



# AT Banter Podcast Episode 245 - Stump Kitchen Re-heated

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## SUMMARY KEYWORDS

people, youtube, kitchen, limb, talked, absolutely, day, cooking, videos, alexis, nice, week, collabs, feel, episode, years, bit, channel, stump, film

## SPEAKERS

Rob Mineault, Steve Barclay, Alexis Hillyard, Ryan Fleury

- R** Rob Mineault 01:42  
Hey, and welcome to another episode of AT banter
- S** Steve Barclay 01:49  
Banter, banter.
- R** Rob Mineault 01:52  
Hey, I really like that actually, that was really good. My name is Rob Mineault. Oh, and hey, look at this joining me today from the guitar dungeon where it's nice and cool. Mr. Ryan Fleury.
- R** Ryan Fleury 02:07  
Not so cool anymore. I think the ground is the ground has absorbed the heat and it has come through the walls. So it's cooler than the main floor. Yeah, it's it has leveled out. Let's just say that

- R** Rob Mineault 02:21  
Probably just normal now.
- R** Ryan Fleury 02:23  
Yeah, probably.
- R** Rob Mineault 02:26  
Hey, and Mr. Steve Barclay.
- S** Steve Barclay 02:30  
Yeah. What do you want?
- R** Rob Mineault 02:31  
Well, although from what I understand, you've got some air conditioning units over there. So it's probably nice and cool over there.
- S** Steve Barclay 02:37  
Oh, it's so frosty here right now. Sitting two feet away from an air conditioner. It's just blowing cold air past. It's just so nice. Yeah.
- R** Rob Mineault 02:48  
So for anybody outside of our area that doesn't know what the heck we're talking about or complaining about. We are currently while we just finished a three day heatwave here that at its height, I think it got up to about 42 here in Vancouver.
- S** Steve Barclay 03:10  
And just up the road in the Fraser Valley. They broke the all time Canadian heat record three days in a row. Especially reaching 49.6 Celsius.
- R** Ryan Fleury 03:23  
Yeah. And so for our US followers or friends. What is that in Fahrenheit?

- R** Rob Mineault 03:32  
Good question ... Steve?
- S** Steve Barclay 03:35  
That is 121 degrees.
- R** Ryan Fleury 03:38  
Right? That's crazy.
- R** Rob Mineault 03:46  
Oh my god, welcome to Hades
- S** Steve Barclay 03:49  
Did I tell you guys about looking up the the last five years heat records for Vancouver?
- R** Rob Mineault 03:54  
No.
- S** Steve Barclay 03:56  
30 and 29. Yeah, for the last five years. Yeah. 30 up to 30 and 29. Over over different years. But that never never above that.
- R** Rob Mineault 04:07  
Yeah. Monday night. Like it was crazy. It was like in the middle of the night in the coldest a God was I think it went down to like 24 or something. is just it was nuts. Like just I've never been in heat like that, either. Luckily, luckily we're a little bit cooler today. Apparently this heat dome thing has moved on to Alberta. So you're welcome Alberta.
- R** Ryan Fleury 04:32  
I got to check on my family. Make sure they get through it.



Rob Mineault 04:35

Yeah, it was ridiculous. Yeah, so you know, if we need more to complain about it's just been Oh man. You know, 2021 was supposed to be a better year.



Ryan Fleury 04:48

It is getting better. As of July 1. Here we are in stage three of our reopening. So a lot of changes are happening. Things are listening up opening and go to concerts. Again, theaters are opening up, plays it we have a lot more freedom and flexibility starting tomorrow. So we're getting there.



Rob Mineault 05:10

Yeah, that's true. That's true. All right. So the pandemics over now we just have to worry about climate change. And yeah, well, you know, forever. The weather catastrophes are what do they call it? What are they calling them climate catastrophe? I tell you. It's an event. Oh, Monday night was the worst. I think we got about two hours of sleep. Couldn't you know, you can't get comfortable anywhere, everything. Like I went on my computer and I touched my mouse. And it felt like my mouse had been in the sun. Like 11 o'clock at night and is just like, everything is just hot to the touch. It's nuts.



Ryan Fleury 06:01

Yeah, we'd walk into a ceramic floor in our bathroom. You'd think you'd had heated floors.



Rob Mineault 06:09

it's just nuts. And then of course, you know what that's going to do down the road for us. Is that I'm sure that it dried out everything.



Ryan Fleury 06:16

Oh, there's forest fires already happening now.



Rob Mineault 06:18

Oh, really? Oh, yeah. We're gonna have a terrible year for forest fires. Let's just go home. Yeah, I hope not. I really I really hope not. I hope because that was that was bad last year, too. We had all that smoke for weeks and weeks we got from the world the Washington

State wildfires. So but do we know was it hotter in Washington state than it was here?

**R** Ryan Fleury 06:49  
Nope. Well, I shouldn't say Nope. I heard the other day. I think Monday in Portland, Oregon. They said it reached 107

**R** Rob Mineault 06:59  
Noobs

**R** Ryan Fleury 07:03  
That was Monday or Tuesday.

**R** Rob Mineault 07:05  
Yeah. Wow. Yeah, that's Wow. That's nuts. Yeah, time to start work on the underwater base.

**S** Steve Barclay 07:12  
Indeed.

**R** Rob Mineault 07:15  
All right. Well, enough complaining about the weather. Hey, you guys want to complain about Accessibee? That'll be fun.

**S** Steve Barclay 07:25  
Oh, they just fallen into it, haven't they?

**R** Rob Mineault 07:27  
They have. Okay, but wait, hold on. Before we talk about that though. I got to check in with Ryan and see what we're doing today. Hey, Ryan. Yes, sir. What are we doing today?

