



THE KAMLOOPS SELFADVOCATE NEWSLETTER

OCTOBER 2026

FREE! PLEASE TAKE ONE!

**Serving people since
September 2013**

Welcome to the October 2026 issue of the Kamloops Self Advocate Newsletter!

October is here, and that means pumpkins, colourful leaves, Halloween decorations, costumes, candy, movies, music, and lots of fun in our communities. But October is also important because it is Community Inclusion Month. This is a time to celebrate belonging, friendship, self-advocacy, and making sure everyone has an opportunity to participate in community life.

In this issue, we bring Halloween and community inclusion together. We have interviews, personal stories, entertainment, accessibility information, community events, Halloween activities, movies, recipes, jokes, and much more.

Community Inclusion Month whether that means being part of the Where We Belong Regional Conference, which gives people an opportunity to celebrate everyone's voice, or making sure you get out to vote and having a say in the decisions that affect your community.

Halloween is for everyone, but it doesn't have to look the same for everybody. Some people enjoy dressing up, trick-or-treating, busy events, and lots of excitement. Other people may prefer staying home, watching a favourite movie, or having a quieter celebration. Our message is simple: everyone should be able to celebrate Halloween in a way that works for them.

Thanksgiving is another part of this issue. We say a special thank you to support workers, people working in the disability field, self-advocates, families, caregivers, educators, advertisers, sponsors, contributors, volunteers, partners, and our readers.

So grab your favourite fall drink, watch a Halloween movie, enjoy some pumpkin spice, and settle in with this month's issue.

The Kamloops Self-Advocate Newsletter is a disability focused media platform promoting inclusion and sharing the voices of people with diverse abilities. We celebrate Disability Awareness, success stories, and inclusion for all!

If you have a story to share or an event you think would be good for our readers, contact us at:

thekamloopsselfadvocate@yahoo.com

521 Seymour St., Kamloops, BC V2C 2G8

250-828-1344

Everyone belongs. Everyone has a voice. Everyone should have a chance to celebrate Halloween in their own way.

NORAN
PRINTING • PROMOTIONAL • MARKETING
info@noran.ca • T.250-372-1055
102 - 1139 12th Street, Kamloops, BC

- Printing & Die Cutting
- Business Forms & Booklets
- Banners, Feather Flags & Retractables
- Mugs & Water Bottles
- Indoor & Outdoor Signage & Sandwich Boards
- Embroidery, Direct to Garment & Heat Press
- and so much more ...



Ability Friendly Accessible Business Program

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.

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

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

CONTENTS

Krystian's Corner	page 3
CI Month with TCS...	page 4
Halloween at the Big Little Science Centre....	page 5
Family Friendly Halloween Movies....	page 6
Disney Halloween....	page 7
Kindness & Compassion...	page 8
Where We Belong....	page 10
Shop of Horrors....	page 12
CAN Halloween....	page 13
Science World....	page 14
Pumpkin Spice....	page 15
Library Halloween....	page 17
Blazers Report....	page 17
Your Vote....	page 18
Everyone Belongs....	page 19
Buddy Up at TCC....	page 20



Krystian's Corner

I have to say, I really love October! It is one of my favourite months of the year. There is something about the fall weather, Halloween decorations, pumpkin spice, movies, music, and all the fun things happening in the community that makes October special.

One thing I really love is pumpkin spice! I love the smell and taste of pumpkin spice because it reminds me that fall is here. I also love getting cozy and watching family-friendly Halloween movies. I like movies that are fun, funny, spooky, and exciting without being too scary. Halloween is a great time to watch movies with family and friends and enjoy some popcorn!

I also love Disney. Disney has been a big part of my love for movies, music, and entertainment. I love Disney movies and Disney music.

There are so many great songs that can bring back wonderful memories. I also love the characters and the stories because they can make people laugh, smile, and sometimes even feel a little emotional.

When I went to Disney, I got to ride the Haunted Mansion! That was such a fun experience. The Haunted Mansion is spooky, but it is also funny and entertaining. Going on that ride is one of those Disney memories that I will always remember.

I have always loved movies and entertainment. I enjoy learning about new movies, talking about entertainment, and finding things that people of all abilities can enjoy. I believe entertainment can bring people together and give everyone something to look forward to.

I also want to say how much I love the Kamloops Self Advocate Newsletter. I am very proud of what our newsletter has become. Since we started in September 2013, we have shared stories about disability awareness, inclusion, community events, entertainment, people making a difference, and much more.

I am especially thankful for our wonderful team of contributors. They bring their ideas, interviews, stories, and creativity to the newsletter. Their hard work helps make every issue special. I am proud of what we create together.

So this October, I hope you enjoy some pumpkin spice, watch a fun Halloween movie, listen to your favourite music, and enjoy everything that makes fall special.

Happy Halloween, everyone! Have fun, stay safe, and keep celebrating inclusion!

Thanks, Susa, for inviting me to have a booth at the conference and I will be there with my newsletter representing the newsletter to self advocates and the community who might not have learned about the newsletter before.



Community Inclusion Month and Halloween with TCS

By Krystian



We reached out to Jasper, the Director of Services for the Interior and Prince George locations of TCS, to find out how TCS celebrates Community Inclusion Month and Halloween.

