disney Destinations for Canadian Families.

## What should people know about your travel agency called Timeless Tales Travel?

Our agents are true Disney fans who became vacation planners so they could share their love of the parks with others by helping create their ideal trip! Our agents come from a variety of backgrounds that include several certified Autism Travel Professionals, training in accessible travel as well as some with personal experience traveling with deaf family members and a variety of food allergies.

## What should people know about Mickey's Not So Scary Halloween party?

Mickey's Not So Scary Halloween Party at Magic Kingdom runs from August through the end of October and is a great way for the family to celebrate the spooky season! This special ticketed event is a limited event with a special parade, fireworks, rare character appearances and even trick or treating for young and old alike!

## How does Disney accommodate kids with food allergies at Mickey's Not So Scary Halloween Party?

When guests arrive at the party, they inform a cast member about their allergy and receive a complimentary teal treat bag. At each treat station, instead of handfuls of candy, they receive a special token. They can trade these tokens in for allergy friendly treats at designated stations. (attached pic of allergy friendly treats from this year)

## What can people do at the Mickey's Not So Scary Halloween Party?

Besides filling your bag with Halloween treats, you can enjoy

Mickey's Boo-To-You Halloween Parade with characters dressed up in their Halloween themed costumes.

A few iconic Magic Kingdom Park attractions will have an extra-erie vibe during the party with special lighting and music.

Jack Skellington from Tim Burton's The Nightmare Before Christmas—delights with a not so scary-tale that proves anything can happen at Halloween!

During the frightfully fun fireworks display, Mickey, Minnie, Donald and Goofy are spirited away to a mysterious haunted house where they encounter dancing skeletons, waltzing ghosts and a sinister gathering of Disney villains!

The party is also one of the only times adults can dress up in costumes while visiting the Magic Kingdom!

## How is Disney accommodating to different kinds of disabilities at their theme parks such as food intolerances?

Walt Disney World Resort takes great pride in providing choice and variety for Guests with special dietary requests. You can request to speak with a chef or a special diets-trained Cast Member at most table-service and select quick-service restaurants. In most cases, no advance arrangements are needed. For more complex needs, Guests can contact [Special.Diets@DisneyWorld.com](mailto:Special.Diets@DisneyWorld.com) 2 weeks before their visit to make more detailed requests.

American Sign Language interpretation will be offered at select shows and attractions throughout the parks. Disney also offers assistive listening devices and handheld captioning.

For Guests with visual impairments, they offer audio descriptions, braille maps and guidebooks.

For Neurodivergent Guests, Disney offers many programs to assist with making navigating the parks more comfortable. For example, below is a list of options to assist guests in accessing attraction queues.

[Attraction Queue Re-Entry](#)

[Rider Switch](#)

[Single Rider](#)

[Disney Genie Service](#)

[Disability Access Service](#)

[Stroller as a Wheelchair Tag](#)

[Navigating Queues with Service Animals](#)

More information can be found here: [https://disneyworld.disney.go.com/en\\_CA/guest-services/neurodivergent/](https://disneyworld.disney.go.com/en_CA/guest-services/neurodivergent/)

**Continued on next page**



## Mickey's Not So Scary Halloween Party continued

### What do you enjoy about Disney theme parks?

I've been visiting the parks since I was five years old and always loved being immersed in the magic of it all. When visiting later with my son who is on the spectrum, I learned to appreciate the park in different ways. Details that stood out to him allowed me to view the parks in a whole new way and really proved how there is something for everyone to enjoy at Walt Disney World.

### What do you enjoy about owning this Travel Agency?

I've always loved helping others plan their perfect visit to the Walt Disney World parks. Pointing out special features for them to look for and giving them tips. I used a travel agent to book and plan my own trips and realized that it would be the perfect way for me to incorporate what I love into my career. Owning Timeless Tales Travel has allowed me to build a community of like-minded Disney fans who are all excited to share their enthusiasm of all things Disney while helping families plan their ideal trips.

### What is the best part of Mickey's Not So Scary Halloween Party?

I love the Mickey's Boo to You Parade. From the second Main St USA goes silent and you hear the eerie clip clop of the Headless Horseman making his run to the upbeat Boo to You theme that has favourite characters including Disney Villains and residents of the Haunted Mansion it just feels like the perfect way to celebrate the spooky season in a not so scary way.

