



# The Kamloops Self Advocate NEWSLETTER



**NOVEMBER 2024**

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

Each year on Remembrance Day, we take time to honor the brave individuals who have sacrificed to protect our peace and freedom. But peace isn't just something to remember once a year—it's something we can work towards every day. Through our actions and choices, we can build a more peaceful and caring world. Whether it's showing kindness to someone, lending a hand, or standing up for what's right, even small actions make a big difference in promoting peace.

This month, we are highlighting some great examples of how we can support others and create positive change. One inspiring story is about the Mobile Health Clinic, created through a partnership between ASK Wellness and Telus Health. This van brings essential healthcare and harm reduction services directly to individuals in need, helping to ensure that more people have access to the care they deserve.

We also have articles that highlight the power of inclusion and celebration. There are two articles about tribute bands that bring people together to enjoy music, creating joy and connection. Plus, there's a new movie that's making waves for its representation of people with disabilities, showing the world that everyone's story deserves to be told.

As you read these stories and reflect on Remembrance Day, we hope you will think about how the choices we make each day can bring us closer to a world where everyone feels included, respected, and valued.

We're also excited for what's coming in December. The next issue of The Kamloops Self Advocate will focus even more on the holidays, with ideas for holiday entertainment, music, and ways to celebrate the season. There's so much to look forward to as December brings the magic of the holiday season.

Until then, we wish you a peaceful and joyful November.

“Every breath we take, every step we make, can be filled with peace, joy and serenity.”  
—Thich Nhat Hanh



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

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

[thekamloopselfadvocate@yahoo.com](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**

KSA website: [ksanews.ca](http://ksanews.ca)



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

### **Ability Friendly Accessible Business Program**

**Horizon Dental Clinic**  
**5 Bean Brewbar & Café**  
**All Around Gamerz**  
**The Vic Downtown**  
**Kamloops Film society**  
**People in Motion**  
**New Horizons Professional Support Services Inc.**  
**Our Footprints Eco Store**  
**Kamloops Art Party**

### **Krystian's Corner: November and December News**

This month, The Kamloops Self Advocate newsletter is packed with special things to share! First, we will focus on some holiday events and, most importantly, Remembrance Day, which takes place on November 11th. This is a very important day for all Canadians. It's the day when we honor the brave veterans who fought and gave their lives to protect our country. They made it possible for us to live in a safe and peaceful Canada, and it's our job to remember and thank them for their service.

On Remembrance Day, people all over Canada wear red poppies as a way of showing respect and remembering those who sacrificed their lives in war. The red poppy is a special symbol, reminding us of the bravery and courage of these veterans. At 11:00 a.m. on November 11th, people take a moment of silence to reflect on all the soldiers who fought for peace. It's a time for everyone to think about how lucky we are to live in a peaceful country and to remember how important peace is.

Sadly, in some parts of the world, there is still war. It's not okay for people to hurt or kill each other. War and terrorism cause harm to many innocent people, and that's why it's wrong. This Remembrance Day, let's remember how lucky we are to live in a peaceful country like Canada. We should also hope and work for peace all around the world. As a community, let's come together to celebrate kindness, peace, and togetherness.

But that's not all! We have exciting things to look forward to in December as well. Next month, The Kamloops Self Advocate newsletter will feature an article from a Disney Travel Agency. They will tell us all about how Disney celebrates the holidays at their theme parks. If you love Disney, you'll enjoy learning about the special decorations, twinkling lights, and fun events that happen during December at places like Disneyland and Disney World. It's a magical time to visit, and the newsletter will give you a sneak peek into that world.

We will also have a story about a singer, songwriter, and recording artist who sings Christmas music. Music is a big part of the holiday season, and it will be so much fun to learn more about this artist and their holiday songs. Christmas music helps make the season feel even more special, and we can't wait to share this with you!

Another important topic we'll talk about in December is healthy eating during the holidays. It's easy to eat lots of treats and yummy food during Christmas, but it's also important to stay healthy. In this article, you'll get tips on how to enjoy your holiday meals while making good choices, so you can feel great all season long.