TCS has been part of the Kamloops community for more than 30 years. What does community inclusion mean to you, to TCS, and what does it mean to the people you support?

To me, Community Inclusion Month is a time to celebrate that everyone belongs in their community. People with disabilities should have the same opportunities as everyone else to make friends, try new things, have fun, work, volunteer, and be part of community life. It is also a good reminder that inclusion is something we should be doing all year, not just one month.

Community inclusion means being a valued part of the community. For the people we support, this can mean going to local events, enjoying recreation, meeting new people, volunteering, working, shopping, going for coffee, or simply spending time in places they enjoy. It is about having choices, building relationships, and feeling like you belong. We are proud to support people in being active members of the Kamloops community.

What does Halloween mean to TCS?

Halloween is a fun time when people can come together, dress up, and enjoy activities together. It can be a great opportunity for people with disabilities to take part in the same activities as everyone else.

Halloween activities can create simple opportunities for people to be together and have fun. Things like community events, parties, pumpkin activities and costumes can help people meet others and be part of something happening in their neighbourhood.

At TCS, we want people to feel welcome, included, and comfortable participating in community events. Halloween and Community Inclusion Month are both good reminders that everyone should have a chance to join in and have fun.

What do you enjoy most about being an advertiser and community partner with KSA, and what does that partnership mean to TCS?

We really enjoy supporting KSA because the newsletter gives self advocates a chance to share their voices, ideas, and experiences. We are happy to be a community partner and advertiser because we believe it is important to support projects that are led by and for people with disabilities.

TCS supports people in building skills, participating in recreation and social activities, and becoming more connected to their communities. What are some of the things you enjoy seeing people accomplish through community inclusion?

One of the best parts of our work is seeing someone try something new and realize, "I can do this!" We enjoy seeing people make new friends, become more independent, find activities they enjoy, volunteer, get jobs, learn new skills, and become more comfortable in their community. Sometimes the accomplishments are big, and sometimes they are small. Every step toward independence, confidence, and connection is something worth celebrating.

Continued on next page

Looking ahead, what could businesses, organizations, and community members do better to make Kamloops a more inclusive community for people with developmental disabilities?

One of the biggest things people can do is ask people with disabilities what they need and listen to their answers. Businesses and organizations can make their spaces and activities more accessible, provide clear information, be patient, and create opportunities for people to participate. Community members and businesses can help by being welcoming, saying hello, starting conversations and including all people in everyday activities and also supporting the Kamloops Self Advocate Newsletter! Community inclusion is not just about being invited to an activity. It is about feeling welcome, being listened to, having choices, building relationships, and knowing that you truly belong.

What else would you like to add?

We would like to thank KSA for the work they do to support self advocacy and giving everyone a voice. We are proud to support the newsletter and to be part of a community that celebrates inclusion.

At TCS, we believe that everyone has something to contribute. People with disabilities bring their own talents, ideas, interests, and experiences to our community and when people are given opportunities and the right support, they can accomplish amazing things.

We encourage everyone in Kamloops to look for ways to include people with disabilities in everyday community life. Say hello, start a conversation, invite someone to join you, shop at local businesses together, or simply make room for everyone to be part of the community. Small actions can make a big difference.

TCS is proud to be part of the Kamloops community, and we look forward to continuing to support people in reaching their goals, building connections, and living the lives they choose.



Spooky Punch

Taken from: <https://www.funology.com/spooky-punch/>

What You Need:

Fruit punch

Ice cubes

Ice cubes with bugs in them (buy at the dollar store!)

Plastic bugs

Instructions:

Wash the plastic bugs thoroughly with dish soap and water.

Fill a large punch bowl with ice.

Add the punch, real ice cubes, fake bug ice cubes and sprinkle in your plastic bugs.

Stir and enjoy the look on your friends faces when they go to sip!

Submitted by Regan



Frightful Fun: Halloween Pro-D Day Camp

Get ready for a day of spooky science and Halloween-themed fun at BIG Little Science Centre! This special Pro-D Day camp will give kids a chance to explore, experiment, create, and have plenty of frightful fun along the way. From creepy creatures to mysterious experiments, campers will spend the day discovering the science behind some of their favourite Halloween themes.

Friday, October 23

9:00 AM–3:00 PM

Ages 6–9

Campers will enjoy a mix of hands-on science activities, experiments, challenges, and Halloween-themed fun throughout the day.

Cost: \$50 per child

Members receive 10% discount

For more information and to register, visit blscs.org/camps

Spooktacular Science

Celebrate Halloween with a family-friendly day of spooky science fun at BIG Little Science Centre!

Saturday, October 31

9:30 AM–5:00 PM

10:00 AM–2:00 PM: Halloweeny hands-on activities

11:00 AM & 1:30 PM: Spooky Science show

Kids in costume: Free admission

Adults and kids not in costume: Standard admission rates apply

No registration required — just drop in and enjoy the Halloween fun! Come explore, discover, and learn... if you dare!





Candy Tic-Tac-Toe

<https://thegame-room.com/blogs/news/halloween-party-games>

Create a tic-tac-toe board and use two different types of candy (like M&Ms or candy corn) as the X's and O's. Players take turns placing their candies on the board, aiming to get three in a row. This festive twist on a classic game is perfect for all ages. Plus, the best part is that players can snack on the candy afterward!