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

Our team of travel agents is completely dedicated to making your Disney vacation a truly magical experience. We offer personalized service and expert guidance from the moment you contact us. Our services are completely free, and we're here to help with everything from selecting the best resort options to curating customized itineraries. At Timeless Tales Travel, we believe that your memories are priceless, and we're committed to ensuring that your trip is unforgettable.

Our Services are FREE. Your memories will be TIMELESS.

We can be found at [www.timelesstalestravel.com](http://www.timelesstalestravel.com) where you can learn more about the parks, our services and our vacation planners! Follow us on Facebook at [www.facebook.com/TimelessTalesTravel](https://www.facebook.com/TimelessTalesTravel) for daily travel tips and Disney fun!



## The Bad Guys Haunted Heist

Coming soon Releases October 3, 2024

On Netflix

Taken from <https://www.imdb.com/title/tt33130902/>

The Bad Guys' Halloween night of thievery and crime turns into a night of terror when they come across a dangerous enemy of the supernatural kind that gives them a taste of their own medicine.

## Disability is not a Dirty Word Campaign by Easter Seals in the USA

Taken from <https://www.disabilitypride.com/celebrate>

We often fear what we don't understand, and conversations around disability are avoided. The fear of not knowing what to say, how to act, or how to behave, divides us, not unites us.

We whisper it or avoid it altogether, as if disability is a dirty word. Disability is not a dirty word. It's a source of pride. It's part of being human, and for more than 25% of all US people, it's a part of who we are.

Learn To Say It with Pride and Confidence

Disability is not a dirty word. But there are many words, phrases and actions that may be offensive or insensitive to people with disabilities.

## Krystian's thoughts on the 'Disability Is Not a Dirty Word' Campaign

You can find videos on YouTube, listen to other people with diverse abilities who also happen to have disabilities, having disability pride and being proud of who we are. We need to come together to learn about our issues, celebrating people with diverse abilities who might have disabilities.

Our main purpose at the newsletter is to spread awareness on different disabilities. We use disabilities and diverse abilities interchangeably because disability is not a bad word. It helps to identify that a person needs extra support because there are barriers in the environment. To promote abilities of people with disabilities, we say diverse abilities rather than disability.





## Valley Markets home-based business event in Kamloops

Taken from <https://www.tourismkamloops.com/events/valley-markets-fall-winter-2024/>

join us for Our Valley Markets: Fall & Winter Markets at Sahali Mall! Starting October 5th, we're bringing together the best of local home-based businesses, artisans, and bakers for a series of unique markets. Discover handcrafted treasures, delicious home-baked goods, and one-of-a-kind items perfect for the holiday season!

Time: 10:00 AM - 3:00 PM

Location: Sahali Mall

### What to Expect:

A curated selection of handmade crafts, jewelry, art, and more.

Delicious home-baked goods, perfect for gifting or enjoying yourself.

Unique, locally made products you won't find anywhere else.

A festive, welcoming atmosphere that's fun for the whole family! Reserve Your Spot Early! Our Fall & Winter Markets are always a hit, with a wide range of quality vendors and plenty of foot traffic. Whether you're looking for the perfect gift or just want to enjoy a day out,



### Diverse Ability Quotes

"We must be treated as equals – and communication is the way we can bring this about." – Louis Braille

"Recognizing and respecting differences in others and treating everyone like you want them to treat you, will help make our world a better place for everyone. Care... be your best. You don't have to be handicapped to be different. Everyone is different!" – Kim Peek

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

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

### Blazers Report

By Andrew

Get ready for an action-packed season with the Kamloops Blazers! The 2024-2025 season is here, and the team is shaping up to be a strong playoff contender. I'll be keeping you updated each month until mid-March with all the latest news and highlights from the Blazers. Get ready for an incredible season of hockey!



### Toronto Blue Jays Report

By Andrew

The Toronto Blue Jays will sadly miss out on the post-season after a long and exhausting season, but hopefully will have a better year in 2025.



Kamloops Hearing Aid Centre

Canadian. Hearing. Excellence.

Jan & Blaine Alexandre RHIP

jan@kamloopshearingaidcentre.ca

blaine@kamloopshearingaidcentre.ca

414 Arrowstone Drive Kamloops, BC

250.372.3090

1.877.718.2211

# Uptown Funk, a Tribute to Bruno Mars

By Krystian

## What is your name?

My name is Daniel Coffeng, I am the founder, owner, tour manager and guitarist of Uptown Funk - Tribute to Bruno Mars, the first and original premier Bruno Mars tribute act in the United States.

