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SPEAKERS


Mary Mammoliti, Lis Malone, Ryan Fleury, Steve Barclay, Rob Mineault


 **Rob Mineault** 00:20
Hey and welcome to another episode of AT Banter.

 **Ryan Fleury** 00:25
Banter, banter.


 **Rob Mineault** 00:27
Hey, this is the podcast where we talk with advocates and members of the disability community to educate and inspire better conversation about disability. Hey, my name is Rob Mineault and joining me today - it's Mr. Ryan Fleury.


 **Ryan Fleury** 00:43
No, I don't think I'm here this time.


 **Rob Mineault** 00:45
And also joining us. It's the lovely the talented, Miss Lis Malone.


 **Lis Malone** 00:55
I'm stricken with this feeling of deja vu, all of a sudden.


—


 Rob Mineault 01:04
The show goes so much smoother when we have when we have a dress rehearsal.


 Ryan Fleury 01:12
Don't get into the habit of dress rehearsals.


 Rob Mineault 01:15
Make a note, whoever is in charge of making notes. How are you guys today?


 Lis Malone 01:23
Well, doing well.


 Ryan Fleury 01:25
I'm okay, I guess I just got off a four day weekend. So today's my Monday.


 Rob Mineault 01:33
It's definitely a Monday masquerading as a Tuesday. Yep. Very, very Monday ish. All right. Well, without further ado, since we ran into some technical issues, and we're a little late, let's not waste any time and get this show on the road. So Ryan ...

 Ryan Fleury 01:53
And just to clarify, you had technical issues, we were good to go.


 Rob Mineault 02:00
Ryan?


 Ryan Fleury 02:02
Yes.


 Rob Mineault 02:04
Tell the fine folks at home what we're doing today.


 **Ryan Fleury** 02:06
We are speaking with disability advocate and host of the AMI show Dish With Mary. Mary Mammoliti and I hope I pronounced that right after practicing that all day.

 **Mary Mammoliti** 02:17
You did that impressive for the first time.


 **Ryan Fleury** 02:21
Welcome to the show, Mary.


 **Mary Mammoliti** 02:23
Thank you. It is so good to be here.

 **Rob Mineault** 02:28
Are you sure?

 **Mary Mammoliti** 02:29
I am, I am. I didn't even pause when I said that.

 **Rob Mineault** 02:34
Well, you are a broadcast professional. Yeah, I would expect no less.

 **Ryan Fleury** 02:39
This is why we don't have a show on AMI.

 **Rob Mineault** 02:49
Well, listen, we'll take the cowbell but ...

 **Rvan Fleurv** 02:56

I'd watch that show.

R

Rob Mineault 03:02

Listen, very, it's an absolute delight to have you here, there is so much to talk to you about. But before we dig into all of that, maybe you just give our audience a little bit of a snapshot of who you are and a little bit of your background.

M

Mary Mammoliti 03:16

Okay, so you gave them my name, Mary Mammoliti. I am a cook, a culinary expert And I do some TV, some radio. I've got a show, which is with AMI Accessible Media Inc, which is called Dish With Mary, where I go round I travel across Canada, I meet some interesting people, a lot of chefs, and they walk us through, they give us a little insight into their lives. And what I love most about the show, aside from me hosting it, is that it combines both worlds. So especially when it comes to cooking, cooking is something that it can be a scary place. It can be somewhere where a lot of people don't feel comfortable in. There's fire, there are knives there are so many things that can be frightening, especially if you've got a visual impairment. And for me, I have written Retinitis Pigmentosa, I'm low vision. I've got central vision. And it wasn't always the case for me, so I loved cooking. But as many may know, with Retinitis Pigmentosa, your eyesight deteriorates over time. So I keep on losing my sight as time goes on. And that's when it kind of reconnected and rediscovered the kitchen. But a lot of it with the show is showing how we can do the same things as anyone else. We can still make our meals, we can still have fun in the kitchen, with a couple of modifications. We just do it slightly differently. And I love that we do it with some sighted chefs and we teach them a thing or two as to how we master our kitchen, which is what I like, as well. And it's a program that can be enjoyed by all. It's inclusive, it's fun. I mean, who's angry around food, right? When unless you're Gordon Ramsay, who angry eats. But other than that, it's just a fun, it's a, it's a good feel show, it's a given a glimpse into what we do in our kitchens. And they're all recipes that can be done at home. So they're created by chefs, but they're cooked by home cooks, which is what I love. Because that's where I started - home cooking.

R

Rob Mineault 05:41

So I want to talk to you a little bit about your vision journey, because I feel like it's a process. I'm curious to know what yours was like. So when were you first diagnosed with with RP?