10 Famous Family-Friendly Halloween Movies

1. ParaNorman — Digital Rental/Purchase

A funny and spooky animated movie about Norman, a boy who can talk to ghosts. ParaNorman will be shown at the Paramount Theatre in Kamloops on Sunday, October 11, 2026, starting at 2:00 p.m. This is a Sensory Friendly Screening presented by the Kamloops Film Society, making it a great inclusive Halloween movie experience.

2. Halloweentown — Disney+

Marnie discovers she comes from a family of witches and travels to a magical Halloween town.

3. Halloweentown II: Kalabar's Revenge — Disney+

Marnie and Grandma Aggie return for another magical Halloween adventure.

4. Return to Halloweentown — Disney+

Marnie heads to Witch University and discovers a mysterious magical prophecy.

5. Hocus Pocus — Disney+

The famous Sanderson sisters return to Salem and cause magical Halloween trouble.

6. The Nightmare Before Christmas — Disney+

Jack Skellington discovers Christmas Town and decides to bring Christmas into his Halloween world.

7. Frankenweenie — Disney+

A young boy uses science to bring his beloved dog back to life in this spooky stop-motion movie.

8. Hotel Transylvania — Netflix

Dracula runs a hotel where monsters can relax away from humans, until a human arrives.

9. Monster House — Netflix

Three children discover that a creepy house might actually be alive.

10. Casper — Netflix / Digital Services

Casper is a friendly ghost who wants to make friends and have some Halloween fun.



Halloween Fun at Disney in 2026: Magic, Inclusion, and Disability Representation

Halloween is one of the most exciting times of the year at Disney, combining music, entertainment, decorations, costumes, and family-friendly experiences. In **2026**, Disney parks and cruise ships will celebrate the season with special events for guests of all ages.



At Walt Disney World, Mickey's Not-So-Scary

Halloween Party at Magic Kingdom takes place on select nights from August 7 to October 31, 2026. At the Disneyland Resort, Halloween Time runs from August 21 to October 31, 2026, and Oogie Boogie Bash – A Disney Halloween Party at Disney California Adventure takes place on select nights from August 18 to October 31, 2026. Disney Cruise Line also celebrates with Halloween on the High Seas, featuring themed entertainment, activities, and decorations on select fall sailings.

Disney Halloween events include parades, live shows, character experiences, themed food, music, fireworks, and trick-or-treating. These experiences are designed to be welcoming for families and guests with diverse abilities.

Many people with diverse abilities enjoy Disney because of its focus on accessibility, inclusion, and storytelling. Disney provides accessibility services and accommodations that help many guests enjoy attractions, entertainment, transportation, and dining experiences.

Disney is considered one of the major entertainment companies working to improve disability representation, while continuing to learn and grow. For many years, people with disabilities were often missing from movies and television or were represented through stereotypes. Disney has worked to create more inclusive stories by highlighting disability experiences and encouraging more authentic representation.

The Disney+ movie *Out of My Mind* is an example of this effort. Based on the bestselling novel, the film follows Melody Brooks, a young girl with cerebral palsy who has a powerful voice and unique abilities. The story shows why disability representation matters and why people with disabilities should see themselves included in entertainment.

Disney's inclusion efforts also extend to employment. The company encourages people with disabilities to apply for jobs and provides workplace accommodations when needed. People with disabilities work in many areas, including theme parks, hospitality, technology, animation, media, and entertainment.

While disability inclusion is an ongoing journey, Disney's efforts show the importance of accessibility, representation, and giving people with disabilities opportunities both on screen and behind the scenes. Whether visiting a theme park, sailing on a Disney Cruise, or watching a Disney movie, inclusive entertainment helps bring people together and reminds us that everyone has a story worth sharing.

Learn More

Disneyland Halloween Time

<https://disneyland.disney.go.com/events-tours/halloween-time-at-the-disneyland-resort/>



Kindness and Compassion Interview Trish

By Lisa Coriale

Please tell me about yourself.

My name is Trish. I have worn many hats in my life but my current role, as a counsellor, is by far my favorite. I have a husband, three grown children and

a few grandchildren that are the joy of my life. I moved to Kamloops from the prairies four years ago and absolutely love the sunny days, endless heat and the access to outdoor activities – hiking, x-country skiing, kayaking etc.

What do you do for a living?

I own a counselling practice and I work with the 60+ age group at Summit Drive Church

What does kindness and compassion mean to you?

Kindness and compassion is an important aspect of how you move through the world.

Responding to people with kindness and compassion allows so many human interactions to flow effortlessly and has the potential to improve someone's day. A smile, a kind word, allowing space for differences of opinion and ideas to coexist doesn't cost anything.

The opposite though – to respond with rudeness or arrogance or indifference - can cause ripples of hurt that are felt throughout that person's day and anyone else that is within listening distance. The world is hard enough, adding to it is not helpful.

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

Frankly, because it's what I want and the kind of community I want to be apart of. As I walk through the world I want people to treat me with grace and give me the benefit of the doubt that I am trying my best. Offering that to others - spilling more of that into the world causes ripple effects but in a positive way that can lighten someone's load.

