

# AT Banter Podcast Episode 283 - Trevor Thomas The Blind Hike...

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## SUMMARY KEYWORDS

trail, dog, blind, people, hiking, cowbell, hiker, trevor, hike, appalachian trail, guide, lis, lulu, trails, banter, thru hiker, miles, wanted, life, good

## SPEAKERS

Rob Mineault, Steve Barclay, Lis Malone, Ryan Fleury, Trevor Thomas

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**R** Rob Mineault 00:00  
Hey, and welcome to another episode of AT Banter,

**S** Steve Barclay 01:08  
Birthday banter.

**R** Rob Mineault 01:11  
This is of course, the podcast - spoilers. 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 is Mr. Fabulous himself, Ryan Fleury.

**R** Ryan Fleury 01:33  
Hello again.

**R** Rob Mineault 01:35  
And of course, back on the show, giving us those fabulous "banter banter" - Mr. Steve Barclay.

**S** Steve Barclay 01:45  
Banter...

**R** Rob Mineault 01:49  
Oh, you're such a tease. And of course, we've already sort of tipped our hat to this. But also joining us who has a birthday this week is Lis Malone.

**L** Lis Malone 02:04  
Just remember when it comes to birthday gifts, Cash is king. Just putting that out there. Thank you.

**R** Rob Mineault 02:12  
The cheque is in the mail. How is everybody this week?

**L** Lis Malone 02:19  
Fantastic.

**S** Steve Barclay 02:20  
So far COVID free.

**R** Rob Mineault 02:23  
Yeah, I heard about that you're having a brush with with COVID in your household.

**S** Steve Barclay 02:27  
Yeah, it looks like both the kids have got it.

**R** Rob Mineault 02:29  
Oh, man. See those kids? I tell you they're their germ factory Well, hopefully all goes well. Are you going to take a test or what? Do you have any symptoms?

**S** Steve Barclay 02:43  
I took one about a half hour ago and I'm negative.

**R** Rob Mineault 02:46  
Oh, good. Well, good. So you just locked lock the kids in the bedroom.

**R** Ryan Fleury 02:51  
You could take another half an hour from now and it might be positive.

**S** Steve Barclay 02:53  
Yeah. You never know. . I'm also I also have no symptoms too.

**L** Lis Malone 02:58  
Steve you must be pretty used to failing tests.

**S** Steve Barclay 03:01  
Oh, yeah. It goes right back to elementary school.

**R** Rob Mineault 03:09  
Yeah. All right. Hey, Ryan.

**R** Ryan Fleury 03:12  
Yes?

**R** Rob Mineault 03:13  
You know what, I'm I'm not going to ask you because I'm going to ask the birthday girl. This, so just ignore that. Hey, Lis?

**L** Lis Malone 03:22  
Yes?

**R** Rob Mineault 03:24  
What the heck are we doing today?

L Lis Malone 03:27

Well, for my birthday week, I thought it would be wonderfully fantastic and birthday rific to have somebody who was sort of in my neck of the woods, yet extraordinary as all of our guests are. So today we are speaking to Trevor Thomas. He is also known as the blind hiker. And he is the subject of the Emmy award winning documentary short "Trail of Trust", which chronicles his journey through the Appalachian Trail. And he is the only professional blind hiker in the world. So welcome, Trevor, thank you so much for coming on.

T Trevor Thomas 04:11

Hey, guys. Thanks for having me.

L Lis Malone 04:14

It's lonely at the top right, Trevor?

T Trevor Thomas 04:16

It's lonely on the trail.

L Lis Malone 04:21

So I have to share this funny little story. So So Trevor, and I have a mutual contact with the Metrolina Association for the Blind, which is the local Low Vision Service Provider here in the greater Charlotte area. And her name is Dana Dre, and I hope I don't butcher her title, but I believe she is the Chief Program Director for the Association. And when I was trying to get in touch with Trevor and I reached out to her I said, Yeah, I said, you know, Dana, I'm the co host for a podcast called AT Banter. And her first thought was, oh, well, you, you you, you do a podcast about the Appalachian Trail, which is what AT is known for in this area. But so the AT today for this episode has a kind of double entendre, if you will.

T Trevor Thomas 05:14

When she told me about it, that's instantly what I thought

R Rob Mineault 05:17

I mean, that probably that we probably have a fan base out there that we're maybe we pick up a lot of hikers to keep waiting to talk about the Appalachian Trail.

**T** Trevor Thomas 05:31

They want to know about water sources and in trail magic, and they're not getting it.

**L** Lis Malone 05:37

So before we jump into all of your accomplishments, Trevor, if you wouldn't mind sharing a little bit about your journey and how you lost your vision.

**R** Rob Mineault 05:52

Okay. Well, I really don't think that my story is too different than a lot of, you know, a lot of blind people out there. I'm one of the ones that went blind later in life, due to a rare eye disease. Everybody wants to know what everybody else has. So my my disease is Atypical Central Serous Chorioretinopathy. It took from going into my local vision works and finding out that I needed, you know, I thought I needed glasses to being total was about eight months. And so it was a pretty quick progression into hell. And that's pretty much when I learned that life was going to be a whole lot different. I went through the same things about while you're looking at a 90% unemployment rate, your chances of living independently are going to be slim to none. The gloom and doom forecast. And that's when I turned to hiking recreational to try and you know, abate some of the depression and went from there.

**S** Steve Barclay 06:57

What's the longest trail that you've hiked?

**R** Rob Mineault 07:00

The longest trail is the PCT. So 20,654 miles long from Mexico to Canada.

**S** Steve Barclay 07:08

Cool. You ever ever considered the Trans Canada Trail?

**T** Trevor Thomas 07:12

No.

**S** Steve Barclay 07:14

It's only 17,000 miles long.

**T** Trevor Thomas 07:18

Well, people tried to get me to do the at the AT Pangea, which was, which is now on seven continents. And it's what the at mountain range was back in the Pangea timeframe. And that's nearly 23,000 miles. But now that I have dogs, I try to limit the environments I go to based on predators, because I don't want my dogs eaten.

**S** Steve Barclay 07:48

That seems fair.

**T** Trevor Thomas 07:50

And so I'm at a point in my career, where I can pick and choose what I want to do. And so it's pretty, it's pretty nice.

**L** Lis Malone 07:57

So if I could just rewind just a little bit. In the documentary, it talked about how you were originally inspired by a blind man who climbed Everest, can you share a little insight into that?

