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SPEAKERS

Steve Barclay, Rob Mineault, Lis Malone, Lynn Jensen, Ryan Fleury

R Rob Mineault 00:15
Hey and welcome to another episode of AT Banter.

S Steve Barclay 00:21
Banter

R Rob Mineault 00:24
hey, is, of course, the podcast where we talk with advocates and members of the disability community to educate and inspire better conversation about disability. What were you saying about editing just before? Hey, my name is Rob Mineault, and of course, joining me today, along with a chorus of cowbells, we have Mr. Ryan Fleury,

R Ryan Fleury 00:51
Hello.

R Rob Mineault 00:54
Ms Lis. Malone,

L Lis Malone 00:56
Hi.

R Rob Mineault 00:58
And of course, we couldn't do a podcast without the one the only, Mr. Steve Barclay,

S Steve Barclay 01:04
There's a snake in my boot.

R Rob Mineault 01:08
I don't know that reference.

S Steve Barclay 01:11
Toy Story.

R Rob Mineault 01:12
Ohhh... okay, That's a deep cut. It's funny. You say that because, - well, first of all, how is everybody?

S Steve Barclay 01:26
Oh, just swell.

R

Rob Mineault 01:31

Really? Are things really swell?

S

Steve Barclay 01:33

Fairly swell?

R

Rob Mineault 01:35

Are you just saying that things are pretty swell?

S

Steve Barclay 01:37

I'd say bordering on spiffy.

R

Rob Mineault 01:40

Oh, spiffy. Wow, that isn't really see, I don't know, man, I feel the other end. I like, I had to tap out of the news cycle because I was just getting too stressed. It was having too much of an effect on my mental health.

S

Steve Barclay 01:53

Yeah, yeah, no doubt. So there is some crazy stuff going on right now.

R

Rob Mineault 01:58

Yeah, yeah. I had to, actually, I went out and I, like, signed up to a bunch of those free streaming services that all they do is, like, play, like reruns of old 70s and 80s shows. Oh, yeah, so I've just been dialing into those instead of watching the news cycle. So feel much better.

S

Steve Barclay 02:13

Yeah, it seems like a good plan. Yeah, I don't recommend you trying to get a better headspace by watching Canucks games.

R

Ryan Fleury 02:26

After a great start, they are the worst in the league.

R

Rob Mineault 02:33

Wow, it's bad. It's bad out there. I'll just watch Airwolf reruns.

S

Steve Barclay 02:41

Airwolf. I haven't even thought of that show since forever.

R

Ryan Fleury 02:46

Wasn't there a spin off, like, or not a spin off, but the competitor show, like, Blue Thunder or something?

S

Steve Barclay 02:52

Yeah, that's right, yeah. Blue Thunder started as a movie. They had a movie, and then a TV show.

R

Rob Mineault 02:59

That's right, yeah. There was a really big phase of like, cool attack helicopter shows in the 80s. Yeah, they thought it was great. But no, next week, I'm going to be doing The Greatest American Hero Marathon. So I'm pretty excited about that.

S Steve Barclay 03:16

Nice.

L Lis Malone 03:17

Oh, can we play the theme music?

R Ryan Fleury 03:20

Believe it or not I'm walking on air.]

L Lynn Jensen 03:56

I have to tell you that, believe it or not, by Joey Scarborough is one of only five songs I have on my music app. I love it.

R Rob Mineault 04:08

This is peak television.

S Steve Barclay 04:12

You haven't been introduced yet.

L Lynn Jensen 04:14

I'm slipping back behind the curtain then.

S Steve Barclay 04:26

Hey, Rob, you should probably ask Ryan who that was.

R

Rob Mineault 04:34

That's a perfect segue, and that's, that's a typical AT Banter segue that's just a complete train wreck. So let's just use that as a jumping off point, and Ryan, tell the lovely folks at home just who the heck we're talking to and what we're doing today.

R

Ryan Fleury 04:51

Well, today we are talking with long time friend of some of ours, and also new author of a book called Best Kept Secrets for Travelers With Sight Loss. She is none other than Lynn Jensen, Lynn, welcome to the show.