## How did you become a band called Uptown Funk?

Myself and some musician friends of mine noticed a gap in the market. There were no Bruno Mars tribute acts and being huge fans of Bruno, both as a musician and as a person, we decided to start one. We called it Uptown Funk after his greatest super hit.

## What do you enjoy about being a Bruno Mars Tribute Band?

Many things. Paying tribute to the music and live shows of the great Bruno Mars, the touring and traveling, meeting diverse people from all over the world, wherever we go, who are all interesting and unique. We specifically like to bring people happiness through our performance, promoting inclusivity and imagination and inspiring young people. It's like throwing a great party!

## What do you enjoy about Bruno Mars?

I think he is the Michael Jackson of our generation. He speaks to everyone, no matter what age, race or cultural background, social status you are. He touches everybody's hearts through his music and who he is as a person.

Our lead vocalist says that the most rewarding part of being Bruno Mars is to see our audience and our fans have an amazing time and sing along to the songs while we perform them. Also when people all ages want to take pictures with him after the show giving him an enormous sense of validation and love from the people.

## What kind of Bruno Mars songs do you enjoy?

Literally every kind. The thing that attracted us to Bruno Mars so much is his diversity and his range. From up-beat rock, smooth R&B, funky dance songs, amazing ballads, sing-along country, he has it all.

## Why did you guys want to become a Bruno Mars Tribute Band?

We all came from the tribute scene and combined our love for our favorite artist with a demand for a Bruno Mars Tribute act.

## What do you enjoy about being on stage?

It's an amazing feeling to be able to express yourself creatively on stage with a musical instrument for a receptive, fun audience who are there to encourage you.

## What else would you like to add?

I want to thank you first and foremost for the opportunity to be featured in the The Kamloops Self Advocate Newsletter. We love what you stand for, your mission statement and values. Thank you!

I'd like to add that we would love to perform more in your area and in Western Canada. We feel your casinos/venues and amphitheater audiences would like us just as much as our American audiences.

We are based out of Los Angeles, California, USA

## How can people find you online? Where are you based?

We can be found online through our website (for info/booking/pictures/video etc.)

<http://www.uptownfunkusa.com/> and on our social media pages

<https://www.facebook.com/UptownFunkUSA/>

<http://www.instagram.com/uptownfunkusa>

<http://www.twitter.com/uptownfunkusa>

## All students need the freedom to learn.

Taken from <https://inclusionbc.org/freedom-to-learn/>

With the right support, students with intellectual disabilities thrive. Watch Taya's story now to discover more. Decades of research shows that inclusive education benefits all students—those with disabilities and without—in both the short and long term



## Halloween Jokes

Why didn't the mom let the little witch go trick or treating with her friends?

She was ex-spelled from school.

What is white, black and dead all over?

A zombie trick or treating in a tuxedo.





## Halloween Margarita

Taken from <https://www.acouplecooks.com/halloween-margarita/>

**Author:** Sonja Overhiser

**Prep Time:** 10 minutes

**Syrup Prep:** 30 minutes

**Yield:** 1 drink

This Halloween Margarita is the best drink for the season! Whip up single cocktails or a pitcher for a spooky evening.

### Ingredients

#### For the Halloween margarita

2 ounces tequila reposado (or tequila blanco)

1 ounce apple cider syrup (see below)

½ ounce lime juice

Kosher salt or black colored sugar\*, for the rim

Blood orange slice, for garnish (optional)

Clear ice, for serving

Halloween cocktail picks (optional but recommended)

#### For the apple cider syrup (makes ¾ cup)

4 cups apple cider

¼ cup granulated sugar

4 cinnamon sticks

### Instructions

1. Make the apple cider syrup: Place the apple cider, granulated sugar and cinnamon sticks in a saucepan. Bring to a low boil, then maintain a low boil for 30 to 35 minutes until reduced to ¾ cup. Use immediately or refrigerate until using (stores up to 2 weeks refrigerated).

2. Prepare the glass: Cut a notch in a lime wedge, then run the lime around the rim of a glass. Dip the edge of the rim into a plate of salt or black colored sugar.