**R** Rob Mineault 08:12

Yeah, I guess that was not too many people have, I guess, a true catharsis in their life. But two days after I went blind, a friend of mine that wouldn't give up on me while I was going blind, and you know, just being depressed, said, no ifs, ands, or buts, I'm going to drag you to go see this guy speak. I didn't know who Eric Wayne Mayer was. I really didn't care. At that point in my life. I was just, I was marred and depression. And turned out that, you know, the guy climbed Everest. And while he's talking, I was enthralled. Worked up the confidence to talk to him afterwards, found out that we were the same age, went blind in similar fashions, even though we have a different disease. Some of the stories he told about going blind, I was going through at that time about how my vision was was had gone. And then I don't know what it was. It's it was one of those things where he gave me hope, just because he had been blind a lot longer than me, but he was actually doing the things that I used to do in my sighted life. The only difference was he was blind. And from that point on, I was like, okay, everything will be fine. I don't know what I'm going to do. I don't know how I'm going to do it. But I'm going to and so that was that was pretty, you know, pretty interesting. You don't really, you can't really sit down and say, Oh, I've had one definitive moment in my life where everything changed on a dime. And it was actually that for me.

**L** Lis Malone 09:49

And what sort of things did you do to start to get into the hiking arena, if you will.

R

Rob Mineault 09:58

I fell down a lot more I mean.

L

Lis Malone 10:01

As we all do it

T

Trevor Thomas 10:03

At that point, during your own instruction, they don't they don't teach you to do things like I wanted to do. They said everything I asked for recreation, they said, blind people don't do that. But I ended up with a pretty progressive, I went and instructor and I begged her to, you know, for anything that I could just go out and do. And she, she said, Well, how about this, if you do all of your own nm Streetwork, I'll take you to the Greenways here in Charlotte, North Carolina. And she took me to the Greenways. And I instantly, I was hooked. It was something I could do on my own. Though, she warned me don't ever do it without her. I disregarded that instantly. And it was the one place that I felt alive again, was the first place after going blind that I felt alive. And I just started hiking and hiking. And I was self taught. And so that was my first experience. But I think everything in life leads to you know, is a is a series of luck, and a series of, of desire and drive. But that hiking on the Greenway led me to break a lot of canes led me to fall a lot, and led me to the outdoor store, where I met, probably the first sighted person that didn't treat me like a blind person, and then a person second, and it was this young guy. And I told him, I said, this is gonna sound crazy, but I'm blind. I want to learn how to hike. But I keep breaking my canes, can you help me? You know, do you have like a stick that I can buy or anything like that? And and he started talking about these adventures he'd been on. And he wouldn't shut up. And they sounded so exciting. I mean, the guy, the guy was attacked by bears, he nearly froze to death. He ran out of food. And I'm like, God knows I want to do that, what was it? And then he told me, he was a long distance hiker. And he said, I just got back from Thru hiking at and within walking in the store, wanting to find a stick or a trekking pole or something so I could just teach myself the hike. I walked out of the store, convinced that that was going to be it. If I could just thru hike the AT and do it just like everybody else and do it alone, then I get my life back. And I could do anything I wanted to do. So that's what I set out to do. So I went from nothing to all in.

L

Lis Malone 12:36

For any, anyone who's not familiar with the Appalachian Trail - that trail is 2,175 miles from end to end. And it starts in Georgia, and goes all the way up through Maine. So it is certainly not for the faint of heart. And I think it was quoted as the average time to do the trail from end to end is five to seven months. And you completed it in six months, two days.

R

Rob Mineault 13:12

Six months, two days. So yeah, and it was I mean, personally, I think everybody should do it. It's the last known pilgrimage on Earth. But you have to go for the right reasons. But, but it's,

it's one of those things that will teach you what's important in life, it'll teach you more about yourself than you would ever know. And it is, yeah, it's very long, it's very hard. About 80% of the people who start don't finish, and those are able bodied people. But if you want it bad enough, the trail will get you in shape. If you can embrace what I call the suck factor. And you can get through the weather, and you can get through the low points and not quit, then it'll change your life no matter who you are. So what was kind of the reaction to the pain are the people in your life, your family, your friends, when you told them you wanted to do this, like everybody around you must have just said don't do this, this this is crazy. There they were all pretty much a whole litany of "you're insane". People thought I was trying to run away from dealing with blindness. They didn't realize that I was actually doing it so I could embrace blindness and move on with life. And I needed to do it made the mistake of telling my parents that I was going to do it change my life or I was going to die trying and they knew I was serious. So that caused them a lot of sleepless nights. My Mom, when I first was reported missing, and it wasn't true that I was missing. I was reported missing on the AT. She ended up in the hospital for a while with chest problems or with heart problems. Got me a good reputation with the Forest Service, though. But most people gave me a one in about a one in a million chance. In fact, I gave myself about one in a million chance to make it. But at that point in my life, I didn't care. I didn't have anything. I didn't have anything that I wanted back, back in society, it was it was a one and done, I was going to do it literally or I was going to die trying. So did it really have sort of an impact on your attitude, one way that, like the more people that told you that that, you know, it wasn't possible, that you were crazy. Did that sort of make you more determined? Or did it really make you sort of second guess yourself? No, I decided literally, in an afternoon, when I was in the gear store. And the decision was made, no matter what anybody said, didn't make me more resolved, less resolved. The decision was made, I was doing it, period. So I didn't second guess it. There's a lot of second guessing while you're out there, I had a lot of close calls. That make you wonder, you know, I've made a huge error, and there's some serious consequences. But I just took it one day at a time. You know, I was like, I will survive this day, and they'll survive the next day. And if I put them all together, I'll finish.

R

Ryan Fleury 16:33

And so from meeting the guy in the outdoor store, to the time you stepped out your door and hit the trail, what sort of timeframe was involved in how do you prepare for a trip like that? Because in video, you know, you talk about asking people if you can trail along behind them, some are yay and some are nay how do you prepare? How do you know how much food to take with you? How do you know? Like, did you do any training for this? Because this isn't you just take on.

