

AT Banter Podcast Episode 292 - Brian and Kerry Kijewski

📅 Mon, 7/4 6:28PM ⌚ 1:15:54

SUMMARY KEYWORDS

people, kerry, advocacy, podcast, brian, started, hear, guests, talk, find, feel, radio, listen, air, outlook, day, reach, blind, great, pandemic

SPEAKERS

Steve Barclay, Lis Malone, Rob Mineault, Kerry Kijewski, Brian Kijewski, Ryan Fleury

R Rob Mineault 00:54
Hey and welcome to another episode of AT Banter.

S Steve Barclay 00:59
Banter, banter.

R Rob Mineault 01:01
Hey, this is of course the podcast where we talk with advocates and members of the disability community to educate and inspire better conversation about disability. Hey, my name is Rob Mineault and joining me today, Mr. Vacation himself. Ryan Fleury.

R Ryan Fleury 01:20
Hello, everyone.

R Rob Mineault 01:23
Well are you're not going to elaborate on that? You know, tell the audience what you're what you're up to today.

R Ryan Fleury 01:27
I'm podcasting today.

R Rob Mineault 01:29
No you're not, you're on vacation. You've you've made that abundantly clear.

R Ryan Fleury 01:33
I'm not podcasting?

R Rob Mineault 01:35
Well, you're on you're on vacation. You're podcasting from your vacation.

R Ryan Fleury 01:38
I'm confused

R Rob Mineault 01:41
Whatever. Okay, I'm going on. Also joining us is Steve Barclay. Who's not on vacation I hope.

S Steve Barclay 01:48
I am not on vacation. Sadly. Here Yeah.

R Rob Mineault 01:51
And as always, drinking her beer. Lis Malone.

L Lis Malone 02:04
clink clink clink clink said that beer bottle. For any for any for anyone out there who's a hater or thinks I'm a fake or not the real deal.

R Rob Mineault 02:17
That's right. So this is why we don't do a live show.

S Steve Barclay 02:21

S Steve Barclay 02:21
Yeah. Because we were we were getting letters.

R Rob Mineault 02:24
We were and we're not now? What?

S Steve Barclay 02:29
People didn't think less was actually drinking. Making it all up.

R Rob Mineault 02:33
Poser. Yeah. Yeah, totally. She's drinking water.

S Steve Barclay 02:36
Yeah, the inbox has been flooded.

L Lis Malone 02:42
Listen, I'm just trying to give the people what they want.

R Rob Mineault 02:45
Listen, there's a conspiracy theory around the you're not even a real person that you're just some sort of sentient AI that Google created. So there's that.

L Lis Malone 02:54
I'm one of those Siri voices.

R Rob Mineault 02:57
I can see that. Yeah, exactly. Hey, Lis.

L Lis Malone 03:01
Yes, Rob?

R Rob Mineault 03:02
Yeah, see exactly.

R Ryan Fleury 03:05
I found some results in the web that might be helpful.

R Rob Mineault 03:10
I caught her doing that last week. How is everybody? Let's get that over with.

L Lis Malone 03:23
Well, Ryan is getting because he's on holiday.

R Rob Mineault 03:29
He's in better spirits that I've ever seen him in recent memory.

R Ryan Fleury 03:33
That's right. Life is grand.

R Rob Mineault 03:37
Hey, how about how about you Lis? How are you?

L Lis Malone 03:40
I'm okay. Well, stormy weather here.

R Rob Mineault 03:44
It's hurricane season I hear.

L Lis Malone 03:46
Yeah, welcome to the Carolinas.

R Rob Mineault 03:49
So is it started to rain or anything?

L Lis Malone 03:51
Oh, it was it was just pouring. I actually said to Ryan, once we once I logged in, I said if I always all of a sudden disappear it's because my power went out.

R Rob Mineault 04:00
Everyone says that. I gotta start using that excuse.

R Ryan Fleury 04:07
Could happen.

R Rob Mineault 04:11
So Steve, how are you?

S Steve Barclay 04:14
I'm just spiffy.

R Rob Mineault 04:15
So is this rumor true that hockey is over now?

S Steve Barclay 04:20
It is true. The Stanley Cup Finals concluded last night.

R Rob Mineault 04:23
All right. Well, since we were your guys were talking about it for weeks. We should probably give her audience an update in case they weren't watching. So who who? Who won the big, big thing.



L Lis Malone 04:35
Thank God not Tampa Bay.

S Steve Barclay 04:38
Well, given that there's only one other option I'm going to have to say that the the team that was not Tampa Bay was the Colorado Avalanche. They won it in six games

R Rob Mineault 04:51
Aren't they pretty new team?

S Steve Barclay 05:00
They stopped being the Quebec Nordiques and become the Avalanche. I don't remember now. It's a good question. Yeah, sure.

L Lis Malone 05:09
Hey, I don't know the answer to that.

R Rob Mineault 05:17
All right. Well, this congratulations to the Colorado Avalanche. Indeed. Good job.

S Steve Barclay 05:25
In 95. They became the Colorado Avalanche in 95.

R Rob Mineault 05:30
All right. Well, you guys, you guys seem like not excited about this. Is this because nobody was really rooting for that team?

L Lis Malone 05:42
No, I think because all of our teams were out of it. I think.

S Steve Barclay 05:45
.....

Yeah. I think my neighbor put it best. The other night, he said, You know, I haven't been paying a lot of attention to this, because I don't hate either team. And that's, it's one thing if there's one team that you hate, and you know, you can you can at least cheer against them. But yeah, no hatred.

R Rob Mineault 06:03
So when does hockey start up again? Like two weeks?

R Ryan Fleury 06:06
Summer Camp probably starts in August.

R Rob Mineault 06:11
Right. Anyways, Hey, Ryan.

R Ryan Fleury 06:16
Yes, Rob.

R Rob Mineault 06:18
What are we doing today? Today, we are speaking with our friends from over at 94.9 Radio Western, Brian and Kerry Kijewski.

S Steve Barclay 06:31
Welcome

B Brian Kijewski 06:32
for having us on. It feels like, you know, just yesterday, we were chatting with everyone here.

R Rob Mineault 06:37
I know. Yeah.

B Brian Kijewski 06:39
Time has been flying by this year. It's already what the end of June here.

R**Rob Mineault 06:43**

So now, why don't we start out with for our audience, since a lot of them probably weren't aware that we came and appeared on your show. Why don't you give us a little bit of a snapshot, just introduce yourselves and tell us a little bit about the show.

B**Brian Kijewski 07:03**

Okay, well let let Kerry go first there. She's oldest and wisest.

K**Kerry Kijewski 07:09**

Yeah, we do our show together. And we're brother and sister. So he's always putting things like that off on me. Yeah, so my name is Kerry. And I'm the older of the two siblings, and three years older than Brian. And so we weren't the only two in the family, but we were the two who are born blind. So we've just been doing some work together with audio, a lot over the years. And then, with the show, we decided to take tackle advocacy, which was new for both of us, right, Brian?