L

Lynn Jensen 05:11

Thank you for having me, Ryan and gang.

R

Rob Mineault 05:15

Yeah, and see we're learning something about you already. We haven't even started the show yet, and we've already, we've already accidentally struck upon one of your favorite songs. So let's see another podcast do that!

L

Lynn Jensen 05:27

Do you want to know any other secrets?

L

Lis Malone 05:31

What are those other four songs? I mean, that was, I mean, we've already gotten 20% of your playlist.

R

Rob Mineault 05:38

All right. Well, listen, why don't we just start out, maybe just give the audience a little bit of a background of just a little bit about yourself, before we dive in and start talking about the book.

L

Lynn Jensen 05:53

Certainly. My name is Lynn Jensen. I am a registered nurse and a certified vision rehabilitation therapist for 24 years, I worked at a Vision Rehabilitation Center in Vancouver, British Columbia. Today, I work as an independent consultant, working with individuals and groups, both virtually and in person. I lost all of my sight suddenly and unexpectedly at the age of 27 just eight months after graduating from the University of British Columbia School of Nursing, my sight loss was the result of a brain injury.

R

Rob Mineault 06:33

Okay, so let's, let's talk a little bit about the book. Just what prompted, sort of the genesis of the book?

L

Lynn Jensen 06:41

Actually, I had no intention of writing a book. Back in December 2022 one of my former clients and co workers asked if I would take time during my Christmas vacation to write a short list of travel tips for people with sight loss. When I sat down to write the list, I just couldn't stop. It kept getting longer and longer. Finally, I shared my manuscript with my former guide dog mobility instructor, and it was her positive feedback that drove me to make it even bigger and better. I knew I had a lot to share with my own travel experience, and, of course, all my years of experience in the field of vision rehabilitation.

R

Rob Mineault 07:26

Yeah, that was going to be one of my questions. Are you yourself a really big traveler?

L

Lynn Jensen 07:34

I've traveled a fair amount. I'm certainly not the most well traveled person with sight loss, but I've done my share domestically and internationally with friends, family, co workers and sometimes just me and my Guide Dog. In fact, my first Guide Dog may and I traveled to 13 countries, 14 states, five provinces and one territory in her eight and a half year career. Yeah, she got around. She's not bad for a dog, better than I am.

S

Steve Barclay 08:09

Yeah, too bad she didn't collect Air Miles.

L Lis Malone 08:13

Oh, I was about to say, Man, that would have been sweet.

L Lynn Jensen 08:16

I know maybe she could have got a free dog collar, some milk bone or something.

R Rob Mineault 08:21

Really, I'm assuming that in your in your work as a Certified Vision Rehab Therapist, you're dealing a lot with things like independent living skills. You're dealing with a lot of a clientele that that are sort of just starting their their sort of their, vision loss journey. Is that correct?

L Lynn Jensen 08:43

Most often, I'm working with somebody who has experienced sight loss quite recently, or I could be working with somebody who just wants to fine tune their skills. Maybe there's an area that requires additional training, or maybe a new skill that they want to learn, right? Or perhaps their vision has declined and they need to look at a new way of doing things.

R Rob Mineault 09:09

So do you do you think that in a lot of that work informs a lot of the tips that you know for travel? I imagine, it translates pretty well when you're talking about a lot of these things that you talk about in the book.

L Lynn Jensen 09:30

Absolutely, if you're able to function independently in your home, you can transfer those skills to travel right, managing in a new environment, managing in a new community.

R

Rob Mineault 09:44

And do you find that travel is something that a lot of folks say, especially folks that are going through vision loss, you know, early on, is travel sort of something that they see as really large hurdle for themselves? Like they really think, Oh, I'm just never going to be able to travel independently?

