

AT Banter Podcast Episode 285 - Circle J***s and Glitter

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SPEAKERS

Rob Mineault, Lis Malone, Ryan Fleury

R Rob Mineault 00:23
Hey and welcome to another episode of AT Banter,

R Ryan Fleury 00:29
Banter, banter.

R Rob Mineault 00:37
This is the podcast where we talk with advocates and members of the disability community to educate and inspire better conversation about disability. Hey, my name is Rob Mineault. Joining me today for the sixth year in a row, Mr. Ryan Fleury.

R Ryan Fleury 00:57
That's Jar Jar Binks. it's May the Fourth is it not?

R Rob Mineault 01:04
Oh, look at you pulling out the Star Wars reference. Wow. Nice. Wow. You've obviously been on Twitter today.

R Ryan Fleury 01:18
Yeah.

R Rob Mineault 01:21
And hey, look who it is. It's Lis Malone.

L Lis Malone 01:25

R Rob Mineault 01:28
Yes. Starting early. Starting early. And missing in action today, Mr. Steve Barclay. He had a dog to attend to. His lovely Bulldog, Daisy had to have some dental work today. So he is off picking her up so he's not able to make it. So just three of us.

R Ryan Fleury 01:53
We need to know what Lis is drinking? Yeah, well, it was all about beverages.

R Rob Mineault 01:59
Okay, well, sure. Okay, well, let's go dive right in. Hey, Lis?

L Lis Malone 02:04
Yes, Rob?

R Rob Mineault 02:05
Ryan wants to know what you're drinking.

L Lis Malone 02:08
So I'm not gonna I don't want to advertise a particular company and not get paid, because I'm selfish like that. So yeah. So what I will say is that I am drinking a certain brand of hard seltzer.

R Rob Mineault 02:27
Yeah, that could be that could be a variety of brands.



Lis Malone 02:29

Yes. So if you would, like insert name here, you could reach me at cowbell@atbanter.com and say, I want to pay Lis to say my name.



Ryan Fleury 02:47

Say my name. Say my name.



Rob Mineault 02:51

Well, hey, so Ryan.



Ryan Fleury 02:56

Yes, Rob?



Rob Mineault 02:58

Tell everybody the exciting news of what we're doing today. Why is today's episode important?



Ryan Fleury 03:05

Well, it just so happens that it falls on May 4. For all you Star Wars fans out there. We are actually giving a bit of a nod to AT Banter as this is our anniversary and we are starting our seventh year of podcasting.



Rob Mineault 03:23

That's crazy, man.



Ryan Fleury 03:24

Isn't it? Seven years. We've been doing in seven years. I was thinking about this earlier. I'm pretty sure that that outlasts like all my relationships. Yep, it has.



Rob Mineault 03:40

Yeah, I'm pretty sure, so I've clearly married to this podcast.



R Ryan Fleury 03:45
Excellent. Dedication rewarded

L Lis Malone 03:50
Must have been one hell of a prenup.

R Rob Mineault 03:56
Right.

L Lis Malone 03:58
If we break up, who gets Ryan? Who gets custody of Ryan ends up being the question.

R Rob Mineault 04:08
A custody battle?

R Ryan Fleury 04:10
I don't think it'd be much of a battle. No one wants me.

L Lis Malone 04:24
I want the cowbell.

R Rob Mineault 04:27
Yeah, no, it is hard to believe that we are starting our seventh year.

R Ryan Fleury 04:38
That is when you suggested or I suggested someone suggested. It was our anniversary show. I started going back through the archives and we've talked to a lot of people from different backgrounds. And you know, here we are starting the seventh year and we're already two months booked into it. So yeah, there's just no shortage and I don't see it ending anytime soon.

R Rob Mineault 05:02
Yeah, exactly. Unless you know something I don't

mean, exactly. Unless you know something I don't.

R Ryan Fleury 05:06

I don't know anything. Not a thing.

R Rob Mineault 05:13

Yeah, it is it is really interesting how the show evolved and everything like that but we'll get into that. But first of all - hey Ryan, what the hell are you drinking? What's going on over there? You have a celebratory drink?

R Ryan Fleury 05:29

I do not.

R Rob Mineault 05:30

Well, I do wish I don't have one either, but we should probably go get one we should I should probably.

R Ryan Fleury 05:35

I don't have anything that's in here.

R Rob Mineault 05:37

Well, call Linda.

R Ryan Fleury 05:38

She's upstairs working. No beverages today.

R Rob Mineault 05:47

What don't you have a freezer or fridge down there?

R Ryan Fleury 05:49

I do it's empty.

R Rob Mineault 05:51
It's empty really? The guitar dungeon was always stocked.

L Lis Malone 05:57
Is it is it empty and still running?

R Ryan Fleury 06:00
It's got I think half a liter of coke in it.

L Lis Malone 06:03
What a waste of energy.

R Ryan Fleury 06:06
I'm in Canada, we got lots of energy. Hear that California?