T

Trevor Thomas 17:08

Well, I took it very seriously. Fortunately for me, the same guy that was in the outdoor store. I went back about a week later. And I cornered him and I said, Hey, I want to do the at I want to thru hike it. Do you think I can do it? And he very nonchalantly said, Yeah, I don't see why not. And then he did the one thing that probably changed everything. He said, I'll help you. And so I worked with him. He did you know, when there were no guidebooks for blind people, there are no maps for blind people. There's nothing in the form of navigation. And there's no equipment that's accessible for for the blind. So he took me under his wing, and he mentored me. And everything from reading his trail is is trail manuals, to helping me memorize sections of the trail, warning me about certain sections to literally taking me on my on my first, my first

shakedown hikes, I spent 18 months with him. And it was a full basically a full time job for me to get ready for the trail. And even at that, it is it's nothing like what you want or what you can train for. I mean, I entered an environment that literally I knew where nothing was, you know, I didn't know where the rocks were, I didn't know where the trees were, didn't know where I couldn't see the blazes on the trees that guide the way didn't know what the signposts were. And I was in an environment that actively wanted to kill me, whether it was through predators, whether it was through whether I went through, I went through a hurricane, you know, went through drought, that those are the types of things that people get the grandiose idea after reading a walk in the woods by Bill Bryson and say, Oh, this is a lark. And then they realize that it's no joke. So you can prepare really well. You have to you have to learn learn the science, you have to learn, you know, learn your gear, you have to get in shape. You have to to know the basics, but then it's trial by fire.

**L** Lis Malone 19:31

I've always been curious about - what do you what do you eat? Is there like, you're gonna make fun of me for things is there like special hiking, protein bars or something because you must burn such a ridiculous number of calories during that on a hike in general, and then having to replenish those calories that you're constantly burning without so you don't starve to death.

**T** Trevor Thomas 19:59

Well food and Nutrition is the biggest, is the biggest thing you have to deal with. Yeah, you burn lots and lots of calories. On average, you want to do 15 to 20 miles a day, you have a pack on your back, it weighs about the average hiker about 35 pounds, you're going up and down mountains. You can have elevation changes of, say 20,000 30,000 feet in a day. And you'll burn through 7, 8, 9000 calories. So we have what's called the true hiker diet, which is we eat anything and everything we want. And you're guaranteed to lose weight. When I started, there weren't all the fancy dehydrated foods in Mountain House had just come on the you know, come on the on the scene and was very expensive outside the reach of most thru hikers, budgets. Protein Bars hadn't really come into vogue yet. You did a lot of stuff with a lot of stuff with pasta, a lot of stuff with tuna fish, if you could get your hands on salmon. You do granola bars, a lot of oatmeal, things like that. But the one thing, one thing people don't realize when they're planning their diet, while they're through hiking is that there are two ways you can do it. You can mail drop food yourself at post offices along the way. That way, you know what you're getting. For a lot of places, there are no post offices. So you have to buy whatever you can get in the little itty bitty tiny town you walk into. And so it's basically a crapshoot. I mean, I've literally had the resupply for five or six days out of a gas station convenience store. And so that kind of nutrition can be touchy, it can be really, really tough. But getting to town and finding a restaurant. Oh, we can torture a buffett. They see through hikers coming and they know you're gonna sit for two or three hours and you will ruin the profit they had for the entire week.

**L** Lis Malone 22:09

So what is it? Why am I food obsessed today? What is the first thing that you wanted to eat? After you finish doing the AT?

T Trevor Thomas 22:20

it's the same thing now that it was back then. And everyone that goes on trail. There's always something that you desperately want and you get a Pavlovian response for me. I knew when I was within, say two miles from a town because I started to salivate All I wanted was an ice cold Coke. That was the first thing I had to have no ifs, ands or buts. And I've done it for about 50,000 miles so far. But that's it for me a Coke first and then I can think about whatever else my body is telling me I have to have.

L Lis Malone 22:59

Ryan what's yours? A Whopper Poutine?

R Ryan Fleury 23:02

No, no, it would probably have to be a slice of pizza from somewhere.

R Rob Mineault 23:06

Oh yeah

L Lis Malone 23:07

That's a good one.

T Trevor Thomas 23:08

If you're if you're a thru hiker, it's not a slice. Pizzas. Yeah. multiple ones.

R Ryan Fleury 23:17

Well, that's something I wanted to ask you is what is 'thru' because I've seen that mentioned multiple times and you've mentioned it here as well.

R Rob Mineault 23:24

Okay. Through and it spelled 'thru' . A thru hiker is someone who goes to a long trail you know, no, most notably would be like the at that PCT, the CDT those are the granddaddies that a long trail and make up the triple crown of long distance hiking, but you start at one end either 'Nobo' which is northbound, or 'Sobo', which is southbound. And from the day you start until the day you end, you don't stop and you have to finish within 365 days of when you start. So if you do

that, and you finish the trail and those under those parameters and you don't skip trail, you are a thru hiker. All others are day hikers, section hikers. Some are Flip Floppers if you do part of the trail, northbound part of the trail southbound, but the purists pretty much we're through hikers we start and we take what we get, weather no matter what can we just keep going.

**L** Lis Malone 24:32

So you started off as a solo through hiker. And since then, you are now the guide dog user. So I'm really curious to get some insight and how much of a game changer that has been from both the standpoint of actually doing the trails, but now now you have to have enough food and water for two.

**T** Trevor Thomas 25:00

For me, it was number one getting a guide dog is basically it's a lifestyle, and you need to embrace it. I wanted a guide dog from the second I went blind, but there are criteria you have to meet. And I didn't meet those criteria because I started, I'd started hiking and I and they say you have to have a stable home, not have a change, drastic change in lifestyle for at least six months. So you can get a relationship with your dog. I was hiking nonstop. So I didn't meet the requirements. But for me, the decision to get a guide dog came after a solo attempt on the Colorado Trail, which is 500 miles over the Rockies. I went there. And I had my first non complete. So I've done I've done probably 17 right around 17,000 miles. And I hadn't had a failure. I'd managed to complete every trail that I'd started. The Colorado handed me a good dose of humble pie. Because I got to the snow. And I just I couldn't figure out how to navigate through a glacier and a snowfield. It was just it was the worst nightmare, worst worst environment on demand. So I had to quit, came back and said this is it. I don't want to have a human partner. I don't want to be guided around. I do this because I want to prove to myself what I can personally do, and what limits I have. So I said it's time, I want a guide dog. And I figured how hard could it be? Guide dogs are trained to do guide work, that's great. I'll just tell the guide dog school that I want one that's really active. And I want them to train it to do backcountry guide work? Well, it turned out that it wasn't that easy. Nobody had ever done it before. And all the schools had heard about me. And they deemed what I was doing was irresponsible. They said it was dangerous. They said dogs couldn't do what I wanted them to do. And basically you need not apply. I was blacklisted from every school in the country. Until I got to tell I got to Guide Dogs for the Blind in San Rafael, California. And they were at the bottom of my list because they were the furthest away from where I live in Charlotte. So I called them and said, you know, can't give up. So I called them gave my spiel and got the pregnant pause at the end of my spiel. And I waited and waited. And the admissions officer said, Hmm, I don't really know. He said, it's never been done. I know that. I don't know if we can do it. And I was like, great, thanks a lot. And he said, but I think it would be a fantastic way to showcase the abilities of a guide dog, if we could do it. So they said great, apply. And about a year later, I got my first guide dog Tenille, which also came with a caveat. She had all the traits that I needed. She was very wickedly smart, athletic, everything. But the school didn't know what to train her to do for me. Because they didn't know what a through hiker went through it. They didn't know what kind of you know what kind of things I would need her to find what kind of problems I would have to solve. So they did the next best thing. They said, You have special training. So the dog knows what to do in town. We're going to train you how we train dogs. We're gonna train you the psychology of their learning. And then it's up to you. You