How do you show kindness and compassion to others?

One practice that I've been working on imperfectly is slowing down. Slowing down allows you to see people. We have no idea what they are dealing with. People are dealing with so many issues and carrying so many burdens we will never know about. Slowing down to pay attention gives opportunity to show that kindness and compassion. Take a moment to listen. Get curious. Let people in. Make room for those on the fringes to step in a little closer. Slowing down allows you to not be quick to react or be defensive but to get curious and respond in a way that respects others

How can people show compassion when they are in community?

Humans are in such a conundrum. We need each other and we irritate each other at the same time. Choosing compassion means getting curious about what the other persons experience is.

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

That is so true. We can't look after others when we are depleted. At some point in my life I realized I had internalized the words of critical people and bullies. I carried around my own internal critic that would rip me apart far worse than the people in my life. Learning the skills of self-compassion and cultivating a nurturing inner dialogue became life giving for me.

Continued on next page

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

See them. Smile at them. Include them.

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?

There is nothing like spending time with crutches or in a wheelchair to help see things in a different light. Until I broke my knee cap once a few years ago, I never realized how many people difficult, dangerous or impossible to maneuver with physical assists. It helped me notice when someone is coming in or out of doors, maneuvering broken sidewalks.

Keeping our eyes open. No one needs pity. No one needs to be needlessly rescued but asking how you can help. Offering assistance and just being aware goes a long way to make life easier.

Sometimes just getting out the door is a challenge, if the world you were entering treated you like you were welcome and wanted, it would be a better place for everyone!

Thank You to Our Mission-Driven Sponsors!

The Kamloops Self Advocate Newsletter is proud to give self-advocates a voice, share important stories, and promote inclusion in our community. We could not do this without the generous support of our mission-driven sponsors. Their support helps us pay contributors, print and distribute newsletters, and host events that celebrate self-advocates and community connection.



Kamloops Virtual

Golf <https://www.kamloopsvirtualgolf.com/>

Interior Community Services <https://interiorcommunityservices.bc.ca/>

Hypnomagician <https://www.hypnomagician.ca/>

CMHA Kamloops <https://www.kamloops.cmha.bc.ca>

Inclusion BC <https://inclusionbc.org>

Uncle Chris the Clown <https://unclechristheclown.com>

BC Interior Community Foundation www.bcicf.ca

Your organization can join these mission-driven sponsors! For just \$100 per year, you can help support contributors, newsletters, and initiatives that make a real difference in the lives of self-advocates.

Contact us at: thekamloopselfadvocate@yahoo.com

Where We Belong: Celebrating Inclusion in Our Community

By Krystian

We took some time to connect with Tami Pedersen, co-chair of the Speak Up Self-Advocacy Awareness (SUSA) Society and find out about how Community Inclusion Month. Here is what she had to share!

SUSA is excited to be part of Community Inclusion Month this October. This is a great time to celebrate what makes our community special and to make sure everyone has a chance to be included, have fun, and feel like they belong.

SUSA believes that everyone should have a voice. Everyone should have the chance to make choices, share their ideas, meet new people, and be part of their community. Community inclusion is about more than inviting people to events. It is about making sure everyone feels welcome and valued.

This October, SUSA is bringing people together for the Where We Belong Regional Conference on October 6 and 7 in Kamloops. The conference will be a chance for people to learn, share, connect, and have fun.

There will be exciting speakers and sessions about rights, self-advocacy, inclusion, and living a good life. There will also be a marketplace where people can learn about local groups and services. A fun drag session and performance will add some excitement and give people a chance to celebrate being themselves.

The conference will also include a special movie screening on October 6 from 6–8 p.m. This will be another opportunity to relax, connect with others, and enjoy the evening together.

SUSA hopes people from Kamloops and the surrounding communities will join us. We want people to bring their ideas, share their stories, make new friends, and learn from each other.

Community Inclusion Month reminds us that everyone has a place in our community. We all have something important to offer. When people are included, listened to, and supported, our whole community becomes stronger.

So, as we celebrate Community Inclusion Month, remember: Your voice matters. You belong. You have the power to help make your community better.

SUSA's Inclusive Halloween Tips:

Families and organizations can make Halloween more welcoming by making sure everyone can join in. They can:

Offer treats that are easy to open and safe for people with different needs.

Keep walkways clear and make sure entrances are wheelchair accessible.

Have a quiet, less crowded area for people who need a break.

Use simple signs and clear instructions.

Welcome people who may not say “trick or treat” or wear a costume.

Let people choose how they want to participate.

Be patient and friendly with everyone.

Most importantly, everyone should feel welcome, included, and able to enjoy Halloween in their own way.





SUSA PRESENTS



WHERE WE BELONG

An Inclusive Community & Self-Advocacy conference

Details

Date: October 6-7, 2026

Time:

- Day 1 (Oct. 6) 10 a.m. - 4 p.m.
- Day 2 (Oct. 7) 10 a.m. - 2 p.m.