L

Lynn Jensen 10:08

Traveling with sight loss is absolutely daunting for so many people, and a lot of my senior clients, I mean, they've worked their whole lives to get to retirement and having that time to travel, visit their grandchildren, explore new places, new cultures, new experiences. It's so important to them, and then suddenly they start experiencing a decline in their vision, and they feel that it's impossible, and I want people to know that travel is absolutely possible and incredibly rewarding. And of course, travel means different things for different people. It could mean going to Vancouver Island for a weekend, or, as I said, flying to Calgary to visit your grandchildren, or returning to a favorite resort, some place you've been before. You know, the environment's familiar to you. It's great way to start.

R

Rob Mineault 11:16

And I can imagine, because it's one thing you know, when you're in your home, you can, you can sort of build out a routine. You can build out, you know, elements of your home to make it more accessible. But I can see how it can be really intimidating in it's that X factor of going into a space that you don't necessarily control, and you're not sure of that, that I'm sure is so intimidating. So what kind of things do you sort of tell people that they can do, that they can sort of bring with them to be accessible on the fly?

L

Lynn Jensen 11:56

Remember again, whether you're at home or abroad, a place for everything, everything in its place. So be consistent. When you pack your bags, always put the same object in the same location so you can find it easily in the hotel. I recommend bringing some trays with you and placing them in different areas of the hotel and using those spots as catchment areas. So maybe the tray on your desk contains everything that you need for the day. The tray on the bathroom counter, of course, is going to include, you know, your toiletries, your blow dryer, your brushes. The tray is going to prevent objects from rolling onto the floor. And of course, you want to take advantage of contrast. So if you do have some functional vision, it might be helpful if that tray is black, for example. So when you place a light colored object down, you're able to see it more clearly. Trays, of course, will add some weight to your luggage. A good substitute is the box that's under the 24 pop cans that you purchase at the grocery store. It's nice and shallow and lightweight. You could easily throw it into your luggage.

S

Steve Barclay 13:15

It reminds me of what the French say, tres bien.

R

Rob Mineault 13:23

Do you do you find that there's a big difference in in terms of accessibility, depending on where you go? Like, does it really fluctuate between like, say, airports, different airports, different countries. What's your kind of take on that?

L

Lynn Jensen 13:40

It's so important to do your homework so you'll know what airports you'll be navigating. Get online and find out what kind of accommodations will be available to you here at Vancouver International Airport, it's amazing what tools they have available to you so that you can manage independently navigating the airport, finding a pet Relief Area, for example, at YVR, they have a sunflower program. You can pick up a sunflower lanyard or sticker from the customer care kiosk, and that signals to the staff at Vancouver International Airport that you require a little bit more patience and maybe some extra assistance. Keep in mind that blindness is often regarded as a hidden disability. Generally speaking, you can't look at somebody and know that person has sight loss. Of course, if the person is using a white cane, that is helpful. But in some cases, a person doesn't require a white cane to navigate, or they might be wearing dark glasses, or they might simply. Have difficulties reading fine print so they're able to get around. Well, they don't need a cane or a guide dog, but they will have problems obtaining fine details from the environment.

R

Rob Mineault 15:14

So a lot, it sounds like a lot of the tips are sort of low tech. What about the sort of the higher tech stuff? How do you find now that we live in this in this age of apps, and, you know, GPS and really sort of powerful navigation apps. Do you suggest that people try some of that stuff out as well?

L

Lynn Jensen 15:44

I highly recommend exploring options for smartphones and the different apps that are available to you, like the sighted assistance apps, the navigation apps, it's absolutely mind boggling. I often tell clients about the time I was traveling down to Seattle with a good friend of mine who had a guide dog as well. We were traveling to an unfamiliar area, and we had so much fun exploring the town for hours each day. One morning, though, we got totally disorientated and we couldn't find anyone who could help us. This was back in 2002 so, pre smartphone and we, we managed. We managed. Actually, it was my guide dog that saved the day. She did a phenomenal job with her recall and found the hotel. But the tools that are available now. It's just, it's incredible, absolutely incredible. Had those tools been available to us back in the early 2000s it would have been a different world.

R

Rob Mineault 16:54

Yeah, I know it really is, not only just the apps, but even the technology you know we've got. Meta Glasses and all kinds of things that can really almost prevent you from from getting lost, and especially when you compare it to even 10 years ago. So really, we're kind of in the golden age of that right now.