R Rob Mineault 06:19
Okay, well, you can't forget it then. Forget it. Listen, no okay, you know what? Oh, hold on. I'm gonna go get something hold on. Talk amongst yourselves into entertaining the audience while I go do this.

L Lis Malone 06:36
Rob needs a beverage because he he wants to be in the in crowd.

R Ryan Fleury 06:40
I always wanted to be in the in crowd.

L Lis Malone 06:43
I am the in crowd here.

R Rvan Fleurv 06:51

I never ever was in the in crowd.

L

Lis Malone 06:56

I was never really popular. Never. But apparently me with my hard seltzer it's making me popular. Again, a brand I will not mention.

R

Rob Mineault 07:08

What the hell you guys talking about?

R

Ryan Fleury 07:09

Guitars and alcohol?

R

Rob Mineault 07:12

All right. Okay, well, those are two good subjects. I have a little tequila drink. I have to say that's something that's that came out of the guitar dungeon - I grew an appreciation of tequila, through our time spent in the guitar dungeon.

R

Ryan Fleury 07:29

You gained an appreciation for tarantula tequila. And to be honest with you, I am off that stuff. Never to touch it again. Oh, no. Yeah, I've had I've had enough of that flavor. Anyway, the lemon lime tarantula. Yeah, it's an azul. So it's it's not I guess not a true tequila. But I actually think why No, you can get it in Alberta. You can probably find it down their list as well. And they have different flavors. They've got mangoes and straw and a strawberry one as well. But we can't get those here.

R

Rob Mineault 08:02

Yeah, I'd like to try the strawberry one.

L

Lis Malone 08:05

So we need to we need to arrange this sort of like US / Canadian you know, contraband swap thing.

R

Rob Mineault 08:13

Yeah, true. Well, we will work on a tunnel

L Lis Malone 08:17
I will send my runners over across the border.

R Rob Mineault 08:26
You have runners. Wow. Where did you get runners?

R Ryan Fleury 08:29
She's popular. Clearly.

R Rob Mineault 08:32
She's the in crowd

R Ryan Fleury 08:34
crowd she's not in the in crowd she is the in crowd.

L Lis Malone 08:42
This is the first time I think I've ever been part of an in crowd

R Rob Mineault 08:53
Yeah. I don't even know what the in crowd is. Okay, where were we okay, we're talking about the anniversary show. Let's cheers. Cheers to the cheers to the show.

R Ryan Fleury 09:12
Cheers to the show.

L Lis Malone 09:16
clink clink



R

Rob Mineault 09:22

Yeah, it's nice. That's nice. Regular tequila. I had a bottle kicking around in the freezer that for a while. Mix it up with a little bit seven up and a little bit of juice. Chef's kiss. Ah, okay. So which is better than other anniversary shows their anniversary shows they're making me take shots which I'm not promoting. That's when we could be in person. Yeah, that's right. Well, you know what, maybe next year will be in person.

R

Ryan Fleury 10:05

I'm moving to another province.

R

Rob Mineault 10:07

Oh yeah, that's right.

R

Ryan Fleury 10:09

And Liz is in the US.

R

Rob Mineault 10:13

Hey, details, details.

L

Lis Malone 10:15

I'm happy for Steve to fly me up to Canada.

R

Ryan Fleury 10:19

Yeah. That's in the AT banter budget.

R

Rob Mineault 10:22

Yeah, clearly Yeah. Sweet sweet AT banter budget. I don't know. Maybe he's got points or something.

R

Ryan Fleury 10:34

Yeah, we will all pick a date and have everybody fly in.

L Lis Malone 10:38
Daisy wants me to fly in.

R Ryan Fleury 10:40
Yeah. All right. Let's work on that for next year.

L Lis Malone 10:43
So where are you moving to? Ryan?

R Ryan Fleury 10:46
Alberta? One Province over to the east

L Lis Malone 10:50
You're heading towards me.

R Ryan Fleury 10:52
I am Yep. My My feelings are there.

L Lis Malone 10:55
My force is you know, pulling you East

R Rob Mineault 11:03
I forget what city you're actually moving to.

R Ryan Fleury 11:07
Undisclosed at this point in time, but it will be central Alberta somewhere.

R Rob Mineault 11:10
Wow. Really mysterious. You don't know when AT Banter groupies are showing up. Okay, well, what do you how do you guys want to do this? What do you what do? It's kind of a freeform show. What do you think? What you want to start with? Yeah. You guys are? Well, you wanted

to show people the inner workings of the show.

L Lis Malone 11:46

I say I say though, that since since Ryan is the sober one in this group, he should he should go first.

R Rob Mineault 11:55

Yeah, I agree.