M

Mary Mammoliti 05:53

I was first diagnosed, believe it or not in my early 20s. So I went for the most part of my life, I, I really didn't know what was happening to me. And I just, I knew there was always something different. So if I go back to I want to say maybe seven years old, I mean, I don't know, I'm just putting a time on that. But truthfully, I was really young. And I remember playing hide and seek with my cousins. And I tell the story all the time, because this was this was a defining moment for me. This is when I realized there was something different about me. There was something that I saw the world very differently than others. And I didn't quite know why, but I knew it was

different. Because we were playing, like I said, hide and seek, running around, you're hiding and looking for that great spot, it starts becoming five o'clock, six o'clock, it's getting a little dim out. It's after dinner. And I noticed that when I'm going on approaching the stairs, I had to stop. And I had to really concentrate because what I didn't know then was that's one of the signs of RP is that your depth perception is affected. Your night vision is affected. I had no idea. I just remember telling my mom, I don't see it well. And time went on. I'm a little older. I want to say maybe my teens now. And I explained to my Mom, look, I'm not seeing well, there's something different. And I'm just not seeing the way you're seeing things. So she takes me to the doctor eye exam. And I was told I need glasses, which I did. But that wasn't really what was happening. That wasn't exactly what my diagnosis should have been at the time. And then fast forward a little bit. You're out with some friends. I mean, I remember. And it's funny because I thought about this the other day, but I remember when going to a movie theater. We're kids, we're going to a movie theater and it's the first time, you got no chaperone, no adults, you're going with your buddies. And this is fun. Like, look at us. We're adulting right now. But instead, it was a nightmare for me, because I couldn't see those steps. And there were lots of stairs, lots and lots of them. And it couldn't understand why everyone was going up and down with no problem, but I was struggling. So that's when in my teens is when I said look, I don't know what's happening. And that's when the glasses came along. Now I remember in my 20s, were out club - well, bar hopping, clubbing, doing the whole thing. One night, I couldn't find the exit. And it's it scared the heck out of me. Because I'm like, okay, while you're in these bars or these dim places. I don't know if anyone has ever experienced this, but this is what I've experienced is that I didn't know what was happening. I knew I was seeing differently. And I didn't know how to explain it to people. So if someone were to hand me a drink, I couldn't see it. And if you're in a club, you're dancing, chances are I would dance by myself because I couldn't see their faces. I didn't know where I was. So I've just played off like I was dancing by myself. Or you would turn down a drink because you couldn't see them handing it to you. And then half the time I would play it off that no, maybe I had one too many. And this is why humor became a big part of my narrative. Because I started adding humor to if I missed a step, or if I didn't see someone standing beside me. And it just became this whole routine. And that night when I couldn't find the exit and I started panicking. I just started following because my distance was okay at the time. So I used my distance to find things. It was when things got close I couldn't really make them out. I couldn't even see even a light flashing off the doorframe for me to make it to the exit to meet my friends. Somehow made it out. And the next day, I walked myself into emergency at the hospital, and I explained my symptoms. They rushed me in right away, I had no idea why they rushed me in. Apparently what I was describing, when you see it's like the flashing lights, a whole bunch of different symptoms that I explained. They thought I had a brain tumor. So they rushed me in right away. I didn't know this at the time. I just knew they were rushing me in. It wasn't that, needless to say, and it was they ended up having an Ophthalmologist on staff who came in to visit me and check my eyes and they said, this is what we think is going on. We're gonna send you to someone. You can go see them. They just said there was something wrong with my eyes, which I had already knew. But this was the appointment that I needed, it was finally going to be there's going to be some type of diagnosis. I went in. And I unfortunately met an ophthalmologist who maybe had been doing this for quite some time and was a little desensitized. Because when I remember my sister was sitting on the chair next to me and in the exam room, and he says, well, this is what it is, you're going blind. And I kind of looked at him and my eyes welled up. And I thought, I thought that's what I heard. And he's like, there was no point crying because you're gonna go blind, it's not gonna change anything. I'm like, okay, well, wow. Okay, well, there you have it. The color drained from my sister's face. I was in shock. So we walked ourselves out. And immediately I had no idea what this was what type of diagnosis and at the time, I am not a dinosaur, I'm not 90 or 100 years old. But at the time, we didn't have all the support groups that are online

today. There's a lot more accessible to us right now online than there was at the time. When I was diagnosed, RP wasn't very common. And they had what they had were support groups. So they sent me to a support group, which was an in person meeting, event, and you would sit there and you would talk to other people who were diagnosed. And unfortunately, again, I was in a group of people who were very far along in the in the condition and the disease, and I got to see a quick snapshot of what was to come. So I don't know if my body just shut down. And I basically said to myself, this isn't happening to me. Like, there's just there's no way this has happened to me, I'm not gonna let it happen. Because when you're diagnosed with a condition, and they tell you that there's no nothing they can do, to either stop it, prevent it, cure none of that. Immediately, you're losing all control of everything. And I don't know about you guys, but when I have to relinquish control over everything, it makes me a little uneasy. And you have no control. And especially because you have no say in your own life, it's basically been dictated for you. And you can't stop it from happening. So I remember just telling myself, this isn't happening. It's not happening. And then time goes on, of course, it's progressing. And I'm, every day, I just keep on saying, this is fine. This is good. This is what it is. This is how it is. It's not happening. And it's not happening to me, I'm not going to let it happen. Who am I kidding? I'm not gonna let it happen. It's gonna happen. And I basically lived as an imposter in my own life for the most part of my life. I didn't tell many people and if I did, we were too young and too, too silly to understand really what it was, and what the, the full extent of this condition is, that, you know, it would become a joke. So I didn't know how to deal with that. And yeah, so it was It was a weird time for me, not understanding how I fit in, and where I fit into life. And because I could see, but I couldn't. I had a diagnosis, but no one knew really what it was. It was that type of thing.