**R** Ryan Fleury 07:37  
Today we are speaking with longtime friend of the show. Alexis Hillyard from Stump Kitchen.

**R** Rob Mineault 07:43  
Yeah. Very cool. Very cool. I'm excited to talk to her and see what's see what's new over there at Stump Kitchen.

**R** Ryan Fleury 07:51  
Yeah, she's still moving and shaking. Things are going up and up and up.

**R** Rob Mineault 07:56  
Okay, well, that will be a little later. Right now, though. I saw this article in Forbes, believe it or not, Ryan. Yeah. Forbes. So this is a article about Accessibee the the accessibility overlay that everybody loves to hate. And apparently, it's getting a lot of coverage because the National Federation of the Blind down in the US has launched a pretty substantial attack on Accessibee and has accused the company of engaging in what they're calling harmful practices.

**R** Ryan Fleury 08:35  
I think even before the though, I I saw on Twitter, I think last Friday that they actually denied Accessibee a table at the National Federation of the Blind conference coming up here next week. So that's probably where the shit show may have started.

**R** Rob Mineault 08:53  
Yep. I think yes, you're absolutely right. But you know, you know, even earlier in the year, though, they had that open letter that about people all around the the Visually Impaired community that were urging, you know, web web owners to not use excessively, right. And there's, you know, there's a #AccessiBeGone. That is trending on social media. They're really getting the crap kicked out of them. And deservedly so. I really get the sense that this is the beginning of the end for these guys.

**S** Steve Barclay 09:29

Well, you know, you got to keep in mind, this is a company that is not based in the US, they're based in Israel, and they have a fair bit of money behind them. Yeah, you know, they raised I think \$14 million not too long ago in a fundraising effort. So, you know, they're, they're not likely to go away quickly, is what I'm saying, I guess. Well, I don't know these companies can learn to be surprised at how much money they can burn in a relatively short period of time, and if it really does start to get around that, this is not a way for websites to avoid any sort of litigation. And in fact, what people are doing apparently are actually targeting companies that are using Accessible, for litigation in order to like sort of wake them up to the reality that Accessible does not protect them from any sort of ADA compliance.

R

Ryan Fleury 10:30

And we had Sam Evans and Nick on our podcast a little while back to talking about this too. And I think they said if you dig to the fine print says that as well. We will not protect you, you know, we do not make you compliant with ADA guidelines.

R

Rob Mineault 10:48

Yeah, which is so weird, right? Like that's in the fine print, yet in their marketing materials. They say completely the opposite. It's so weird how companies are able to skirt this. But I mean, you know, some people are saying that, you know, they think that that the writing's on the wall for these guys. Because eventually the words just gonna get out. And it's just bad news to

R

Ryan Fleury 11:08

Keep in mind when we had Sam and Nick on the show, Accessible is just the big one that's been in the spotlight. There was, I think, at least two dozen others that are out there doing the same thing. So just maybe because of Accessible it doesn't mean, this is said and done.

R

Rob Mineault 11:27

Yeah, and I mean, I don't know about and we don't really know anything about those other companies or even what they do. But I really do feel like maybe there's, there's a place for web overlays, just not as a complete accessible solution. It can't fix everything. I mean, certainly you could use a web overlay and say, use that to do things like provide a user to be able to switch up contrast in colors or something like, it could be maybe a low vision solution that you can offer or a learning disability solution that you

can offer.



Ryan Fleury 12:05

It's just it doesn't it doesn't do the trick when it comes to all the other different types of HTML markup that we require to for efficient navigation on the web as screenreader users.



Rob Mineault 12:17

Yeah, exactly. Right. And so you know, maybe, you know, having a web overlay that you could, the user could turn on or off really easily. And if they're, you know, somebody has low vision, they could change the background to yellow and, and black or, or white on black or something like that, that could have its place, right? The problem with Accessibee is that they are marketing themselves as an all encompassing solution that actually makes a website less accessible, especially for screen readers. And they're, they're also really misrepresenting what it means to to actually make your website accessible, like saying things like, Oh, you know, it's gonna cost you hundreds of 1000s of dollars to make your website accessible. So, you know, you know, sign up with us and it'll be a couple 100 bucks a month. You know, they use that in the marketing and that's really damaging, because that's it's not true at all. And, you know, it doesn't take a huge amount of resources to make a website accessible, it just it just, you know, takes the the will and you know, a little bit of a budget to do it. So I know he's I'm glad I like I'm really happy that this this article is in Forbes and and is really getting this this pushback that Accessibee is getting. It really starts to feel like it's getting some traction. And I think that hopefully we're gonna start to see the downfall of these guys sooner hopefully than later.



Ryan Fleury 13:48

Time will tell indeed.



Rob Mineault 13:52

It's time for a segueway.



Steve Barclay 13:53

Segueway!! Let's scoot on over to Alexis Hilliard.

- R** Ryan Fleury 13:59  
Alexis, thank you so much for joining our wonderful show. Again. I am Ryan Fleury. Joining us in the room is Steve Barclay. That's me, and Mr. Rob Mineault.
- R** Rob Mineault 14:10  
Oh, so you can hear it in Ryan's voice that he's on vacation this week.
- A** Alexis Hillyard 14:17  
Yeah, absolutely. I got the email notification when I sent him a quick email. I was like, Oh, hey, nice.
- R** Ryan Fleury 14:24  
Yeah, it wasn't nice. Monday or Tuesday. We're hiding in our basement.
- R** Rob Mineault 14:33  
Yes, yes, indeed. Well, welcome back. Of course, everybody who knows anything about the show, of course knows that Alexis is a old friend of the show. Having been since almost the very beginning.
- A** Alexis Hillyard 14:50  
Yeah, you were my first podcast interview of my of my Stump Kitchen career. And so yeah, and we started off around the same time. So we're both About five years old ish, kind of.
- R** Ryan Fleury 15:03  
And you've been interviewed by Google. We haven't. So you win.
- S** Steve Barclay 15:10  
For us, certainly.
- R** Rob Mineault 15:13  
Yeah. Yeah. That was an intense It was very, really. Well, welcome. You know, I'll get back.