3. Make a single drink: Place all ingredients in a cocktail shaker with 4 ice cubes and shake until cold.

4. Serve: Strain the margarita into the glass with the salted rim. Fill the glass with clear ice. If desired, garnish with a blood orange slice and Halloween cocktail picks.

5. For a margarita pitcher (8 servings): Place 2 cups tequila, 1 cup apple cider syrup (make 1.5 or 2 times the recipe above!) and ½ cup lime juice in a pitcher. Add 3 handfuls ice and stir until cold. Pour into the prepared glasses.



## Sophiola – An Artist

By Krystian

*Meet Sophia Pineda, an artist from Fredericksburg, Virginia. She took some time to talk about herself and her passion for art.*

### Who are you? What are your challenges and disabilities?

I am a 20-year-old woman with Down syndrome. I also faced many medical challenges: two open-heart surgeries before I was two years old, implantation of a pacemaker, a speech disability, and ADHD.

### What is your favorite piece of art?

I love any art by Andy Warhol. (I also like Frida Kahlo's art.)

### What do you enjoy about creating art?

I like bright, vivid colors when I'm painting. I also enjoy sketching, it's a different feeling from painting. I can express myself with my art.

### What advice do you have for people with disabilities who might want to be an artist?

Just try whatever looks interesting to you and explore your creativity. You can make art with all kinds of materials and in many different ways. Taking a class can help you learn art skills and spend time with other artists.

### What do you enjoy about selling art?

It makes me very happy to know people appreciate and enjoy my art. I love seeing people smile when they see it. I also like building my business.

### Do you ship to Canada?

We haven't sold any art in Canada yet, but we would love to!

### What else would you like to add?

We hope you enjoy our art – we want to show the world what people with disabilities can do when given opportunities and encouragement.

### How can people find you online?

You can find me and my art at [Sophiola.com](https://www.sophiola.com) (sign up for my newsletter!) and on Instagram: <https://www.instagram.com/sososophiola/> and Facebook: <https://www.facebook.com/sophiola321/>



# Kindness and Compassion with Ricky Stephens

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.**

I'm Ricky Stephen; husband, dog dad, lover of all things fine food, good literature, and recently into chasing slimy little fish with a stick and some line for fun.

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

I'm a pastor at Summit Drive Church here in Kamloops.

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

Compassion is the ability to experience the emotions of others. It's a capacity to be attentive and respond to the experiences of others and how those experiences have affected them. In many languages the word carries the connotation of a 'womb' or 'guts' as in, my stomach literally hurts for you.

Kindness is doing good for others and, I'd add, especially if they don't deserve it or can't return it.

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

I can only speak to my own reasons, and, for me, the example of Jesus is my primary motivator for kindness and compassion. However, it has been my experience that kindness and compassion can change situations and people. When someone experiences compassion they are, often more likely to be compassionate.

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

I ask questions, particularly open ended ones, and then listen to the response. Very few people in our world experience being listened to and it can be healing. I attempt to enter the experience of another. When someone is acting in a way I dislike, I try to imagine the difficulties that drive them.

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

Again, listening is a powerful tool for compassion. It's also powerful to let people be in the emotional state they are in and, sometimes, even to recognize it verbally. By using phrases like, "You seem angry", "you seem down", or "I can see you're excited." Even if you're not naturally compassionate - as in, you can't experience those feelings from the other person in your body - recognizing the place others are coming from often makes them feel free. Treating others how you would like to be treated always shows compassion.

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

The above applies universally. Taking time out to notice people of diverse abilities is often a kindness. It's been my experience that our society tends to feel awkward or like they don't know what to say or do around some diverse abilities and that's for us to get over. It is compassionate and kind to go out of your way to make 'room at the table' for people with diverse abilities. Diverse abilities mean diverse experiences and diverse experiences mean a diverse perspective.

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

Gratitude is an important ritual in my life. It allows me to see and name the things I am blessed for, even about myself, and that helps silence some of the negative voices. Generous self-talk is also important. Imagine talking to yourself, especially when you've made a mistake, like a three-year-old you're trying to take care of.

## **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?**

Opening ourselves up to the stories of others can really change our perspective. It's best if it's with people you know, but there are good interviews, books, and movies that compassionately tell the stories of those who are differently abled.





## Special Sparkle

By Krystian

### **What is your name? What are your disabilities and challenges?**

My name is Kelly Neville, and I am an almost 33-year-old woman with Down syndrome. I don't see myself as having challenges, I just see me. I dream big dreams just like everyone else.

