

PODCAST Episode 428

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SPEAKERS

Steve Barclay, Ryan Fleury, Lis Malone, Rob Mineault, Speaker 1, Steven Vine


-  **Rob Mineault** 00:16
Hey and welcome to another episode of AT Banter. Hey, this is, of course, 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, Mr. Ryan Fleury.
-  **Ryan Fleury** 00:43
I'm an optimist.
-  **Rob Mineault** 00:46
Are you? You're playing the role of an optimist today. What happened? Did you take an edible again? What's going on over there?
-  **Ryan Fleury** 00:55
No. Life is grand. Thank you very much.
-  **Rob Mineault** 00:58
Wow. Okay, well, we have to get the story behind that. His team must have been doing very well over the past week.
-  **Rvan Fleury** 01:05


 Ryan Fleury 01:05
I don't have a team. No hockey pool.


 Rob Mineault 01:07
Well, I have to get an update on from somebody see how I want to know how I'm doing. Uh, hey, look who else it is. It's Miss Lis Malone.


 Lis Malone 01:20
I'm a super duper optimist.

 Rob Mineault 01:26
I don't know what's going on, what's in the water today.

 Lis Malone 01:31
Ryan and I found music together before we started. So you see, we got this little, like, happy funky thing going on.

 Lis Malone 01:38
We got a groove going. Yeah, yeah, yeah.

 Ryan Fleury 01:41
Okay. Well, see, obviously you guys need to log on way before the show so you can vent all your frustrations. Sing a little song. Well, that's excellent. Well, I'm not gonna ask how you guys are doing, because clearly you're doing a fantastic,

 Ryan Fleury 02:16
Fantastic.

 Speaker 1 02:19
Well I got diagnosed with a gallstone today. So, yeah, but just one.

 Lis Malone 02:26

Oh god, he's such a baby.

S Speaker 1 02:29

Listen. I'm not. I'm taking it all in stride. So it's not big, not a big deal. It's, it's, you don't even need a gallbladder, apparently, which I don't know. I'm a little suspicious of that. Seems suspicious to me.

R Ryan Fleury 02:41

Well, you're already talking about changing your diet like so you're taking it pretty seriously.

S Speaker 1 02:45

Well, yeah, yeah, for sure.

L Lis Malone 02:49

Why don't you get them sucked out? You know, you know, suck the little bugger out, and then you won't have any more gallstones, and then you can go back to eating your crap.

R Rob Mineault 02:59

That's what I thought. But apparently - I've been doing research - apparently, no, there's the way they fix it. They just take the whole thing out.

L Lis Malone 03:10

Yeah, they take out the whole gallbladder. They kind of make a little incision, they suck it right out.

R Rob Mineault 03:22

They can't take out the stone and leave the gallbladder, I guess.

L Lis Malone 03:27

That's what I'm saying. Just tell them, take the whole thing and then, you know, just spare part.

R Rob Mineault 03:32

Is it, though? is it really?

R

Ryan Fleury 03:34

We have people live functional, healthy lives without a gallbladder.

R

Rob Mineault 03:38

All right, well, okay, listen, that's apparently what the internet says too. So I guess I'll believe everybody. But I don't know, I still would rather keep all my parts. I've had enough surgery. I had three hernias fixed. It's enough. It's enough.

L

Lis Malone 03:55

The only thing more useless than like a gallbladder is like a triple nipple.

R

Rob Mineault 04:00

Yeah, exactly.

L

Lis Malone 04:02

Well, actually, maybe a triple nipple is could be interesting. Actually, never mind gallbladder, yeah, I may want that triple nipple over the gallbladder.

R

Rob Mineault 04:11

Ok you guys are shot out of a cannon today.

R

Ryan Fleury 04:14

Okay, well, I think I didn't even think of a song that has triple nipple in it.

R

Rob Mineault 04:20

No, exactly. So there you go. That's your next song assignment project. That's next year's song. Okay, enough silliness. Let's get on with the show. Hey Ryan?