L

Lynn Jensen 17:14

Absolutely, and it's just going to get better and better. But remember though you could lose power on your Meta Glasses, or you could be in an area that you don't have Wi Fi or cellular data. So you want to learn those basic skills, those problems, solving skills, learning to solicit aid, for example, it's a skill in itself. Practice at home, where you're comfortable, and then start small. Maybe you want to stay in a hotel in the heart of Vancouver for a weekend, just so you can practice those skills in an unfamiliar environment.

R

Rob Mineault 17:54

Yeah, that's actually, that's a really good thought, and something I hadn't thought of, but, yeah, practice, practice runs, right? I'm not a huge traveler, but I find traveling, like, really intimidating, and I'm sighted and so I can only imagine that somebody who isn't used to it, you know the idea of travelling can be scary, I mean, really, an airport is probably one of the most chaotic places on earth. There's so much going on, there's, you know, noise everywhere, people everywhere, almost at all hours, and so, yeah, like it almost must feel like going into battle when you're when you enter into an airport.

L

Lynn Jensen 18:39

It can feel like you're going into battle. But as I said, the accommodations are available at many airports around the world. It's It's again, I'm going to say it again. It's mind boggling, right? Yeah, so you can get customer care assistance from YVR, right? When you get out of the cab, you know, there's a button at the passenger drop off area, or you could call in advance and make arrangements for somebody to be there, and they can assist you to your airline kiosk and throughout the airport experience right to boarding.

L

Lis Malone 19:21

Yeah, it's, for me, it's travel in general. Like you were saying, Rob, it's very stressful, especially at the airport. There's just, I don't know anyone who ever said like, Yay, I'm going to an airport sighted or, you know, and the, you know what Lynn is saying is 100% true is that so many people just don't know what services are available at the airport, and it will vary from airport to airport, because some are, you know, they they have. Some are run by the airline themselves. Some airports have. Have third party companies that that come in. So it's all different, but the one thing that is the same at all the airports is that they have to have some sort of special services. They might call it something different from airport to airport, but, yeah, but that, but I've talked to so many people and they had no idea. They said, wow, there's actually somebody who will help you get through security and get you all the way to the gate and things like that. And, you know, it's so I mean, getting a booklet that has all of these little hidden tricks, and, you know, tricks of the trade, or as you call them, Lynn, best kept secrets. I mean, I highly encourage anybody who has any kind of, you know, any sort of a disability, because it's not just for the visually impaired. It's for anyone who has, you know. I mean, even if you have an injury, there's so many sort of services that are that exist.

L


Lynn Jensen 20:56


And Best Kept Secrets for Travelers With Sight Loss, it's not just for people with sight loss, it's for their travel companions, families, people in the tourism and hospitality industry. I guarantee that every single person will learn something by reading it. And Rob It's, it's a challenge getting this information out to the blind community. It's not that we can just post a poster on the wall, right? We can't put an ad in the newspaper. That's not going to work for a lot of people. It's like promoting my book. It's a challenge getting the information out to people. How are people going to know about the book if they don't hear about the book? And it's getting that information out, and hopefully that person will tell two friends and so on and so on.


S

Steve Barclay 23:03


Have you thought about going on a podcast?


 Lynn Jensen 23:07
Once or twice? I'm a little camera shy.


 Ryan Fleury 23:11
I don't believe that. We're late to the show I saw you were on Global News.


 Lynn Jensen 23:17
You know what? I've been a Toastmaster for almost 19 years now, and I think maybe it's paid off.


 Ryan Fleury 23:25
Yeah, we keep talking about going, but we just don't.


 Steve Barclay 23:31
We speak good now, yeah.


 Lis Malone 23:34
I got tired of winning at my chapter, so I stopped going.

 Lynn Jensen 23:38
I'm sorry. Lis, you stopped doing what?


 Lis Malone 23:41
I stopped going to the Toastmasters by me, because I kept winning.


 Lynn Jensen 23:44
Because you kept winning?


 Lis Malone 23:46
Yeah.