I'll circle back to that. So why don't we start out just for people in case we do have some new listeners? Just in case, why don't you walk us through a little bit of, of what you do over there on your YouTube channel named Stump Kitchen?

A

Alexis Hillyard 15:38

What do I do? Indeed, yes, I do a little bit of everything. But mostly it's a YouTube show, geared towards celebrating body diversity and disability. And for me, personally, I was born without my left hand, you know, my left arm below the elbow, and I use my stump as it is the word that I, you know, used to, to call my arm, I use my stump as the kitchen tool, from lemon juicer to potato masher to spatula, and I make recipes for people. And I love cooking with guests, like kids with limb differences, or just family friends, random people, local celebs. And I just have a good time. So I, you know, I make a lot of mess, too. So that's kind of me in a nutshell, I guess. And, and then, of course, I also focus now a bit more on, you know, what it's like parenting with a limb difference. I just had a baby here. It's not just anymore. I had a baby over a year ago now, even though it's still like, it still feels like it was it just happened. And so I talked about parenting, and yeah, just lots of different things.

R

Rob Mineault 16:52

So do you ever like because I know, I know, with us. And being around the same age. I'm just curious to know if this happens to you. But do you ever just kind of look at the channel and look at all those episodes, and just go oh my god, like, I can't believe I've, I've made all of this content?

A

Alexis Hillyard 17:09

Yep. All the time. And I i've, I never thought I would get to this point. But I have completely forgotten about certain episodes. Like, I had to kind of go through my repertoire. Recently, partly for Google, and partly for just something else. I was looking for a certain idea. And I was coming across episodes that I was like, what, when on earth? Like, how when did I do this, you know, that I just completely forgot. And I always thought like, I'm gonna know exactly what I did, and in what order. But it's also just a kind of a fun and beautiful thing to look back at this huge body of work that, you know, hopefully will live online for a long, long time. And, you know, when people are still watching old videos and commenting like all that random comments now and again, on, you know, really old videos that are like, Oh, I just found you blah, blah, blah. I'm like, Whoa, wow. Okay. I don't know. It's nice. How do you feel about it? When you look at your, you know, body of work?

R Rob Mineault 18:07  
Tired?

R Ryan Fleury 18:10  
Tears, I'm not enough. I just don't look at it.

R Rob Mineault 18:17  
No, no, you're absolutely right. I often do the same thing. I'll take back in the archives to go wow, when did we talk to that person? Well, we talked, we talked to them. Wow. That's a pretty good get some cool people. Yeah. Yeah, absolutely. So yeah, it does get surreal after a while and you do just kind of you are kind of amazed that that you're still going and you're still finding so much to talk about and so many people to talk to you. I you know, what I really enjoy about the channel. And that I think that that makes it unique is that it really has evolved with your life. You've talked to a lot of people, and you've incorporated a lot of a lot of very personal things that are going on in your life in the channel. What kind of reception do you do you tend to get with the channel? And has it sort of stayed consistent through the years based on sort of that changing content?

A Alexis Hillyard 19:15  
You know, that's a really good question. I at the beginning when I started to do you know, a bit more than just kind of recipe stuff and incorporate a bit more of my you know, more personal things or maybe a vlog or a different kind of style, like interviews or whatever or touching on a few like, you know, social issues or whatever. I was nervous that I don't know because you you build an audience and then you're like, every YouTuber, I think, gets nervous about kind of adding or changing what they're doing. But I like the the viewers in the audience has always been so lovely and kind and I think they maybe appreciate the almost like But not behind the scenes, but like just like the personal approach to kind of learning a bit more about music later, I'm not really sure. Because people are just along for the ride. They're like, yeah, great, great, or like, Hey, I really appreciate that you talked about this or whatever. And I've always kind of been the type of creator. Luckily for me that I, I've never, well, I shouldn't say never, I really try hard not to create anything that I think people will like, I, I create something that I like, and that makes me laugh, and that is enjoyable, and keeps my you know, piques my interest keeps my passion going. makes me excited. Because the couple of times that I tried to create for what I thought the YouTube algorithm would like, I just lost all of my joy. And it just felt so artificial and gross. And I had to go right back to being like, No, you just got to do you. And like, yeah, just not not kind

of worry about creating for any other reason. So yeah, people are just like, cool, whatever you want to make, we're gonna watch it, I guess. They're good about it. Yeah.

R

Rob Mineault 21:12

Well, that's, that's interesting. I mean, that's probably why, you know, we get along so well with you, is, because that's, that's really been sort of our mandate from the start to know, we just sort of create based on on what we're feeling. And, you know, obviously, we're, you know, trying to trying to serve the community, and, you know, trying to, to put organizations in the spotlight that we feel, you know, need need that and to try to help out where we can, but at the same time, you know, we're kind of flying by the seat of our pants, and, you know, we were looking, we're looking down the barrel of trying to rebrand and sort of reformat the show, to more reflect who we are. So, and I know that, that your channel is a really unique mix, too, because you've got you It's very, it's very much, you know, steeped in a lot of humor. And there's the cooking aspect, but there's also the advocacy aspect, and, you know, featuring people and their stories, and, you know, trying to put out content out there to help other people who may be going through similar things with limb differences. And, and in the other sense, I'm assuming that, you know, you're also trying to sort of normalize limb difference in in the, in the general public. So I guess, have you found all the Have you found it hard juggling all those different aspects? Or does it kind of just come naturally?