L

Lis Malone 15:17

I have RP also. And our journey is almost identical. And we've had a lot of guests who have RP on this program. But you and I, we have the same childhood. I was diagnosed at 20 had the crappiest delivery by a medical professional. My gosh, had the scary instances living in New York City as someone in their 20s and I even fell into a sidewalk cellar on the street. So everything you're saying I can 100% relate to. I've never met anyone who has experienced the exact same things that I have. No, it is, we are so parallel. It's almost a little frightening. The only thing I would add to that is that when I went to the movies, and I had that same thing happened to me is that I can't even tell you how many strangers laps I've sat in. Because when you're scooting down the row and you think there's no one there and you sit. So yes, I I tripped down many stairs at the movie theater sat in many of people's laps.

M

Mary Mammoliti 16:46

Someone asked me for my phone number when I sat on their lap.

L

Lis Malone 16:54

And so it's it. It doesn't make it the journey. less challenging but you're not alone. If there's any any comfort in that, because it's you're one of the first that you are probably the first guest that we've had such a similar storyline in terms of every detail. So Wow. Yeah. Well, I think we have to go for DNA tests.

M

Mary Mammoliti 17:34

I think so i think so I'm ready for that.

R

Rob Mineault 17:38

So what at what point does it all start to sort of click in, where you've been diagnosed, you kind of see this on the horizon, but you still you're not ready to accept it? What's that day like where you either get the information that you need that that's required and where you actually click in and you start to accept this as a new reality?

M

Mary Mammoliti 18:02

I didn't really have an aha moment, I didn't have a moment where a light bulb went off, it was it came to a screeching halt. I ran into a wall. Not literally, but figuratively, because what happened was I was a financial analyst. I didn't do this all the time, I wasn't a cook all the time. I was originally a financial analyst, and I didn't tell anyone at work. And my eyesight was deteriorating even further. So you're hiding it from co workers, you're hiding it from friends, you're hiding it from so many different people. And there were, I think only a handful of co-workers that knew what was happening. My eyes just gave out the strain of everything. I just saw everything and it was a haze. And I shut down my computer. Because I had two monitors at the time and you're looking at spreadsheets and you're looking at numbers and the amount of strain that I was putting on my eyes was just absurd. And I just kept on going I was just pushing myself more and more. And my body just said that's enough. And I left the office, I came back home. I don't know about you this but for me, it wasn't an instant moment where I said oh, this is what was happening. No it for me it was still in denial that I'm not losing my sight, this this is not happening. And me thinking that I was going to return and go back to the way things were. That wasn't the case. Because I couldn't see the way I did before. I'm now given a new set of eyes. What do I do now? I basically got to the point where I wouldn't leave my home. So from going out hiding everything and being fairly independent to don't want to go out. I'm afraid. Everything became scary. And I don't know, I mean, even taking a walk around the block. That was terrifying to me. And that I one day just had my pajamas on. Thank goodness for Canadian winters. So I can put this long duvet of a coat on and walk outside and no one knew I had my pajamas on. And I just walked around the block, and I had my husband on the phone and I said, I gotta do this, but I'm afraid to do it. Will you talk to me? So he talked to me halfway around, he said, you got this, and I hung up. If I tell you smoke was coming off the heels of my boots, because it was walking so fast to get home because I was terrified that something was going to happen. It's always that what if, what if I do this? Or what if this happens, or what if I miss that? It were trying to be at least I was trying to be a mind reader and seeing the future like a crystal ball like this was going to happen. But fear just took over. And then slowly I just started working from there. Was the same, did you have the same type of situation, Lis?