As the weather gets colder, we will also share ideas for staying warm and having fun indoors. Winter can be chilly, but that doesn't mean you can't enjoy yourself! We'll give you some great ideas for fun indoor activities to keep you busy and cozy during the cold months. Whether it's games, crafts, or watching movies, there are plenty of ways to stay warm and entertained indoors.

In December, you'll also find lots of fun articles about Christmas, the Holiday Season, and holiday entertainment in our newsletter. There's so much to look forward to, so stay tuned for all the exciting things coming your way!

Let's remember to celebrate peace, kindness, and togetherness this month, and look forward to a joyful holiday season ahead!



**“Peace begins with a smile.” —Mother Teresa**

## Sober Dance Party

Presented by LaserQuit Therapies

<https://www.eventbrite.ca/e/sober-dance-party-tickets-1024310770087?aff=ebdssbdestsearch>

Sat, Nov 9, 2024, 6:00 PM - 9:30 PM PST

### Get ready to dance your heart out and have a blast without any alcohol at our SOBER DANCE PARTY!

Join in for a night of music, dancing, and fun at the **Commodore Grand Cafe & Lounge**. Let loose and show off your dance moves in a judgment-free zone. Whether you're a seasoned dancer or just looking to have a good time, this event is perfect for everyone. Get ready to groove to the beats and enjoy the company of fellow sober party-goers. Don't miss out on this exciting opportunity to dance the night away in a sober and vibrant atmosphere. See you there!

**General Admission** 23.42



## Kindness and Compassion Interview with Ryan Rudichuk

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, healthy, peaceful, and joyful. 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 Ryan. I am 48 years old and I was born and raised in Kamloops. I have been married for 20 years, and together with my wife, have one daughter who is turning 10 this year. I love to travel with my family. My wife and I have travelled to many countries around the world and continue to do so with our daughter. We also love to ski as a family. A few of my other interests are biking, hiking and cooking.

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

I am a service department manager for a privately owned Toyota dealership and have worked there for 16 years.

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

To me, kindness and compassion mean showing and giving care to anyone in need of something I have but that they might not. This could simply be showing patience, sharing a smile or taking the time to listen to someone who needs it. Or giving material things to help others.

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

It's important to show kindness and compassion because it helps to lift the heavy weight off of others' lives when they may be struggling, suffering or experiencing great loneliness. I have also been on the receiving end of the kindness and compassion of others and know the great impact and lasting positive effects it has made in my own life.

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

One example of how I try to show kindness and compassion in the workplace is to make myself available to support my staff in times when they may be facing work and/or personal life struggles. Often just a compassionate listening ear creates a more supportive work environment.

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

We can show compassion when we are in community by taking action to give, help or support others in need, rather than turning a blind eye.

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

We can show kindness and compassion to people with diverse abilities in many of the same ways. When we treat everyone with the same approach, conversation, tone and care we create an inclusive environment for all.

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

At times we all struggle with our mental health. I find that getting into nature, exercising, being with my family and being thankful for what I have is how to best care for myself and show kindness to myself.

### **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?**

For me, choosing just to be myself and making those with diverse abilities feel as included, comfortable and cared for as anyone else is important.



# What is a Sty?e?

By Ben

A sty happens when one of the glands along your eyelid is clogged and irritated, just like when a skin gland on your face becomes a pimple. People usually have styes on just one eyelid, but you can have them in both eyes at the same time. A sty may be a one-time thing, or it may come back.

## Stye Treatments

Most styes burst or go away on their own after several days. But cleaning it will help bring the pus out. Then, it will drain on its own. You can do a few things to get rid of it faster:

After washing your hands, soak a clean washcloth in very warm (but not hot) water and put it over the sty. Do this for 5 to 10 minutes several times a day.

Gently massage the area with a clean finger to try to get the clogged gland to open and drain.

Keep your face and eyes clean. Get rid of any crust around your eye.

Ask your pharmacist about taking pain relievers like ibuprofen if the area is sore.