B**Brian Kijewski 07:41**

Yeah. So as Carrie said, She's three years older. And so I was born in the 1987 and the later 80s. There. So we both grew up in the 90s together in a really close close family. And yeah, so our oldest brother and sister were born first. And both of them are sighted and don't have the condition that Kerry and I have which originally started as Leber's Congenital Amaurosis, which is some of your listeners may have heard of that before. It's a common enough blindness for for blindness in general, which is the most common thing, obviously. So we both had were diagnosed with that. And then at a later age, we found out that it wasn't just that Kerry can actually maybe go into that bit more detail, but she was eventually diagnosed with with kidney disease. And her being the oldest. And as I said, wisest, she also did have to go through a lot kind of as a guinea pig before I did, because we're, we both have the same Senior LÃ,ken syndrome, which is a very rare syndrome. So we both have this, this condition where we includes the blindness along with with kidney failure. We both also had scoliosis. We both had back surgeries quite long time ago now. But all of these experiences while similar and definitely created a bond between the two of us different from the one we would have had with our oldest siblings, even though we were all still very close as a family, just the fact that her not Carrie and I have you know, I've had so many similar experiences, but at the same point, everyone, as you all know, you know, experiences these things differently just because we're both blind, Kerry has always been able to see a little more than me at least until more recently where she's been losing more sight. So there's always these differences but overall through life, we've always felt like we've had a certain connection that you know, you don't have with anyone else. And you know, I do I do feel feel for Kerry though, because she did have to go through a lot of his kidney, the kidney disease, and then they thought, oh, you know, your brother's three years younger and he's also blind, so it's pretty good chance he might have this too. So they did a biopsy for me in advance and caught it much earlier than her so I didn't have to, you know, go

through the same amount of stuff in the beginning. But then, since then, I've had two kidney transplants and she's at one so as you can see, it's the different road for everyone. And pretty much all of these things led us to Outlook, the show we do as was mentioned at the top of our intro. And thanks to AT Banter for referencing Radio Western, which is here in London, Ontario.

K Kerry Kijewski 10:09

Like I say, I got to go ahead of things because I'm three years older than you and you just follow me everywhere. But then I let you go ahead and you went to Radio Western first with your music show, which then led to the opportunity doing our advocacy show.

R Rob Mineault 10:23

So now what kind of radio station is Radio Western?

B Brian Kijewski 10:28

Yeah, so it's out of the University of Western Ontario. So it's, it's a pretty big, big university here. And it's pretty close, actually, where I live. So it is actually an official radio station. I forget how many watts it powers that it's definitely not as strong as a, you know, a mainstream full out station that has you know, tons of money and can afford a backup transmitter and all that kind of stuff. But it still does transmit over the airwaves at 94.9, here in London, Ontario, and you can get it throughout southwestern Ontario, depending on the weather and day, you know how it is kind of tuning in an old good old radio signal. I don't know how many people even still listen to the radio, but I still love it. I just love the spontaneity of the live radio and the fact that the station is right here in London. And there's even a lot of people here around that I know of that hadn't even heard of it. A lot of people that go to the university that don't even know of it. So it is still I'm so happy that a platform like that exists and how open they were to just giving us full control over our show and my music show before that which I which I still do as well. It just it felt so inclusive. And it just felt like such a great environment to be in. And everyone was so welcoming. And it's really a dream come true to be on the radio and be able to do these shows.

R Rob Mineault 11:37

So tell us a little bit about about the show itself. What exactly it's it's sort of mandate is, and maybe a little bit of just how it all came about?

B Brian Kijewski 11:46

Yeah, Ker, so I think you did you come up I think it was you actually pick the words accessibility, advocacy and equality. Those are kind of the three main themes of our show. But yeah, Ker, maybe you want to talk about a little bit about the background of how it kind of came about.

K

Kerry Kijewski 12:01

Yeah, well, like, Brian, I had a podcast, we were just sort of doing for fun before that. Just as a way to practice to see how you make a podcast. And that was called Ketchup on Pancakes. So then that was a whole different thing that was just humor, creativity and family. So we would just, we had old tapes that Brian still has copies of that he's made digital now but we did all these different other things that we don't do on the advocacy show now.

B

Brian Kijewski 12:28

That's right. I mean, it's funny that you bring up this this podcast Ketchup on Pancakes, and you all might have some questions about that as well. But it's, uh, it was one of the things that I in the beginning like that was it was definitely your idea Kerry, I had been to school for for audio engineering here in London. So I have the audio skills to be able to do it. But the first we released our first episode of of Ketchup on Pancakes back in in 2016. And that first episode, I think, like every two or three minutes, I was yawning. And I just sounded like I was trying to be into it, trying to help my sister, but I wasn't really into it. So I do credit Kerry with sort of initial getting me into the into the podcasting world. And then yeah, after, after going to the station there and doing my music show, which was always a dream of mine since since, you know, since since a kid. I was a kid, my older brother always was introducing me to so much music that wasn't like what you would hear on commercial radio, more of these underground, you know, lesser mainstream kind of bands that also I still thought were always really good and needed more attention. So I got in there and started doing that in 2017. And then I had mentioned to the to the program director at the time that we had this podcast Ketchup on Pancakes. And, of course, she was like, wow, what the heck does that mean? What's that about? And so she did actually check it out. And then from there, she asked if we wanted to air that on the station. And then we we thought about it, but I think one episode did air with someone there editing of it, a bit of stuff out of it. But it's kind of like I don't know how we're going to quite fit this on the station because the podcast is fun. And we still do the occasional episode of Ketchup on Pancakes. But it was kind of like how can we really have this specific enough. So that was also kind of when we'd started getting more involved with advocacy and had been introduced here in Canada to the to the Canadian Federation of the Blind. So it was kind of really into that whole advocacy at that time. I just actually came back from a convention and went to a NFB convention in Orlando in 2018. And that was really just sort of like nothing I've ever experienced in my lifetime being in a place with 5000 other blind people, it just it was pretty unreal. So obviously that sort of all tied into it. And then yeah, just from there we had this keen idea to really be spreading advocacy more and just felt like the stuff wasn't talked about enough. And when I had this platform already set up and knew how to get into the studio knew I already knew how to work the board and everything and just went in in September of 2018 and did their first Outlook show which it is officially just called Outlook but we call it Outlook on Radio Western. And so that people can find it because just searching Outlook you'll you'll get tons of results, but it might not be us. So Outlook on Radio Western is what we go by right now. And, you know we love radio podcast. Yeah, yeah, cuz that's the other thing, I guess. Yeah, we started out as just a live radio show and we're still, I still like to call ourselves a radio show first and foremost, even though these days podcast -

K

Kerry Kijewski 15:21

I always put it I always put it first on the billing, right?

B Brian Kijewski 15:25

Because it's kind of what it how it originated, it's still the way this show generally airs, we do generally do them live, not always. But we did like, as was mentioned, we have had AT Banter on recently, at the beginning of May, and they you guys all agreed to do it live, which, which is great, because I like both options. And it's good to be to have the option certain people can't do you know, 11am, Eastern on a Monday morning, which is when we're live on Radio Western. So it's good to have both options. And since the pandemic, we really got more used to that. And then that's when I finally got us up on the podcast services as outlook on radio Western. And since then it's been, I think it's been getting, getting some attention. It's always hard to know, I don't know about you at AT Banter there, how you if you keep track of listeners and stuff like that, and I'm trying to get into that more. But it's it is just the two of us doing all this. So it's kind of hard. And of course, I want people to be listening at the same point. I just enjoy doing the show and spreading the word. And if somebody hears that, that's, that's obviously great. But it's not the main reason I do it is to get, you know, not doing this via a celebrity or something.

L Lis Malone 16:28

You're not doing it for the sponsors.

B Brian Kijewski 16:30

No, I mean, you never know. It would be kind of nice. Maybe someday, but it would depend. Do you think that's a difficult area? I don't know.

R Rob Mineault 16:37

Yeah, podcasting analytics can be tricky. Generally, what I just do is use Joe Rogan's analytics for our analytics.

K Kerry Kijewski 16:48

Never go wrong there.

R Rob Mineault 16:49

Right? So it is a weekly show, right?

K Kerry Kijewski 16:54

Yes, it immediately airs it airs regularly on the same time every Monday. And then after that is when it becomes a podcast. So yes, it's got a main airing at 11am Eastern. You can stream it now live from the their website, radio, radiowestern.ca.