R Ryan Fleury 11:57

Well, why don't we just kind of rewind a little bit and talk about kind of where the show started and how we've kind of evolved or what we've evolved into? You know, originally, we were and I guess we still are part of the assistive technology industry. And decided we were going to do an assistive technology podcast. And that, as good as those thoughts were, and as knowledgeable as the staff is, and are, we quickly realized that there were other people out there who were doing a better job. And I don't think we really felt the passion to talk about it on a platform like a podcast, you know, one on one with people training people doing support for people workshops, that's different than actually doing a podcast. So our passions were kind of in a different place. And once we started inviting guests on, you know, nod to Adam Wilton, who I believe was our first guest ever. I think we quickly realized that it brought some energy to the show. It was a different conversation. And I think we definitely enjoyed that format a lot better. Yeah, you know, I tell people that a lot as well. But I should actually actually go back and actually check the episode count. Because now that I'm thinking about it, I think was literally two episodes, we did like two episodes of it up. And then we immediately switch that and we brought it out, and well, none. And then we just never went back to talking strictly about 80. It was all about the community and, and organizations and having guests and stuff. So yeah, that was really a short lived thing. And honestly, if we had started just talking about AT is this thing would have lasted like five episodes, and we would have gotten bored, or we've run out of stuff to talk about.

L Lis Malone 13:59

Do you guys ever listen to the older shows and start to examine your own mic skills and how you each have evolved as podcasting hosts?

R Rob Mineault 14:11

No, because I still feel like I suck. I feel like I suck just as much now as I did six years ago.

R Ryan Fleury 14:19

And I'm the same I have listened to a bunch of the past episodes. And being the audio freak that I am. I listened to the gear that I had first brought in when we started the podcast, and the audio quality and yes, it was, you know, listening to bowl, it was okay. You know, it just wasn't, wasn't where I wanted to get it to, you know, granted the technology and the affordability was a bit of an issue because everything was out of my pocket. There was no company paying for the podcast gear. You know, that's the one big thing I've noticed for sure is that my mic skills haven't gotten any better. I'm always fiddling with mics. buying new mics looking for the perfect microphone. And it's driving me up the wall because there is no such thing. And I know that. But I still want the best pristine audio I can get, but at an affordable price. So it's a bit of a bit of a balancing act. But we're getting there.

L

Lis Malone 15:17

And then also all of the audio platforms and the technology and everything that is available now to create a podcast is so different now than it was like, you know, six, seven years ago.

R

Rob Mineault 15:29

100%. Everybody and their dog or have a podcast these days. So podcasting equipment, I feel like is a lot more mainstream than it used to be.

R

Ryan Fleury 15:39

Yeah, you can podcast directly record right into your phone if you want to. Yeah, the quality is good enough. You know, back six years ago, we had first launched on SoundCloud. And at one point like like SoundCloud was going to be going the way the dodo. So we started scrambling looking for other platforms. But even the accessibility of the platforms has really changed as well. You know, we've got accessible, fairly accessible templates in WordPress. And there's, I think, one service called Pine. And, you know, the industry is really catching up when it comes to accessibility and accessibility of the other platforms and their products for that matter.

L

Lis Malone 16:17

I remember when I first did my podcast back in the day, I use the, because I didn't have any money, I was just sort of like, let me try this out and see how it goes. I call it the Britney Spears headset, with the right ear pieces. And the piece that goes in the front of you know, in front of your mouth. So I mean, I guess I could podcast and dance at the same time. And, and I remember in the editing process, it was just so noisy. There was microphones, I mean, the sound quality was just was just horrible. And putting it through every kind of filter to get all those little hissing sounds out and stuff like that. So it's it's nice. Everything seems to be so much more. So much more turnkey.

R

Rob Mineault 17:03

Yeah, you know, it's really interesting to go back and listen to those early episodes, because we really were like finding our feet, figuring out how to tie the back to do this whole podcasting

really were like finding our feet, figuring out how to tie the neck to do this whole podcasting thing. And really figuring out what the show was going to be, you know, early on, we were doing things like we were doing topic shows, right, like, we were talking about, like, oh, disability and media, or, you know, I remember doing a brain interface show where we were talking about all different types of brain interfaces. And so, you know, we were, we were doing stuff like that, we're trying to figure out exactly what we were going to be talking about, and how we're going to set it up. And, you know, you know, here we are six years later. And I feel like we we at least have more of a vision of actually what we are. And you know, it took us six years. But you know, because really, I mean, we we want to give people in the community a platform. We want a platform that can where people can share stories, like last week show it I think it really is important for other people in the community to hear stories like Trevor Thomas's story, because I think that it can really have a positive impact on what other people are going through. So I think that for us, that's certainly a big mandate. But as well as giving, you know, organizations and stuff, a bit of a opportunity to have their spotlight too, and, and get the word out there that about the work that the various organizations that we talked to are doing as well. Because it's so hard to navigate a lot of Disability Resources, because there's just so many out there and they're they're all niche that you know, it can be I can be really challenging to find the organization that you you may need. So I think between those two things really is kind of the focal point for me anyways of the show.

R

Ryan Fleury 19:06

There's definitely you know, that's one takeaway I've gotten from the show is the number of organizations that we've talked to, that I had never heard of before. Being in the blindness community, the vision impaired community, the assistive technology community, you know, we're still finding organizations that we didn't know existed that are doing great work. And they may just be you know, two person companies that are doing Braille or ABC and highlighting those has been really, really great. You know, and thanks to a lot of our guests for suggesting, you know, topics and guests for the shows as well because it is sometimes hard to define guests and, you know, who do we want to talk to this week or next week and the show is really, really given a lot back to me for sure.