A

Alexis Hillyard 22:40

You know? No, I don't think it's, I don't think it's hard in the sense of like, you know, my I think my brain is the type of brain that loves variety, it loves kind of following the energy and kind of figuring out stuff like just you know, if something comes up or if something happens, or like for example, I recently got a canoe arm attachment for it's not actually an arm, it's like a canoe paddle attachment for me to to be able to paddle better on my canoe. And, of course, I documented the story and made a video about it. And it was a very positive journey with my new prosthetist compared to say, a couple years ago, I saw different process tests to get my violin attachment made. And that was a really negative experience for a lot of different reasons. And so it was easy for me to make those decisions to document those things, and to do it, you know, because they were important. And, you know, even though it's not exactly like, this is a cooking recipe, like episode or whatever it was on topic had to do with my life. And I knew that it may resonate with people watching and it was important to me, and I think that Yeah, I don't know, like, I'm just, I love being able to kind of follow the energy to where, to what I'm doing, like the other day, a friend of mine, who's a YouTuber in the States. He's got one arm, just at the shoulder. And he made me this like robot package thing to like, build on camera, like

super random, totally not some kitchen themed, but it also kind of is because it was like an amputee sending something to me. And it was for me to build on camera. So I built it with my baby. And my dad, and it was just like, yep, and it's not out yet. I'm going to edit it up and get it ready. But it just felt like, yeah, this fits. Sure. So I forget your original question. It's just really fun to do a lot of different things is my point.

R

Rob Mineault 24:47

Yeah. And so how much of that is sort of planned and deliberate and how much of it just sort of happens and I'm speaking sort of, about sort of the sort of the advocacy pieces, like do you sort of -- Are you really conscious and aware that you know you want to make a video addressing a certain a certain topic? Or does it just kind of come naturally during the course of filming an episode?

A

Alexis Hillyard 25:14

Absolutely comes naturally. I think it depends on who I'm talking to what comes up in the episode, I think when you have a guest and you're working with an unscripted you know, scenario, you don't know what could come up. Like I remember a long, long time ago, I made an episode with a friend. We did like vegan, vegan pulled pork with, like, jackfruit. And, you know, she disclosed to me that she had been dealing with an eating disorder. And I was like, hey, yeah, you know what I did, too, in high school. And so we talked about that. And that was like, it just was so important to address in the moment. So sometimes, it's really, it really depends on who I'm talking to, and why and what and sometimes, you know, something in the media will pop up. And like maybe they're I don't know, something, you know, topical that I want to add my my voice in into, maybe you find a tail on a raisin. I mean, these are really important political things. Yeah. The other day, I was eating raisins in my car. And I was like, What is his tail doing on my raisin, but it was obviously the stem of a grape, the stem stayed on while it turned into a raisin it was just amazing look like a little mouse anyway.

S

Steve Barclay 26:27

Um, and she sang a song about it. And that was what I was gonna, I was going to play the clip. I couldn't get the clip. I tried to find it. I couldn't find it.

A

Alexis Hillyard 26:39

Let me see if I can find it while I'm chatting.

S Steve Barclay 26:40  
It is hysterical. Yeah.

A Alexis Hillyard 26:44  
But no, I this isn't something that I planned. But it is something that I think it's a neat, it's a neat question that you asked, okay. I think I'm I've been steeped in, you know, the language of social justice. And because my previous jobs were really geared were really like centered around social justice, equity, all that kind of stuff. So I think I already have that in my lens. And so it's easy and necessary for me to go there when I you know, when it comes up, or maybe it's just steeped in the, in the ecosystem kitchen anyway. Yeah, I don't know. I, it's, it's great, though, to be able to go there. And have people be responsive to it?

R Rob Mineault 27:29  
Well, and it's also very interesting, too, because especially over the past five years, I think that that space has really changed. discussions about equity and inclusion and accessibility, are really are just happening much more, and I think are more important than ever these days. So I feel like there is a lot of content, especially on YouTube that that is advocacy based. And I think that it is really important. But let me ask you, let me ask you this, then do you find that being able to pair those those advocacy pieces and mix them in with videos that that are that are very humorous, like, Do you find that you're, you're able to sort of use that humor to I don't know what the word is the disarm the listener knows.

A Alexis Hillyard 28:20  
I knew you're gonna say that. No, I'm glad I just get it all the time. And absolutely, yes, absolutely. Yes. I think whether or not I'm using humor to, you know, quote, unquote, disarm someone to talk more about my experience is someone living with a visible disability with a limb difference, or, you know, to kind of let their really like, have their guard be lowered a little bit, I find that when people are there laughing a little or they're made to feel comfortable in that humorous way, you can have a more comfortable conversation, and they're more receptive to learning the deeper message. So definitely, yes. And then, sometimes I don't have any humor in any in the videos, like, sometimes they'll be just straight up super serious. Or maybe I'm talking about mental health or something, you know, like that. And I think that's also really cool. Because, you know, like I said before, at first, I was kind of nervous about integrating that kind of content onto my

channel, but then I was like, but why why would I show the world only one side of me? Like, wouldn't don't I want to be like, the type of people that I watched and listened to, are the people that I can I sense that they are authentic, and they're showing me the full range of who they are, you know, as they choose. And so I want it to be kind of honest, and to just be like, Hey, you know, this is me, because I don't know I get a lot of comments from people that are like, How are you so happy? Like how do you love yourself so much? And I'm like, I'm not always so happy and I don't always love myself so much. So I wanted to give a bit like a balanced a balanced Look for people to kind of be like, okay, like, it's, you know, she's got a lot going on too. And that's normal. And that's great. You know? You know, singing, um, I don't know if it helps my memory or what but i and i, you might know this that maybe we talked about it before. I don't remember. But I'm a really big choir nerd. Like I sing music I have since I was like, five years old. I play ukulele I teach you for lelee Big, big choir nerd Love, love, love that stuff. And so singing is like second nature, constantly singing around the house. And I often, you know, sing while I'm cooking. And you'll see this in many episodes. And sometimes it feels like I do it because it like helps me remember things or just like, I don't know, it feels like it makes things easier. or something. I'm not sure. Maybe that's just how my brain works. But do you ever like seeing while you're doing stuff? Or it's just me?