B

Brian Kijewski 17:11

If you go there, you can there's a play button right at the top there, you can stream it and and that's the other thing too. We started out actually as a as a half hour show. But then, during the pandemic, certain times when we had guests, it was like, well, a half hour feels pretty short. So they would give us the odd hour, but eventually it was like yeah, it's too confusing. They said you got to pick you can't do you have a half hours, some weeks and an hour other weeks? So we went with an hour, which I think when you do have a guest is is great. We originally started that with a lot less guests. It was mainly just the two of us for the for the first while. And for then half hour can be enough. I don't know.

K

Kerry Kijewski 17:47

Yeah, funnily enough fair, like we should do, if we're going to do just our outlook, it was should half hour is probably fine. But then when we decided we wanted to talk to more other people to get other outlooks other than ours, then you're like, well better give a bit more time for that.

B

Brian Kijewski 18:01

Feels a little rushed with only half an hour.

R

Rob Mineault 18:05

So in general than how much prep work do you guys find that you have to do for a weekly show?

K

Kerry Kijewski 18:15

Well, we try to keep ahead of the game. As far as scheduling, as I know you guys do as well, just so that you don't get stuck, you don't keep getting stuck. It's like a cane that you're walking with a white cane that every few steps gets caught in something right catches you off guard. We want to be able to have enough time to prep and have guests lined up, so we have an idea of some of the themes we're going to cover and topics we're going to talk about in the next little while. So we'd like to keep about a month ahead as far as that. And then I think for me, I'm like doing social media so like regularly, or a regular enough to try to stick to a schedule where I'll post you know, the introduction for that week's episode on the Monday. And then you know, a few days later hope to have the podcast up. So there's a bit of a structure to it weekly, and then looking at monthlies what I usually try to do.

B

Brian Kijewski 19:08

Brian Kijewski 20:00

And then I guess as far as once we once we do have a guest coming up, it sort of varies on on who the guest is. Sometimes we've had people on that have been friends of ours for a long time and stuff like that. And, you know, for those people, we keep it we can we can we already kind of know them so well that we can just sort of go with the flow, whereas for other guests, I do like to do a bunch of research. So I kind of have a bunch of notes and I normally have my braille display with me for notes and studio. So I you know, I don't have to hear a voice talking. I can check my notes while I'm on here. But it's always a balance with notes because I find I feel and I feel kind of like a little bit nervous or uncertain if I don't have anything prepped because you never quite know what certain guests are going to be like. But other times I find if you have too many notes, then you end up constantly thinking about, Oh, I gotta get to the next thing and it doesn't always let the conversation flow. So sometimes I'll spend, I tend to procrastinate sometimes too much too. So I'll be you know, the morning and I'll be like, I'll shoot and I'll be rushing around I'm to read up for a few hours and make a bunch of notes. And then it's almost like you're cramming at that point. So it's a, I find it to be sort of a balance and it's something I'm still trying to work on. But it's, it's doing a show in general yeah it does. You know, a lot of people here show, it's like anything, it's like, it's like a song or a book, or whatever it may be where you might listen to it, or read it quickly or something and be like, wow, like, that was good. But you might not always realize what goes into it. And even with this show, like, you know, Kerry mentioned, she does great work with the social media, I do all of the uploading online with the with the podcast stuff, and I actually record it straight off the radio signal into Pro Tools here from home. And then I mix it over to Pro Tools and convert it to mp3 to upload as a podcast. So all of that stuff behind the scenes, as well as the constant scheduling of the guests and, and researching everyone. And it's, it really does, you know, it takes a lot of time. So it's, it's not, it's not always easy. And I think Kerry makes a great point about planning ahead, because then you do feel less overwhelmed. If you're kind of getting up to a month. It's like, gee, we have nothing scheduled.

K

Kerry Kijewski 21:03

Yeah, how many balls? How many balls do you have in the air? Brian?

B

Brian Kijewski 21:09

I have, I've lost count of my week, we actually finally made a big list of names of and just organizations in anything that we've kind of want to want to reach out to eventually. So we actually made that finally a few weeks ago, so we have a big list there that we can kind of forever kind of stuck, just look at that and see oh, this is a person I thought about before. Because then I'm still you think about somebody and then you just totally forget about it. So if you don't notice, you know, keep notes and write the stuff down. Sometimes it's hard to remember.

R

Rob Mineault 21:37

Yeah, I mean, it sounds like we have a very similar process.

K Kerry Kijewski 21:41

Yeah, and it helps to have multiple people working on it, because then ideas come from multiple directions.

B Brian Kijewski 21:46

And yeah, and we finally kind of got everything like, like I said, it took us a while, it took me a while because I was kind of the responsible one for the podcast, and I'm the type of person like once I do something, I can't stop. And I like get obsessive, but to actually start something is gonna be a struggle for me sometimes. So I think I've been thinking about the podcast thing forever. And then finally, you know, so a lot of these things just are, I think, you know, say we did have a third person or somebody else to help out behind the scenes, that would definitely give us more opportunities. Like there's certain things we'd love to incorporate someday, like having full transcripts for every episode for Deaf listeners, because, you know, we, blindness is the main disability we focus on, but we focus on all disabilities, because we want to learn more about everyone. And we want we think it's important that that everywhere is inclusive, and we're talking about all sorts of disabilities and whatever it may be. So I think there's definitely things we'd love to include in the future that we don't have already. But it's, it's, it's always a, it's always a work in progress, we finally kind of got the email account set up so that we're both sharing the same email. So we can, one of us can respond one day, one of us can respond another day, and we're getting more and more organized, I think as we go.

R Rob Mineault 22:54

Now, do you do you tend to have a lot of advocacy organizations on the show? Or is it or is it more individuals in the community? What kind of what kind of content are we talking about?

K Kerry Kijewski 23:05

Yeah, I mean, I think, as Brian said, it, it started because we started doing advocacy work and learned about that sort of work from the Canadian Federation of the Blind. But um, while that inspired the show, as we went along, we realized that working too closely with any particular organization, alongside the show Outlook, it gets kind of complicated. So we wanted to sort of become more neutral and come at each show from a different direction and talk to these organizations without being up close with any of them.

B Brian Kijewski 23:40

But yeah, I don't know I would say I would say as far as guests like we've had -

K Kerry Kijewski 23:43

I mean, we we start we start in the community, but then we like to so obviously we talk to people - like you guys on the West Coast- so across the country. But then we like to talk to people more we're trying to find more people to talk to you on Ontario because suddenly

they're all around you but you don't know about it.

B

Brian Kijewski 23:58

We've had, you reached out to NNELS the National Network for accessible library equitable library service -

K

Kerry Kijewski 24:04

And Braille Literacy Canada and so yeah, I just started reach out to anybody who's doing great work if you know about Braille or -

B

Brian Kijewski 24:13

So it's both organizations that we have on can just individuals in the community and area and I think right now - just a bit of a sneak peek - like there's there's other areas we're trying to look into. Like Lake Joe here in Canada. You may have heard about there we went there like way long ago as kids but not haven't heard about it really in years, but we thought this summer you know it might be neat to do a camp episode and we don't know any specific names from from Lake Joe. So we're gonna reach out to Lake Joe and just see who we can get a hold of. And it's the same for the for the guide dog school in Quebec, MIRA, we want to reach out to them eventually. So I think it's a bit of both.. Actually, we just recorded a live one this morning. The day that we're recording this AT Banter we recorded one live in the studio, a new Outlook episode and it was just from somebody who had just finished studying counseling psychology in University of Victoria there and is going off now to try to find some work. So that one was more of a, you know, just someone's personal experience in school and losing their vision and, and all that kind of stuff. So it's, I think it's great to get both perspectives. So your listeners can hear more official organizations and things like that. And then they can also just hear a very personal, casual sort of, you know, experience that they might be able to relate to.