R

Rob Mineault 20:00

Okay, well, let's talk about that. So for you, Ryan, what has the show given you over the past six years that, that you feel like you've grown as a person because of the podcast?

R

Ryan Fleury 20:13

Grown as a person? Well, let's, let's just throw a dart at the great big target that staring me in the face right now. That's ableism. You know, three years ago, two years ago, I probably didn't know what ableism is, or was. If I did, I didn't have a label for it. There's so many experiences that we've had with shows, whether it's like you said, talking to Trevor, the blind hiker, whether it's talking to Shawn who started Blind Beginnings. You know, there's all these encouraging motivational people out there, who started out the same as me. They started out losing their sight, being angry, grieving, and other finding a process, a person, and experience to get them through that. And I hope that's kind of what we bring, to the audience with the guests that we have, is just showing them that, you know, we aren't alone. There is hope.

R

Rob Mineault 21:24

Yeah. And I'll sort of add on to that. I know that for me, that's, that's one of my favorite parts about about doing the podcast and what how it really enriches my life is just the learning that happens. The people that we get to meet and talk to you, I give you a great example of something, you know, something that is sort of impactful that happened to me just recently. Last week's show, we talked to Trevor Thomas, the blind hiker, and he said something really interesting in that documentary, which was "everybody has their own summit". And I got something out of that myself. You know, I was that was the week I was going into this, this, the gala, the Blind Beginnings Gala, we were organizing for the for the nonprofit that I worked for. And I was really like, I don't know, I was a little bit worried because I had to work the Gala. And I'd have to work the registration table, and I'm kind of an introvert, I don't really like people. Well sometimes, I like people, but I'm just not great around people. But anyways, I know, I was I was really like I was it was hitting me hard. I was like really worried about it or whatever. And, you know, we talked to Trevor Thomas, and I watched the documentary and I thought, yeah, you know what, it's so true. It's, it is important to push your, your comfort zone sometimes and to, you know, push through some discomfort in order to get through to the other side. So, you know, really, you know, I'm not going to worry about the gala at all. And, you know, sure enough, it went fine. I, you know, that's one example out of many, many, many examples, I'm sure over the past six years of, of stuff that I've learned about people that I've met stories that people have told that that really have kind of impacted my own perspective, way too many to mention.

R

Ryan Fleury 23:18

How about you Lis, in your short time with us. And I guess it hasn't really been that short. You know, you've been with us a number of months now. You know, is there shows that you've taken stuff away from or what is the show given to you?

L

Lis Malone 23:32

I think to piggyback on what you actually did say, Ryan, is that one of the one of the comforting things about being a part of this, this show and being in the disability community, in this level of advocacy, where we are talking to so many amazing people who are doing extraordinary things and with such diverse backgrounds. But we all have that commonality of existing in some fashion and in this disability space, is that so many times we do kind of feel alone, as a as a person living with a disability, especially if we don't have anyone else in our immediate circle. And being a part of the show has reminded me and given me that place to be where it is reminding me that I am a part of a community, even when my friends and my family members may try their best to understand and in many times just aren't able to because it's it's it's difficult to truly empathize on this level, but to have this place, this has become my safe place where I can be vulnerable and and, you know, talk to so many different people and hear their stories and interject with my own and, and really be a part of something.

R

Rob Mineault 25:06

Okay, well, let me ask you guys this, what's one of your favorite recent episodes?

R Ryan Fleury 25:10

Like, like I was saying earlier, I went through pretty much all of the shows we've done since 2016 trying to find a favorite right? And it's just, you know, I do have, you know, nods to specific guests that we've had on the show that I just never thought would happen. But one in particular favorite show? I don't think there there is such a thing for me. Like I said earlier, you know, I take away something from pretty much each show we do. Whether it's researching that guest, reaching out to them and not getting reply doesn't really matter. I have not found out about a person or an organization or a charity or an action they're taking. So yeah, I don't I don't, I don't think there is a favorite. It's funny, looking back at the archives, there's a lot of guests, I'd like to try and get back on the show just to do a follow up with them to see where they're at now.

R Rob Mineault 26:04

Yeah, I agree with that. Actually, I that happens to me every time I look at the archives. I'm just like, Oh, wow. Yeah, we we talked to them. Like, you know, I'll see a name pop up on an episode title and be like, I don't even remember who that is. And I have to go into the actual description be like, oh, yeah, right. So yeah, you're absolutely right. I mean, when you're doing a weekly podcast, for six years, yeah, you kind of you can talk to a lot of people. A lot of different things. But it's I mean, I think it's I find it's interesting, I feel often feel like I should be a lot smarter than I am at this point. After doing a weekly podcast for six years, and talking to so many people. So obviously, a lot just falls out of my head a week after we talked about it.