R

Ryan Fleury 04:33

... - -

Hey Rob?

R

Rob Mineault 04:35

What the heck are we doing today?

R

Rob Mineault 04:36

Today? From the Disability Diaries podcast, we are speaking with host Stephen Vine. Steve, thanks for joining us today.

S

Steven Vine 04:44

Hey, welcome to the show. Oh, no, I'm on your show. Sorry, that's right. Thanks for having me, guys. I really appreciate it.

R

Rob Mineault 04:56

Let's, let's start out by maybe just giving us a little bit of background about yourself.

S

Steven Vine 04:59

Oh, well, I used to be in the hospitality industry for 35 years, and I went to work one day back nine years ago, in July of this coming year. I was talking to a coworker, and I had a Triple A as I passed out and fell to the ground. And a Triple A is an Abdominal Aortic Aneurysm. I was taken immediately to the hospital. I spent 28 days in a coma. I woke up 28 days later, the first question I said after hearing voices, was, why are the lights out? I got told very quickly that the lights weren't out, and I realized, wow, I'm blind. What's going on? Put my hand down as I was lying on my bed in the hospital. Put my right hand down to my leg area, and my leg did not feel normal. It was just really not feeling good at all. I said, What's going on with my leg here? After a couple of minutes of realizing I was blind and my partner, at the time, informed me that the doctors wanted to remove my right leg. I had a 99 to one chance of mortality, and I survived, and I processed the fact that they wanted to remove my leg, and then took my right hand and put it on my stomach and said, what is this bag on my stomach here? What's going on? And got told that I had a an ostomy because my colon was removed and I would no longer be able to use the toilet ever again. And all of this had to be processed in about 12 to 15 minutes, and my world was rocked, and it has not been the same since. And I've been on the road to recovery for those last nine years. And in September of last year, I started posting a podcast, the Disability Diaries, with myself Steven Vine, wanting to interview people that are associated to the disabled world. Somehow, they are thriving, striving and thriving in the disabled world. Somehow, whether they have a disability themselves, or they're associated to someone with a disability, whether that's a patient or a brother or a sister or a child or a parent or what have you.

R

Rob Mineault 07:48

So tell me a little bit about about Triple A's, because I'm not, I'm not familiar with it. What are the symptoms of Triple A, usually, and or is, does it really vary, just depending on the person?

S

Steven Vine 08:00

Well, from what I've learned, there are no symptoms. I had a 99 to 1 percentage of dying because they don't really do anything to prep you for this situation. Your aorta, it basically forms a bubble throughout the last few years before it eventually explodes. And when it explodes, you bleed internally, you lose consciousness, like I did. And a couple of famous people, Albert Einstein - He died from it at the age of 74. Gordon Lightfoot had it, but he didn't die from it. He had it on stage, but he lived through it. He was one of the very few people that lived through a Triple A. Really you get you have high blood pressure, which I was diagnosed the year before, when I had burnt my hand very badly, went to the hospital, dealt with the hand quickly. They said when I was on the way out of the hospital, by the way, your blood pressure is pretty high. Mr. Vine. I did what I always did with my health, I ignored it, and I didn't do anything about my high blood pressure. I didn't think high blood pressure was a big deal because I was ignorant of high blood pressure and ignored it. And it is very bad for you. It is so bad for you it can cause an aneurysm in some individuals, as it did with me. So I had, I had no symptoms at all, and was at work talking to a fellow employee, and passed out as I was talking to him, woke up 28 days later, later, what's going on? I'm in the dark.

R

Rob Mineault 09:58

Wow. Yeah, you know you we here on the podcast, we're always talking about how, you know, the disability community is just, it's this community that you can really enter into at any given moment. And most people probably will, whether it's temporarily or just through aging or whatever. But wow, not a lot of people sort of get, really get thrown into the deep end, like you did.