K

Kerry Kijewski 25:29

But yeah, we're also like, looking into reaching out more to just Radio Western and other departments.

B

Brian Kijewski 25:38

There's actually a new introductory type course there in September about, I don't know, Ker, what was it about specifically something about?

K

Kerry Kijewski 25:45

I think working with online teaching, orientation and mobility, I think.

B

Brian Kijewski 25:50

I don't think it was like for a full out, like actual, you know, to become an official mobility instructor. But it was something about teaching blind people was this course that they offered there? And I was like, huh, like, I should definitely reach out to whoever, whoever is putting on that course. And, you know, maybe make it a requirement for those students to listen to a couple episodes of Outlook and just see what comes from that stuff. You never know. Right?

K

Kerry Kijewski 26:12

Yeah. You don't know until you reach out to people.

R

Rob Mineault 26:14

Well, you know, that's really interesting. As I'm listening to you guys talk about it, you know, I feel like this show is you were very similar in a lot of ways. Because it sounds like the process that you guys go through is very much what what we've gone through. So let me ask you this. When you first started, this has, it kind of surprised you the sheer number of guests or organizations out there to talk to? Because I know for us, you know, when we first started this, I think that we thought this was going to be a flash in the pan, it was probably going to last about four weeks, and that would be it. And even even if we did sort of follow through with it, we kind of thought in the back of my head anyways, I kind of thought I should say that we probably run out of things to talk about, you know, within six months or so. And here we are, you know, in year seven, and we were not even close to to the end. Is that what you guys are finding as well?

K

Kerry Kijewski 27:24

Yeah, like Pandora's Box, kind of.

B

Brian Kijewski 27:27

It sort of depends on the day, though, right Ker? Because I think like some days you were kind of like, it depends on when you get those feelings where you're just not feeling maybe as inspired or something. Sometimes you're kind of just like, how are we going to be able to keep this going? I know you've said that a few times, Ker.

K

Kerry Kijewski 27:40

Yeah. So like you said, even though it's something you want to do, that's work, you're still uncertain days, everybody goes through this stuff. And then you start to be like, it's more of a negative outlook on a certain day and more positive one. So it's like, I know logically, because the more we look into these things, the more things we've found, and the more roads we've

gone down that Yeah, we didn't know we'd go down there. So it really does, I think the more you do it, it's just sort of trained you where to be looking for these things and these opportunities.

B

Brian Kijewski 28:08

Yeah, cuz you do start to make more and more connections as you go along. And then the people that are on your show, you know, make connections, and we've had more and more recently, we've had people reaching out to us that we haven't even reached out to at all that just kind of approach us and that's so it's so refreshing, because we're so used to always like hunting for, for things. And it's not that it's hard to find it just, it can be sometimes a little bit daunting. So it's nice when someone else reaches out. But I do think like, especially opening it up to not just blindness to like, there really is even if it was just blindness, there's still endless things you can talk about. So I think having all disabilities included in any diverse, diverse group or, you know, covering all diversity, I think, pretty leaves things endless for us, like, keep doing this.

K

Kerry Kijewski 28:49

but we did have to start somewhere. So yeah, we started with blindness in the beginning. And there's so much more about the wider subject of chronic illness and in all facets of life that there's so much to explore there.

R

Rob Mineault 29:03

Especially in the advocacy space, right? It really applies across the board. So I want to I want to go back to talk about - and Ryan's gonna jump in on us, so get ready - but I want to go back and talk about the live aspect of the show. So when when you started the show, did the format always have to be live? Or did they give you the option to record it?

K

Kerry Kijewski 29:31

I think I think if we would have aired the our podcast from before Ketchup on Pancakes. I think maybe they would have maybe given us options. I don't know we talked about different podcasts that we could air there that maybe we'd sent to there and they some would have someone on there and edit us and and it's really turned into that, you know. Brian does all that stuff, which gives us a lot of control. But as we were talking with somebody just last week, but yet, you kind of have to learn as you go. And we weren't sure what it was going to be at first. So yeah, it was tricky.

B

Brian Kijewski 30:05

Because yeah, I think when they originally said, Oh, we heard your podcast, you could have that on the air, the thing was, our episodes were always over an hour, and they wanted to cut it down to a half hour. So it's like, you know, you can edit things down, but to only to a point. And

I think that the person who, who was helping with the editing moved on. Obviously, they have a few people who are paid employees there, but most of it is volunteer. So this person had to leave eventually. So I think it was a lot on their end to to have to keep up with editing. And I think they would have been open to it, I'm sure if we had said, but also in 2018, being before the pandemic and everything. I didn't even really think about pre recorded once we actually decided on Outlook and doing this advocacy show, I didn't really even consider it I don't think at the time because I'd been there already over a year doing my music show. And I just love that live format so much. So it was kind of already in that headspace. But then at the same point, once we did go into the pandemic, it was nice to have the setup to be able to do the pre records, because even during the pandemic, I could just send them in and they'd still hear them on the Monday mornings at 11. But we just have to send them in in advance.



31:03

So yeah, I don't think we had any idea which ways other ways the pandemic might steer this thing. And it might have still ended up in those same ways already. Anyway, but it's just it definitely took it in.



Brian Kijewski 31:15

But it's funny how that works out, like with with this show in with, with my music show. I think originally before the whole pandemic, it was like, you know, you're so used to doing a live show, then the pandemic, I was so used to doing things at home, and I kind of thought, oh, I never really want to go back now that I've been back in studio, it's like, oh, I don't want to do these pre recorded because when I pre record them, then I have to end up doing more editing and stuff. Whereas when it's live, I generally don't really get it out much I just upload the live version as a -



Kerry Kijewski 31:40

you take what you what you get, and then you're just you roll with it.



Rob Mineault 31:45

Well, yeah, because I'm sure that then, you know, we when we when we appeared on the show, like we sort of had got an inside look at sort of the challenges around doing a live show. What was the sort of the learning curve for that? Like, was it was it ever a little bit of a of a worry, when you when you first started like doing this, we got to do this thing live?



Brian Kijewski 32:07

I guess again, for me, going back to my music show Chin Music, which I started in 2017. And in July of that, that year, that gave me already a lot of experience of being on the air. And obviously, it's a music show where you're playing a lot of music, but I still did do you know, four, five minute plus mic breaks where I back announced all the songs I did out, I do a lot of

research for my music show as well like the record labels and the band members and all this kind of stuff production and these any sort of interesting things I find about it. So I was already kind of used to that. And already having the audio engineering school I was used to using the console there, I do a lot of it, not being able to see I do most of it by counting to know that you know first fader is turntable number one, second fader is number two, and then this fader is the, you know, the auxiliary cord. And this is where my mic is. So I kind of got used to all the channels and turning them up and down and turning them on and off and making sure something's in queue if I'm previewing the next song and all that kind of stuff. So by the time we did, I looked I was definitely familiar with that the equipment and kind of got used to that. But then it was still a bit of a different jump after that doing a full talk show where you're not just talking for five or six minutes, and then playing music, you're talking talk, talk, talk the whole time. And then that's also when, when when you Kerry came in and you weren't as used to kind of being on the air. So I don't know, kind of if you have any memories from that back in September of 2018? When we came on first and again, that's like I say it's it still is live radio where it's, it can be intimidating, even still, sometimes when you're something goes wrong, and you don't want to have that dead air. But I was already kind of used to that a little bit with my show prior where occasionally I did have that dead air and it just a second feels like, like five minutes. It's an eternity. It's kind of scary when you're just sitting there. You're like, oh, shoot, and sometimes I just be like, oh, sorry, folks, I think I'm gonna have to go to break just to reset or something like that. But I don't care. How did you find starting? Look going into the studio? And that was a while ago now.