will have to train your dog to do what you need in the back country. So when I graduated with Tenille, came home and spent She became my full time job. And I spent six about seven months, every day, all day with her training her doing Shakedown hikes, learning dog physiology, learning dog nutrition, and we set out for 1000 mile hike about seven months after I got her. And that was a learning experience because I had to I had to retrain myself how to hike to accommodate her needs. I had to I had to carry her food, carry her water, have a brand new brand new medical pack so I could take care of myself and her if she got into trouble. All sorts of things. So it was a blessing because she made what I she made maybe may be able to go further into the backcountry, to more remote trails, to more rugged trails, to to the more challenging trails in the United States, but it came at a price. My only goal now is my dog's needs. So, if someone's going to suffer, it's going to be me. My my load is law is a lot heavier. I have to you know, if I run into two issues, I have to plan for contingencies as far as are their vets within 100 mile radius of the trail, how will I get the dog there if we need to do that. So it's, for what she does to me is is basically made life possible. But it also has made a very tough thing that much harder.

R

Rob Mineault 30:47

It seems to me that there would be a real issue with sort of wildlife that you may be crossing paths with, while you're on the trail with a dog. I mean, it's your natural instinct to go after them. How difficult is the training in that sense?

T

Trevor Thomas 31:03

That was a whole nother level that I had to invent. Guide dogs are trained to have no prey drive. So they will not go after, they won't go after cats, they will not go after bunnies or anything like that. That's just not a part of what is in their nature, simply because that would affect their regular guide work. What I had to instill into my dogs is fear. I had to figure out a way to make them fearful of a rattlesnake. without actually getting close to one and getting bitten. I had to train them to let me know that that was a rattlesnake. I had to basically on the fly, teach Tenille and Lulu. Okay, I need to know when you when you smell a bear. I need to know when you smell a deer and when you smell an elk. When we come across a big cat. All of that stuff, some of the things you can train for other things we developed as we went along, and the longer I have, I've had them on trail, I can tell from their body language. What kind of threat is coming our way, whether it's coyotes, or you know, whether it's you know, whether it's going to be, you know, maybe even somebody coming down down the trail the opposite way with another dog that's off leash, that could be a threat to us. So it's, that's, that's one of the biggest fears that I have on trail is is what is wildlife going to do? I can't protect them against a cat, a bear encounter. If it's brown bear, that's going to be bad because they're on the menu. If it's a black bear, at least on the East Coast, I never run into him anymore. Because now I'm loud with I'm always communicating with my dogs, so it kind of scares them away. But also bears are hunted with dogs. So they smell my dogs and the bears hightail it because they don't want to get shot. So certain instances, they're good. Others, you know, it can be a little bit it can be a little bit touchy.

L

Lis Malone 33:07

Do you sense that Tenille actually enjoyed doing the work being being on the trail?

**T** Trevor Thomas 33:15

Oh, yeah. From day one, she adored it. She not only enjoyed working on the trails, she loved trail life. She loved being in our tent. She really she she would go, she would start to go nuts. The minute I started getting gear out. When I started packing, packing her food, which is specialty food, putting it in Ziploc bags, she knew we were going to the trail and she got an extra spring in her step. And she was she was thrilled. Get her to the airplane. And she was she was even more beside herself. And when when the media started really taking attention to her, she really loved the trail because the media would show up and they'd bring her gifts. They heard she loved bananas and carrots, and they come and they bring her food and that made that made them her best friend.

**L** Lis Malone 34:13

You gotta teach Tenille cash is king.

**T** Trevor Thomas 34:17

We have we have we have on our on more than one track. We've had people literally stop us at trailheads and give us money. Just for no reason. They're like we liked what you do. And well, I remember one guy, you know, he gave me \$100. And I said, I have I you know I have food I can afford to go go to a restaurant. He said no. Buy your dog. Something really, really nice. He said, I love what you do, but make sure that dog gets a steak. So I was like that's pretty cool. Thanks, man.

**S** Steve Barclay 34:57

That leads me straight to the big burning question for me, how does one become a professional hiker?

**T** Trevor Thomas 35:05

Well, it's very simple. I started it. A one would think that my biggest problem becoming a long distance hiker, and the biggest obstacle I had to overcome was being blind. But being blind, also was my biggest asset to become to become pro and to go pro. Because at that point, there were no professional long distance hikers. It was not a sport that was considered sponsor will. But while I was on trail, the media started covering what I was doing. And although the guide dog industry took a look at it, and saw limitations and saw potential disaster, the gear industry looked at it, and they saw me on TV, in, in newspapers, wearing their gear. And when I finished, then they said, Okay, this is a way that we can get press. So it was work to become professional, you know, I had to leverage the publicity I got to in, in work at it like any other job. It wasn't just people started calling and saying, hey, we'll give you money if you just wear clothing or you know, wear shoes. But that was that was the blindness was actually the thing that made me be able to to Go pro and basically start a trend.

S

**Steve Barclay 36:37**

So nowadays, are there a group of professional hikers out there? Are there a lot of them, or just are a few of them?

R

**Rob Mineault 36:46**

Well, long distance hikers, number one were very solitary people. It's it's obviously it's not a team sport. We, those of us who've done it for a while you run into each other on, you know, this trail or that trail, and it's a very small community. And we're very close knit. And those of us who've managed to earn a living doing it are the ones that not only are doing things that others either haven't attempted maybe a first trail, you know, that nobody else's thru hike, but most all of us have backstories that, that add to the culture of, of the gear industry. So I know, I know another guy that's, that is doing some amazing things. And he literally started hiking after nearly being nearly being killed in a you know, in a in a shooting had bullets in his spine, but he came back. So it's it's like kind of overcoming the odds that that the gear industry likes, especially for you know what we do?