 Lynn Jensen 23:48
What were you winning?

 Lis Malone 23:49
I was winning the ribbons for, like, best talk or topic.

 Lynn Jensen 23:52
Oh, my club doesn't do that.

 Lis Malone 23:54
Oh, really? I guess we Americans. We're just like, we're so competitive. But Lynn, how will you know when to quit?

 Lynn Jensen 24:01
That's a good question. I belong to the most incredible Toastmasters Club, and it's how could I go wrong being surrounded by people who want to be better?

 Steve Barclay 24:20
Good point. Yeah, I don't know what I'm doing, hanging around with these guys.

R Ryan Fleury 24:24
No comment.

L Lis Malone 24:28
The mission statement at our Toastmasters was different. What was that like? Don't faint in front of when you're public speaking, Yeah, don't try not to stutter. Speak clearly. Don't say um, don't click your pen.

L Lynn Jensen 24:55
Yeah, those filler words are frowned on.

L Lis Malone 24:58
Yes, yes. For sure.

R Rob Mineault 25:01
Okay, where were we we?

L Lynn Jensen 25:04
We were talking about a book.

R Rob Mineault 25:06
Oh, yeah, right, a book, that's right.

S Steve Barclay 25:08
Do you cover Cruising in there?

L Lynn Jensen 25:11
There is a chapter on traveling by sea and also traveling with a Guide Dog by sea.

S Steve Barclay 25:20
What sort of healthy tidbits Do you throw in there about cruise lines?

L Lynn Jensen 25:25
Yes, there's stuff that's specific. Read the book.

R Ryan Fleury 25:38
Well done. Lynn, well done.

S Steve Barclay 25:41
Waiting for the movie.

R Ryan Fleury 25:44
Better be descriptive.

R Rob Mineault 25:46
Yeah, of course it will be descriptive.

S Steve Barclay 25:49
There's a good question. Who would play you in a movie?

L Lynn Jensen 25:56

That's a good question. I'm probably setting myself back a few years. Now, I don't know what she looks like these days, but Sela Ward. Would that work? Yeah. And then, of course, we're going to have to get Joey Scarborough's permission to use, Believe It or Not, as the theme song.

L Lis Malone 26:18

Do you think she your doppelganger?

L Lynn Jensen 26:22

I have a doppelganger for real. I don't need another one. One is more than enough. It's all I can handle. Have you guys heard about my doppelganger story?

R Rob Mineault 26:33

No.

L Lynn Jensen 26:35

Okay, Lis and Rob and I think Steve has heard about it. But when I first lost my vision. I had just renewed my driver's license. You remember this story, Right Steve?

S Steve Barclay 26:47

It's not ringing a bell to be honest.

L

Lynn Jensen 26:48

Okay, well, five years later, when I received the notice in the mail saying it was time to renew my identical twin sister renewed it for me, and she did that for 15 years, until one day, I got a phone call from an officer at ICBC, and it turns out they flagged our two driver's licenses because the pictures were so similar. And he said, it's no problem. It's probably just because we're twins, and you'll have we'll have to get the two of you in the same room at the same time. My jaw just dropped. How am I going to walk in with my guide dog? So I explained to him what we had done, and he goes, Well, I just need to come and see you for a moment. Is it okay if I pop by your your work? And I said, Yeah, no problem. So he arrived at my workplace, and I took him up to my office, and he sat down, and he's rummaging through his bag, and then he says, So are you ready? I'm like, Yeah, sure. You have the right to remain silent Anything you say or do. Yes, he read me my Miranda rights. To make a long story short, the Crown prosecutors decided not to press charges when I got home that day, because my sister and I lived together at the time and we high fived like we outdid ourselves.

L

Lynn Jensen 28:12

Right? I do. I do. And it's important, you know, don't wait for the last minute. I mean, you can expedite the whole application process with a passport, but you don't want to put that pressure on yourself, just like Lis was talking about the airport earlier. You know what? Arrive in at the airport well in advance your flight, so there's no extra stress, especially if you have a guide dog and there's no Pet Relief Area on the secured side of the terminal, you know you'll want to relieve the dog just before you go through security, if you're going on a long flight, yeah.