K

Kerry Kijewski 34:00

Yeah, no, it was but I mean, I already felt the confidence you already had in that whole thing. And so you were ahead of me in on all of that. But I got some time here to catch up. So I of course it took time to sort of warm up to that because I hadn't really had a lot of experience. And it just seeing the studio for the first time and it was more professional than I was used to. For sure. So it took a while for me to feel comfortable behind the mic. Without feeling too self conscious. But just the fact that it's always been with Brian I just it's not it's I think maybe one or two times I did a show just me and it doesn't have the same flow at all. So having Brian as someone else there, I think it really helped and it just took the last four years almost now for me to get more comfortable using the mic, knowing that we were live.

B

Brian Kijewski 34:51

And it's a weird thing I find where you you know you're live but then you also forget sometimes when you are in that room and it is it's so private when you close the studio door and there's nobody else in there. And it's just sometimes you don't even know who you're talking to or how many people might be listening. So I think there are those moments. But that's, that's always, you know, when it's, you know, it's the best radio when you're not even thinking about that. And I think that's still is the key. And I still find that with both of my shows where I'm, I feel much more confident, but I still don't always feel as relaxed. And I think that's the key is being as relaxed as possible when you're on the air. So then you're not forcing it, you're not putting it on, you're just sound like you're comfortable.

K

Kerry Kijewski 35:26

Yeah, even when we're talking about the tough parts of advocacy, it's, it's just, if you can sort of go about it about it in a relaxed way, as weird as that might sound. You can help the listener to not feel no matter what what they're hearing you talk about, they don't feel tense for you, because they can tell you're relaxed.

B Brian Kijewski 35:47

But it always is that nerves thing I find like, oh, yeah, I'll be at home and I can think of everything. And then the second I'm in front of the mic, sometimes on the air, it's like, what was that name of that organization? Or what was this again? And it's just it's weird how that happens. But I think it is just the nerves kicking in and your mind just sort of sometimes, like freezes.

R Rob Mineault 36:04

Yeah, no, I mean, I have to say, I have to give you guys a lot of kudos. Because, you know, not only are you producing a weekly show, which is plenty of work. But you're also doing it live. And if, and correct me if I'm wrong about this, but you also you're doing all the, you know, the engineering part of it, as well. And you're both playing host and interviewers for the guests. That's a lot on your plate.

B Brian Kijewski 36:33

Yeah, I mean, I can't imagine like the days when they'd have a separate board up, and you just be sitting there as the host. And that's your job. And that's it kind of thing, right? It's, I mean, it's, it's one of the things I love, I love operating the console there because I, as I said, I went to school for audio engineering. And so I've used the SSL dualities in school and stuff like that, which is just a, you know, \$250,000 console, I'd love to own someday, but won't be able to most likely. But just having that hands on with the board and being able to, you know, have our headphones on and be like, Oh, I sound a little louder than Kerry, I'm going to turn myself down or turn her up, or just to do these adjustments on the fly while you're talking live. And, you know, occasionally I'll mute my microphone, if I need to take a sip of water or something, and Kerry's already talking in that moment. So it's just like so many little things you can do to have control of that. Whereas if someone else is controlling that stuff, so it's that it's the pros and cons of doing it all yourself where I love having that. But sometimes it is it can be a lot. And sometimes yeah, you would just like to it's like being a musician too. For me, it's also being an engineer, I've sort of ended up you know, recording and mixing a lot of my own music, but sometimes it's like, it'd be nice to have somebody else, because then you get someone else's sort of opinion on things. And just another perspective, but at the same time, it's also kind of nice to just have the two of us doing it all, but can be a lot.

K Kerry Kijewski 37:47

We try to give each other reprieves.

L Lis Malone 37:50

When you're talking, does the sibling relationship ever become an issue during the production process?

K Kerry Kijewski 37:56

Oh, what a good question. Oh, yeah, sure, of course. Yeah. It really is interesting, because we've done a lot of things together over the years. So sometimes you need the break. But when you have a task that you're trying to get accomplished, we both kind of know each other's strengths already. So we know what the other is going to be able to step in and help with. And the ease, the easier, they're going to make it on you in that moment. So it's nice that we know each other so well. So we know how to work with those situations. But of course, we have our moments when, whether we're behind the mic and on air, and we get talking over each other or behind the scenes, we get frustrated. Until we realize wait, one of us has this on the air and we didn't the other didn't know, right? Like, it can happen.

B Brian Kijewski 38:44

I mean, I kind of like occasionally when those moments have happened on the air a little bit of an argument or something because it is just reality. And it shows you know, we're not just putting it on for the radio, because I just never I can never get into radio that felt didn't feel authentic and felt like they were sort of, you know, exaggerating it. So I love that kind of casual feel. And I think you of course we don't we get that's why we don't live together anything like that, you know, we would get definitely in each other's hair if we were close to each other all the time. But I think Kerry does make a good point. And I often find too, like, we seem to be able to balance out each other. Like if I'm having a bad day sometime sometimes. And I'm like, I'm not really feeling it over here. Carrie can kind of, you know, talk me out of that or sort of be the positive force and if I'm kind of negative one day she can she flips Yeah, if you're if you're negative one day, I can be the opposite. So yeah, it goes it goes both ways. I think and I think it is the fact that we're siblings that we and we've always been a really close family. Of course we've like any siblings, we fought but you know, it's unfortunate. You hear about a lot of people and families out there that don't really get along and our family you've all four of us actually even the two older sighted ones we've all always been super close and I think that that makes for a well balanced relationship and that we don't we get into each other's nerves a little bit but we It doesn't never never get too far, I don't think. What about division of labor? How have you guys set it up? Like, does one person kind of do the research when it comes to guests? Or do you guys pretty much just team up on everything?

K Kerry Kijewski 40:13

Yeah, we just like to give each other you know, we each have something to do. But we both come together and come up with ideas or guest names or concepts. So we both know, what part of it we can sort of handle and what part we're best at. Brian has some research skills that that, you know, I'm not as good with. So then there's certain times when his research, you know, techniques come in more handy than mine. So it depends on what kind of guests it is and what the topic is.

B**Brian Kijewski 40:48**

I think I would say is that Kerry has definitely stepped it up a bit more in the booking area. As far as sort of, I've gotten to I've been finding more as time goes on. And I definitely want to try and step into that role a bit more. But I will say that since I've been, you know, taking care of especially during the pandemic, where I did all the editing, because we were only recording from home. But even still in the studio, it's still uploading the podcasts and stuff and running the board during the show. So since I kind of take care of all that technical stuff, she's kind of taken on a bit more of the production, sort of, you know, what are we going to do, but of course, it's it's both of our show. So we both like to chime in on that. And we both like to find guests if we do but it just seems like generally speaking, Kerry maybe finds them a bit more than I do.

K**Kerry Kijewski 41:27**

Yeah, we'll come up with a broader idea. And then I will sort of come across a lot more things that I noticed. Whereas a lot of Brian's life is about music. And, you know, that's something that is such a part of him. So I'll be reading literature or watching a documentary, something that I'll bring to his attention that he might not have found otherwise, because he's listening to so much music.

B**Brian Kijewski 41:51**

So after the show, after Monday's when we do the show, then yeah, pretty much. Tuesday, Wednesday, Thursday, I'm trying to discover, you know, 25 new songs to play on Friday. So like, Yeah, I'm pretty busy those next few days. So then by the weekend, I have a bit more energy again, but I just find it is it's such a balance. And sometimes I wonder, you know, how people balance all these things with with so many things going on in life because life because it's just, it's hard sometimes to really give enough time to everything and, and but I really do appreciate the effort that Carrie does put in with that with that area, because it it really does show for me and it gives me so much inspiration to for Kerry to reach me like Oh, look who I found now. She just, I don't know, like, I'm pretty big on social media too. But Carrie seems like she's definitely really found a way to really make those connections and meet so many people through.