S

Steven Vine 10:20

A couple of years after I came to with my consciousness and had to deal with my my situation, and they diagnosed me, they said that I had a disorder, adjustment disorder, is what they said, because I had so many changes, because everything was so sudden. I had an amputated leg above the knee. I had the ostomy on my abdomen. My right buttock was removed. I had diabetes too. I had PTSD, I had sleep apnea, I had chronic pain. I didn't just have them, I still deal with them today, all of these things. And so they diagnosed me with a disorder, of an adjustment disorder, because I had so many things I was dealing with.

R

Rob Mineault 10:21

Yeah, and so many things that you they were dealing with immediately, all at the same time. It's a lot to deal with. I mean, I know Ryan has, has sort of a similar vision, related story.

R Ryan Fleury 11:33

Yeah, I was basically driving home about 3am and fell asleep at the wheel and woke up three days later in the hospital, and yeah, lights out, totally blind.

R Rob Mineault 11:44

Wow, yeah, sorry to hear that.

R Ryan Fleury 11:47

Oh, I'm not. Made me a better person. It actually gave me direction in my life. Gave me some purpose. And before that, I'd just been wandering aimlessly, not really working full time jobs, just working from here to here, moving from place to place. And then when I lost my sight, you know, I had a good support network of people around me. And, you know, like any, like most people, like Rob mentioned there, there was a grieving process. I was, you know, pissed off. I was sad, depressed. What am I going to do now? I couldn't do what I was doing. How am I going to do things? And you just over time, you know, decide it's it's time to pull up your bootstraps and figure it out.

S Steven Vine 12:30

How long were you angry for?

R Ryan Fleury 12:33

About a year, probably a year. Yeah.

S Steven Vine 12:37

Hey, did you seek counseling at all?

R Ryan Fleury 12:39

I didn't seek counseling, but when I'd lost my sight, the CNIB had put me in touch with another guy who lost his sight in an accident at the same age I did, and we were living in the same city, and so, you know, I play guitar, he played guitar. He became a mentor to me, and without that, I may not be here. You know, it was really down to somebody who could meet me at the same place I had already been, or he had already been, and kind of guide me through what he went through and experienced, which was very, very similar to the emotions I was feeling. And, you know, again, having the support of friends around me, and then, of course, the mentor, it just made all the difference in the world. If I would have been on my own and not had the

support I did, like I said, I may not be here, and I don't think I'd be the person I was. I'm fairly estranged from my family, so they weren't in the picture, either. So, you know, the end of the day for me, it was the support network around me that that really brought me through it.

S

Steven Vine 13:48

I am fully estranged from my family, and I was very angry with everything that had happened to me, including losing friends and my partner after almost 20 years of being together, and I was pretty pissed off at the cards I was dealt with, and didn't realize that I really wasn't going to get on with anything in my life until the big A entered. Do you know what the big A is? Acceptance. Okay, I had to accept what happened and what was happening and what was going to happen. And acceptance is an interesting process, if you haven't gone through that. A lot of truths have to come out, and sometimes the truth hurts.

R

Ryan Fleury 14:49

Absolutely. Were you on your own when you were going through that journey of acceptance, or did you have support around you?

S

Steven Vine 15:00

would say, when I started to accept it was when I had lost pretty much everybody and a person had entered my life that had started helping me build from ground zero.

R

Ryan Fleury 15:22

There's always one

S

Steven Vine 15:24

Yeah, and I had to rebuild from ground zero and build one brick at a time.

R

Ryan Fleury 15:33

Yeah, I can empathize with you, Steven.

S

Steven Vine 15:36

It's all good. It's all good. The worst out of the eight that I'm dealing with is chronic pain. And a lot of people, when you when they hear that, they kind of go, yeah. And it's kind of like, well, it's, it's more than just a yeah, if you've really experienced chronic pain, it's really, really tough.

I almost canceled today's conversation with you guys, yeah, because my pain is so bad as I'm sitting here speaking with you, and this is what can be tough is you put together structure and agendas in your life, and the chronic pain can take you off your course, right?

R

Ryan Fleury 16:31

That's understandable, and we're glad you're here.