Don't wear eye makeup while you have a sty.

See your doctor if the sty doesn't clear up or gets worse.

## Krystian's Thoughts on Out of My Mind

This film looks great and is powerful to represent people with Cerebral Palsy.

I would love to say thanks to Disney for being authentic and for casting a person in a wheelchair, for being willing to cast a person with diverse abilities and who also happens to have disabilities, and for being willing to educate the public on how much talent and potential people with disabilities have. It's important to watch films that showcase people from the disability and diverse ability communities. I believe more films like this should be made and more jobs in the film industry should be available for people with diverse abilities.

It's also important to call for jobs behind the camera and in front of the camera for people with diverse abilities. I am looking forward to seeing this film.

I am excited to see the film and I find it fun to watch films that showcases diverse people and diverse abilities. I love all films about people with disabilities. I also love that more and more film companies like Disney are being inclusive of what people with diverse abilities go through. I hope everyone enjoys this film.

## Holiday Market at Kamloops Seniors Village

Taken from <https://www.facebook.com/events/531736909309832>

We are bringing the Holiday Market Season to our beloved Seniors and the Aberdeen/Kamloops Community! This event hopes to bring holiday cheer & the market experience to our retirement community for those that may not be able to venture out to Markets this season - enabling them to do some shopping for themselves and for family!!

It's open to our tenants, residents, staff, and families, as well as the public.

DATE: SUNDAY, DECEMBER 1, 2024, TIME: 11AM-3PM

LOCATION: KAMLOOPS SENIORS VILLAGE, 1220 Hugh Allan Drive, Kamloops BC, V1S 2B3

Respiratory Season Mandates are Unknown as of now (Sept 2024), but be prepared that Mask Mandates May Come Into Effect Due to Respiratory Season Mandates Implemented for Assisted Living & Long Term Care Homes by the medical health officer



## Out of My Mind

Rating:

TV-PG

## Release Date:

November 22, 2024

Melody Brooks, a sixth grader with cerebral palsy, has a quick wit and a sharp mind, but because she is non-verbal and uses a wheelchair, she is not given the same opportunities as her classmates. When a young educator notices her student's untapped potential and Melody starts to participate in mainstream education, Melody shows that what she has to say is more important than how she says it.

Taken from <https://ondisneyplus.disney.com/movie/out-of-my-mind>



## Create Fun Fall Decorations to Spruce Up Your Space

By Tami

Fall is here and we are spending more time inside. It is the perfect time to make some crafts that will add warmth and coziness to your home. As the leaves change color and the weather cools down, decorating can make your space feel welcoming. Here are some easy and fun fall decoration ideas you can try:

### DIY Leaf Garlands

Collect colorful fall leaves from outside. String them together with thread or twine to make a simple leaf garland. Hang it across your windows, along your staircase, or on the walls. It's an easy way to bring the beauty of nature inside.

### Pumpkin Centerpieces

Grab a few small pumpkins or gourds from a local market. Arrange them in a basket or on a tray for a cute table centerpiece. You can also paint the pumpkins with warm colors like orange, gold, or brown to match the fall vibe.

### Pinecone Decorations

Gather pinecones from the yard or park. You can paint them or leave them natural. Place them in a bowl for a rustic touch or tie a ribbon around each pinecone and hang them as ornaments around the house.

### Fall-themed Candles

Get a battery-operated candle and mod podge fall leaves on the outside. This is a safe way to decorate a candle and add some fall colour to your space.

### Wreaths for the Door

Make your own wreath by wrapping a wire frame or a circle of branches with fall leaves, twigs, and berries. You can even add a small pumpkin or two! Hang your wreath on the front door to welcome friends and family.

With these simple DIY ideas, you can make your home feel ready for fall in no time. Happy decorating!

## Santa Claus Parade November 24, 2024

The **Kamloops Central Business Improvement Association** and **Thompson Rivers University** are excited to announce the 44th annual Santa Parade on Sunday, November 24, 2024, at 4pm!