L

**Lis Malone 38:00**

On this podcast, we've talked about the difference between being just genuinely inspirational and inspiration porn. And it's very safe to say that you fall into the category of just flat out inspirational because, I mean, you're doing something that a lot of people have tried, many have some have done it, some have failed. And you're hate to you know, overused phrase, but you're blazing this trail, and leading the pack in terms of going pro. So in addition to these all these accomplishments, you've also started a foundation, a nonprofit, and that is Team Farsight. Correct?

T

**Trevor Thomas 38:49**

Yeah, back in 2013. I started team Farsight Foundation. I just I was at a point in my career that I just wanted to I wanted to give back. I wanted to let other people have the type of experiences and that I had in the back country because of the impact it had on me. I mean, I didn't go out to do any of the things that I've done to inspire other people. I did it for me. And and, you know, then the impact is what made me say hey, other people need to have this need to feel the empowerment of what of what the back country can do for you. So I started like everybody else I started small started with hiking clinics for for, you know, blind kids. I did. I did hiking programs with some of the schools for the blind, got into adventure camps, climbing clinics and events. Pretty much anything that you know, people that were in my that were in my, my groups, they they would say hey, you know, we've learned how to hide You know, I've taught hundreds of kids over the years how to hike. They'd say, I'd really like to rock climb, it's like, alright, well, let's figure it out, let's do it, or let's go whitewater rafting, let's do things like that, just so they could be empowered, we did that got into got into supplemental education for a while, because I heard that there was such a need for, especially in K through 12. For O and M and Braille, the instruction they were getting was horrible. So I started practical education. And

then of course, the pandemic hit, and I decided, it's the perfect time, I'm going to sit down and do something I've wanted to do since I got my first guide dog. And that was create products for active guide dog users, because none of them exist. So doing that now, and ironically enough, was just contacted about making a cane for active cane users, one that's actually practical and won't break. So I think I'll jump into that. And another another thing that I'm really excited about is I'm working on the first destination trail system in the country that will be accessible for the blind. And that hopefully, when we get it done, we'll be able to replicate it, and retro actively make other trails that are remote and rugged, not greenways. But remote trails accessible, so people can go as far as you know, as far as they can, as as they can want to go.

L

Lis Malone 41:38

So what kind of response have you been receiving from the blind and low vision community about the concept of having accessible trails? Because I think in general, recreational hiking is such a, I think, a growing industry, at least definitely in North Carolina. So I'm just wondering what the response has been. And if people are really excited about this new prospect?

T

Trevor Thomas 42:07

it's it's growing not only in North Carolina, but it's growing all over the country. And slowly but surely, accessibility is gaining traction, I first noticed it, I started getting calls from associations probably about three or four years ago, people wanting advice on how to make a trail accessible for the blind. And then the inclusionary movement has started. And that's that's really helped gain a little bit of traction. The one The one problem that that people that people have, and a lot of blind people are excited about it. They, they just want me to give them the basically the the guidebook on how to do it. And it's not that easy. A trail that's accessible, is not going to be adaptive. Because accessible and adaptive can't live in the same sphere. So it needs to be accessible enough. So you can get your feet wet, you can gain the passion, but anything beyond, you're going to have to earn getting out there. So there are no apps that are going to be all inclusive, one stop shops that you'll just be able to follow to go on a trail, that's not going to be possible for the blind. Even when it gets to that point, it's not safe. So the way I'm designing things is realistically for the blind, it's to give you the best shot at being able to earn your right to be in the back country. So we'll have a combination of high tech and a combination of low tech to make sure that that you have as many tools in your pack to be able to go from one end to the other if you so choose.

S

Steve Barclay 44:04

What does that look like, that your your blend of technology and just practical. What sorts of tools do you put in place?

R

Rob Mineault 44:16

Well, it's going to depend upon the actual trail system. As to what is feasibly allowable, there's a lot of regulations involved. And, of course, convincing, convincing things like the Parks Department to ignore the ADA to make it actually realistically possible for a blind person on a

trail that's rough in some places, they will, in some places they won't. But there are there are some promising apps out there that need that with work and could be adapted to trail navigation, at least backcountry trail and navigation that would. One component of it - augmenting signage, a lot of the signage these days, ever since the advent of laser printers, or laser 3d printers, all the associations and parks departments have decided to make those Lexan signs that have the pretty pictures on them. Well, that took away any of the ability for me to be able to trace letters on signs to figure out which way to go. So getting signage that's going to be appropriate knowledge, not only for the sighted world, but appropriate for the blind world as well, or the low vision world, that's not going to impede either, you know, either population. So we don't want to make it so intrusive, that it's going to, it's going to cause problems for you know, for other ones out there. I'm not an advocate of grooming trails, I'm not an advocate of paving trails. Trails are they're, you get what you get, you learn to go over rocks, you learn how to you know how to deal with things, that's just part of the wilderness as part of earning it. So I'm of the school that I'm not going to change the trail to meet the user, I'm going to give the user tools to help them, you know, give them the best shot of getting down the trail. So no ropes, no ropes for, you know, for people to tether to or things like that. But competence markers would definitely be one. A guidebook that could be written for the trail that you could access on your phone, that will give you you know, the same thing would get in the standard databook you'd be able to read it. You know, standard things such as mileage, trail intersections, water sources, elevations, things like that. So a combination of all that kind of stuff, but work in conjunction, because no one thing will ever work will be the only thing that'll work in the back country.

L

Lis Malone 46:58

So what's next for you? And Tenille, I guess, or is it? I'm sorry, you're hiking with Lulu now. I'm sorry. So what? What's the next terrain that you and Lulu are planning on hitting? Because I'm sure you've got something in the works?