S

Steven Vine 16:34

I'm glad to be here, too.

R

Rob Mineault 16:35

Tying this into the podcast, I think that one of the really important things about podcasts like yours is that it gives other people who are going through similar things, wherever they are in their journey, hopefully it gives them this feeling of community and this feeling of that they're not alone. Because I think that when you are dealing with that, when you're dealing with any sort of a disability, whether you're just entering the community or you're years into your journey, it's important to have that feeling of, yeah, this sucks, but I'm also not the only, the only person that's going through this. Or I heard this person's story, and they they were going through something similar, and they pushed through it. And so I think that, you know, the more voices that we have out there for people to engage with and to hear other people's stories, it's, it's just, it's so incredibly important.

S

Steven Vine 17:32

Well said, well said. And I have a motto on my podcast, which is, if you can do it, do it. And I know that's very simple, but simple for me is effective. And there's a lot of times when I started to recover with this that I could do it, but I chose not to. I chose not to, and now I choose to do it instead of talking myself out of it, because if you can then do it. And I think a lot of people that, the people that I've spoken to in my journey, sometimes they talk themselves out of doing something when they really can do it. And I think this is something that, again, you know, sometimes the truth hurts, and you need to, if you can, metaphorically, anyways, look in the mirror and see if there are certain obstacles that you've talked yourself out of that the only person or the only thing that is stopping you from doing something is really yourself.

R

Ryan Fleury 18:46

And I think many of us deal with that on a daily basis. It's a lot easier to lay in bed and hit the snooze, you know, I don't want to get up just yet. Or it's a lot easier to sit on the couch than decide, I'm going to go for a half hour walk. It's a lot easier to just do nothing than it is to actually get up and do something. Yeah.

R

Rob Mineault 19:09

Now, I was reading your bio, and I see that you, you know, you were, you were really big into sports as a kid, and later on, you were actually a bit of an entrepreneur. You talked about, having a business and such. Can you speak a little bit about that? And do you think that those are some of the reasons that maybe helped contribute to your ability to sort of overcome some of these, some of these, you know, really huge challenges that you had to fight through back in 2017?

S

Steven Vine 19:41

Attitude is everything, really. And I learned when I was competing in track and field. I won the national championships as a teenager in Frederick, New Brunswick for the 800 meters. And I'm proud of that. And to be able to say that I was the best in my country, at my age, at something, you know, you don't get that given to you. You have to earn that. And I earned every step of that. And, and, you know, no pun intended, you know, and, and that was a very difficult thing to do and to rise to that occasion. And yeah, I had to apply that with the restaurant the restaurant industry is one of the most competitive industries in the world, right? What Are there more of than restaurants, you know, and then doing podcasts, you know, I didn't even realize that there was 3.2 million of them. That's a lot of podcasters out there that are trying to get your attention. I think, yeah, all of it as as I've always looked for excellence. You know, I was working at the Wedgewood Hotel when I had my aneurysm, and go down to the Wedgewood and sit in the restaurant and look at the service there. You know that that's not casual, that's that's high end. And that's the environment I was in, because that's what I was striving and thriving in doing in my full, able bodied life. Now I'm trying to apply that in my disabled world with what I'm doing.

S

Speaker 1 21:29

Yeah, I think I've been to the Wedgewood for tea and a scone, and that was pretty much all I could afford.

S

Steven Vine 21:34

I know, I know you're right. You're right. And you know, it was great serving billionaires and people within influence in society. But, you know, as good as that money is, you know, you don't get that given to you either. You've got to earn that, and you've really got to be on the ball, so to speak and and really deliver in in that environment. And that's what I like about the podcast, too. You know? I like the fact that this has been a very challenging situation. And, you know, I've started this with four people, and everybody is part time doing this. No one is putting in a lot of time at all, yet trying to achieve what I want to achieve with my goals for this project. And we'll see what happens and how that changes with time, but I hope I can endure and get to the point of what I want to achieve, you know,

R

Rob Mineault 22:47

So tell us a little bit then about that what prompted you to just start up the podcast? Where did

the idea originally come from?