L

Lis Malone 21:07

We were very similar in the fact that I think that with the RP, you're constantly making adjustments, therefore you never get to get comfortable in in one vision place for too long. So you

adjustments, there's you never get to get comfortable in in one vision place for too long. So you can and then you can wake up one morning and just have a crappy eye day. And you think oh my god, the RP just got worse, oh my god, I just lost this. And then you realize, okay, it's maybe very humid or the, you know, barometric pressure is higher, and it's putting more strain on your blood vessels. And then two days later, you're kind of back to where you were. So there's that constant feeling of uneasiness, I guess you could say, because you'd never feel, visually, you're on solid ground. So and I definitely understand that on a bad day, or when things change everything that you thought you knew how to do. Now, it's completely shifted. And that the things that you felt really strong and comfortable doing now you don't necessarily feel so comfortable. So you're constantly relearning, readjusting, and that's constantly resetting your expectations and readjusting your fears and anxieties of the new things that you now have to do differently. So it is that it's that very scary, unsettled, just always feel that you have to be very cautious. Because nothing could be the same from day to day. So I mean, I think we're saying similar things in in different ways. But but the way it manifests in terms of the the anxiety, I mean, in Mary's case, you know, walking around the block, and in my case, maybe I'm not gonna cutting a vegetable now I'm like, oh, my God, I don't wanna touch that knife. And so we all have our different things that we were really comfortable with that now when when the vision changes, it completely changes our confidence level.

R

Rob Mineault 23:08

After that, Mary, was sort of the first big thing that changed was it the job?

M

Mary Mammoliti 23:14

Yeah, that was the big change. That was the change that started at all. Yeah, yeah, I would have to definitely say it was it was the job.

R

Rob Mineault 23:25

Up to that day, did they have any idea that you were losing your vision? Was that something that you kept on the down low? Well and now being in the community, you kind of have the perspective now. This is why I feel like educating into the mainstream is so important, you know, not just for everybody in the community, but also for the people that that are coming into the community. Because that's the that's the thing about the disability community is that most everybody is sort of on their way there, even if it's temporarily. So not not having that fear and understanding that having a disability isn't the end of things. It's just a new beginning, I think is so, so important for everybody to recognize.

M

Mary Mammoliti 23:32

I kept it quiet. I did. I mean, the I know differently now. But at the time, I told myself that if I were to say something, I would be treated differently. Right? Like, they would look at me differently. They would possibly, or potentially say that I can't do my job. And I know, don't tell me, I know, damn, well, I can do my job type thing. And I think that was a big fear of mine. But I also think that if I did say it, and tell someone that would mean, I would have to say it out loud,

which means then it makes it real. Right? And it makes it makes you, it just lets you know that this is happening. So I think it was a combination of both I just didn't want anyone to know, I didn't want to be treated differently. I mean, if I had known, or I had just sat back and thought, I'm pretty awesome being different. Why wouldn't I want people to know that I'm different? But at the time that's what you fear most. Or at least I did. But I think we would also, I look at mainstream media. And I think to myself that if I had seen more people like me, represented in mainstream media, not as being the victim, not as being helpless, which is what you see a lot in mainstream media is that someone with disability, they need help. And I think that impacted a lot of how I thought, because I would see that and I'm like, well, people are gonna treat me that way. I think it all comes from also from mainstream media. And I want to bring this in because it means so much to me to have shows like that are on AMI, podcasts like yours. Just representing and getting stories out there. Everything just to know that there are people in this community that are doing some awesome things.

R

Rob Mineault 26:29

And that's, you know, that's always been a mandate for us. I mean, early on, when we first started this podcast, we were, it was it was kind of a bit of a marketing ploy to talk about assistive technology, which was the, the sort of the field that we were all in. And really quickly, we realized that that was really incredibly boring. And it was much more interesting to talk to people in the community and just get a sense of what they were doing and their stories. And it's such a more of a rewarding thing to explore and to talk about. And, you know, we get a kick out of talking to anybody. You know, the greatest quote that I that I ever heard from a guest was "everybody has their mountain to climb" Walking around that block for you, that was your mountain at the time. And that was as important to you as somebody who's literally climbing a real mountain, who's climbing Kilimanjaro blind. It's all it's all about perspective. And really, the important part of that message is everybody has the ability to push themselves through a boundary or a barrier that might have been placed by themselves or by society. But the ability is there. Those are the stories that I think are important to put out there into the world. All right, well, enough of that. Let's talk about this show of yours. Because Ryan's been waiting.

L

Lis Malone 28:11

I think we know that Mary has not listened to our show , if she heard all the disgusting things we say about food. She would be like, oh my God, I am not connecting my show. My name my good palate and my good skills to this smorgasbord of disgusting food talk.

M

Mary Mammoliti 28:28

I need to go and listen to quite a few episodes after we speak.

R

Rob Mineault 28:35

Yeah, no, we've talked a lot about food. But talk to me a little bit about how this happened. Dide you always have an interest in food even though your your career obviously went on a different path initially?