T

Trevor Thomas 47:14

Always. I mean, yeah, you're right, Lulu. Actually, her full name is Honolulu. In case anyone from Guide Dogs for the Blind is listening. Her full name. But yeah, who a Honolulu took over the sharp end of the leash in 2019. And so we've been hiking together ever since this season, I'm looking at a lot of different things, fire dangers over the last couple of years and burned down forests have been a plague. Because it takes me a lot of time to get ready for a trail. On average, I spend about four hours per mile getting ready. So I have to have at least two or three, you know, in the pipeline that I'm considering. And then depending upon what conditions are there, when I'm ready to go, that's when I make my decisions. But I'm looking at going back to Tahoe it's been it's been probably eight years, seven years since I've been there. And that is a trail that they change all the times I love the environment. And they keep adding on to it. So I'm looking at that, just because it's a wonderful place to go in Northern California. And I'm also looking at given a little trail time to Lulu back on at is the one thing I've never been able to do on any of the trails that I've done since I'm a through hiker is you don't get to stop. You don't you know and enjoy a place. Because you have to keep going. You don't get to go when you know the weather is going to be the best chance of being favorable. You have to take what you get. I always I always wanted to go back and do New Hampshire and Maine again, when I could do it and enjoy it without fighting a clock and without getting crushed by a hurricane. So So

those are the two I'm looking at right now. And I've got a tentative plan to go back to back to the Rockies and want to do I want to do the Colorado 13ers, not the 14ers, the 13ers. It's a less it's a less traveled goal. I think bagging, I think I think hiking and bagging the 13ers along the way would be pretty cool to do. And if those and for those listeners who don't know what a 13er or a 14er are, is 13ers and 14er are 13,000 and 14,000 foot mountains.

**R** Ryan Fleury 49:47

Okay, but you just said earlier, you can't navigate glaciers. So how are you going to manage that?

**T** Trevor Thomas 49:53

I have a dog now.

**R** Ryan Fleury 49:54

And you gotta look after their paws, they get frostbite....

**T** Trevor Thomas 50:02

I look out for all of that, but I got a dog simply because I couldn't do snow and I couldn't do glaciers. They are my eyes. Yeah. And amazingly enough, whether it's landslides, whether it's glaciers, whether it's snow fields, they have an incredible ability to pick up the trail on the other side of whatever impediment I'm on. So we work through the glaciers together, we work through the snow fields. And I rely on them too. And all I do is tell them find the trail. And they'll find me the trail on the other side of whatever the impediment is. Same thing with rivers, we forward rivers, I make sure that they can safely get across, and it's their job to get me the trail on the other side. But yeah, there's a lot of precautions when you go up when you go up high with a dog, for sure not to make you mentioned frostbite, yeah, they can get that you have to have boots, you have to have coats for them, you have to have, you have to have climbing harnesses, I have rope if they need it. You got to worry about hypoxia. So you've got to know how to check for that, dehydration, all that good stuff. You also got to make sure they don't burn. I mean, they can sunburn just like anybody else. And it can be very damaging. So but it's worth it. I mean, you have to earn being able to go high. And to go into those types of environments. I never recommend anybody just jump off the couch and take the dog and do it. But, but I'm confident in my skill. And I'm confident my dog's skill to know that. Yes, it's a risk. But it is a calculated risk. And I have a decent chance to make it to the other side.

**R** Ryan Fleury 51:51

Right. So you're also currently working on a book, are you not?

**R** Rob Mineault 51:54

**R** Rob Mineault 51:54

Yeah. I've actually cut it into basically two books. It was going to be one book, but I kept hiking and adding on and adding, adding on. And there was never a good stopping point. But now people are most concerned about why the crazy blind guy went out and did the AT in the first place. So that was a good first starting place. Because there's a lot of extra stuff about going blind in there. So I had to split that off basically. Tenille's done so much, you know, so many firsts in her life, that she deserves her own book. So the second, the second book or installment is going to be is going to be her story.

**R** Ryan Fleury 52:44

So where is the first book? Is it close to being released?

**R** Rob Mineault 52:49

Yes. Guide Dogs do that. I'm going to assume Lulu is from GDB as well.

**T** Trevor Thomas 52:49

It's edited. I'm currently looking for the right deal with the right publisher. So the book markets, as I continue to write and write and write the book market continued to change and change and change. So I'm taking my time I'm concerned with I want the right publisher, I want the editor and I want the right the right home for the book. It's not I don't want it to be one of those just hey, I went out and did this type things. I wanted to want to actually mean something so and Tenille's I can't finish her book - she's still alive. So yeah, and then who knows? Lulu since she's, picked up the leash, and she loves doing what she's doing. So she might have to end up with her's too. It seems like people like hearing about my dog's adventures more than they even hear like caring about mine. Yes. Yeah. They, they actually I was a little concerned. Everybody said Tenille was the Holy Grail. And that lightning couldn't strike twice. But they they delivered. Lulu's, she's a totally different dog. I mean, physically. Yes, she's got the same physical attributes. I started over with her, taught myself how to hike again. I had to use different training techniques to train her because she's a different psychologically a different dog. So it was kind of like starting over, you know, I taught myself to hike in the beginning. I retaught myself to hike and learn with dogs with to nail and then boom started all over again with Lulu. When I get the next dog, I will do it again. But we prove that lightning can strike twice. She is equally as good as Tenille.

**L** Lis Malone 54:58

Well, I look forward to meeting Honolulu when we go out for my birthday beer. The advantages of having a guest who's in my my hometown.

**T** Trevor Thomas 55:11

Yeah, well, you can not only meet Lulu, you can meet meet Tenille too. She still goes, she still goes all over the place with me

goes all over the place with me.

L Lis Malone 55:20

Well, that'll be great. And I will definitely post some photos and some video of, of Lulu and Tenille when I get to meet them on the AT Banter social media accounts, because I'm sure people would love to see with these dogs.

R Ryan Fleury 55:36

Oh, there we go. Yeah, AT Banter's gone to the dogs. Hey Lis, you mentioned the mini documentary, because we should share that as well.

L Lis Malone 55:50

Well, we'll definitely put that up and we'll post that on the on the show notes. Right.

T Trevor Thomas 55:54

Yeah, if they really want to be bored to tears just to have them. Just have them type in 'the blind hiker' into Google. They can they can read ad nauseam or see ad nauseam just about anything you want. Oh, and by the way, to Neil, the guide dog has now taken over the number one spot from Captain and Tenille, that that, that. So you type in her name now. And she now comes up in front of them.

L Lis Malone 56:22

She has a higher a higher Google ranking.

T Trevor Thomas 56:26

Yep. So. So yeah,

R Rob Mineault 56:29

Love will keep us together. I know, I now know every stupid piece of trivia about Captain and Tenille, everybody wanted to tell me those. Every time we run into people.

L Lis Malone 56:44

Well, you did a perfect job of actually doing my job of segwaying into how people can find you. So yes, you can be Googled under the blind hiker. But if you can share with everyone, your social media, your website and ways that people can see find you.

social media, your website and ways that people can, can find you.