Location:

Kamloops United Church
421 St. Paul St., Kamloops

Cost & Registration

- Self-Advocates: \$25 (Covers both days)
- Non-Self-Advocates: \$50 per day OR \$75 for both days

How to Sign Up



250-572-6009



speakupkamloops@gmail.com

JOIN THE CONVERSATION

Come together for two days of networking, learning, and celebration focused on community and self-advocacy. this event is open to everyone!

What to Expect

Presenters

- We will have a special keynote speaker, along with many great presenters and sessions.

Meals

- Enjoy lunch and snacks, which will be provided on both days

Market Place:

- Open both days for you to explore

MADE POSSIBLE THROUGH THE SUPPORT OF:

- BCPF (BC People First)
- CLBC (Community Living British Columbia)
- KSCI (Kamloops Society for Community Inclusion)
- ESATTA (Empowering Self Advocates to Take Action)
- New Horizons Professional Support Services

Western Canada Theatre Celebrates Halloween with Little Shop of Horrors

By Krystian

Western Canada Theatre (WCT) is celebrating Halloween with *Little Shop of Horrors*, directed by Kelli Fox, Artistic Director at WCT. For her first season programming as Artistic Director, Fox wanted to introduce herself and her work right away. She has always loved the musical, and its timing around Halloween made it a natural choice.

Little Shop of Horrors brings together horror, comedy and musical theatre. The story is based on a 1960 black-and-white film by Roger Corman. The film was a sci-fi parody filled with recognizable horror tropes. The creators of the musical kept the period of the original and leaned into creature-from-outer-space traditions from the late 1950s. They combined these ideas with a brilliant Motown-inspired musical score.

Audiences can expect a story as old as time: a Faustian tragedy given a fresh, campy and comedic polish. Fox says audiences can expect to be humming the tunes for weeks.

The characters may be unusual, but Fox says the production will focus on their genuine feelings and their human need for love. She believes that is where the real sweetness of the story lies.

One of the biggest surprises will be Audrey II, the giant, man-eating plant. Instead of renting a puppet or building a replica from the instructions provided with the scripts and musical scores, WCT hired a B.C. puppet designer and prop builder to create its own unique Audrey II, inspired by carnivorous plants native to B.C. The Audrey II is 100% original to this production.

The show will highlight local talent, including Robyn Wallis as Audrey, costumes by Marion Truscott and an entirely local band led by Alex Ward.

Fox says WCT is proud to be Kamloops' home team for professional theatre and to shine a light on homegrown talent.

The theatre experience is supported by a large team of volunteers, working with professional Front of House staff to create a welcoming environment for audiences.

For anyone who has never seen *Little Shop of Horrors*, Fox has a simple invitation: “Why wouldn't you? It's going to be a blast!” She suggests bringing friends, getting some popcorn and settling in for a great ride.

Fox describes the production as “Creepy, campy, classic!”



Canuks Autism Network Celebrates Halloween and Holidays

By Krystian

Colleen Ryan is the Regional Manager for Kamloops and Kelowna with Canucks Autism Network (CAN). CAN offers sports, recreation and community experiences for Autistic people and their families.



CAN has programs for Autistic children ages 3–12, including gymnastics, multisport, skating and swimming. Youth and adults ages 13 and older can take part in seasonal activities such as rock climbing, games and pizza hangouts, art and fitness. CAN offers family experiences throughout the year at local venues and attractions, giving families opportunities to connect and enjoy their community together.

Families across B.C. with at least one Autistic family member are welcome. Children ages 0–12 need an official autism diagnosis, while youth and adults 13 and older can self-identify as Autistic. Families must first create a free online account to register. Many programs are highly subsidized, family experiences are \$25 per family per year, and fee assistance is available.

This fall, Kamloops families can look forward to a CAN Family Experience at Pete Murray’s Pumpkin Patch and a sensory-friendly Halloween screening of *ParaNorman*. CAN is offering an adapted multisport program with the City of Kamloops from October to November for children who may benefit from an adapted recreational experience.

CAN also partners with the Kamloops Film Society to offer sensory-friendly movie screenings. These screenings have lower sound levels, softer lighting and allow people to move around or take breaks. Sensory kits with headphones, sunglasses and fidgets are available. Upcoming seasonal activities include a sensory-friendly screening of *Home Alone* in December and a Sensory Friendly Night at Wildlife Park during Wildlights.

Halloween can be made more comfortable by planning ahead. CAN suggests walking or driving the route beforehand, practicing the routine and using a visual schedule, social storybook or checklist. Families can choose a comfortable costume—or skip one altogether—and bring sensory supports such as noise-cancelling headphones. If door-to-door trick-or-treating is too much, families can attend a sensory-friendly event or visit a few familiar homes.

Sensory-Friendly Costume Ideas

- Superhero: A comfortable T-shirt or sweatshirt with a removable cape.
- Animal: A fleece hoodie or onesie with ears and/or a tail sewn on.
- Athlete: A favourite sports jersey or tracksuit.
- Chef: Regular clothes with an apron and chef hat, if tolerated.
- Favourite Character: Use clothing from an existing wardrobe and add one or two comfortable accessories.

Ryan says there is no right way to celebrate Halloween. “The most important thing is that Halloween works for your child and family. Participation can look different for everyone.” CAN’s winter registration opens Sunday, November 29. Some fall programs may still have spaces. To learn more, visit canucksautism.ca or the CAN registration page.