M

Mary Mammoliti 28:50

Oh, I always loved cooking. I come from a foodie background. I am Italian Canadian and food was always at the center of everything. I mean, you had a headache, eat, you know, someone's coming over here, eat something. It was always food. You're feeling sad, here's some food. It was always food was always there. But we also had an open door policy and honestly, everyone would just pop in. So there was constant treats or anything always on the table. Whether it was a crock pot of coffee, brewing, cookies, food, if you stopped in and it was around dinnertime or like pull up a chair, you're having dinner with us. So it was something that I always grew up with. And I was actually part of my therapy, which I didn't even know could possibly happen. After that walk around the block I just I went into the kitchen I started cooking again. Because I mean when I was in the corporate world and I was so consumed with building a career or doing this and doing that that I put things that I've truly loved on the backburner. And this gave me the opportunity to revisit them, and I started - just like you were mentioning Lis - that cutting, just chopping vegetables in a new way or creating food, I realized the connection between food. And I don't need anyone to help me in the kitchen. By myself, it was empowering. Because I didn't have anyone saying, oh, watch your step, or oops, you bumped into that. Or here you go here and let me hand you that it was just me. And the task at hand, whatever I was doing, and whether it was good, bad or ugly, at the end, I get to reward myself because I get to eat that. So I realized how empowering food had become. And that's when I started cooking again and just really reinventing recipes. And I really wanted to lean into the healthy, but quick, simple and easy recipes to make at home, that anyone can make.

R

Rob Mineault 30:53

So I want to talk a little bit about that process. Because because it also strikes me as it must have felt a little bit empowering, because you know your kitchen, everybody does. Was it fairly easy to adapt your kitchen to your vision, and make it a safe space> Does it ever strike you as particularly amazing when you when you look back at your journey, and go wow, I used to be a financial analyst, and now I'm on TV.

M

Mary Mammoliti 31:12

It was but it took some time, a little bit of trial and error. And then I mentioned I do have my husband, Frank. So when we cook together, that's a new way of cooking as well because I can't see certain things. And for example, if he leaves a drawer open, that's a no, no. I'm ramming into that guaranteed, I will find that drawer somehow, somehow. I can be at the other end of the kitchen and I will find that drawer. But it's that type of thing and learning that, you know, just call out, I got the dishwasher open or I'm over here to your left or certain things like that. But definitely in the kitchen one of the first things I taught and learned was to keep a very organized kitchen. So I don't have to search for things that it because that's half the battle. Searching for what you need. And if someone moves something of mine, I'm like, okay, who moved what? Why did you move it? Where did it go? And it's like a big deal. There's a place for everything. Right? I always say I'm the happiest I've ever been with less sight. And it's just because I truly live now a life that I wish I had decided to live years ago. But it's better late than never. Yeah, so yeah, so for me, I truly am. I'm so grateful for everything. Because even when I wake up in the morning, honestly, I do this every morning, I'm not making this up. This is not

something from Tony Robbins, I do sit at the edge of my bed and I make sure I say that I'm grateful for one thing, whether it's a small thing, but every morning start off with one little ounce of gratitude for something that I can do that day, or that I've done or that I've been given. And I think that helps ground me.

R

Rob Mineault 33:17

We've had multiple guests where they were they were just living their life and then you whatever, they had vision loss or something and now they are a Paralympic athlete or now they're they're hiking the Appalachian Trail. They are doing all of these things that they never would have, wouldn't have dreamt of doing before something like vision loss happened to them. These transformative experiences that people go through, it's not all about negativity. Yes, they can be difficult and you know, I'm not diminishing that at all. But it's just I think it's important for people to realize who may be going through something like that is that it's transformative in a multitude of ways. And you know, you just kind of have to go through the process and you don't know what's going to find you on the other side.

M

Mary Mammoliti 34:00

Absolutely.

R

Rob Mineault 34:05

Okay, so getting back to the show. So for people who'd maybe haven't watched it at all, not familiar with with maybe the format, just walk us through a little bit of what happens on a typical episode.

M

Mary Mammoliti 34:16

So in an episode, we have a recipe that so we meet with Chefs all across Canada, and they share one of their signature recipes or one of their favorite recipes, something that they make often. And then share that with our viewers. And it's accessible. It is delicious. Like it's so much fun. But we start off with cooking in the kitchen. Like I'm getting hungry. I just ate dinner, what's wrong with me? We start off in the kitchen. And then we go out because I get to travel and visit them in their cities. So we meet them there. They talk to us whether it's their Restaurant whether it's their Kitchens somewhere, and we get to know them, and we get to know where they're from. And we get to experience a little bit of their cities. Like we went to Montreal, to Victoria to so many beautiful places within Canada. Canada is really beautiful. And it's got some honestly, we really do have the friendliest people. I'm sorry, we do. Sorry, Lis.

L

Lis Malone 35:29

Sorry, Regina.

M

Mary Mammoliti 35:33

So we fly out, meet them. Talk a bit about them get to see their restaurants we walk everyone through. What's beautiful about Dish With Mary is, aside from the delicious food, aside from the recipes, aside from the accessible tips that I share, is that it's got integrated described video, which is the description is embedded within the conversation in the show. So it can be watched by everyone. Yeah, that's one of the one of my favorite things about it.

R

Rob Mineault 36:06

So as a foodie, then, yes, have you had like any like really a geek girl moments where you're geeking out because you get to do a show with like a chef that you've sort of known, and is like a bit of a celebrity to you.