R

Rob Mineault 57:01

Yeah, just see on the old [www dot worldwideweb](http://www.worldwideweb.com). They can go to the [blind hiker.com](http://blindhiker.com). That is all about Neil, me and Lulu. And our foundation work, you can go to the same [www dot](http://www.farsightfoundation.org) and go to [Farsight foundation.org](http://Farsight foundation.org). And then it's got all the appropriate little buttons on there. Where if you want to go to the Facebook and Instagram and junk.

L

Lis Malone 57:25

That sounds perfect. And we will definitely stay in touch with you, Trevor, you've got my digits. I've got your digits. And certainly please keep us in the loop. Let us know what you're doing. And when your book comes out, or when you hit that next hike, we would love to have you come back on the show.

T

Trevor Thomas 57:43

Oh, definitely. Well, on a lighter note, you've got to keep in touch with me because like I told you I buy you a beer for your birthday.

L

Lis Malone 57:49

So I am taking that beer and then some.

R

Rob Mineault 57:54

So yeah, don't worry, Lis is not going to pass that up. Cash may be king but beer is queen.

T

Trevor Thomas 58:02

There you go. With a little bourbon down.

L

Lis Malone 58:08

You're talking my language. There we go. That sounds great.

R

Rob Mineault 58:13

Well, thank you so much, Trevor, for joining us. It was absolutely amazing. And then best of luck with both to beer with Lis as well as whatever other trail is next for you. I'm not sure which which you need more luck for.

**T** Trevor Thomas 58:34  
I'm not sure on that one. I'll I'll keep you posted on the next episode.

**R** Rob Mineault 58:39  
Awesome. All right, Trevor. Take care and best to Tenille.

**T** Trevor Thomas 58:44  
All right. Thanks, guys. All right. Bye now.

**R** Rob Mineault 58:49  
Bye. Bye. Love will keep us together. Damn. Got that song stuck in my head.

**S** Steve Barclay 58:57  
Yeah, now me too. Thanks.

**L** Lis Malone 59:00  
Good job, Rob.

**R** Rob Mineault 59:02  
It's a classic 70s Classic.

**L** Lis Malone 59:05  
Do we have to pay royalties now for your singing that song?

**R** Rob Mineault 59:08  
Yeah, probably. I'll probably have to cut that.

**R** Ryan Fleury 59:10  
Yeah keep it keep it in I let's see if we get some publicity Publicity attention

Yeah, keep it keep it in. Let's see if we get some publicity. Publicity attention.

**R** Rob Mineault 59:15  
We'd have to pay like \$3 to Captain and Tenille.

**L** Lis Malone 59:21  
Aren't you're allowed to do a certain number of seconds before you pay royalty?

**R** Rob Mineault 59:26  
I think it's 20 seconds.

**L** Lis Malone 59:27  
Okay, now we're good. You're totally good.

**R** Rob Mineault 59:29  
Probably 20 seconds and you probably have to be in the right key. So either case we're probably safe.

**S** Steve Barclay 59:35  
I think when you sing it we can safely be covered under parody.

**R** Rob Mineault 59:41  
That's great.

**L** Lis Malone 59:44  
Which is what I don't sing. It's my rule.

**R** Rob Mineault 59:49  
A good rule? Wow, that was really good. That was what a great story.

**L** Lis Malone 59:56

**L** LIS MALONE 09:56

Once again another underachiever. Coming on to our podcast. My god.

**R** Rob Mineault 1:00:03

Yeah, well, well, you know, it's it's interesting. His story is I think drives drives home a couple really important points. Especially the idea of the the real importance that it can be to hear other people's stories. Like, you know, if you like he was saying like if he had if he had not seen Eric talked about his experiences in climbing Everest, he may still be on the couch.

**R** Ryan Fleury 1:00:32

Yeah, mentorship can be very important. And it's really nice to see Trevor giving back in that way, right? Having these camps for kids and this nonprofit organization, it can mean the world to somebody.

**R** Rob Mineault 1:00:45

Sure, for sure. And, like I said, just hearing the story, like just realizing that, that the importance of pushing your own comfort zone. In that documentary, he says something that really stood out to me. He said, everybody has their own Summit. You know, not everybody is going to walk the Appalachian Trail but for somebody else for somebody, maybe just going to the grocery store by themselves is their, you know, their summit, it's what they need to push through to do.

**L** Lis Malone 1:01:17

It's a very moving documentary short, I mean, they really crammed a lot of story into that 15 minutes where it's just like, it progresses so well shot and, and narrated so perfectly. That you know, it's it's just quick 15 minutes, but you're it's just like a wallop of, of information and story.

**R** Rob Mineault 1:01:46

Yeah, it is. And it's also not schmaltzy. You know, it's not it's not tacky. It's not inspiration porn. It's very, you know, it's shot very straight, and just tells the story. So I'm not sure exactly how old the documentary, but he's achieved so much since that documentary. Yeah, I definitely recommend people go check it out. We'll, we'll put it in the show notes for sure. But, yeah, it's just an incredible story.

**L** Lis Malone 1:02:24

And it certainly doesn't even stop there with now working on creating a better cane for people. The whole idea of creating accessible trails. I mean, it's just one thing right after the other and I mean, he's, he's, he's definitely one of those people in our community who's really putting all the time and effort into bringing accessibility to the forefront. And it's certainly a little

discouraging when you hear that organizations that are supposed to be advocating and improving the lives of those in the blind community are so quick to kind of poopoo the idea of expanding the role of the guide dog or whatever else, it may be that, you know, seeing the human potential and everyone, even though we're blind, that we shouldn't we shouldn't have barriers exist within our own system.

**R** Rob Mineault 1:03:27

Yeah, it's that's so true. And I mean, you know, you think about it and it is a little bit frustrating because it's like the world's already filled with 'nos', you know, the organizations that you're that you're going to, to get support and to get guidance there. You know, reflex response shouldn't ever be 'no'. It should be let's, let's see if we can figure something out.

**L** Lis Malone 1:03:50

Exactly. Agreed. 100%. Yeah.

**R** Rob Mineault 1:03:54

Happy Birthday Lis

**L** Lis Malone 1:03:55

Thank you, Rob.

**R** Rob Mineault 1:03:57

I also really liked the fact that for for the one episode in our 200 and whatever, episode list the we're actually named Banter because we did do a lot of bantering about the AT, so did we did a good job on that, too. I don't know if that was planned, but oh, yeah, totally.