K**Kerry Kijewski 42:39**

Well, that's what I tell people. I've been doing it all these years. I haven't just been swiping mindlessly.

B**Brian Kijewski 42:46**

just talking about what you had for dinner last night.

R

Ryan Fleury 42:50

Or pictures of your cat.

K

Kerry Kijewski 42:52

Yeah, I had a few of those, but not too many.

R

Rob Mineault 42:54

So in terms of of advocacy, say in the past year, what do you what do you have you guys been talking about? What do you what do you guys finding are sort of some of the hot topics over the past year?

K

Kerry Kijewski 43:11

Um, well, I think I mean, every time of course, every time election comes around, we try and talk about our experience with that. So whether that was Ontario's provincial one that was just recently or our last federal one. And so when those things come up in Canadian society, we like to talk about those things. We know we don't always know a lot about politics, Brian and I are just learning that along with the advocacy stuff, we didn't really pay attention when we were younger, you don't care.

B

Brian Kijewski 43:40

Again, we'd like to try to keep things casual, but it's hard when you get into that stuff. To be sort of fun and casual plus, then the whole the whole voting experience these days, which still isn't very accessible for me here in Ontario, just voting provincially few weeks ago. So that always comes up on the show. And it's something you always want to highlight because it's I mean, the goal is to actually reach out to some NPPs and really discuss this.

K

Kerry Kijewski 44:01

Yeah, like the people at the station, who who heard our show there that week after we talked about it, they were like, wow, that that subject was really interesting. And I didn't even think about it. So you know, that's who we're reaching about why we talked about it even as hard as we still find it. But then as far as fun advocacy, like you can do it disguised in fun ways. I guess. Maybe some people find politics fun, but not me. Like but even like as I champion audio description more and more. And that's something that's you know, Brian has a different experience with that stuff that I do. Growing up, I watched a lot more movies and things he was again listening to a lot more things and I've had enough sight to see the screen so we were interested in different things. Sometimes we weren't always together so I've just been loving audio description the last several years and image descriptions and all that stuff. It's it's like a art art. An art form I think is pretty cool. So I've been getting Brian more into that. So you can have that because you know do advocacy work. stuff like that too.

B**Brian Kijewski 45:01**

And then I think another couple things that I would like to mention from the past year that did really stand out were is Braille is always a big one for us. It's one of those areas that always meant so much to us and which is something that we want to keep talking about, and people hearing about. So we've had a couple businesses on Purdy's chocolates here with their new braille box, and they were kind enough to send us each a box for free and, and then we had them on the show to promote it. And it was such a such a great experience to have Braille incorporated into mainstream products. And it happened the same with this alle design, which is originally from Ontario, but now based move on to the US, I think, but that we had the person who started that company, and just that's Braille on shirts. And that's just for anyone, it's not just for blind people that the creator isn't blind or anything like that. It's just for a fashion statement for anyone. So that's been a really great, I think, to really kind of bring Braille into the mainstream and to be able to advocate for that and promote that on our show to give people that awareness that they could consider doing those types of things, I think, would be one of our goals to continue with and something we've really been focusing on. And I'll say one of the, one of the more most challenging things we definitely had was, we did do a panel. Last September, there was some stories coming out of the US about some mental and sexual abuse going on at some training centers. And this was a really, you know, serious topic, of course, but we actually, you know, heard from some of the survivors from this, and we had a panel, which was something that was new for us to have, you know, what was it four or five people on? And that's that's also a lot more arranging, I find to book a show with a panel. I don't know, if AT Banter has done that type of thing very often. And that was obviously a pre record, but just also such a difficult topic to talk about. And, you know, I think all things considered I was wanting to give them the platform to speak and give their sides of the stories. But you know, that stuff is really difficult. And that's why a lot of people don't cover it. So it was a tricky episode to kind of do and put together but I'm, I'm glad we did it. But it definitely, I would say it was probably our biggest sort of challenge overall. And then you are also working with so many people when you do a panel like that, that certain certain personalities. And these can get tricky. And it's it can be a little difficult, but at the same point, it's such a serious thing that I just didn't think got enough sort of coverage and isn't really taken maybe series absent in some places. So I thought it was great that we were able to provide that platform, but definitely not too easy. So it's a mix of both is there's fun and difficult things.

R**Rob Mineault 47:29**

Wow. You know, it really amazes me you hear you talk the more the more it just sounds like our show. I mean that is a compliment.

B**Brian Kijewski 47:39**

I love your your show as well, because I haven't I haven't listened to all the episodes yet, but I'd love to someday.

K**Kerry Kijewski 47:45**

I love the word banter. I love the act of bantering, like it's just it's, it's fun. Yeah.

B

Brian Kijewski 47:52

And then when we had you, when we had all of the AT Banter crew on Outlook there at the beginning of May, it was just, it felt so fun. Like it was the morning but I was like holy cow, this feels like it's like, you know, nighttime or a party or something like it was great to start off the week with, with having all your personalities on there. And yeah, just I did notice the similarity. Of course, every show has a bit of a different feel. But overall, the overall format and style where you have an interview, but you also just have some banter and keep it casual. And I think that's definitely kind of like the way we want to do it as well. So that's why I was sort of intrigued by your your show as well.

S

Steve Barclay 48:25

Well and we recorded in the morning. If we'd done it in the afternoon, you would have had exactly the same experience because we don't actually improve.

R

Rob Mineault 48:34

There still would have been drinking. But so but the reason why I say that is because I'm curious, because I know for us, we all find like it this is it's a lot of work producing, producing a weekly show. But I feel like it's a real passion project for all of us. And the real, the real benefit that I think we all get out of it is you learn so much from having guests on or having panels, really, I find that really enriches my life. I'm curious if you guys are finding the same thing.

K

Kerry Kijewski 49:19

Yeah, I mean, I, like I said, I've sort of found these things maybe on my own, but to have a show that we do that we can, you know, have them on to talk about it or just to let them know, this is the work, we're doing it. People are interested and they want to know more about it. So it's sort of spurs on more conversation, which leads to making those connections, you know, with people who actually come on the show, so it kind of feeds into itself. And it's a it's circular thing and I don't know, but I find that that's great. And of course you know, that's my work. You do a lot of sort of on your own stuff so you can come at it from a different direction sometimes.

B

Brian Kijewski 50:05

Yeah, well, I would say for sure that it's just, it has given me this opportunity. And it was to just connect with so many more people and like you say, you know, you might, you might still come across these things without without doing the show, because we file follow so many things on social media and just paying it pay attention to the news. And whenever anything comes up, that's related to disability or blindness. But at the same point, if you didn't have a show that might come up, and you would, you know, think about it, you might look into it a little bit, but then you're gonna move on, whereas you don't necessarily have the opportunity to reach out to

the person and be like, you know, if you don't have a show you can be it's like, oh, you want to talk for an hour. But if you have a show, it gives a reason to really get to know that the person or the organization in more depth than I think it is that that that is what keeps us pushing forward is the fact that we're learning so much from this and meeting so many more people and making so many connections, but also, you go home after it and you realize like, that you don't know who might have been listening. And when somebody at the station says like, oh, I didn't realize that or like that was, you know, that was really interesting about whatever you said today, or like the election thing, like most people, I think just assumed that everything was accessible by now like we're in 2022. Right, like, so there's so many things that people might think. And then you go home at night, realizing like, what did somebody else maybe learned today from that show? Or maybe it's a podcast, so maybe, you know, five years from now who might listen to it and what they might learn? So I think it is that the times when I'm kind of feeling like, I'm not really feeling this, or how am I gonna continue going, I think it's that idea that it's out there now. And it's planting the seeds of advocacy, and really getting this stuff talked about and available to everyone's attention. So I just think that's really is what keeps keeps it going is the fact that it's changing, changing society, and, you know, educating people, I guess, in a fun way, I don't like to say educating is because I don't want people to be listening and feel like they're in school.