M

Mary Mammoliti 36:20

I geek out with every chef that comes on with me. And if it's something that I've never worked with before or never tasted, I get really excited, almost like a little fifth grader. Like I'm constantly smiling. I think all my teeth are showing in all the shows. I just get really excited about it. And it's just a lot of fun to meet everyone. Everyone's got a story and I just find people so interesting. Yeah.

R

Rob Mineault 36:53

Yeah, well, it is. It's always especially with things like Chefs, I mean, I always find it really fascinating to hear about how people, you know, sort of pick that career path, because, like, it's a very niche career path, and you think you sort of do have to have a certain type of brain to be a really good chef.

M

Mary Mammoliti 37:14

And it's interesting to hear how some of them decided to become a chef, why they chose that career path. It's not always what we think is that it's not always been embedded in them. I love the ones that were it's been this moment where they've been aligned cook and like, oh, maybe this is what I should be doing. Or they start out doing nothing to do with cooking. And then just suddenly pick up and start creating recipes, which I find fascinating. Like, where did this come from? It's just it was a random day that they just decided to make something and then they realized, okay, this is what I should be doing. And this is a lot of what we do on Dish With Mary is if we find these interesting stories to tell.

R

Rob Mineault 37:57

Well, that was gonna be my next question. Do you have a hand in selecting the Chefs that you end up cooking with?

M

Mary Mammoliti 38:04

Yes, yes, I do. So I work with the production company, AMI, we all work together and honestly, it's just it's such a great process.

R

Rob Mineault 38:17

And what season are you guys up to now?

M

Mary Mammoliti 38:20

We just finished Season Four, actually. Season Four last episode I think is airing this Thursday. But you can definitely stream them online at AMI Plus and catch up on all the seasons. You can I think they will be replaying them or on TV as well on AMI TV on Thursdays 9pm. Eastern on AMI, TV, AMI Plus YouTube I think.

R

Rob Mineault 38:52

Yes. I have to say I love AMI Plus, I've been I've been working through a ton of content on that. It's so great that that it's now I can stream anything.

M

Mary Mammoliti 39:02

And of course, you've been watching Dish With Mary. Thank you very much, Of course!

R

Ryan Fleury 39:05

We're ready for the recipe book to come out.

M

Mary Mammoliti 39:10

It's coming, it's coming.

R

Rob Mineault 39:12

I love it. Something about cooking shows, they have that overhead camera and honestly, I actually want to go out and buy like, you know, 25 of those little dishes. Because it looks it looks so easy to cook when you measure them all pre measured. You put them in a little dishes so that you know you can just start dumping stuff together. I love it. It's so fascinating. And the thing that fascinates me most about cooking shows in general is when people who are good at it are doing it, they make it sound and look so easy to do. And then you try to cook you know, mac and cheese, and you burn it.

M

Mary Mammoliti 40:14

But for the most part it is. I mean, if you follow a recipe, and guaranteed it'll work out. I mean things can go wrong. But like I said, the beauty of it is that it's usually still edible.

R

Rob Mineault 40:41

And whenever I've gone wrong, it's been a matter of, baking powder or soda. I'm sure it's the same thing, whatever. Baking soda, but I'll just put baking powder in.

M

Mary Mammoliti 41:00

I mean, look, I have my share of fails. And I know when a dish isn't that great? Because my husband will say well, you know, it's just for us to eat. That is the trigger right there. I know when okay, this was not a hit. This was a probably a swing and a miss but it's still edible.

L

Lis Malone 41:19

Have you found that in any of your your your show episodes that your interaction with some of these chefs and maybe their experience, their time with you and experiencing and gaining some insight from a blind or low vision perspective has sort of influenced them in terms of how they think about their cooking and how people experience food?

M

Mary Mammoliti 41:42

Absolutely, I have had many of them say that they actually they look at their kitchens differently now, which I think is so much fun to hear, because it's making people think it's making people think outside the box. Because when you have - I call them my 20/20s or people where they can see things, they take little things for granted. That is a huge deal for someone like me who's cooking, it could be salt and pepper, right, don't mix up the containers, because then I'm putting pepper instead of salt and salt instead of pepper, if the containers are the same, that type of thing. It's just there's so many little tips that after working with us and working on the show, they they said you know, they just tend to look at everything, even when they go somewhere. How dim is it in here? Is it accessible? Even their own restaurants, they to ensure that their own restaurants are accessible, which is what I absolutely love is people just thinking outside the box and not making things accessible as an afterthought. And I'm hoping that shows like these will help people see that and do that and work with that.

R

Rob Mineault 43:28

And I do really feel like you know, people in the community probably do feel a little bit intimidated by, you know, cooking, and you know, being around a hot stove, sharp knives and stuff. So it isn't really important to you know, put that message out there. It's like it's just a

matter of adapting a kitchen and making it safe and making it making it comfortable for you. And you can cook up anything that anybody else can.

M

Mary Mammoliti 43:58

Absolutely, and there are so many tools out there that we could use that I mean, there's a cutting a cutting glove, which that if you put it on, it won't cut your fingers. Some people find that easy to work with it. There's just so many little things that can help and just make a huge difference and just help someone build their confidence.