S

Steve Barclay 28:13

Yeah, you bent the system.

L

Lis Malone 28:18

Did your sister - did she also almost get arrested?

L

Lynn Jensen 28:23

I was read my Miranda rights. She was not at that time, because it went to the Crown Prosecution. And, yeah, I think they probably had a good laugh about it, right?

R

Rob Mineault 28:38

So you were learning all kinds of stuff today.

L

Lynn Jensen 28:41

Yeah, no, I told you I would bear all.

S

Steve Barclay 28:43

What other crimes have you committed?

L

Lynn Jensen 28:45

What other crimes have I committed? Yeah, what other crimes am I willing to admit on a podcast that is heard around the world? I'm not sure, but I will tell you - a year later, after this incident, I had to renew my passport, and it was declined because my eyes weren't in alignment, and I was heading to Mexico in a few weeks. You know, I needed my passport. My sister, she was furious. She goes, Oh, I'll go get my picture taken. And I'm like, oh, it's the Federal Government this time. I'm not sure if we want to go there. You got away with it once, right? Yeah.

S

Steve Barclay 29:43

So do you talk about any of that in your book? Because that's got to be difficult renewing your passports, your photos, accessibility to that whole, that whole thing, applying for your passport, renewing your passport, signing in that little square exactly, all of that is stuff we need to deal with.

S

Steve Barclay 30:30

Or if you're living in a country where the TSA agents aren't being paid.

R

Ryan Fleury 30:46

Yeah, exactly, exactly. I heard some airports there's longer than a four hour wait. Bring a change of clothes. And there's some tricks for packing clothes, too in my book.

S

Steve Barclay 32:02

Bring a change of underwear.

R

Rob Mineault 32:06

So I want to go back to talking a little bit about about Guide Dogs specifically, because I imagine that that can be an issue too, especially traveling internationally. You know the different again, your mileage is going to vary in terms of what you're going to find at your destination. Do you talk a little bit about that and people's rights are when it comes to access denials? Or just any, any tips for for Guide Dog users?

L

Lynn Jensen 32:56

I talk about the both of those areas. One of the most disheartening things for me when I travel is when I'm denied access to a location. Unfortunately, that can happen here in Canada, even Vancouver. Prepare for the worst. Hope for the best. Make sure you've got the documentation to show as far as traveling internationally, if you're declined access to a country, have a backup plan so it doesn't spoil your entire trip, and make sure you do your research well in advance. There's certain criteria that you'll have to meet, and some of those restrictions are time sensitive. When I traveled to Norway, for example, I had to have a Rabies titer test done within 30 days of entering Norway. And of course, at that time, the only university who would perform that test was the University of Kansas. So the blood sample had to be sent down south, and then we had to get the results back. And then I, you know, there's just these extra steps. And then when we flew into Amsterdam, we had to make sure that we drove straight to Norway to get into the country within those 30 days. So make sure you meet the guidelines. And of course, those guidelines can change instantly back in the 2000s of course, we had the instance with Mad Cow Disease here in Canada. So when I crossed into the United States, all of my Guide Dog's food was confiscated. Right? Terrible thing to do to a Lab.

S

Steve Barclay 34:51

Yeah, almost as bad as feeding them bacon.

L

Lynn Jensen 34:55

Yes, exactly. There's a story there. Steve. I don't know what Steve was thinking, but he walked past my first Guide Dog and gave her a piece of bacon from his A&W Mama burger or something, and she vomited almost immediately. I was offended, because had he slipped the piece of bacon in my mouth, I would have enjoyed everything free morsel.

S

Steve Barclay 35:28

Yeah, I'll keep that in mind for next time.

L

Lynn Jensen 35:31

There you go.

R

Rob Mineault 35:34

Sounds like the the other really key takeaway is preparation is key.

L

Lynn Jensen 35:39

Yes, preparing yourself, preparing for the trip, doing your research into the accommodations at your destination. It's all so important, and it's so much easier to do while you're at home. You've got all of the technology that you're used to using Chat-GPT can sometimes be a great source of information, but always go to the original source to confirm.