R

Ryan Fleury 31:36

No, I think you know I do from time to time as well. I'm really bad with hearing something. It just I can't get it out of my mind for days on end. There's always something in my head going on.

S

Steve Barclay 31:49

I often wake up with random songs in my head and they will stick with me all day. This morning. It was everything every little thing is going to be alright. I have been walking around humming and singing that all day to the point where I had to go to the grocery store and get jerk chicken spice to do jerk chicken tonight. Great fun to have in your head.

A

Alexis Hillyard 32:25

My favorite thing is when people messaged me out of the blue and they're like, Oh my gosh, I can't get this dump kitchen team out of my head. And I'm just like I'm in there. didn't even mean for that to happen.

R

Rob Mineault 33:01

So is this YouTube thing full time gig for you then?

A

Alexis Hillyard 33:10

It is full time. However, I'm still doing one or two. Like my I do a teaching ukulele choir on Saturdays, just throughout the school year. That's like a really small, small part time gig. And then I also teach one afternoon a week teach cooking at a local junior high. So those are things like the music side is like my own personal stuff. And then the teaching cooking is related to stem kitchen and the sense that it's cooking, but it's not really related to my YouTube stuff. But everything else I do is all like content creation for YouTube or Instagram. Or maybe I'm working on a CBC project or like a sponsorship or something to do with, with the channel itself. Or I'm doing like lucky Finn project work, because I'm an ambassador for that program down in the States. So it really, yeah, it's most of what I do, which is really, really great. I feel very lucky to be able to do what I do what I do.

R

Rob Mineault 34:14

Now, do you have sort of like a shooting schedule? Do you tend to film on the same days?

A

Alexis Hillyard 34:25

There's no schedule. But I mean, I should be honest, that there wasn't really a schedule before I had my either, but it definitely makes it a lot harder. Sometimes I film like lately, like my mom will take joven on Fridays. And so, you know, for a couple of weeks, I was filming one or two episodes just on Friday mornings to kind of get them done. I kind of go in batches now. And I also had a bunch of old footage that I didn't get a chance to get to, you know from when before Jovan was born that I was able to you know get working on and have be put out. So I wasn't having to film all the time. But even before that I never I'm not the type of person that was ever able to kind of plan schedule or, you know, kind of like, just really, I don't know, I had to kind of like wake up and be like, okay, now is the day, we're gonna do it today, or maybe plan one or two days out, which I know does not work for everybody. But for me, it just works somehow with my creative process I get, I guess. And then of course, if things come up, you know, I just I'm like, okay, we're gonna film this, like I would the first time we took our canoe out on the water. I we took my little handheld camera, and, you know, test it out the canoe. And that's you just you just kind of do it as you on the fly, as they say, on the fly.

R

Rob Mineault 35:49

So then as a content creator, like, Are you are you do you always have your camera on

you? Like, are the people in your life? Kind of like, you know, what, can you just lose the camera for like, five minutes, please?

A

Alexis Hillyard 36:00

Yes, yes. And I had to learn, I had to learn boundaries, like there was, especially in the first couple years, my partner and I had to talk about like, we literally had time where she was like, Okay, this is a no phone meal. Like, you're not going to take a picture of your food, you're not going to make a boomerang about whatever. And I'd be like, okay, okay. But you know, I was just starting out, and I was like, Wow, this is so exciting. And now, I'm just like, thank God, I can't find my phone today, you know, like, it's almost like a relief that I get to make those boundaries. I've kind of grown into that. But then when I'm, when I'm on my work time, or work chunk of hours or whatever, then I'm really just like, boom, boom, boom, boom, getting it all getting it all done, so that I can really enjoy being with my baby. And but yeah, it took a while to kind of learn those boundaries for myself. Because, you know, as I'm sure you all know, like, you could you could do this all the time, you could be on your phone, on the computer, on the whatever, constantly constantly curating and making and sharing. And so yeah, I think I finally have some healthy boundaries about that, about that stuff.

R

Rob Mineault 37:11

Now. So do you find that now that you're sort of, you know, very well established in the in the YouTube world ... And you're, you know, it's, it's a little bit of a paying gig for you... Do you find that I put some pressure on you, as a content creator has taken some of that magic of those those days, where you're just creating content for the heck of it?

A

Alexis Hillyard 37:32

Absolutely, absolutely. It does. Not all the time. But definitely times when, if I'm stressed, and I can't get a video out on time. And because I strive to do one, you know, once a week, then I really get down on myself because, you know, I am on Patreon. And that's how I, you know, make a good chunk of my of my income, and I feel like Oh, God, like, I'm letting people down or whatever. But it's, it's all these pressures that you put on yourself, like everybody around me, like, I have another good friend who's a YouTuber, footless Joe, she's been in the hospital recently, and recovering and doing well. But she was like, so stressed about not putting out content. And for me looking at her, I was like, Oh, my gosh, like, we love you. It's okay, take a few weeks off, like, I'm so I've been trying to let myself like, be kind to myself with those messages as well. And I'm a lot better I missed a week or two or whatever. It was really, really bad. But now it's been. Yeah. And as I as I age, like a

fine line, I'm more I'm kinder to myself, you see. And I know that my, my viewers, and my listeners and my whoever, like they're just kind of their family. And you know, I want to model good, I want to model healthy behavior as well to the people that are watching. So, yeah, learning how to be a bit more gentle on myself.