S

Steven Vine 22:55

It just basically came from listening to a bunch of other podcasters, and I said to myself, listening to people having conversations or people being interviewed on my podcast, I don't like to really call it an interview. I like to call it a conversation. And hearing these interviews and saying to myself, you know, I would have asked a better question than that. There's more to get out of that individual with answers, but you need to guide the person, the guest, to the pot of gold, like sometimes a person being interviewed needs a little guidance, you know, and you got to feel that out. And I try to do that now with my conversations. Now, if, if someone needs some direction, I try to do that in my own invisible way, instead of having it, "yes, yes, sir, no sir", interview, so to speak, you know, and when I was hearing different competitors, I'll call them out there doing that, I knew that I could do something that would maybe be special, quote, unquote, if I could apply my vernacular skills, which I had learned through years of being in the hospitality business and talking to different individuals in high end situations.



24:39

So talk to me a little bit about the but what the goal, sort of the mandate around the show. What are you kind of hoping to accomplish with it?

S

Steven Vine 24:46

I'm hoping that individuals that are able bodied will hear people that have obstacles to overcome, that they have. Plans and goals themselves to achieve that and other things, maybe in their life that they've decided on and for able bodied people to not disregard or dismiss people that may be in the disabled world. Just because you're disabled doesn't mean your your voice doesn't count. Maybe it actually counts even more. And if you're able bodied to be open minded to that, and for anybody that is struggling with a disability, that that hears my podcast, to listen to people that are overcoming their own obstacles in their own way, that they may learn that this may be enough of information to give them the incentive to do so themselves. There's a lot of words of wisdom from experience. So I would like individuals to tell their story, to share their experience and their words of wisdom, to hopefully educate and inspire other individuals.

R

Ryan Fleury 26:11

Do you find, like us, that you get a lot out of the show as well?

S

Steven Vine 26:12

I get a ton out of the show. It's very therapeutic for me.

L

Lis Malone 26:21

I was actually moved by something that you said, Steven earlier, when you were talking about your chronic pain. And it sort of made me just think about moments that I've had pain now it's not anything chronic or due to a condition, whether it be, you know, like a long term injury or post surgery or things of that nature. But, and I was saying I was just as you're talking about it, I was sort of having this moment where I just think about, like, when's the last time that I recall like really having excruciating pain, and the only thing that got me through it at that time, obviously sorry from the narcotics, is the fact that I knew it would go away. I would heal my way past it. So when you have something that's chronic and you're not going to necessarily heal past it, or it's something that you're dealing with, like, one day it'll be fine. Next day could be excruciating. You don't know. Is something that is extraordinarily challenging to live with, and I so I agree with you that the whole pain spectrum is so misunderstood by people because the vast majority of us only experience pain just incidentally.

S

Steven Vine 27:32

in sight. Really well said, really well said. And you know what's interesting is what gets me through nine out of my 10 days. And usually it's 10 days in a row all the time, like, if this is every single day of my life, I do say what you said a couple minutes ago, and that is it's going to end. And if anybody out there is listening, you know, use that as a pillar if you have to, and lean on it, you know, because I do, and it works for me is I do remind myself, you know, this is going to freaking well stop. It may not be for six hours, it might not be for 12 hours, but it is going to stop.

R

Rob Mineault 28:16

I have to say that, you know, you know, I'm able bodied myself.

S

Steven Vine 28:22

You lucky son of a gun.

R

Rob Mineault 28:24

Well, listen, I've got a gallstone...

S


Steven Vine 28:27

That's tough. I heard a conversation about that earlier. I heard you can just get it removed right out of there, like that. It's gone.


R


Rob Mineault 28:34


Yeah, apparently, that's what they say. They usually rip it right now.