R

Rob Mineault 36:09

And I guess, you know, I probably the other piece of advice too is just that be prepared for something to go sideways. Because I don't know every trip that I've always got, that I've ever gone on something, no matter how well prepared. I am something's always going to go a little sideways and to just, you know, not panic,

L

Lynn Jensen 36:26

Yes, and when you get back home, you know, review your journey. What went well, what didn't go well, you know, maybe you need to learn a new skill, acquire a new piece of technology, or just build confidence in yourself, right?

R

Rob Mineault 36:45

That's where these little mini trips, I assume, really come in handy, because they really are like test cases, and can really give you the ammunition that you need when you actually get on that plane and fly to wherever, South Carolina.

L Lynn Jensen 37:00

Yeah, and on your test trip, if something goes sideways, you can always jump on a bus and go home, right?

R Rob Mineault 37:09

that's right.

L Lynn Jensen 37:10

And then take a look at the trip, as I mentioned earlier, identify what went well and what didn't go so well.

R Rob Mineault 37:18

How long did it take to write the book?

L Lynn Jensen 37:21

Oh my gosh. I started as I mentioned, December 2022 and the book launched last month on February the 24th. And blood, sweat and tears went into that book. I learned things I never thought I I never thought I ever wanted to learn. Yeah, I have a new admiration for writers. I've spent 1000s of 1000s of hours hunkered down in my home office on evenings and weekends. And I believe in my book, I really if you learn just one thing by reading this book, it's worth it. My website, by the way, is www.blindtraveltips.com. Yep, the book is available in multiple formats, so regular print, large print ebook, so accessible, epub, three and audio book, both mp3 and DAISY. Keep in mind, if you purchase the book from my website, the large print book is spiral bound, allowing the book to lay flat. If you are using a magnification aid, that's a huge bonus. And of course, the DAISY format is only available on my website.

R Rob Mineault 38:46

Okay, okay, there you go. Well, listen, so yeah, everybody, I really recommend everybody go to the website. Stay away from Amazon, they're evil. Well, so what's next? Do you have already have some ideas about maybe a follow up book, something, something more in line with independent living skills now that you've, you're, you're an author? Have you been bitten by the writing bug and have plans from something else?

L Lynn Jensen 39:19

You sound so much like my sister. I facilitated a series of virtual workshops called Best Kept Secrets for Living with Sight Loss. I have started drafting a book based on that series, but I am going to have to find a sponsor, because, yeah, I can't do this alone, especially the time that is required, but we'll see what happens. As I mentioned earlier, I am working as an independent consultant now, so I'm starting another small business. I've got a lot on my plate, right?

R Rob Mineault 40:01

Clearly, you need another keep busy project.

L Lynn Jensen 40:04

Yeah, I can't say I'm looking for work, but I would be excited to share all the tricks that I've learned over the years in a new book.

R Rob Mineault 40:14

Well, Lynn, we want to thank you so much for coming on, taking some time out to chat. Congratulations on the book. Best of luck with the book. Give the website one more time, just in case people want to get out there and check it out and buy a copy.

L Lynn Jensen 40:31

www.blindtraveltips.com.

R Rob Mineault 40:34

See very easy folks, and we'll, we'll make sure to put that link in the show notes as well so everyone can check it out.

L Lynn Jensen 40:42

Thank you for having me. It was a pleasure to be here.

R Rob Mineault 40:44
Come back anytime.

L Lynn Jensen 40:45
I would love to come back, so just let me know.

R Ryan Fleury 40:49
All right, it's a deal. How's next Tuesday?

L Lynn Jensen 40:54
I'll have to look at my calendar. Take care.

R Rob Mineault 41:02
Bye, Lynn. Well, there you go. Now we're all ready to go on a trip.

R Ryan Fleury 41:08
I gotta get the book. She has an audio book. I gotta go listen.

R Rob Mineault 41:11
No, doubt. But you know, it's so funny that that today's topic was, was travel. Because, man, so traveling would be the last thing I would want to do right now.