K

Kerry Kijewski 51:50

Or education is not fun.

B

Brian Kijewski 51:53

Oftentimes, I'm talking, I'm like, wait, am I is this people actually enjoying this or because I'm pretty critical of myself.

R

Rob Mineault 51:58

But once you know, once again, like, it's like, it's like we share a brain is that that's honestly, like, that's, that has been our sort of philosophy as well. We want to, we want it to be informative, but we also want it to be, you know, a little bit entertaining, and we want it to be casual. We didn't want we just want an interview show where we just we come up with a list of 10 questions, and we have somebody on and we just fire the questions at them. We always wanted it to be more like a conversation. And you know, to sort of inject our own personalities and a little bit of humor in into the show, to sort of, I guess, just make it make it fun for the audience instead of, you know, just beating beating them over the head with with advocacy issues, which are important. But you know, when you're when you're producing a weekly show, you know, you got to feel like you have to inject some, some lightness in there in order to keep people listening.

K

Kerry Kijewski 53:03

I mean, I think, no matter whether we're talking about this big topic in advocacy world that a listener may not have ever thought about before. And they're learning something totally new. So it's not familiar to them at all. I mean, most people, either you have a brother or a sister or

So it's not familiar to them at all. I mean, most people, either you have a brother or a sister or an older or younger sibling, maybe you don't. So maybe you have a friend who's like a brother, whatever it is, but that's more of a universal thing that although disability is quite universal itself, but blindness, not so much to a lot of people. So you know, the sibling relationship just for people to hear that on the air between us. Not every show has that. And I think that's where, hopefully when we can be relaxed and have our good days. That's for some of the entertainment comes from.

B

Brian Kijewski 53:46

Yeah, because we have been doing occasionally to when it's just the two of us, we do what we call a mixed bag Monday, where we just pretty much pretty much save up all sorts of topics, or anything that comes up in the news or whatever it is for a day when it's just the two of us to discuss it. And we jump from topic to topic. And then yeah, but we also like to do, that's when we can kind of keep it casual. And I like to talk about, you know, I've been really into fantasy sports lately. And fantasy baseball is the big thing right now I'm into So, you know, I don't even know how many. I haven't met any other blind people who watch fantasy sports, but I figure you know, or play fantasy sports, I should say. But at the same time, like, how do you call it? It gives, you know, anyone who's listening who isn't blind might just be listening to show like, oh, cool. They're talking about fantasy sports. And then that could get them hooked in and then maybe eventually they'll realize that the host is blind and then they'll be like, Oh, wow.

K

Kerry Kijewski 54:31

Yeah, we just like to talk about what we're doing and what what you know, is enjoyment for us and just talking about things that bring you joy, and things you'd like to do for fun. And so then people just hear that, that that light light stuff comes out and that that's how they can get to know you in a different way than then one where you're just sort of laying it on thick the education.

R

Ryan Fleury 54:55

Are there other conversations or topics you'd like to have but can't because you're on a public station?

K

Kerry Kijewski 55:04

That's a good question.

R

Ryan Fleury 55:05

Because because you do the live show, and then you release it as a podcast. But you were talking about referencing the sexual abuse roundtable you had. You know, I, I'm almost surprised that wasn't flagged because you're like you mentioned, these are conversations that aren't being had very often.

K

Kerry Kijewski 55:24

Yeah. And that's how it is done these days. I mean, you do things like before you went, but when you as you started the show, you give out a content warning so that certain people if they were tuning in, but with live radio, they could tune in the middle, right. So it's difficult, and we're learning the ropes and I think Radio Western is learning and but yet, the thing is that they've never really been, they let us really do whatever. I mean, we often will run by, you know, run things, certain topics by the station manager.

B

Brian Kijewski 55:53

Yeah, I mean, that one, in particular, the sexual abuse panel one we definitely did, I reached out because I didn't know. Yeah, I kind of thought the same thing, like maybe. But I think again, they're just, they are pretty open at the station. Like I find from what I've heard about different college stations or university stations, it all depends on kind of who's working there, and who's managing it. But they've just been so flexible there. And of course, if something aired that they didn't like, or something, they would say some but I think they also just, trust me surprise, somehow, just because it's too late. It's already aired.

K

Kerry Kijewski 56:22

Yeah, that's, like Brian has a music show. And that show, he can't have a swear word on any of the songs to some that, you know, he has to cut these to try to edit them out in advance.

B

Brian Kijewski 56:31

And of course, I've forgotten occasionally or didn't realize something's went over the air. And of course, nobody really is going to complain. But if it's a constant thing, they'd give you a warning. I mean, I, maybe I feel that a little bit restricted sometimes when I'm hosting the show, because I feel like it is live that I, but I don't know, I think it's I think it's more that there's things we want to talk about, but we don't quite know how to always approach them. And I think it's that whole idea of a panel like there were a couple, there was a recent panel idea actually Kerry had that was a really interesting idea. But just to get everyone's timing worked and didn't work for this time, for some reason, this one just yeah, just kind of fell through. And I was like, I can't keep trying to treat chase people down to find times, like it just wasn't, wasn't gelling. And I think those are kind of more of the issues we have. But it's also sometimes knowing how to approach like, a big one we want to do is is sort of comparing and contrasting, or just sort of side by side integration versus segregation for blind people and integration compared to schools for the blind. And I just find that it's very tricky, tricky topic, because it's such a personal thing. A lot of it is opinion. You know, for me, I personally don't I think ideally, we should, we should all be integrated, because I think overall, it makes for a better society. But I know, it's not that simple. And there's support and all these things. So I think we kind of reached out at one point to get some people sort of thoughts on it, and I think we got one.

K

Kerry Kijewski 57:57

Kerry Kijewski 57:57

Or still, like we said, with all these topics that are rarely done at all, a lot of people don't feel comfortable talking about them anywhere. So they they don't just automatically, you know, say oh, they can about that topic. Yeah. Unfortunately, but the station itself. I mean, maybe it's because it's the university radio station. I'm not sure they're, like you say yeah, depending on who's running it, but it's just, it's a university area and big listening base there. And then they just they just, it's have open discussion, I guess.

B

Brian Kijewski 58:27

Yeah. I mean, obviously, there's just certain words, you can't say obviously, and if discussion was very detailed, maybe they'd have a problem, but nothing was really described in that great of a detail, I guess where it was. Even when I listened to it. I But yeah, I wondered exactly the same thing. Okay.

R

Rob Mineault 58:45

Well, you know, you know, how they're like cities that like, reach out to like other cities in the world and like they're their sister city. I feel like your show is our sister show over there on that coast.

B

Brian Kijewski 59:04

Nice. Yeah. Sounds great to me.

R

Rob Mineault 59:06

We get a plaque. We'll exchange plaques.

K

Kerry Kijewski 59:12

Get some plaques made, good idea.

R

Rob Mineault 59:14

Yeah. And I don't know. We'll do a cultural exchange. We will send you a -

S

Steve Barclay 59:21

Tequila

R

Rob Mineault 59:22

R Rob Mineault 59:22

Tequila isn't a West Coast thing. I think they have Tequila over there. . You know what, I think they don't what don't White Spot over there. We'll send you some White Spot.

B Brian Kijewski 59:33

No, I had that a couple of times that I was out west.

R Ryan Fleury 59:36

Send them a cowbell

R Rob Mineault 59:39

Okay, there you go. We'll send you a cowbell. That's right. We can send a cowbell.