 **Ryan Fleury** 28:36
We'll do it on Friday.

 **Lis Malone** 28:38
I got a butter knife. We can take of it.


 **Ryan Fleury** 28:41
And he likes tequila, so..


 **Steven Vine** 28:46
Can I come on?


 **Ryan Fleury** 28:47
Yeah, absolutely, more than merrier.


 **Rob Mineault** 28:51
But, but you know, I know that for me, you know, when we've been doing this show for for about 10 years now, I think we're entering into our 10th year. And incidentally, I will just say, Stephen, you know, when we started this thing, we started with much the same mandate we it was, you know, we wanted to talk to people in the community, and we were like, you know, you know, probably run out of people to talk to in six months. And it's 10 years, and we still find new people to talk to. So, but it, but it is incredibly rewarding. It's so incredible to be able to have the opportunity to hear people's stories, to talk to people and to get their perspectives. And I, you know, I've lost count of how many episodes that we've done talking to people where it's just kind of rocked my own world, in the sense of giving me a new perspective on things, on how to look at things, or you're learning about somebody else's lived experience with disability we're doing it on a weekly basis for almost 10 years, because it is a lot of work, but we absolutely love it. And, you know, we've always said in the podcast that in terms of, you know, analytics, and because you can go down that rabbit hole, you know, where you're looking at the podcast analytics every week, and you're worried about your numbers and you want your numbers to go up, we've, we've kind of sort of moved past that, where we're just like, whatever, if we have three people that are listening, that are getting something out of the show, it's worth it for us.


 **Steven Vine** 29:27


 Steven Vine 30:27
So can I ask a question?

 30:29
Yeah, of course.

 Steven Vine 30:30
How do you as a group, or maybe individualistically, how do you maybe articulate the vernacular movement in the disabled world about not using certain words because you don't want someone being offended.

 Ryan Fleury 30:56
Well, I'll just speak as somebody who is on the National Board of a blindness organization here in Canada, I think at the end of the day, you're really at some point going to offend somebody, right? Blindness is a spectrum, and who are you to tell me how I want to be identified, right? Am I blind? Am I low vision? Am I partially sighted? So you try to follow the I guess, the standards or the acceptable terms. And who decides those acceptable terms? It should be the community with lived experience. But again, just because I identify one way doesn't mean that you will, right? So it's a fine, fine balance.

 Rob Mineault 31:39
Yeah, it can be tricky. And you know, I guess the way that I kind of look at it is that, yeah, at the end of the day, it's going to be up to the individual. You know, there are a lot of, a lot of big issues with it for the disability community, especially in terms of, you know, everything from the Accessibility Acts to, you know, disability benefits. There's, there's a lot of, there's a lot of things that we should be fighting and advocating for. And I don't know that language is a priority, or should, yeah, should be a priority. I think, you know, getting people out of the above the poverty line would be nice, you know, making sure that everybody has enough disability benefits to live, being able to vote independently. You know, there's a lot of, there's a lot of fights that need to happen. And I don't know that that fighting over low vision versus visually impaired is a good use of advocates' time. That's, that's my hot take on it. And because I do think, I think that, and this is again, going back to the idea of the podcast, I think that this is why it's incredibly important, and why we try to feature a lot of a lot of podcasters on the show and give them a platform to sort of give their their own podcasts a bit of traction, is that we need more voices. We need the disability community to get used to speaking up if you're just sitting in your living room, sitting on the couch and you're not making your voice heard, none of this is going to going to change.

 Steven Vine 33:11
I have no more to lose. I've lost a lot, so I want to speak up as much as I can. You know, I'm gonna be getting, like some other individuals, and an extra \$200 a month in July, right? Well

gonna be getting, like some other individuals, and an extra \$200 a month in July, right? Well, that \$200 is 22.22% of what I need to hit poverty, yeah, 22.22 we got a ways to go here still, and that's and we're just talking money. That's just one aspect. So, you know, it's important that I believe I say as much as I can. You know, I went to a function this weekend for accessibility in Coquitlam, and

R

Ryan Fleury 34:08

I was there too.