R

Rob Mineault 39:01

And now, do you find that you fall into that trap where you're like, constantly checking your analytics, and you're just like, you're, you know, you're it's all about subscribers? And or are you just gonna put that to the side just be like, Look, I'm just going to create content.

A

Alexis Hillyard 39:16

Yeah, I go through waves. And, again, this is another thing that I really had to learn. It's like it's, it's a, this is a learned skill, a very, like a learned skill for any content creator that you can learn. But it goes in cycles. So sometimes, it'll creep up and I will start to think about numbers, views, subscribers, likes all those things. And I'll think these are important. And then I'll start looking at them for a few days. And immediately I start feeling really gross. I start comparing myself to others. I start wondering, you know, why? Why is this not doing that? Well, why did I only get a few 100 views on this video? Why, why, why, why? And then I'm come back to myself and I'm like, hang on a second, this, this is not why you're doing this and you made this, this pledge to yourself from the beginning, you're doing this because it's fun and important and celebratory work that you get to share with whoever wants to be a part of it. And it doesn't matter, the numbers, you know, all that blah, blah, blah stuff, and then I get back in a good way for a while. And then every few months, I'll creep back into like, oh, how many blah blah blahs Do I have now. But then I even more quickly, I'm able to start reminding myself, hey, this actually doesn't matter to you. Because, you know, had I not looked it wouldn't have affected anything anyway, like, I'm still able to create content, I'm still engaging with people, I'm still having an impact, I'm still getting great messages from people about the impact of my work. And those I think, speak so much more loudly than any kind of analytics could, you know, tell me even though we're trained to be like, these are so important. It's, it's a really hard, hard self taught lesson that was like, really gross for anyone to, to kind of learn as a content creator.

R

Rob Mineault 41:10

So talk to me a little bit about about just the process of that the YouTube journey that you've sort of gone on over the past five years. Because I you know, I don't recall when we

first talked to you what your your subscriber base was, and how hopefully sort of steeped in in YouTube you were, but I get the sense that now like it was there, is there training? Have you gone to like YouTube headquarters, wherever it is, and whatever underwater base that they have?

A

Alexis Hillyard 41:38

Actually, it's on the moon, I don't know if you know that. On the moon, I had to fly there. And I, I'm still, and I probably always will be I'm a very small YouTuber. I just hit 5000 subscribers, and so over five years, 5000 subscribers, that is extremely modest. But it's, it's the most, you know, powerful and fun, and, you know, loving subscriber base. And then, of course, there's tons of viewers that don't aren't subscribed that just kind of watch and enjoy. But yeah, like I it's just been a nice kind of tiny, like, sustainable growth, where I'm able to interact with people reply to comments, have conversations, I'm able to, like, you know, FaceTime with kids. And I talked to this person in South America just last week, who was trying to get a driver's license, and they wouldn't let her because she wouldn't think ahead. And it was awful for her. And then she actually kind of fought it. And she was able to take the test, and she was feeling a lot better. But, you know, we were able to kind of support each other, I was able to kind of support her and just be like, Hey, I'm here for you. And I think if I was ever bigger than I am now, I wouldn't be able to have that one on one experience with people. So, yeah, in a way, I'm quite established to have the rhythm, blah, blah, blah. But I'm still really tiny, even though I've had kind of people kind of know who I am in certain circles, which is nice. But I'm also still really like, what's done kitchen, you know, I don't know, small but mighty, I guess.

S

Steve Barclay 43:32

Have you have you gained any local celebrity in the in the Edmonton area? Like do you walk down the street and people go? Yes. Are you still pitching? Yeah,

A

Alexis Hillyard 43:40

Yeah, I do. And I get. Yeah. I mean, not much lately, because pandemic, I'm not going out as much. But I've had people roll down there. I've been walking on the sidewalk and people will roll down their car window and be like, hey, Stan kitchen or like, at our local folk fest every year, at least three or four people will stop and say hi, or recognize me. And then I also have a lovely following of like, you know, like Boomer and older kind of crowd because they watch like the early morning news. And I'm often on early morning news shows and they're just like, Oh, I think I saw you on global on the weekend. And I'm like, Hi, yes, yes, Grandma, you did. And so this beautiful, kind of like, yeah, it's following and get

recognized and pretty recognizable. Like It's not every day you meet someone without a hand. So I'm pretty. I'm pretty lucky that people are. I don't know, I stick out in their brain. So they're like, it helps. It helps with that local celebs stuff. I guess. So.

**S** Steve Barclay 44:38

Yeah. You see, we're just disembodied voices. Nobody recognizes us.

**A** Alexis Hillyard 44:42

But they're such nice voices. I've always just like, you should honestly do some ASMR or something because your voices are just such good radio voices. They're just so smooth.

**S** Steve Barclay 44:53

Smooth. You know what, actually that this is how she keeps coming back guys.

**R** Ryan Fleury 45:01

flattery will get you everywhere. Yes.

**R** Rob Mineault 45:06

But yeah, like you've made that's maybe we'll do we will do an offshoot. Maybe that'll be the new format of the new show. We'll just eat strawberries into the mics.

**R** Ryan Fleury 45:19

So good.

**R** Rob Mineault 45:24

Yeah, see, there you go. So tell me a little bit about how what about the editing are you still doing all your own editing?