Sinister Science Brings Halloween Fun to Science World

By Krystian

Get ready for some spooky science fun at Science World After Dark – Sinister Science on October 30, 2026.

Brian Anderson is part of the team organizing this year's programming. He says visitors can expect an evening filled with Halloween-themed entertainment, science and fun.

The event will feature headline performers **Neil E. Dee**, with a sideshow performance, and **Vincent Rice**, with a horror Drag King show. There will also be exhibitors from a wide variety of local organizations. They will highlight the sinister and Halloween-adjacent sides of the science they do.

Sinister Science is one of Science World's most popular Halloween events, attracting close to 1,200 guests. Visitors can explore all of the Science World galleries while also enjoying live shows and special guest programming.

The After Dark events also give adults a chance to explore the building and enjoy the experience in an adult environment with no children present.

Science World works to make its events welcoming and accessible to people with disabilities. The organization regularly completes audits with groups such as the Rick Hansen Foundation and Canucks Autism Network.

Science World also considers sensory needs when planning events. Areas with higher levels of sound and lighting have warnings, and visitors can use more sensory-friendly spaces, such as the Sarah Stern Search gallery, which focuses on natural history.

Visitors can learn more about accessibility features, including sensory maps and guides, on the Science World accessibility webpage. People with specific accessibility questions can also contact Science World at info@scienceworld.ca.

Science World's goal is "**Science for All**," providing experiences that ignite wonder and stimulate curiosity for all visitors.



Halloween Jokes

Why did the skeleton climb up the tree? Because a dog was after his bones!

Knock, knock! Who's there?
Witch! Witch who? Which house has the full-sized candy bars?

Knock, knock. Who's there?
Frank. Frank who? Frankenstein, and I'm shocked you don't remember me!

Why did Dracula become a vegetarian?
He was tired of stake dinners.

Why do zombies make terrible comedians?
They always go for dead silence.

Frankenstein started a bakery.
His bread rises from the dead!

Why don't witches use dating apps?
Too many warlocks.

Why don't witches trust technology?
Too many spell-check errors.



Pumpkin Spice: A Taste of Fall

By Krystian

When the leaves change colours, pumpkins appear on doorsteps and Halloween gets closer, there is another sign that fall has arrived: **pumpkin spice!**

Pumpkin spice is found in coffee, muffins, cookies, pies and many other fall treats. But pumpkin spice is not actually pumpkin. Pumpkin pie spice is usually a mix of cinnamon, ginger, nutmeg and cloves. These warm spices have been used for generations in pumpkin pie and other fall desserts.

Pumpkin pie has a long history in North America. Ready-made pumpkin pie spice became popular in the United States during the 20th century. Eventually, these spices began appearing in many other foods and drinks.

Then came the Pumpkin Spice Latte. In 2003, Starbucks developed a fall coffee drink that combined espresso, steamed milk and pumpkin-spice flavours. It became very popular, and other coffee shops and restaurants soon created their own versions.

Today, pumpkin-spice drinks can be found at many coffee shops. Some combine pumpkin with flavours such as caramel, maple, apple or chai. There are also pumpkin-spice cold drinks and other seasonal treats.

Why do these flavours feel so comforting? Cinnamon adds warmth, ginger brings a little heat, nutmeg adds a rich flavour and cloves provide a strong, sweet spice.

Smell also plays an important role. The scent of these spices can remind people of Halloween, Thanksgiving, baking and cozy fall days.

For many people, pumpkin spice has become part of the feeling of fall. So when you see it on your favourite coffee-shop menu, enjoy a little taste of the season!

My Experience at Western Canada Theatre

By Ben

Western Canada Theatre has been an important and memorable part of my life. My time at WCT has given me opportunities to learn, meet people, work as part of a team, and experience the excitement of theatre.



One of the best things about WCT has been the people. Working alongside others has taught me about teamwork, communication, and responsibility. Every experience has helped me grow and become more confident.

WCT has also been fun. Being part of the theatre environment has given me opportunities to try new things and make memories. I appreciate the people who have supported me and the experiences I have had along the way.

There have been challenges too, but challenges can teach us important lessons. I have learned to keep trying, ask questions when I need help, and take things one step at a time.

I am grateful for my experiences with Western Canada Theatre and everything I have learned. WCT will always be an important part of my story.

A Thanksgiving Thank You to Our Community

By Krystian

Thanksgiving is a special time of year to slow down, spend time with people we care about, and think about the things we are thankful for.

In Canada, Thanksgiving Day is celebrated on the second Monday of October. In 2026, Thanksgiving Day will be on Monday, October 12. It is a long weekend for many Canadians and is a time when families and friends may get together for a meal, enjoy the fall weather, watch movies, visit relatives, or simply relax.

Thanksgiving has a long history in Canada. The modern holiday has been celebrated on the second Monday of October since 1957. Canadian Thanksgiving is connected with giving thanks and the fall harvest. Thanksgiving celebrations in Canada have also changed over time, with many different traditions becoming part of the holiday.

But Thanksgiving is about more than turkey, pumpkin pie, family dinners, and watching football. It is also a wonderful time to say thank you to the people who make our communities stronger.