Theme: Holiday Movie Magic

Wake up Santa will begin at 3:40pm on 4th and St. Paul St., across from Stride Spin.

### Livestream

Can't make it to the parade? Catch the Downtown Kamloops Santa Parade Livestream, powered by Ninth Lab and Castanet Kamloops. Join hosts Alexandra Eaket and Bryce Herman for an evening full of holiday spirit. The livestream will be broadcast on Downtown Kamloops' Facebook Page and YouTube channel, as well as on CastanetKamloops.net beginning at 4PM on November 24th.

Taken from <https://www.tourismkamloopents/santa-claus-parade/#:~:text=The%20Kamloops%20Central%20Business%20Improvement%20Association%20and%20Thompson%20Rivers%20Universitys.com/ev>



## Wicked

COMING SOON Releases November 22, 2024

Taken from <https://www.imdb.com/title/tt1262426/>

After two decades as one of the most beloved and enduring musicals on the stage, Wicked makes its long-awaited journey to the big screen as a spectacular, generation-defining two-part cinematic event this holiday season.





## Tribute to Queen

By Krystian

Shaun Savoy is the lead singer of "SCARAMOUCHE" A Tribute to Queen. On stage, he plays the part of Freddie Mercury. Find out more about Shaun and his band.

**Why did you want to become a Queen Tribute Artists?** I have always been a fan of Freddie Mercury and songs by Queen. I have been singing my whole life and always strived to be the best vocalist I can be. I have played in many other cover bands, such as The Spirits, and original bands like, Dynamite Steven. Entertaining the audience and leaving them with a "WOW" moment, is something I aim for with every show. When the pandemic happened and all the live performances came to a halt, I decided to work on something a little more challenging, so I could come back with a bang! Singing Freddie Mercury was the obvious choice for me.

**What kind of songs do you enjoy from Queen?** Scaramouche performs ALL the biggest hits from Queen, from Crazy Little Thing Called Love to Bohemian Rhapsody. Personally, my favorite song by Queen was actually written by lead guitarist Brian May, a song called "39". It's a brilliant song about travelling the stars at light speed and time dilation and sounds like a sea shanty. It's also a great sing-along.

**What do you enjoy about Queen?** Queen broke musical ground introducing Opera to Rock Music. Each member brought so much to the table and were all so different in their own ways. The music of Queen is so unique and timeless. Even after more than half a century, their music still captivates audiences of all ages.

**Where are you based?** I was born in Toronto, Ontario, but have called the county of Northumberland Ontario my home for more than 20 years now.

**What do you enjoy about being on stage?** Performing live music on stage is a rush like no other. The energy from the crowd, the adrenaline, and the exhilaration of sharing music in real-time create an unforgettable experience. The connection with the audience, whether through a powerful solo or a harmonious ensemble, is incredibly gratifying. Each performance brings a unique opportunity to transport the audience to another place through music. It's a thrilling blend of nerves and excitement that reaffirms why live music is such a profound and cherished experience for both performers and audiences alike. With Scaramouche, we aim to be as authentic as possible. No backing tracks, and playing every song, note for note, with the hopes of giving our audiences a glimpse of what it would've been like to see Queen in the flesh.

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

Right now, we have show's all over Ontario, Canada. We are hoping to start venturing out to Western Canada in the next year.

**How can people find you online?** You can find us online at [QueenTributeCanada.ca](https://www.queentributecanada.ca) and [queentributecanada](#) on Instagram.

## Apple Turnover Smoothies

Taken from <https://www.bettycrocker.com/recipes/apple-turnover-smoothies/d39520fa-5abd-493d-b21c-1b58ef6921dc>

Enjoy this easy and refreshing apple smoothie made using Yoplait® yogurt. A delicious drink that's ready in just 10 minutes.

Ingredients

2 containers (6 oz each) Yoplait® Light Fat Free apple turnover yogurt

1/2 cup unsweetened applesauce

1 cup chopped apple

Apple pie spice

Apple slices



Instructions

Step 1 In blender, place yogurt, applesauce and chopped apple. Cover; blend on medium speed until smooth.