**A** Alexis Hillyard 45:31

I'm not. That's like a really, really new thing. Probably the newest thing other than Google's since last we talked. So just a few months ago, and again, because of being a

parent and wanting to be the type of parent that I am, which is very, like, hands on slash limbs on. You know, to be able to spend time with Jovan, I hired an editor, I went on a site and I interviewed some people chatted with folks. And his name is Max. He's awesome. He lives in the UK. And he's helped me edit a good chunk of my stuff. Lately for getting through old footage. I still do a lot of the editing plus have like the artistic say over anything that max works on and we kind of collaborate, but he's been such an incredible help. And I I was so scared. Because honestly, editing is the thing that I love the most like, yeah, filming is fun, and everything else is great. But the editing portion, as you well know, is the part where the artistry comes in, where you you know, pull out those funny bits, pull out the story pull up the effects to make people laugh. And so giving that away, I was like, oh God, but it's turned out to be a beautiful relationship. And I still feel very much in control. And it's let me be more of a mum to to my baby as opposed to like, trying to find a daycare or or whatever. So yeah, that's, that's the one thing that's really changed for me, and I don't think it'll stay. I think, once I have a good rhythm with jovan and they're a little bit older, you know, I'll go back to more full time editing because I just I love it so much. But it takes hours like dozens and dozens of hours a week. So for me anyway, cuz I'm pretty slow. I'm still I'm still a beginner even I've been doing this forever. But yeah, it's been cool. It's been really cool.

R

Rob Mineault 47:30

So you sound like the most well adjusted content creator on YouTube like to be on here. And I watch a lot of YouTube because I'm a cord cutter and and honestly like there's just, there's literally like I can't wait to turn on my my TV because I got a computer hooked up to my TV and just like go into the YouTube algorithm and see what is served up for me. And like, I got the weirdest thing over the weekend I got this. I didn't even know this was a thing. It was some guy in Scotland. He's he calls himself the hoof GP and all he does is go around and like trim cow hooves. And I didn't even think this was a thing. But like he goes around and like cows that have gone lame because they've gotten bruises or abscesses or ulcers in there. I didn't even know what I didn't know what a sole ulcer was. Apparently there's this thing called a sole ulcer that and he takes his grinder and he grinds down the horn is what they call the hoof because I guess it's made out of the same material ... I know far too much now, because I just went down the rabbit hole, like watching, like 25 videos of him trimming cow hooves and I'm just like, man, I love YouTube so much. There's just something for everybody on YouTube. There's no there's, it's it's incredible. So I do watch a lot of it. And I do often think that it just like it like I feel like a lot of YouTubers are just giant assholes.

A

Alexis Hillyard 48:59

Yeah, sound definitely are for the wrong reasons, I think.

R

Rob Mineault 49:03

Yeah, absolutely. 100%. Right. And I feel like those are the people that just like they dive, they're all about the analytics, and they'll just do anything for viewers. And there's just yeah, it's terrible. But you know, I get but so I really do. I do have to say that I do really do appreciate that. There There is a huge part of that YouTube community that that are very well meaning and well adjusted and have this have this balance. Have you have you built a sort of a large community sort of like almost like a limb difference YouTube community? Like do you do a lot of collaborations with other channels or have you, you do have other youtubers with limb differences that have sort of cropped up in the years that you've been doing this?

A

Alexis Hillyard 49:49

Absolutely. I wouldn't say there's a huge like, community slash connection and clubs that I personally have been a part of. However, Um, you know, my friend that I mentioned earlier, footless Joe, she's an amputee from the States, from Colorado, and I flew down there a couple years ago, we collabed a whole bunch and have we've got a lovely relationship. So there have been some really intense collabs like that, as opposed to like a really widespread community. All like other youtubers specifically. But then I have reached out and talked to lots of other YouTubers who have a variety of disabilities that we just talked to kind of behind the scenes, we've become friends. So that's been really, really great. And my goal at some point is, is to you know, it'd be great to film and collab with all of these people. Oh, I connected with Annie Aleni. She's a really big advocate on on YouTube and social media. We did a couple video collabs together in Las Vegas. And so these little things have happened. But I think mostly, you know, it's meeting people in person from my home, or like from Edmonton, from my hometown, or doing virtual episodes, through zoom or FaceTime, or whatever with like, yeah, just other people with limb differences. who aren't necessarily YouTubers, some are for sure, but just connecting with people kind of the natural way, I guess. So yeah, I'd say there's like a really supportive community out there. But there's not like a, like a YouTube club for people with limb differences. I mean, maybe there, I'd be fine if I was to be really, really cool. Because I do know of a few more, but we're not like, you know, one day maybe be cool to have more collabs.

R

Rob Mineault 51:44

So now tell me about this Google interview that that the boys were talking about earlier.

A

Alexis Hillyard 51:49

Yeah. Um, okay. So super cute. Super random. I get this. I have this voicemail a few months ago, from this person who says that she's a casting casting agent for for a big corporation. She called and she was like, Hey, this is not a prank call. This is not spam. This is actually real. But we, we have a client that wants to do a documentary on some kitchen, and we want to interview you. And I was like, What? Okay, all right. Sure. And long story short, we had a couple phone calls. And they're like, yeah, it's Google. And I was like, What do you mean, it's Google? And they're like to Google. And I was like, excuse me? What? And they're like, yeah, we I was like, how did you find me? And they were like, well, we googled you. You did? Of course you did. But yeah, they were looking for, you know, creators to kind of showcase this year. pacifically, specifically, creators disabilities. And so I think I kind of fit their criteria. Yeah, so they had really strict COVID protocols that came out just for too short filming days. But they're here for a week, the big crew outside in the backyard with a trailer and we had like 12 hour days. And it was so intense. It was such a whirlwind. Like they brought me clothes and like a kitchen island and random new plates for the house. So it was just, it's almost like it didn't happen. It was just so fast and amazing. But it was Yeah, it was really cool.