The Kamloops Self Advocate Newsletter would like to give a very special Thanksgiving thank you to support workers and everyone working in the disability field. Thank you for helping people reach their goals, learn new skills, become more independent, take part in their communities, and live their best lives.

We also want to thank the people with disabilities, self advocates, families, caregivers, community organizations, educators, and everyone who works to make our communities more inclusive.

A huge Thanksgiving thank you goes to our readers! Thank you for reading the newsletter, sharing our stories, supporting inclusion, and being part of our growing community.

We also want to thank our advertisers and sponsors. Your support helps us continue sharing disability awareness, community news, entertainment, lifestyle stories, resources, and stories about people making a difference.

Thank you to our contributors, volunteers, partners, and everyone who has helped the newsletter grow. Every story, idea, interview, advertisement, sponsorship, and word of encouragement helps us continue our work.

This Thanksgiving let's remember that inclusion starts with all of us. A kind word, a helping hand, an invitation to join an activity, or simply listening to someone can make a big difference.

From all of us at the Kamloops Self Advocate Newsletter, Happy Thanksgiving! and plenty of reasons to be thankful Thank you for being part of our community! We hope your Thanksgiving

weekend is filled with friendship, family, laughter, good food, and fun.



Kamloops Libraries Celebrate Halloween

By Krystian

Halloween is coming to the Kamloops and North Kamloops Libraries, with fun activities planned for children ages 0–12.

Catherine Schmidt, Coordinator of Children's & Teens Services at the Kamloops & North Kamloops Libraries, shared some details about this year's Halloween events. She says her favourite part of putting together a Halloween event is "getting to be creative and imagining how excited the kids will be."

On October 31, the **Halloween Spooktacular** at the Kamloops Library and **Monster Mash** at the North Kamloops Library will feature themed crafts and games. Treats and small prizes will also be available.

Families can take part in a variety of crafts and games. Children and their caregivers can also check out the library's recommended Halloween books, movies, and more.

When it comes to costumes, Catherine says children can wear anything they are comfortable in. Library staff especially enjoy seeing costumes based on stories and literary characters.

The library also wants everyone to feel welcome. There will be crafts and activities that can be adapted to suit different families and their needs. Families who have questions about the library spaces or activities are encouraged to contact the library. Staff want families to feel comfortable accessing the events. They also hope children and families will remember that "the library is a fun place to learn, play, and explore."

There is another Halloween event to enjoy. The Kamloops Library will host a **Spooky Pajama Storytime** on Thursday, October 29, from 6:30–7:00 p.m. The event is for children and their caregivers and will feature not-so-spooky stories with a Halloween theme. Pajamas or costumes are encouraged!



Blazers Report

By Andrew



2026/2027 Kamloops Blazers WHL Season Preview

The Kamloops Blazers have ended the pre-season with impressive numbers from a few new players and returning veterans. With the regular season just beginning, let's recap the pre-season in just 6 games: 3 at home and 3 on the road. So far, they have 4 wins and 2 losses. Let's hope they can keep that momentum going!

I want to let readers know that the games are being broadcast on YouTube because Victory+ has been discontinued. Other than that, I look forward to a great start to the season, and I know you will be as well.





Your Vote Is Your Voice: Why Voting Matters –

By Krystian

The 2026 Kamloops election is coming up on Saturday, October 17, 2026. Kamloops voters will choose a mayor, eight city councillors, and five school board trustees. There will also be advance voting and voting by mail.

Voting is important for everyone, including self-advocates and people with disabilities. Your vote is your voice. It gives you a chance to have a say in who makes decisions about your community.

City Council makes decisions that can affect our everyday lives. This can include housing, transportation, parks, recreation, roads, community services, accessibility, and how Kamloops grows. The City itself says voting is an important way to advocate for yourself, your family, and your community.

Self-advocacy means speaking up about what is important to you. Voting is another form of self-advocacy. You can learn about the candidates, listen to what they say, ask questions, and decide who you believe will best represent your community.

If you are eligible to vote, please use your vote. Don't say, "I don't like what City Council is doing," if you did not take the opportunity to vote. You have every right to disagree with elected leaders, but voting gives you a chance to help choose who sits at the table.

Voting should also be accessible. Kamloops election officials can help voters who have difficulty reading or writing, and voters can bring someone they know to help. Braille overlays are also available upon request. Don't sit this election out. Learn, ask questions, and vote. Your voice matters, and your community needs to hear it!

The City of Kamloops has some great information on their Let's Talk page. You can go here to learn more: [Love Your City! | Let's Talk Kamloops](#)



Community Inclusion Month: Everyone Belongs

By Krystian

Ross Chilton, Chief Executive Officer (CEO) of Community Living BC (CLBC), has been with CLBC since August 2019. He is retiring in January 2027.

As CEO, Ross oversees CLBC's budget, how services are delivered, and a team that finds new ways to respond to people's changing needs. He also works with CLBC's Board of Directors, which includes self-advocates, family members and community members.

October is Community Inclusion Month, a time to remember that everyone has the right to feel like they belong and participate in their community. Halloween is one example of how communities can welcome people of all abilities.