S

Steven Vine 34:09

Oh, were you? That event was really important to me when I left about hearing all the different concerns with certain people and ideas with others about accessibility in the community, you know, and and that's just one aspect, and I want to get more and more involved in all the different parts of the disabled world, and there's a lot to it, and my journey has just really begun, even though I've been disabled for coming up nine years in July. There's a long road ahead. But, you know, meeting you people, it. You're all outstanding individuals with everything that you're saying to me today, and this is what I like about the disabled world, is it's full of outstanding individuals that are striving and thriving with what they've been dealt with, and are overachieving, quote, unquote, in a lot of different areas of their world and doing good. And I'm proud to be around those people, and I'm proud to be around people like you guys.

R

Rob Mineault 35:30

Thank you. That does, really does mean a lot. And I'm with you. Over the past 10 years, you know, I'm incredibly proud of the people that we've talked to, and it really has transformed the way that I look at the world and the way that I live my life. And you know, I would not be where I am today without this, the podcast, and without the disability community and all the people in it, and all the people that that I've met and interacted with, yeah, it's it. It really is a beautiful thing.

S

Steven Vine 36:09

I think a lot of people in Steven Vine's world has noticed a significant difference with me since the podcast, my podcast is started because it is what we're talking about, meeting all those different individuals, and it is therapeutic. It's very therapeutic to hear someone else's obstacles that they're overcoming and struggles they're getting through and you're being educated and getting tips on how to deal with things and ideas.

R

Rob Mineault 36:46

And I mean, you know, it sounds cliché, but sometimes just somebody else's perspective, and they can just say a sentence that will just resonate with you and just stick with you. I remember we had this guy on, he's a fellow that lost his sight, and he decided that he was, he was going

to do the Appalachian Trail blind. And he said something in that podcast that really, really just resonated with me for whatever reason. But he said, "everybody has their own summit", and that really stuck with me because it's, it's so true. And you know, often people fall into the trap, especially able bodied people, who become really enamored with the disability community because they enjoy the disability porn aspect of it, right? The oh, what an inspiration. Or they get really wowed by, oh, he was, he was blind, and he climbed Mount Everest, and that's incredible. He's an incredible human being. And that's not, that's not what it's about. What it's about is pushing through your own, your own barriers and doing something that scares the shit out of you or that you've never done before for the first time. And that could be climbing Mount Everest, but it also could be going to the grocery store independently for the first time. And it's just as important, it's just as impactful, and it's just as brave. And I love that message.

S

Steven Vine 38:22

That's a good word. It's so applicable, brave. And I've said that numerous times on my episodes, at the end, I thank the individual for being my guest, and I thank them for being so brave, for talking about their story to the world.

R

Ryan Fleury 38:41

Sounds like you're a very passionate advocate for your disability experience. You have a confidence about speaking about it, and you know, almost a vulnerability, an openness, a willingness to share so that that's going to keep coming through on your podcast. And I appreciate you for that.

S

Steven Vine 39:00

Thank you guys. Thank you. Thank you for your kind words just there. That's very kind of you to say that. And I want to thank you all for giving me the opportunity to talk about a few things today in relation to the disabled world that we're in.

⦿

39:21

You're very welcome. And please, let's you. Let's tell the audience exactly where how they can find the podcast. How can they subscribe? And keep up to date with what you're up to.

S

Steven Vine 39:34

Well, the only social media I have is Facebook, which you will find me under the Disability Diaries with Steven Vine, and please follow and give me a thumbs up and and check me out there. And my podcast is available right on my Facebook account, or you can find them at all the major catchers, including Apple and Spotify. Okay and Buzzsprout as well. Buzzsprout is very good for the podcast.



40:06

And we'll also be sure to include links to that in our show notes as well. That's the Disability Diaries with Steven Vine. Thank you. Keep up the good work. Best of luck with the podcast, and please reach out if, if there's anything we can do to help again.



Steven Vine 40:22

Thank you all for your time today and the opportunity Take care.



Rob Mineault 40:26

Thanks to you too.