### **Who are you?**

I am an entrepreneur and have a company called Special Sparkle® and I see myself as a person with a passion for fashion. I dream big, call myself

Queen Kelly and I feel I am an artist, creative in every way and spread awareness about my abilities. I don't let anything get in my way.

### **What is your favorite piece of jewelry?**

My favorite pieces to make are the ones that have a lot of sparkle and bling. We have some double strand bracelets and those are my favorites.

### **Why do you enjoy creating jewelry?**

I love all the creative parts. From going to Gem Shows to pick out beads, designing fun bracelets and naming them are all parts of the job that I love the most.

### **What do you enjoy about owning a business?**

I love being an entrepreneur and being my own boss. I get to schedule my day and to be creative which is a major plus for me. I get to do many different things and when we go to craft shows I get to talk to customers and impress them with my talents.

### **What do you find interesting and rewarding about your business?**

This was a great learning process to run Special Sparkle® and I love the fashionable part of it all. I love to get a paycheck and earning my way. I am so happy when I get new customers, and I surprise them with how quickly I can make the jewelry and how creative I am.

### **When did you start your company?**

We started in 2011, and we are in our 13<sup>th</sup> year.

### **What advice do you have for people with disabilities who might want to start their business?**

We go out and speak regularly on this topic. We have a PowerPoint to show people what I do, how we got started, and how we created what we have today. My advice is to try out what you like. For me I found that I love to make jewelry and could do it easily. But I make sure to tell people it is ok to try something and decide it is not for you. Finding what you love to do, doing it well and finding your customers should be fun and rewarding. We used Score.org, a company that gives free advice on business to help us along the way. We also connected with other companies owned by individuals with disabilities to talk through issues. We did not know everything about how to do what we do, but we slowly learned along the way.

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

It takes time and patience, but if you love what you are doing it doesn't feel like work. Stay dedicated and focused and you will find success.

### **Where are you based? Do you ship to Canada?**

We live in Naperville, Illinois and have shipped to every state in the United States and we do ship to Canada!

### **How can people find you online?**

You can follow us on Facebook @Special Sparkle

Instagram @specialsparklejewelry

Website is specialsparkle.com





## **Halloween House**

By Krystian

### **What is your name?**

Adina Vlasov, but my artist's name is Adina V.

### **Who are you?**

I am a singer-songwriter, professional vocalist, and music educator from Toronto. I spend my time teaching private music lessons, performing live for both public and private events in Ontario and beyond, and writing and recording my original music. Outside of music, I love running, reading, and spending time in nature.

### **What do you enjoy about your song called Halloween House?**

I really like the arrangement for this song - the way all the instruments are interacting with each other feels like a warm blanket, and the piano and string parts make it just the right amount of spooky. It's also a very short piece, only 1 minute and 30 seconds long! A few

years ago, I fell in love with writing songs that were tiny musical moments, under 2 minutes (compared to the usual 3-4 minutes for a pop song). Halloween House is the first one of those I've released.

### **How did you come up with Halloween House?**

The "Halloween House" in this song is actually a real place! There was one house in my old neighbourhood that always put up a ton of decorations every Halloween - it was a fun place to walk to and admire at night, and it inspired the title and theme of the song.

I wrote the song by myself on guitar but recorded it at University of McGill's Schulich School of Music with friends Marco Petrella (recording, mixing, and mastering engineer) and Talya Amira (producer). We recorded my initial guitar and vocal part, and then myself and my younger brother Andrei recorded the piano parts. The strings were later added remotely by a fantastic cello player named Harley Eblen, and then Marco beautifully mixed everything together to create the final studio version.

### **How do you feel being an award-winning vocalist and songwriter?**

It's always very humbling and affirming to be recognized for your craft - I am very grateful to the Mississauga Arts Council for awarding me with these accomplishments. It makes me so happy to know that people are connecting with the music I make and want to offer their support.

### **What do you enjoy about Halloween?**

Halloween was always my favourite holiday as a kid - dressing up and going out with my cousins and neighbours to Trick or Treat. When I was young my favourite part was definitely the candy, but nowadays I'm a big fan of finding clever costumes - the funnier the better, especially in a group!