R Ryan Fleury 41:24
Yeah, I keep track of that too. At least not traveling in the States.

R Rob Mineault 41:29
Honestly, like, I wouldn't want to be go anywhere globally right now. Everything's too unstable.

S Steve Barclay 41:36
I'm going to Japan.

R Rob Mineault 41:38
Are you? When?

S Steve Barclay 41:39
In May, for two weeks.

R Rob Mineault 41:40
Oh, my God. Cool!

R Rob Mineault 41:43
Oh, wow. Okay, well, that's cool.

S Steve Barclay 41:45
Yeah, we're, we're going to, we're flying to Tokyo, and then we're taking a bullet train to Osaka, Kyoto, and then we're going back to Tokyo and we're going to check out Disneyland in Tokyo.

R Rob Mineault 42:07
No way. That sounds pretty cool.

S

Steve Barclay 42:09

Yeah, it's surprising, because Japan is way cheaper than I was ever led to believe. Yeah, it's actually quite affordable to get there, from here, and there's even, there's a, there's a low cost airline called, I think it's called Zip Air. And for the price of what you would pay on Air Canada for a regular seat, you can get a lie down seat on Zip Air, straight to, straight to Tokyo.

R

Rob Mineault 42:44

Yeah, I've also heard that that Tokyo in particular, I think is very, supposed to be very accessible.

S

Steve Barclay 42:54

Yeah, I can't speak to that yet, of course, but I can say that I'm a little terrified of Tokyo, because the population of Tokyo is the same as the population of Canada. Yeah, yeah, it's crazy, and I don't like crowds.

R

Ryan Fleury 43:11

Take your elbow pads, yeah. Elbows up.

R

Rob Mineault 43:17

Elbows up. Well, cool. You'll have to give us a full report when you're back.

S

Steve Barclay 43:22

Absolutely

R

Rob Mineault 43:23

Curious to hear how it goes. All right. Well, anything else anybody else has to say about it?

R Ryan Fleury 43:30
No, that's good. About do it for us this week.

R Rob Mineault 43:32
That is going to do it for no way that's not going to quite do it for us this week, because we got to go 'where can people find us'. So Lis ... where can people find us?

L Lis Malone 43:45
You now you want to come to me?

R Rob Mineault 43:46
Yeah. Where can people find us?

L Lis Malone 43:52
They can find us at www.atbanter.com.

R Rob Mineault 43:55
They can also drop us an email, especially if they want to hire the stunning vocal talents of Mr. Steve Barclay and Ryan Fleury to sing songs of the 70s, at cowbell@atbanter.com

S Steve Barclay 44:12
We will also bring our own cowbell.

R Rob Mineault 44:17
Yeah, there's some good harmonies there. So what else? Where else can people do if they want to?

S

Steve Barclay 44:40

Well, I hear they can find us on social media here, places like Facebook, Instagram, Mastodon, yeah, Truth Social,

R

Rob Mineault 44:49

Yeah, we are all over Truth social, X, yeah. We love it.

R

Ryan Fleury 44:59

So here breaking news, breaking news, actually, as of Monday, I guess Alberta turned down, or voted down, the Accessible Act for Alberta legislation that was being put forward. Yeah, they voted it down. That's what I saw this morning. Somebody posted online.

R

Rob Mineault 45:26

Wow, that's awful. Wow. Yeah, well, to look into that, talk about that next time.

R

Ryan Fleury 45:31

So they're one of the few provinces left that don't have an Accessibility Act.

R

Rob Mineault 45:36

That's crazy.

R

Rob Mineault 45:38

Yeah, I guess so, that's a whole other podcast,

R

Ryan Fleury 45:43

But yeah, so the disability community is a little upset at the moment.

R**Rob Mineault 45:47**

Yeah, I can, I can't imagine. Well, anyways, way to end on a high note. You're bringing the show down. We're coming for you, Alberta. All right, that is going to about do it for us this week. Big thanks, of course, to Lynn for joining us, and we'll see everybody next week.

S**Steve Barclay 46:18**

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