R Ryan Fleury 26:58

But what's interesting, though, is, you know, you mentioned earlier about, I think trying to find resources and stuff about different disabilities. You know, I think over the six years of shows we've done, we are a resource if people look at our AT Banter website and do a search for a particular topic. There's a lot of resources there that are available.

R Rob Mineault 27:21

Yeah. Which is great. That's exactly that's exactly what we want. That's exactly why we do this week after week. You know, aside from you know, the stuff that we've already talked about, about what we get out of it personally. That's always been my hope is that this is a library for people to to go into and get some resources out or get some inspiration out of or hear a story that's that's going to change their perspective on whatever particular thing they're going through. Yeah, or give somebody a platform that they're able to, to tell their story. So wait, so none of us answered that question. That's right. We suck.

R Ryan Fleury 28:10

I can nod to a few guests in particular that I never thought we would get on the show. Okay, so first and foremost has to be Rick Hansen.

R

Rob Mineault 28:21

Sure.

R

Ryan Fleury 28:21

You know, The Man in Motion. Never ever, ever, ever, ever, ever, ever, ever, ever thought we would get him on the show, you know, Canadian icon. And here he was, he had just given a talk at a school. He was sitting in his vehicle on his cell phone doing the AT Banter podcast.

R

Rob Mineault 28:39

Yeah. Very nice. Yeah, it was it was pretty cool. And that was early on to that was the first year or two. So it wasn't like we were a well established podcast, not that we're a well established podcast now.

R

Ryan Fleury 28:57

Well, absolutely. You know, and the other you know, pretty high profile person we had on the show wasn't long ago last year, I believe was Darryl Lennox, you know, yeah, he's a he's a world renowned comedian, who has recently lost his vision and go through the whole blindness journey. And never ever ever, ever, ever, ever, ever thought I'd hear back from his people. And yeah, I still get email.

R

Rob Mineault 29:24

So true. Yeah, that was a great great show. Yeah, you know, it's it's interesting the people over the years that have come on and done the show, and people who have not mentioned any names gonna stay positive but yeah, and honestly, like whatever. Yeah, you know, another another fairly high profile pair that we had was Kelly and Ramya from AMI. That I mean, that's a big get. And Ardra Shephard from AMI as well. So, yeah, I mean, I think that, you know, we are only as good as the guests that agree to come on as well. Otherwise, we just, you know, we'd be sitting around talking about whatever.

R

Ryan Fleury 30:31

I think, you know, everybody has a perspective, right, and an opinion and ours are not represent representative of the communities. That's for sure, hearing the different voices brings a lot brings everything to the show.

L Lis Malone 30:46
The viewpoints of these hosts did not mean crap in the real world.

R Rob Mineault 30:51
Sure, that and drinking tequila.

R Ryan Fleury 30:53
We're just facilitating the conversation. You know, we're just here to bring the guests and go, you know, hit record. Thanks for joining us, because it's about the guests.

L Lis Malone 31:08
And, you know, when you when you're at the store, and you're looking at greeting cards, and like your eyes always go to the one with the glitter on it. Oh, that's pretty glitter. And then you open up and then you're like, you know, then you gotta really read the meat of it. Like, I'm not the meat. I might be a little glitter. That's it. You know?

R Rob Mineault 31:29
That's the weirdest analogy I've ever heard. So Ryan, let me ask you this is what part of the podcast are you most proud of?

R Ryan Fleury 32:30
I think you know, the highlight of I've got two highlights of the podcast. Three actually. The first is that we've been doing it as long as we have been weekly. Yeah. True. Never ever thought it would have lasted. And here we still are. The second highlight, I think is the fact that we are actually evolving. And we want to continue making the show better. The third is finally bringing Lis on because it was time we had a new voice on the show. You and I have talked about it for a while. And you know, Liz, you bring again opinions perspectives, the female side of the conversation and your your thoughts. And I think that's made the show better as well.

L Lis Malone 33:18
Better than glitter.

R Ryan Fleury 33:24
I think it's made a huge difference to the show, having you with us.

L Lis Malone 33:28
I'm surprised you weren't flooded with hate mail.

R Rob Mineault 33:33
Okay, we'd be happy to be flooded with any type of mail.

R Ryan Fleury 33:35
We get email, check it out.

R Rob Mineault 33:40
Well, let's see. Yeah, you know what, Ryan? I would I would agree with that. I think that one of the things that I'm kind of proud of, and I know I'm sort of glib about it on the show, when I'm talking to other podcasters where I'm like, we do a weekly podcast, and they're like, why would you do that? That's so much work. But that is something that I am actually really proud of that we put out a weekly podcast, it's a hell of a lot of work to produce a podcast that often and there's not a lot of podcasts out there of our size and scope that do that is something that I'm proud of.

R Ryan Fleury 34:38
And I have to give a nod to you because over the last year, you've been editing two shows for two different podcasts and have doubled your workload. So very big thank you to you.

L Lis Malone 34:51
And as someone who has had to edit a podcast, I know how much that sucks. So yes, double double bow. I'm doing a little finger roll to you.

R Rob Mineault 35:01
You're given me the shocker.