Step 2 Pour into 2 glasses; top with apple pie spice and apple slice.

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# ASK Wellness Partners with Telus Health

By Krystian

Carly Johnston is a Senior Program Manager at TELUS Health for Good. Carly took some time to share information about the mobile health clinic that you might see driving around Kamloops.

## What should people know about the mobile health clinic in Kamloops?

The ASK Wellness Mobile Health Clinic powered by TELUS Health brings essential health care and harm reduction services directly to individuals in need, including those experiencing homelessness in both Kamloops and Merritt. The mobile clinic removes some of the most common barriers to accessing healthcare, ultimately helping improve the health and well-being of our local communities.



In partnership with ASK Wellness Society, which provides services and housing to over 3,000 locals per year, the new mobile health clinic offers culturally safe and relevant health services, meeting clients where and when they need support. With nurses working alongside outreach workers, the space is divided into two main areas: one for patient reception and consultative services, and a second private area, with an examination table and a provider workstation. This design allows the team to treat patients with the dignity and respect they deserve.

In addition, the mobile health clinic is equipped with TELUS Wi-Fi connectivity and TELUS Health Collaborative Health Record (CHR), enabling onboard health care practitioners to collect and store data, examine results over time, and treat patients with previously undocumented medical histories for better continuity of care.

## How can people reduce stigma and discrimination and judgment around people who are homeless?

To reduce the stigma, discrimination and judgment around individuals experiencing homelessness, it's important we lead with empathy and compassion and advocate for those in need by listening to their stories and offering support without discrimination.

There are many contributing factors as to why an individual is experiencing homelessness and it's important we are mindful and recognize this is only one part of their larger story.

It's also important to reduce stigma around mental illness. Studies have shown that there is a direct correlation between individuals experiencing homelessness and mental illness. According to CAMH, Canadians in the lowest income group are [3 to 4 times more likely](#) than those in the highest income group to report poor to fair mental health, with studies in various Canadian cities indicating that [between 23% and 67%](#) of homeless people may have a mental illness.

As we continue to reduce stigma and discrimination and judgment, we must educate ourselves, offer support and encouragement and treat everyone with dignity and respect.

## How did this mobile health clinic come about?

For over 30 years, ASK Wellness Society has been providing critical health care services to local communities, and shares TELUS' belief that every Canadian, regardless of their socio-economic status, should have access to healthcare and social support services when and where they need it.

As part of our TELUS Health for Good program, we had the opportunity to launch a new mobile health clinic in BC. From there we undertook a search for a partner, resulting in conversations with ASK Wellness. As an established and trusted organization in the community that supports individuals who are marginalized and/or experiencing homelessness, it was obvious from the outset that their focus and work perfectly aligned with our TELUS Health for Good service model. Our conversations quickly led to a partnership and we were able to launch the ASK Wellness Mobile Health Clinic in under four months.

The launch of the ASK Wellness Mobile Health Clinic, powered by TELUS Health, comes at a time when Kamloops, the third fastest growing city in Canada, is experiencing one of the [highest rates of fatal overdoses per capita in British Columbia](#), owing to the convergence of multiple factors, including the ongoing toxic drug supply crisis, [a 51 per cent increase](#) in the number of people experiencing homelessness, and pressures on the health-system overall.

## How will the community of Kamloops benefit from the mobile health clinic?

The new mobile health clinic plans to support over 4,000 patient visits each year, helping address the urgent and increasing needs of the Kamloops and Merritt communities, by bringing essential health care and harm reduction services directly to individuals in need, instead of expecting them to seek it out themselves. In addition, The ASK Wellness Mobile Health Clinic is the first mobile health clinic to bring health services directly to a First Nations reserve and will be visiting the Tkemlúps te Secwépemc community, once a week.

Since launch, and in the first week of service, The ASK Wellness Mobile Health Clinic has already supported over 130 individuals.