### **How do you celebrate Halloween?**

Halloween is the entire month of October in my books - I'll decorate my apartment with tiny pumpkins and get to work making or thrifting the pieces for my costume. On the night of the 31st, my friends and I will usually throw a little party where everyone comes dressed up, and we'll watch a scary movie or play some Halloween-themed games.

### **What is your favorite part of Halloween and fall?**

As much as I love the long, hot days of summer, there's something very energizing and inspiring about the crispness of fall. I'm always feeling more creative when fall comes around. The changing leaves are so beautiful, and I try to be outside hiking or running as much as possible before the winter cold comes.

### **Do you like candy corn as a Halloween treat?**

I unfortunately am not a candy corn person; my favourite Halloween treats have always been the chocolates - Hershey's cookies and cream, Reese's peanut butter cups, and Mr. Big!

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

To keep up with me online, I encourage everyone to follow my Instagram (@adinavmusic) - that's the social platform I'm most active on. My website is [www.adinavmusic.com](http://www.adinavmusic.com), and my music can be found on all streaming platforms under Adina V as well as under Hearrunner (the indie-rock project I front). Thank you so much for your questions and for connecting with me - Happy Halloween!

World Cerebral Palsy Day (World CP Day) is on October 6 and is active in over 75 countries every year. It is a movement that celebrates individuals living with cerebral palsy. The movement was created to ensure that children and adults with Cerebral Palsy (CP) have the same rights, access, and opportunities as everyone else in society.

Taken from <https://ccpsa.ca/en/what-is-cerebral-palsy/world-cerebral-palsy-day-2020/>



# CELEBRATING INCLUSION Film Fest

BEYOND BARRIERS  
CELEBRATING THE VOICES AND STORIES  
OF PEOPLE WITH DIVERSE ABILITIES



## Celebrating Inclusion Film Fest

You Are Invited!

The Speak Up Self-Advocacy Awareness (SUSA) Society is excited to invite you to a special event celebrating Community Inclusion Month. This October, we are kicking off our very first film festival, a unique event that shines a spotlight on the inclusion of people with disabilities and how disabilities are represented in film.

The festival opens with a gala, where you can enjoy an evening of connection and celebration as we come together to honour diversity and break down barriers in our community. The evening will include the screening of our first feature film, a heartfelt story that embodies the festival's spirit of inclusion and representation.

Throughout the festival, we will be showcasing a selection of thought-provoking films, each one highlighting different aspects of life with disabilities. These films help us see the world through new perspectives, fostering understanding, and celebrating the voices and stories of people with diverse abilities.

We hope you can join us for this impactful event. Your support and presence will help us continue to create a more inclusive and understanding community for all. For more details about the gala and film festival, please feel free to reach out to us or visit our website at [www.susasociety.org](http://www.susasociety.org).

Thank you for being a part of this important celebration of inclusion!



**OCT 4**

Gala starts at 5:00PM and the Peanut Butter Falcon starts at 6:00PM

**OCT 12**

Crip Camp starts at 1:00PM, doors open at 12:30PM

**OCT 19**

The R Word starts at 1:00PM, doors open at 12:30PM

**OCT 26**

Champions starts at 1:00PM, doors open at 12:15PM for the silent auction

RESERVE YOUR SPOT NOW - ADMISSION BY DONATION  
[THEKFS.CA](http://THEKFS.CA)

## Misfit Night Market

Taken from <https://allevents.in/kamloops/misfit-night-market/200026879726633>

Misfit Night Market returns for our favourite time of year - Halloween! We have a new venue at Blackwell Hall in the Plaza Hotel on Victoria Street for another evening of shopping with your local weirdos! When: Friday, October 18th, 2024, 5-10 pm Where: The Plaza Hotel Blackwell Hall (405 Victoria St)



## Craft Stick Halloween Puppets

By Tami

October is pumpkin season. If this is your favourite time of year, if it the perfect time to have fun! This is an easy craft that will get you in the Halloween spirit. You can let your imagination run wild.

### Supplies

Large craft sticks  
White, black, and orange acrylic paint  
Small googly eyes  
Paint brush

### Instructions

Paint one stick white. Make a scared face by painting 2 black eyes and a big mouth.  
Paint one stick black. Take white paint and zig zag down the stick to make it look like a mummy's bandages. Once the paint is dry, glue on 2 googly eyes.  
Paint one stick orange. Use black paint to create a pumpkin face.