L Lis Malone 35:03
We're not worthy. No, it's not your birthday.

L Lis Malone 35:03
We're not worthy. No, it's not your birthday.

R Ryan Fleury 35:09
You get a glitter bomb.

L Lis Malone 35:14
So okay, so can I, I'm gonna throw a question to you guys. So what do you think is the most challenging part about doing a weekly podcast or doing a podcast in general?

R Ryan Fleury 35:28
For me, I think there's two. It's finding a diverse set of guests, because I don't want shows or months to be specific disability heavy. I don't want to be all blindness this month, or June to be whatever cerebral palsy month, I want the shows to be intermingled with each other. So they're different from week to week. And that can be challenging. Doesn't always happen, as we know. But that's my goal. The second thing is because there's four hosts of the show, scheduling all of us, can be tricky at times to you, as we see, Steve isn't here today for this show. But we were passionate about doing the show, we're committed to the show. You know, Lis, Rob, and I talk at least once a week, usually about the show. And we are committed to continuing this podcast. So, you know, I think that commitment says it all really, you know, it's all worth the effort, it's all worth the hours that Rob spends editing.

R Rob Mineault 36:40
I think, for me, it's finding that balance of being entertaining, and sort of maintaining the voice that that we've sort of built for the show with information or like more serious topics. Sometimes that's that can be a real challenge to sort of balance out. Because I do think that part of our brand, is the banter part is being a casual podcast is trying to create shows that are more about conversations with guests, as opposed to straight up interviews. And sometimes that's, that's harder to do.

R Ryan Fleury 37:18
But I can't tell you how many times I send an invite to a guest, and they say, can you send me some questions? So you know, I'm not blindsided. And usually my response to them lately is, well, here's kind of our general conversational topics that we'll touch on. But I have three other co-hosts. So the conversation will be casual.

R Rob Mineault 37:38
Yeah. So yeah, and I just find that like, so sometimes. It's, it's also like, I'm always sort of aware of, especially in the edit, you know, it's like, I don't want to is this boring. Like, is this is this part boring? Should I take this out? Is this part where we're just bantering for, like, 10 minutes about whatever? Should I leave this in? Because it's kind of funny and entertaining? I think it's funny, but you know, other people may not. So you know, I find that I'm constantly sort of fighting that battle within myself, even during the shows. Like I'm kinda like, should I go off tangent here

and just make a joke, or, or switch topics to something sent kind of silly. It's a tricky balancing act. And especially if you know, when you don't really necessarily always have audience immediate audience feedback, to gauge whether or not it's working for people. So that that's, I think, for me what I find the most challenging.

R

Ryan Fleury 38:40

And Lis, what about you? Because this isn't your first rodeo podcast, you know, what are some of the challenges you face?

L

Lis Malone 38:47

Well, what I like about this podcast is that there's this ease about the delivery of the podcast and the listenability to the podcasts. And what I think people don't realize is that there's always so much preparation, that that goes behind, preparing for some of these, these interviews. And even though was casual, we have to do a decent amount of digging and homework to make sure that we kind of know that okay, well, if the if I kind of have a couple of notes and all my notes get checked off, or do I have nothing else to say, for the rest of this interview. And I remember when I first jumped on to this podcast, I think we we had two authors in a row, and we had to read, I had to read two books and I was like, Oh my God, are we like if this is an author every single week, I gotta read a book every single week. And then still have questions and stuff like that and have some notes. I'm like, this is gonna kill me.

R

Ryan Fleury 39:59

I didn't read this much in school.

L

Lis Malone 40:00

Like why they don't have an audio book? Yeah, so that was my first taste of AT Banter at first. And so yeah, so but I think that that's always the, the tricky thing is just making sure or, for me, I like to get into any of our podcasts and have a decent amount of preparation. So you know, and this is, you know, outside of our, our, our work schedules and our personal lives. And so just, you know, carving out that extra time to make sure that we're ready. And trying to create a really good product for the audience.

R

Rob Mineault 40:47

Yeah, yeah, exactly. I mean, I have to agree with that, too. I mean, sometimes that that can be a real challenge. Because on the one hand, you don't want the show to sound like an interview. But on the other hand, you do want to make sure that you have questions prepared, or things that you want to bring up to talk about. But you know, and there's nothing more deadly than, you know, bringing up a subject that you think the guest is going to have a lot to say about. And then they just, they're just like, "yeah, no, I don't know. I never really thought about that".

R Ryan Fleury 41:20

Yeah, yeah, no, yeah, it definitely helps to have a bit of a framework as to sure where you want to get to, but then, you know, I guess one of the downsides to having a casual conversation is that I don't always pick up on, you know, a specific word or phrase that a guest may say, or, you know, they've gone on to another idea, and then that that moment is gone. So sometimes it's hard to circle back around to that point you wanted to touch on.

L Lis Malone 41:52

And you guys are so much nicer than me. I'm like, let's get back to something that was mentioned earlier.