At Ross's home, his family uses a candy chute so children can safely trick or treat without having to navigate stairs. They also put up a [Halloween accessibility sign](#) so people know they can trick or treat there even if they cannot use stairs. "The candy is pretty good too," Ross says.

People can also help make Halloween more inclusive at home by making sure people can get candy without going up stairs and putting up a Halloween accessibility sign. Signs can be requested or printed through [Treat Accessibly](#).

Ross's favourite part of Community Inclusion Month is hearing stories about how people celebrate inclusion across BC. He enjoys hearing about people getting jobs, finding new places to live and making new friends. These stories show the contributions, skills, abilities, ideas and learning that people with diverse abilities bring to their communities.



Community Inclusion Month began in 1996 when Community Living Victoria established Community Living Day. Inclusion BC helped bring the day across BC. Strong support from communities, families, self-advocates and local governments helped the celebration grow from one day into a month-long celebration every October.

Ross encourages people to take part in Community Inclusion Month activities or work with others to create activities. CLBC has an online [Community Inclusion Month calendar](#) with information about events. Service providers, local CLBC offices, Community Councils and community organizations may also have information about October activities.

Final words from Ross:

"In the last seven years at CLBC and 13 years at Community Living Society, I have had so many chances to meet with people, to hear their stories, and to learn from them. Thank you to everyone for sharing your time and experiences.

What I know is that creating inclusive communities is everyone's responsibility. It requires all of us, including families, service providers, employers, community organizations, local governments, and neighbours, to think about how we can make our spaces, programs, and attitudes more welcoming and accessible. We have come so far in building inclusion, and it is something that we all must continue to work and strive for."

Buddy Up at TCC By Tony

Do you want to get active, learn about healthy living, and have fun with friends? Come join me for Buddy Up at TCC! We meet on **Mondays from 3:15 to 4:30 p.m. at TCC.** (We do not meet on holidays or when TCC is closed.)

We will meet in the main lobby at TCC. Before we start exercising, we will take a few minutes to:

- Set a personal goal for the day
- Talk about exercising safely
- Talk about any challenges we may be having

Then it is time to get moving! We will do some exercise together and encourage each other along the way.

After exercising, we will have a healthy snack and talk about ways to eat well. Each week, we will talk about different healthy living topics. We will also challenge each other to keep going, try new things, and improve.

You will need to bring: Running shoes, comfortable exercise clothes, and a water bottle.

Don't forget, you can save money with the ARCH program! If you receive PWD, you may qualify for the ARCH program. ARCH gives eligible adults \$400 each year to use at TCC. This can help make being active more affordable.

So bring your running shoes, your water, and your goals. Let's get moving together!

For more information, contact buddyup4friends@gmail.com



Halloween, Inclusion and Being Yourself By Krystian

Lisa Coriale writes articles for KSA about kindness, compassion, inclusion and people's experiences. She asks people from all walks of life, including scientists, doctors and people with diverse abilities, to share their experiences and personal journeys. She enjoys learning from their stories and helping share their voices with others.

As a child, she celebrated Halloween but actually preferred handing out candy. She enjoyed being at home, seeing different costumes and watching kids come to the door. When she did go trick-or-treating, she enjoyed dressing up, getting candy and looking at the decorations around her neighbourhood.

Her favourite part of Halloween is seeing her nieces, nephews and other children in their costumes. She enjoys seeing their excitement and hearing about who they dressed up as. She believes Halloween is a time when everyone can come out, feel safe going door to door and dress up as whatever they want to be. There is no judgment, and everyone can have fun and be themselves.

Because she is in a wheelchair, she often found creative ways to include it in her costumes. One year, she dressed as a gladiator in a chariot, using her wheelchair as the chariot. With help from family and friends, she found ways to make things work for her. She did not let her diverse ability stop her from enjoying Halloween.

Community Inclusion Month promotes acceptance and belonging for people with diverse abilities. It celebrates those who work with and support them and reminds everyone that they have something important to contribute to their community.. Her message is: "Happy Halloween, everyone and be safe!" Don't let the Goblins scare you!



Enhancing Each Day
for Each Individual



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

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

SAVE THE DATE

Speak Up Self-Advocacy Awareness Society (SUSA) is partnering with community groups to bring you fun and inclusive events throughout **October!**



OCT
02

COMMUNITY INCLUSION FILM FESTIVAL

Thompson Hotel - 650 Victoria St.
Walk Ride Rodeo - 3:00pm-5:00pm
The Brooke Ellison Story - 6:00pm-8:00pm
Tickets \$5 Per Person - Space is Limited



OCT
6-7

WHERE WE BELONG CONFERENCE

Kamloops United Church - St. Paul St.
Oct 6th - 10am-4pm | Oct 7th - 10am-2pm
A Place Where I Belong movie screening on Oct 6
Lunch & Snacks are provided - Everyone is Welcome



OCT
23

HALLOWEEN DINNER & DANCE

Mt. Paul Food Centre - 140 Laburnum St.
Halloween Fun & Prizes - 5:30pm-9:00pm
We are co-hosting With Interior Community Services
Tickets \$5 Per Person - Space is Limited



For more information or to register for an event:
Call: 250-572-6009 | Email: speakupkamloops@gmail.com



THE KAMLOOPS
SELFADVOCATE
NEWSLETTER