**L** Lis Malone 1:04:17

Totally. Absolutely. Wonderful.

**S** Steve Barclay 1:04:19

Yeah, that was that was all part of Ryan's master plan.

**R** Ryan Fleury 1:04:25

Oh, the name AT Banter.

R Rob Mineault 1:04:26  
Yeah, that was that was you?

R Ryan Fleury 1:04:30  
I think, I don't know. Either. Stupidest decision ever made.

R Rob Mineault 1:04:34  
And it wasn't the stupidest, but it was up there.

R Ryan Fleury 1:04:40  
All right, moving on.

R Rob Mineault 1:04:42  
Sorry, I had to get a dig in. Yeah. Okay, well, hey, listen, before we go. We did get an email from a listener. And this is more of a local story. You know, people outside of the Lower Mainland. A lot of this is probably won't make much sense or really be much of a concern.

S Steve Barclay 1:05:04  
And by the way it may lead we mean the Greater Vancouver Regional District.

R Rob Mineault 1:05:08  
That's correct. So I guess what's happening it's it's an issue with with TransLink and I don't know if they if they do this fairly often or not, but they're doing something that's called a balancing project. there are a couple of different routes that they're proposing to that they're going to be changing. And it's really having a big impact on a lot of riders that are visually impaired. And so we just wanted to give a shout out to to that. And to make sure that people check the show notes. We've got a there's a there's a URL in there, where they can go to the website, and they can get a little bit more information on this. And they can sign a petition to get TransLink to rethink some of these balance changes that they're proposing. So, yeah, big thanks to Steph actually for bringing this to our attention. And yeah, there you go. That's our that's our PSA for the week. And a lull. There's our for the week.

S Steve Barclay 1:06:18

We had a couple in the show. And yeah, we pretty much came up with a month worth of lulls.

R

Rob Mineault 1:06:24

Well, those weren't lows, those were giving each other room to jump in.

L

Lis Malone 1:06:29

That's because some people don't like to raise their hands.

R

Rob Mineault 1:06:32

Yeah, actually, no one's raising their hand.

L

Lis Malone 1:06:34

I raised my hand.

R

Rob Mineault 1:06:36

Did you? I didn't see you.

L

Lis Malone 1:06:37

Well, I didn't know not today, but in other shows.

R

Rob Mineault 1:06:40

Yeah, it's fine.

R

Ryan Fleury 1:06:43

Pick Me Pick Me. Teacher.

L

Lis Malone 1:06:45

Hey mister "Hey, here's an idea. We're gonna start raising our hands."

R

Ryan Fleury 1:06:50

**R** Ryan Fleury 1:06:50  
Have I done it once? No. Don't listen to me. Exactly. pointing fingers at me. Do what I say not as I do.

**R** Rob Mineault 1:08:07  
Listen, everybody. Everybody's very combative today

**R** Ryan Fleury 1:08:11  
It's Monday. Clearly that seems to be a trend or Monday shows are a little bit more aggressive.

**L** Lis Malone 1:08:17  
Hey, it's my birthday week lighten up

**R** Ryan Fleury 1:08:19  
Sorry. Happy birthday to you. Happy birthday to you. Happy birthday dear Lis Happy birthday to you

**R** Rob Mineault 1:09:10  
All right, this is enough silliness. Let's dinnertime Yeah, that's probably why everyone's so angry.

**L** Lis Malone 1:09:25  
I was like, man, that that that that protein, whatever that rehydrated foods kind of sounds good, right.

**R** Rob Mineault 1:09:33  
It does. Same of those gas station sandwiches. I've had a few of those

**L** Lis Malone 1:09:40  
Ice cold Coca Cola.

**R** Rob Mineault 1:09:44

Ah, hey, Lis. Yes, Rob. Where can people find us?

L

Lis Malone 1:09:52

They can find us on the web at our dandy websites atbanter.com

R

Rob Mineault 1:09:59

They can also drop us an email if they so desire at cowbell ... cowbell ...where's the cowbell?

L

Lis Malone 1:10:12

All right, well, let's see what's happening

R

Rob Mineault 1:10:16

Ryan turn your original sound. No Forget it. Whatever. We're not getting a cowbell sound, try again.

R

Ryan Fleury 1:10:23

I hit it like four times

R

Rob Mineault 1:10:27

That one will do. Zoom isn't picking it up.

R

Ryan Fleury 1:10:33

That's where we're getting rid of zoom.

R

Rob Mineault 1:10:34

All right. Wait Where were you cowbell? Oh wait you already ... @atbanter.com

R

Ryan Fleury 1:10:43

Not not on the Appalachian Trail.

- S** Steve Barclay 1:10:47  
And hey, if you want to contact us somewhere that doesn't require any sort of special effects. Come and see us at Facebook or Twitter.
- R** Ryan Fleury 1:10:56  
You know after six years you think you could just insert a cowbell sound?
- R** Rob Mineault 1:11:00  
It's gotta be live man. Our audience demands it. We don't screw around. We do it. We do a weekly podcast everything's live. Everything's different every week. I would not do that to our audience where it's just and they can tell. Believe me if I ever once I do that first time we'll get an email on to be like that was a canned cowbell. That was from Episode 175. And that was not a that was not a fresh cowbell.
- L** Lis Malone 1:11:32  
Rob's like I got enough damn editing to do. Do you think you think I'm gonna start doing dropins? He's like Screw that. No cowbell sound.
- R** Rob Mineault 1:11:43  
So me and Ryan do on Saturdays we just connect via zoom and just like sample cowbells. Hey, that's it. There's an idea maybe we could sample it and turn it into like the you know a cowbell cowbell Symphony with some some midi gear and stuff.
- L** Lis Malone 1:12:03  
Get to work on it now. We can have a Christmas song for our Christmas show.
- R** Rob Mineault 1:12:10  
There you go.
- S** Steve Barclay 1:12:13  
Jingle cowbells.
- R** Rob Mineault 1:12:16

Love it. Go. Okay, someone write that down. We're doing that that's been like for this Christmas show. We have six months. Yes. Jingle cow bells.



Lis Malone 1:12:27

And I want I want I want silver cowbells.



Rob Mineault 1:12:31

Also good. overcoat bills. Also good. Yeah. Cow bells jingling, Dun dun dun dun dun. Okay, anyways, man, we're so musical today. Anyways, well, that is gonna about do it for us this week. Big thanks, of course to Trevor Thomas, for joining us, and we will see everybody next week.