R Rob Mineault 41:59

Sometimes it works. But yeah. You know, we often make a lot of jokes about the podcast. But I mean, and this is our anniversary show, so fuck it. Let's pat ourselves on the back. And just say that yeah, we do. We do. Work really hard on the show. And we're not bad. We're not bad.

L Lis Malone 42:23

We haven't resorted to the old. "What is your favorite cookie? And why?"

R Ryan Fleury 42:29

That's right. Let's play a rapid fire game. I'll say a word and What's the first thing that comes to mind?

R Rob Mineault 42:37

What's your favorite curse word?

R Ryan Fleury 42:43

You got to think about that one. That's tough.

L Lis Malone 42:45

Oh, this favorite curse word?

R Rob Mineault 42:47

R Rob Mineault 42:47
No, I'm just kidding. I don't want to go there.

L Lis Malone 42:51
We don't want to we want to give Rob some more editing.

R Rob Mineault 42:56
No, we don't want to.

L Lis Malone 43:00
I do have to say it's always amusing. When I get to listen to the finished podcast, and I can hear where oh, he took that out. Anyway, and it's totally fine. You we listen, we trust you. You do a fantastic job. But it's always like, that didn't make it in.

R Ryan Fleury 43:20
Oh, he's got all the outtakes.

R Rob Mineault 43:24
Sometimes I didn't realize I didn't even realize you listened to the show. You're like, I think you're the only person?

L Lis Malone 43:32
I always listen. Well. I listened to them. As soon as they get posted before I put them on socials.

R Rob Mineault 43:38
Oh, really? Interesting. Okay, good. Well, good. I don't think Steve's listened to one yet. He's never heard his own voice. Do we want to talk about the future?

R Ryan Fleury 44:01
You know, and we did a little a little bit earlier. You know, I was talking about how I'd like to see myself get more diverse guests from more diverse backgrounds. You know, there's there's topics I want to touch on that. I won't say nobody's talking about because I don't listen to a lot of other podcasts in the disability community. That's something I need to look at. But I know

there are topics we haven't touched on. And I think there's definitely topics that we need to be a little edgy with. Have conversations that are edgy, that are going to make people a little uncomfortable because you know what, life's not supposed to be comfortable.

R Rob Mineault 44:39
Interesting.

L Lis Malone 44:41
I gotta have you as a guest on my podcast Breaking Dishes. Because I even say that in my trailer. Yeah, sometimes we're gonna touch on things that might be a little uncomfortable for people.

R Rob Mineault 44:55
Interesting.

R Ryan Fleury 44:55
You know, there's definitely a lot of conversations left to be had still

R Rob Mineault 45:00
Well, you know, it's interesting you say that because I think one of the things that I'd like to do more of this year that we got some really positive feedback on was some some more roundtable discussion style shows, like our ableism series, we still do need to do part four, which is coming soon. But I think that that topic shows like that in a roundtable format, I think that we have a lot of value. So I, I'm looking forward to doing some more of those in the in the next year, for sure.

R Ryan Fleury 45:36
And let's throw it over to Lis.

L Lis Malone 45:38
Well, I guess, to echo what you said, Ryan, that I think that we'll probably just start booking a lot more of a diverse group of guests. And thank you for allowing me to do a little bit of recruiting also for for cultivating some some talent to, to lend their, their opinions and stories on to our program. And yeah, no, I mean, I, I love the format of the show. And that's really what attracted me to pull the trigger and say, yeah, I definitely want to be a part of this. I love the format. And I guess, I think we'll just evolve by continuing to have an even more robust, you

know, group of people and, and, you know, and I, thank you, Rob, for turning the microphone over to me on a couple of shows and letting me take the reins and stuff. And so I think it's just, you know, doing, you know, just kind of trying a lot of new things in here in there and bringing some some new thought leaders onto the program will will definitely continue us on the road forward. You know, I'm going to add one other thing I really do. Like when we occasionally have some guests that are not necessarily in the disability community, but they bring such great insight to, to just pretty much anybody, including persons with disabilities. Because just like, you know, Kelly and Ramya had said, like, people who are disabled don't want to talk about disability all the time, and just only hear about disability. So I think that we've had some really interesting guests who have come on, and just just had some really wonderful content for us to bring to the audience base.

R

Rob Mineault 48:37

Yeah, and I think that that's the real power of the podcast platform is that you're not really locked into anything. I mean, we really, we can do whatever we want. We can break sort of format a little bit on occasion and have a, you know, sort of a special show that may not fit into a particular format. And I think that that's that's a powerful thing, because I think you're absolutely right, Lis, I think that having something different from time to time. Is is important. And I think it entertains the audience. We certainly have, you know, our shows where we sometimes we have just the goofy show, like we have the 80s show or you know, we have Halloween and Christmas shows, and you know, anniversary shows, you know, where we do something special and something kind of just for us, whether or not the audience enjoys it. I certainly we hope they do. But you know, at the end of the day, it's just kind of something for more for us.

L

Lis Malone 50:01

What happens in the circle jerk stays in the circle jerk

R

Rob Mineault 50:05

Right? First rule of circle jerk.