R

Rob Mineault 53:26

And so has this documentary air like where did they where did they show this?

A

Alexis Hillyard 53:30

Yeah, so it's just three? Yeah, it's just a Google YouTube page. Google has their own YouTube page with over 1,000,010 million subscribers. Yeah, June on Google's YouTube page. And yeah, I think it has like 100 I'm not sure. Just under 200,000 views, or something. And I think it's had some nice little impacts around the world. I'm not really sure but I've had a small bump in in traffic to my channel, which has been nice.

R

Rob Mineault 54:20

Nice. Well, just wait until this episode airs and you get a huge bump.

A

Alexis Hillyard 54:28

Absolutely. Absolutely

- R** Rob Mineault 55:25  
Okay, so for those people who might be interested in checking out what you got going on what you got cooking over there at Stump Kitchen? Where the heck can they find you?
- A** Alexis Hillyard 55:38  
Absolutely. I'm just Stump Kitchen on YouTube or [youtube.com/stumpkitchen](https://youtube.com/stumpkitchen). You can find me on Instagram, Facebook, Twitter. The Google documentary is just on the Google's YouTube page. And yeah, I usually get back to everyone sends me a message. So send me a message.
- R** Rob Mineault 55:57  
Alexis, it's been once again a delight having you on thanks so much for taking some time out of the busy schedule being a mom to come chat with us for a bit and catch up.
- A** Alexis Hillyard 56:08  
Abolutely! I always love chatting with you and I congrats again on five years and I can't wait till next time.
- S** Steve Barclay 56:15  
Sounds good. Well, it's possible that I'm going to get out your way in late September.
- R** Ryan Fleury 56:23  
Think you guys should do a cooking show cuz Steve would be great.
- A** Alexis Hillyard 56:29  
Yeah, absolutely. I'd love to do that. Do something with all of you. It'd be so great. But yeah, we can we can do some eggplant grilling. Why are you coming out?
- S** Steve Barclay 56:47  
Oh, I'm gonna do a post COVID road trip and see all the people that I haven't seen. I basically what I'm doing is I'm gonna go on a to province hugging tour. I think that's gonna be.

- A Alexis Hillyard 56:57  
Perfect. Absolutely. Have a wonderful evening, and we'll talk to you soon as well.
- S Steve Barclay 57:02  
Stay frosty.
- A Alexis Hillyard 57:05  
Bye, bye.
- R Rob Mineault 57:06  
I do not envy anybody who that that heat dome is heading towards.
- S Steve Barclay 57:10  
Nope, indeed.
- R Ryan Fleury 57:12  
Woof.
- R Rob Mineault 57:13  
Woof is right.
- S Steve Barclay 57:15  
At least it's dissipated somewhat. If they're only getting What 36?
- R Ryan Fleury 57:19  
But they just hit them overnight. So they may be there for a couple days.
- R Rob Mineault 57:23  
Yeah, it's cuz that's the thing. That's what drives the heat up. Right is it sits over the same area and then you just heat the ground and screw and so on. But now that was that was

great. That was great talking to her again.

**R** Ryan Fleury 57:37  
Yeah, she's she's still trucking along.

**R** Rob Mineault 57:42  
Yeah. And I do really think a lot of it has to do with with such a, it's such a great mix of content over there. The fact that they're, you know, all the videos are so funny. But plus they it's they've got a really great message. She talks to a ton of different people. It's just yeah, it's it's never not entertaining. I just wish she would cook junk food. Maybe. Like if she could teach me how to make like homemade protein or something like this. It's just terrible for me, then.

**S** Steve Barclay 58:19  
Well, you know, maybe a vegan poutine wouldn't be so bad. I don't know what they use for gravy, but it probably wouldn't be great.

**R** Rob Mineault 58:26  
None of those alternatives ever really seem to really. Although I hear that beyond meat stuffs pretty good.

**R** Ryan Fleury 58:32  
It's surprising. Yeah, but it's still not meat. Like, you know, it's not meat. Really close.

**S** Steve Barclay 58:42  
First time I had an an w beyond meat burger. If you had not told me that it was a beyond meat burger. I would not have picked up on it.

**R** Ryan Fleury 58:50  
That was right. No. Maybe I'll have to try. I've tried other ones. And you can tell.

- S** Steve Barclay 58:56  
Of course I also ordered it with bacon, which really kind of masks it.
- R** Ryan Fleury 59:04  
That might have made a difference. Hmm. worth a try.
- R** Rob Mineault 59:08  
Hey, Ryan,
- R** Ryan Fleury 59:10  
Rob.
- R** Rob Mineault 59:12  
Where can people find us?
- R** Ryan Fleury 59:14  
Well, they can currently find us atbanter.com.
- R** Rob Mineault 59:18  
They can also drop us an email if they like at cowbell@atbanter.com.
- S** Steve Barclay 59:28  
And we're out there. You know in those Internet's social Webby thingies. We're on Facebook. We are and we are on Instagram and we are also on Twitter. So give us a ping on there.
- R** Rob Mineault 59:42  
And soon Steve will be on YouTube on the Stump Kitchen channel. No, who knows if that ever happens.

S Steve Barclay 59:48  
You never know. It could happen. happen.

R Rob Mineault 59:50  
It'll happen. It'll happen.

R Ryan Fleury 59:53  
Yeah, and just a reminder, we are still looking for suggestions for the name of the new podcast.

R Rob Mineault 1:00:07  
Same podcas, a different name. Same dumbasses, same mics.

R Ryan Fleury 1:00:16  
That's right.

R Rob Mineault 1:00:17  
I think that's gonna do it for us this week, guys. Thanks, everybody for listening and Big thanks, of course to Alexis, for joining us. And we will see everybody next week.