**Continued on next page**

## Ask Wellness partners with Telus Health continued

### What do you enjoy about this project?

The TELUS Health for Good program is a perfect example of TELUS' social purpose in action and a true testament to TELUS' commitment to helping bridge digital and health divides and driving positive outcomes in communities across Canada. We get the privilege to partner with incredible organizations, like ASK Wellness, and create meaningful change, further improving healthcare access for anyone who needs it, and ultimately helping improve the health and well-being of our local communities.

The Health for Good program has proven time and time again that we can, and will, save lives, enabling us to connect underserved communities and individuals to life-changing and life-saving services. The program also enables us to form unique partnerships across the country, including Kamloops, and help address the increasing need for healthcare in underserved communities.

### What should people know about mental healthcare?

When it comes to mental health, there isn't a one-size-fits-all solution, with each illness and person needing to be treated differently. There are many reasons why people develop mental illness and regardless of those reasons, mental illness is a health problem.

According to the [Canadian Mental Health Association](http://www.canadianmentalhealthassociation.ca), in any given year 1 in 5 people in Canada will personally experience a mental health problem or illness, which really underscores the urgent need for comprehensive research and intervention.

It's also important to note that there is a correlation between mental illness and substance use disorder. People with a mental illness [are twice as likely](#) to have a substance use disorder compared to the general population. Similarly, people with substance use disorders are up [to 3 times more likely](#) to have a mental illness.

With the growing number of challenges and barriers, including increasing mental health needs and economic stressors, it's important we continue working to improve equitable access to mental health services to address the growing need for care.

### What else would you like to add?

We are thrilled to announce that TELUS has increased its commitment to the Health for Good program to over \$16 million, and with the addition of both Merritt and Kamloops, we are proud to have supported 27 communities across the country. To date, TELUS' Health for Good program has enabled over 240,000 cumulative patient visits in communities across Canada.

For more information about TELUS Health for Good, visit [telus.com/healthforgood](http://telus.com/healthforgood).



## In Flanders Fields

BY [JOHN MCCRAE](#)

Taken from <https://www.poetryfoundation.org/poems/47380/in-flanders-fields>

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place, and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow In Flanders fields.



## Kamloops Blazers Report

By Andrew

The Kamloops Blazers are in 10th position in the Eastern Conference and 4th in the B.C. Division. Over the past month, the team has had its ups and downs, posting one win, two losses at home, and one win, three, and one overtime loss. The team plays again in October with four games at home. Here's hoping the Blazers can win all four games at home in October.



## Jokes

Q: What starts with E, ends with E and only has one letter?

A: An envelope.

Q: What nails do carpenters hate to hit?

A: Fingernails.

Q: Who earns a living by driving his customers away?

A: A taxi driver.



“You should feel beautiful, and you should feel safe. What you surround yourself with should bring you peace of mind and peace of spirit.” —Stacy London



## Celebrating Celine

By Krystian

Jenene Caramielo is a singer/entertainer from Florida. She studied classical voice at the Civic Light Opera in Pittsburgh, as well as Carnegie Mellon University, and graduated with a Bachelor of Fine Arts in Musical Theater from Shenandoah Conservatory. A true crossover entertainer, she is as adept at belting a Celine Dion or Whitney Houston song as she is performing an aria or captivating audiences with Broadway show tunes.

Jenene has shared a stage with Chicago, opened for the Beach Boys, kicked off Major League Baseball games with our national anthem, sung for celebrities and world leaders, and performed at some of the most exclusive private country clubs in the United States. She says, though, that her greatest honor to date was performing at the Governor's Ball at The White House backed by the United States Marine Band, Navy Sea Chanters, and Air Force Singing Sergeants.



### How and when did you become a Celine Dion tribute artist?

I was performing my Best of Broadway & Pop show then during COVID I decided to create Celebrating Celine. Since then, we have created two more "Icons and Divas" and "from Broadway to the big screen". I guess one positive thing from Covid was it gave time to think, create and motivate.