Ryan Fleury 40:27

Thanks, Steven.



Lis Malone 40:28

Great to meet you. Steven.



Rob Mineault 40:29

Wow. Well, that is that was quite the story,



Ryan Fleury 40:33

Yeah, interesting guy, interesting experience. And hopefully the show will speak to somebody out there who's it will trying to relate or find a way through their own situations.



Rob Mineault 40:45

For sure, and like on a podcast leve I am a little jealous because, man, it's, it's, it's a journey, you know, it is. You guys are laughing. I don't know why because I've loved, I've loved every episode of this podcast. Except for the one that we just talked about Malk, and our guests didn't show up. That wasn't really learned a lot about Malk. Malk, it's like almond milk, milk, whatever. Although I don't know, maybe I should start drinking that. Maybe that's good for my gallstone.



Lis Malone 41:24

You know, thanks to this podcast, you learned that there were potato chips made with avocado

oil.

 Rob Mineault 41:29

That's true, actually. And these look really good. Yeah, try them and let us know.

 Lis Malone 41:35

Oh, the malt vinegar with sea salt.

 Rob Mineault 41:43

We probably do have these in the grocery store here, and they're just in that section that I walk by all the time. The specialty section. They're probably there so and they're, but they're probably, like, \$9 for a bag of chips.

 Ryan Fleury 41:59

Oh, probably at least that.

 Lis Malone 42:03

\$5 locally.

 Rob Mineault 42:04

Well, we'll see. But honestly, maybe that's a good thing, because it keeps you from gorging.

 Ryan Fleury 42:11

No, you just buy more bags


 Rob Mineault 42:14


And just don't buy food. Spend did you spend your food budget on chips. Anyways, anyways. Yeah, I know I am excited to follow the podcast and see who he talks to next. And, yeah, everybody, check it out.


 Ryan Fleury 42:33


Well it still surprises me when we have other podcasters on you know I look through their


Well, it still surprises me when we have other podcasters on, you know, I look through their feeds and stuff like, oh, we haven't had them, them, them, them, them. Yeah. Like, I found all these people? Yeah, I've been looking

 Lis Malone 42:47
Yep.


 Ryan Fleury 42:48
So there's a lot of people out there.


 Rob Mineault 42:50
There's just so many people out there that we still have to talk to.


 Ryan Fleury 42:56
There is Yep. Let's find us some guests.

 Rob Mineault 42:59
So, yeah, so make sure you you poach some guests. Lis, is there, like any sort of a hockey update? Can I find out how my Edmonton Oilers are doing?

 Lis Malone 43:26
There's no update, because we haven't completed the round yet. No, your Oilers need to beat Dallas in order for you to move to the next round.

 Rob Mineault 43:38
And they're just playing their their series or whatever, right?

 Lis Malone 43:41
You basically win if the Oilers make it to the finals.

 Rob Mineault 43:45
Sweet



Lis Malone 43:46

You win the damn pool.



Rob Mineault 43:48

Artie might win, technically, but I don't know how is already doing? Well, I guess we don't know. Okay, never mind. Okay, we won't talk about hockey because, I guess there's no updates. They have to win the series? Best of three?



Lis Malone 44:02

Best of seven.



44:07

Jesus, no wonder. No wonder it's always hockey season.



Ryan Fleury 44:12

Best of seven.



Rob Mineault 44:17

Holy cow, yeah, no wonder, yeah, no wonder. August and still hockey season.



Ryan Fleury 44:28

Once the Stanley Cup is over, they get like, a month off, and then they hit training camp again. Training. Yeah,



Rob Mineault 44:34

Crazy, crazy.



Lis Malone 44:40

I love it

R

Ryan Fleury 44:41

All right, okay, well, maybe we'll check in, maybe next by next week, we'll have an update. Yeah, okay, there you go. Okay, well, then I guess that will indeed do it for us this week. Big thanks, of course, to Steven for joining us. And. We will see everybody next week.

S

Steve Barclay 45:05

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