R

Rob Mineault 44:21

Yeah, you know, it's funny, we talked to this guy not long ago, that has a YouTube channel called the Grilling Experience. And he talks about this this particular type of barbecue that's that doesn't get hot at all outside mazing never never knew that something like that existed. And you know, he again, he talks about these gloves that you can wear so you won't get burned. So yeah, there are all these adaptations out there that people just don't know about that may be holding people back.

M

Mary Mammoliti 44:59

Amazon is carrying them now. What don't they carry? But that's a whole other episode.

R

Rob Mineault 45:06

It's true.

R

Ryan Fleury 45:08

Well, I haven't had sight in almost 30 years, but I recall watching shows that were cooking based or themed and the the chef's produce -- all the food always look brighter and more colorful. So are there secret places that chefs get to shop for the prime food? Or is it all just filters?

M

Mary Mammoliti 45:33

It's called a food stylist.

L

Lis Malone 45:35

it's not ice cream, it's Crisco.

M Mary Mammoliti 45:43

Buffing up an apple before we go shoot it. Yeah, when it's cooked food, no, I mean, they're, they're styling it where you can get the prettiest angle for it, but it is the actual cooked food. But when it is stuff like apples and vegetables and greens, and that they tried to get the most fresh vegetables they can. Yeah. The pretty ones that that photograph well, I guess.

R Ryan Fleury 46:07

I need to go shopping early to get the good stuff.

M Mary Mammoliti 46:12

And I shop in the imperfect section of the produce aisle. Oh, there you go. The imperfect.

L Lis Malone 46:21

The Misfit bunch, you know? Yeah. Listen, I'm not that customer that's secretly like hitting the thing so I can get a bruise price.

R Rob Mineault 46:33

Bruised prices?

L Lis Malone 46:35

Hey, it's a tough time right now. You gotta you gotta use whatever you can. current prices in the United States.

M Mary Mammoliti 46:42

I've never seen so many people sharing shopping tips at a grocery store, like just strangers.

R Rob Mineault 46:53

It's true. So true. grocery prices are bringing us together. Mary, we want to thank you so much for coming on our show and chatting with us for a while. It's been an absolute delight. Where the heck - and we've already answered this but let's plug it again - where and when can people find the show if they're interested?

M Mary Mammoliti 47:17

Well, I'm happy to plug it. You can find it on AMI TV. It is at 9pm Eastern Standard Time. You can stream it on AMI Plus, Dish With Mary. You can catch up on previous seasons. Enjoy it have fun. Thank you.

R

Rob Mineault 47:35

And if they want to learn more about you. Do you have a website or socials?

M

Mary Mammoliti 47:40

Yeah, Instagram at kitchenconfession. No. So at the end. You can find me at www.kitchenconfession.com I am on Tik Tok. I am on x formerly Twitter. I am on Threads. Facebook. Yeah, I'm there I'm around. You'll find me. And please do find me.

R

Rob Mineault 48:03

Is there going to be a Season Five? What's happening or is it already in the works?

M

Mary Mammoliti 48:08

There's a good possibility. You never know.

R

Ryan Fleury 48:12

Excellent. Gordon Ramsay makes an appearance.

M

Mary Mammoliti 48:15

I would faint if Jamie Oliver made it appearance. I think I'd pass out you'd have to resuscitate me on set.

R

Ryan Fleury 48:22

Listening Jamie, did you hear that? Jamie?


R


Rob Mineault 48:27


Yeah. I love Gordon Ramsay. I could just watch him yell at people for like an hour. He's great.


M


Mary Mammoliti 48:33


 Mary Mammoliti 48:53
He's great. But he would get my anxiety levels going. after


 Rob Mineault 48:40
But very entertaining to watch. Mary once again, we thank you so much. Best of luck with the show. And we'll be watching.


 Mary Mammoliti 48:54
Thank you. Thank you for having me. This has been so much fun. You guys are fantastic.


 Lis Malone 48:57
Oh, she's just saying that because it's true.


 Mary Mammoliti 49:15
Okay, I only heard the cowbell once. Can I get another cowbell?


 Ryan Fleury 49:19
We can


 Mary Mammoliti 49:24
And thank you for that.

 Lis Malone 49:27
Mary, I'm gonna reach out to you when I come up to Toronto. We're gonna go for dinner.

 Mary Mammoliti 49:30
Please do. Please do. Are you guys on social at all or?


 Rob Mineault 49:34
Yeah, yeah, so kinda.


 Lis Malone 49:41
We're there. Yeah, yeah. So I'll email.


 Mary Mammoliti 49:48
Please. Okay, that


 Ryan Fleury 49:51
Rob's like, why you're always mingling with the guests.


 Rob Mineault 50:12
Alright, Mary. Well, thanks again. Yeah, we'll talk soon.


 Lis Malone 50:16
Bye. There you go.