I have always been a huge Celine Dion fan. I listened to her all the time and as a young child I was amazed at her absolute incredible vocal talent. The more I listened to Celine the more I loved her. While Celine's talent is off the charts, how she has carried herself over all these years through good, bad and sad times is truly remarkable. Her humbleness and her sense of humor I think gives a good look into just what a genuine person she is.

### What kind of songs do you enjoy from Celine Dion?

I enjoy singing them all but would say my favorites are "The Prayer", "The Power of Love" and "All by Myself" and the most recent song of hers that has become a favorite is the song "Courage" which was written after the passing of her husband, René. Two years ago I was diagnosed with breast cancer and this song presented a new meaning to me and I listened to it daily. After several surgeries I am now cancer free and share my story in hopes that it encourages others to stay on top of their health and encourage loved ones to do so as well. There are many people out there going through hard times now and everyone knows someone who is or has. I often hear people mention to me how a particular song has such an emotional impact in their lives and thank me for having sang that song.

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

For myself, and I would guess like most entertainers, it started when we were very young. As a small child and first overcoming the fear and/or nervousness to get up in front of many people and perform not knowing how you will perform under these new circumstances and how you will be received sets the stage (no pun intended). It is that first taste of being able to use your talent to bring happiness, smiles and laughs and even sometimes good tears that is the drug that brings us all back. It simply comes down to the audiences, without them, we as entertainers are extinct. They are the fuel to the current show, the motivation to the next and the energy to keep creating new and better shows.

### Can you name some places where you went as a tribute artist?

We are just winding down the summer tour, which took us up the East Coast and over to Chicago. I have one more show in my hometown of Pittsburgh today and then head to North Carolina for three more shows.

### How can people find you online?

Jenene.com is my website. I am also on Facebook and Instagram @JeneneMusic

  
**JENENE**  
Caramielo

## Movie Review: *The R-Word*

Recently, the Speak Up Self-Advocacy Society partnered with several community agencies to hold a film festival during the month of October to celebrate Community Inclusion Month. One of the films that was part of the festival was *The R-Word*, which looks at the power of language.

*The R-Word* is a powerful documentary that dives deep into the history and impact of the word "retard," a term once used casually but now widely recognized as a slur. Directed by Amanda Lukoff, whose sister has an intellectual disability, the film goes beyond just discussing offensive language—it provides a heartfelt exploration of the power words hold and the lasting damage they can inflict.

The film emphasizes how the "R-word" not only demeans people with disabilities but also dehumanizes them. Through personal stories, expert interviews, and footage of advocacy efforts, *The R-Word* exposes the ways in which language influences perceptions, perpetuates stereotypes, and fosters exclusion. By sharing the voices of self-advocates, family members, and activists, the documentary sheds light on the real-world impact this derogatory term has on the lives of individuals with disabilities.

What stands out in *The R-Word* is its hopeful message: while words can hurt, they also have the power to heal and create change. The film promotes the "Spread the Word to End the Word" campaign, calling for the replacement of harmful language with words that uplift, respect, and include.

The documentary doesn't just ask viewers to eliminate one offensive word—it challenges everyone to be more mindful of their language and consider how words shape our society. *The R-Word* is a must-watch for anyone who wants to better understand how something as simple as a word can have profound effects on people's lives. It inspires action, compassion, and a commitment to using language as a tool for positive change.

<https://www.therwordfilm.com/>



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## What I love About Halloween

By Riley

My second favorite holiday is Halloween. I love it because people get dressed up as scary monsters, you can have tasty candy, and there is something called "scare acting". That is where people dress up in scary costumes and scare the heck out of people that enter mazes. The candy I love to get at Halloween is Kit-Kat bars, mini-Reese's Pieces, and mini-Coffee Crisps. I also like how you can carve pumpkins.

This year for Halloween I got myself a black cloak and a pumpkin mask, because I am going to do a scare acting gig. I want to look scary and cool. It does look scary. I tested it out by scaring one of my friends and he was afraid. I'll be going to the Horsting Farm, where they have the 'Field of Screams'. I know I'll do amazing.



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