R

Ryan Fleury 50:17

Glitter and circle jerks.

R

Rob Mineault 50:23

You just named this episode. Circle jerks and glitter

L

Lis Malone 50:31

And tequila.

R Rob Mineault 50:33

All right. Well listen, I think we've, we've talked about the show enough. I think that my tequila is almost done. I don't know about your drink over there Lis, but...

L Lis Malone 50:45

I'm at the bottom.

R Rob Mineault 50:47

So that you know what that means. It's time to wrap this thing up. But before we sign off for the week, I do would. The other thing that I would really like to do from all of us, including Ryan, is give a big shout out to all our listeners who have stuck with us for six years. Or for those people who maybe just joined us recently. And all our guests. You guys make the show possible. And we love you very much. And we look forward to yet another year of AT Banter,

R Ryan Fleury 51:36

Banter, banter.

L Lis Malone 51:39

That was so sweet. Um, that was that was so glittery.

R Rob Mineault 51:44

I just made Lis cry.

R Ryan Fleury 51:51

You guys need a hug.

L Lis Malone 51:52

You moved me man. Or it was my UNsponsored hard seltzer.

R Rob Mineault 52:04

Oh and actually I know that too and my all of my co hosts as well you guys make doing the podcast a delight every week. I'm always looking forward to recording.

R

Ryan Fleury 52:20

Thank you for doing the heavy lifting during the editing carrying most of the hosting duties. Lis's definitely jumped in as well that time so thank you to both of you for doing that because I don't have that ability. I think you should you know, go back and listen to the show I did.

R

Rob Mineault 52:36

The will that's true It was -

L

Lis Malone 52:40

You're like a beaten circus bear ... you if you have no drive to go out to the wilderness again?

R

Ryan Fleury 52:47

No. As I was saying to Rob earlier today outside is bad. Outside is bad you can get sick if you go outside.

R

Rob Mineault 52:55

Can we pause for a second. What is this a North Carolina thing or something? That's like three of the weirdest analogies I've heard .. like a beaten circus bear?

R

Ryan Fleury 53:07

It's a circus thing I guess.

R

Rob Mineault 53:10

I've never ever heard that. That's really interesting.

L

Lis Malone 53:14

Like you have no you have no desire to go out and you know, poop in the woods or anything. You just want to come in and ride on your little bear bike and put your paws up and and wave to the crowd and go back into your little cage...

R Rob Mineault 53:29
Have you ever in your life ever use that analogy before just now?

L Lis Malone 53:34
Um,

R Ryan Fleury 53:35
That's fascinating. Because she she knew of it so she must have

L Lis Malone 53:41
I can't quote when I've ever used when I used it.

R Rob Mineault 53:44
I'm gonna Google that because I'm I don't know if that actually exists ... cowbell@atbanter.com
if anybody out there has ever use analogy. You are like a beaten circus bear. Okay, let's get out here. Hey -


R Ryan Fleury 54:08
we just got an email from PETA.


L Lis Malone 54:10
Yeah that was fast considering it hasn't even been out there. But those PETA people they are so on it.


R Rob Mineault 54:24
Yeah, they are. Yeah. Oh, hey, Lis.


L Lis Malone 54:30
Hey, Rob.


R Rob Mineault 54:31


 Rob Mineault 54:31
How's it going?


 Lis Malone 54:31
Great.


 Rob Mineault 54:34
Where can people find us?


 Lis Malone 54:37
For all of the non beaten circus bears? You can find us online at www.atbanter.com

 Rob Mineault 54:44
Hey, they can also drop us an email if they so desire. cowbell@atbanter.com. I'm really happy that the cowbell is coming through this week.

 Ryan Fleury 55:01
Incidentally, I will say that's another big perk of the podcast is that every single cowbell strike is live. No canned cowbells on this podcast. Just remember that No cows were harmed during the recording of this episode.

 Rob Mineault 55:26
No, but we did have to get the cowbell. So I don't know if there's a cow somewhere wandering around without one.

 Lis Malone 55:32
I don't know. I think Peter might have an argument on their hands but wandering around without a cowbell. You know, we're not offending cows and bear so we'll say -

 Ryan Fleury 55:41
We're not, you were.



R Rob Mineault 55:50
So glad that we brought Lis on and then threw her under the bus.

R Ryan Fleury 55:55
That's what I do.

L Lis Malone 55:56
It is true. That is we are a little bit of a circular firing squad and a circle jerk.

R Rob Mineault 56:02
So that's right. And so many good quotes out of this episode. Alcohol just makes the show better.

R Ryan Fleury 56:14
And they can also find us on Facebook and Twitter. Or wherever you listen to your podcasts.

R Rob Mineault 56:23
Man's this outro brought to you by Droopy Dog.

L Lis Malone 56:28
He's not even drinking.

R Rob Mineault 56:32
That's it. All right. Well, that is going to about do it for us this week. Big thanks to us for having a podcast and yakking about it. And big thanks to our audience for indulging us in this in this kind of special episode. And we'll see everybody next week.