 Rob Mineault 50:19
What a lovely lady.

 Lis Malone 50:21
Lovely lovely indeed.

 Rob Mineault 50:23
It was fun.

 Ryan Fleury 50:25
I'm betting she doesn't do Whopper poutine combos.

 Rob Mineault 50:27
No.



Lis Malone 50:28

I bet she doesn't dip her Cool Ranch Doritos into chocolate sauce.



Rob Mineault 50:33

Oh, I forgot about that. Oh, we should have mentioned that. She might have been ok with that.



Lis Malone 50:40

We're waiting for a major publisher to pick up the AT Banter cookbook. But there seem to be you know, some stalling happening. I don't know why.



Ryan Fleury 50:48

Why do we kind of in that arena? Like what are you waiting for? Don't you work with publishers?



Lis Malone 50:54

I'm certainly not feeling so well.



Rob Mineault 50:58

Her publishers aren't going to be interested in an AT Banter cookbook talking about chocolate macaroni and cheese. She deals with real authors. They all started out somewhere you know. Well that's true. I'm writing this down. Because actually this we should really come up with one. Maybe give it away as a prize? Yeah, absolutely. We will get Chat-GPT to help us put it together. There you go. Is there anything that Chat0GPT can't do?



Ryan Fleury 52:39

No. Yeah.



Rob Mineault 52:40

All right. Well, anything else to say about that? Oh, wait, have you tried to log into AMI Plus? Or have you tried to use it, Lis?



Lis Malone 52:51

I have not. I have to get a VPN or something.

R

Rob Mineault 52:57

No, I don't think you do I because I think that all of their original programming like, you know, Dish With Mary and stuff you'll be able to get because it's original show. It's not part of licensing deals. So all of their original programming you should be able to get I'm guessing. So you should you should try it www.amiplus.ca. Check out your new BFFs show.

L

Lis Malone 53:36

My RP twin.

R

Rob Mineault 53:40

Yeah, so that was a it was it was pretty surprising how similar hrr story was.

L

Lis Malone 53:45

Yeah, it was strikingly similar. Yeah.

R

Rob Mineault 53:49

I just wonder, I wonder how common of a story that is. Because you know, RP seems to be that it doesn't get diagnosed super early.

L

Lis Malone 53:59

It depends on the mutation. Some are just a little more progressive than others. You know, you could have you could have a four year old child that has five degrees of vision, and then you can have somebody who's you know, 50 and just now you know, cresting at the illegal blindness and narrowing to 15 degrees. So yeah, it's it's it's so it's just so bizarre. It's it's so hard to put put your thumb on it just because of the the mutations. But yeah, but she's my first that it was just so identical, all the way down the line.

R

Rob Mineault 54:44

Do you get to Toronto often?

L

Lis Malone 54:46

I'm trvino to plan a trip to Toronto.

...trying to find a place to live...

R Rob Mineault 54:51
She'll probably cook you something really good!

L Lis Malone 54:55
I want to try to go to the AMI studio and do a little visit.

R Rob Mineault 54:59
It will be really ironic if you get to go to and the rest of us are sitting over here in Vancouver.

R Ryan Fleury 55:09
She's closer. We are like five and a half six hour flight downstream.

L Lis Malone 55:14
I'll take pictures.

R Rob Mineault 55:16
Yeah All right fine. The surly American gets to gets to do the tour.

L Lis Malone 55:21
If they let me in.

R Rob Mineault 55:24
Just say you're with AT Banter, we're their biggest supporters at this point.

L Lis Malone 55:30
I'm not talking about AMI, I'm talking about the country of Canada.

R Ryan Fleury 55:35

This is an election year that's true now

 Rob Mineault 55:40

Yeah, get over here before November because who knows what's gonna happen after that.

 Lis Malone 55:49

I'm coming to Canada to visit my fiance Rob, we are to be wed.

 Rob Mineault 56:00

Here's my green card. Are they even green in Canada? That's an American thing. I don't know maybe a different color here. Maybe it's a yellow card

 Ryan Fleury 56:15

Well, they can find us on Facebook, X, Mastodon. Where else can they find us?

 Rob Mineault 56:21

Oh yeah, where?

 Lis Malone 56:23

They can find us www.atbanter.com.

 Rob Mineault 56:26

Hey, you know what they can drop us an email if they so desire at cowbell@atbanter.com. We almost we almost pulled off a really unique outro there. I like it when Ryan takes the reins like that.

 Ryan Fleury 56:44

You like going to take charge?

 Rob Mineault 56:48

Not when you put it like that.



Lis Malone 56:51

I like how we all fell in line just like that cute little choo choo train.



Rob Mineault 56:59

Because we're consummate professionals.



Lis Malone 57:01

We're something, but I don't know about that.



Rob Mineault 57:04

All right. I think that is going to do about do it for us this week. Big thanks, of course to Mary for joining us and we will see everybody next week.



Steve Barclay 57:37

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