K Kerry Kijewski 59:45

We have a pretty recognizable theme for Outlook but you guys have the cowbell.

B Brian Kijewski 59:49

Yeah, we don't have -

R Rob Mineault 59:50

Yes. Right. Well, listen, we will we're happy to provide ideas for you guys. Well, we can work on we can help you workshop that. Maybe a triangle.

K Kerry Kijewski 1:00:02

Yes. Brian's favorite instrument,

B Brian Kijewski 1:00:04

Right?

R Rob Mineault 1:00:05

That was just off the top of my head. I was I also didn't have much sleep. So that was lame. But you know what I mean? Well, we'll figure something out. Listen, guys, we want to thank you so

much for coming on a little show. You guys are doing great work over there. Tell our audience where the heck they can listen. And when they can listen.

B Brian Kijewski 1:00:30
Yeah, so we've

K Kerry Kijewski 1:00:33
Yeah, we

B Brian Kijewski 1:00:34
We're talking over each other because we -

L Lis Malone 1:00:36
One at a time, children. I can make you feel like you were back at home. Okay, you know, Brian, don't talk over your sister.

K Kerry Kijewski 1:00:45
Got to use all his middle names if you want to get in trouble like, Robert. Steven.

B Brian Kijewski 1:00:52
I have two middle names.

K Kerry Kijewski 1:00:53
Yes. Yes, he does.

B Brian Kijewski 1:00:55
Well, it's okay. You can start because I interrupted.

K Kerry Kijewski 1:00:58
Okay. Well, if you want to catch us live, you can. If you're on the West Coast, and it's going to be like at 8am Your time, but we air originally on the show every Monday at 11 Eastern for the hour. And if you can't, is it O.K.

hour. And if you go to .. IS IT 94.9

B Brian Kijewski 1:01:16
Okay. That's why I do it.

L Lis Malone 1:01:20
Oh my god. That was like mansplaining

B Brian Kijewski 1:01:26
The siblings

R Rob Mineault 1:01:28
It was brosplaining.

K Kerry Kijewski 1:01:32
I hate websites.

L Lis Malone 1:01:33
So they're all warmed up now with the sibling thing

B Brian Kijewski 1:01:36
It's kind of a thing, right? You're on a show for an hour. And then that's when you really get relaxed.

K Kerry Kijewski 1:01:43
Let it loose. Well, yeah, you can you can add this at the end as bloopers or something because it does come out.

B Brian Kijewski 1:01:50
But yeah, the website is kind of confusing. I'll take the website, Ker, and then you have what you do the you do the outline of the show, online. Okay, so yeah, it's radiowestern.ca. If you go to radiowestern.ca, you can stream us anywhere around the world Monday mornings, and

that's 11 Eastern, which, at west where you're at and would be 8am Pacific on a Monday morning. And it's an hour, so runs an hour every Monday morning. And then after that care, we're available online as a podcast.

K

Kerry Kijewski 1:02:23

Yeah, well go and get started on our back catalogue. You can find us Outlook on Radio Western. If you search that on any podcast app, Apple or Spotify, guess we're on tune in radio.

B

Brian Kijewski 1:02:35

Yeah, we're on SoundCloud page. There. So yeah, look on radio, Western. And we also have an email, outlookonradiowestern@gmail.com. So definitely, if you have any topic ideas or anything, if you just, you know, if you know of anyone who would want to be on the show, or you just want to say hey, like whatever it may be. Yeah, if you listen to an episode, reach out and let us know what you thought of it. You know, whether it's way back when we started or more recently, love to hear your thoughts. We've been through a few Ketchup on Pancakes episodes up in the Outlook on Radio Western feeds. So if you were just to confuse everyone, if you go way back in the feed, you can find some of our earlier podcasts.

K

Kerry Kijewski 1:03:14

Yeah, we're on Facebook and Twitter. We're not on Instagram yet and we're not on Tik Tok.

B

Brian Kijewski 1:03:24

Instagram is kind of supposed to be the cool new place. But something about Facebook I liked for the text. I found I could get more out of it. But uh, that's facebook.com/outlookonradiowestern.

R

Ryan Fleury 1:03:34

Yeah, and there's your music show available as a podcast.

B

Brian Kijewski 1:03:38

Music Show is available. Not quite as a podcast, but it is online actually on Mixcloud. So sort of similar to SoundCloud, it actually airs Fridays at noon, Eastern on radiowestern, same place radiowestern.ca. And then it's also what's on Mixcloud. And that's mixcloud.com/chrwchinmusic. And that's the name of my show.

R

Ryan Fleury 1:04:08

And we didn't even get to where the name chin came from.

K Kerry Kijewski 1:04:12
I guess a baseball term right?

B Brian Kijewski 1:04:14
yeah, kind of had multiple meanings for me.

K Kerry Kijewski 1:04:15
I think it's a short story also.

B Brian Kijewski 1:04:19
But yeah, has sort of a lot of meanings. But the thing for me was that I was really getting into sports for the last 10 or so years, it was always music was my thing growing up always inside, you know, listening to albums never kind of listened to any TV or whatever that it may be. But last 10 years or so, it really got into sports. And I always like the term chin music, which is pretty much when a pitcher throws a pitch and it kind of like brushes at your face or almost right kind of it's meant to distract the batter but not not obviously, something you're supposed to do. But I just I liked it because it's kind of like the show sort of coming at you unexpected, like based on the music I play right kind of like take it on the chin everyone. Yeah. So I just kind of thought it's interesting how a sports term included the word music but really has nothing to do with actual music. So I thought, just kind of a neat, neat word.

R Ryan Fleury 1:05:10
Love to check it out. Thanks, guys.

R Rob Mineault 1:05:14
Yeah, you know, actually speaking of sports, and before you go, we'll, we'll let you guys stick around for this because it's a it's a tradition on the show that we come up with a million dollar ideas that we never follow through on. And while you were talking about fantasy sports, I came up with one. Because when you first mentioned fantasy sports, my mind immediately went to oh, is that like a fantasy football league except it's like, with like, Lord of the Rings characters.

B Brian Kijewski 1:05:48
Yeah, the whole fantasy sports thing is weird. Because yeah, a lot of like, I didn't even know anything about it until actually last winter. One of my friends was in a hockey fantasy Hockey

League, somebody dropped out. So he's just like, Hey, you want to take over this team? And I was like, I know nothing about hockey. But he said, you know, everything's rated and ranked in the app, all the all the players are ranked based on their stats and stuff like that. So it's not that hard. You don't even really have to know. So I just joined this hockey one, and then I out of the blue ended up winning, somehow.

K Kerry Kijewski 1:06:15

I don't know where you get your luck.

B Brian Kijewski 1:06:19

Like, what are the chances? Right,

L Lis Malone 1:06:21

And I think you guys are confusing, Rob even more right now. Yeah.

B Brian Kijewski 1:06:25

Oh, yeah. I guess I didn't really even explain anything about what Fantasy was I just

R Rob Mineault 1:06:28

I haven't even figured out real sports, let alone fantasy.

K Kerry Kijewski 1:06:31

I really don't know either.

B Brian Kijewski 1:06:34

Okay, I won't I won't go into a boring long explanation. But what I will say is, I think it does confuse people the word fantasy, when really it's based off of real players playing the game. Like right now. Like I have members from all around baseball teams on my team and based on how they do in the game right now that they're playing that counts.

K Kerry Kijewski 1:06:51

Do you really sharpen your sports, sports knowledge just by playing? Wouldn't you say?

L Lis Malone 1:06:57

Well, I also think that you dilute your loyalty because you're not rooting for teams anymore. You're rooting for players.

B Brian Kijewski 1:07:02

that it has been that's come up a couple of times, where it's like, you know, the pitcher against my team is on my actual team. I love the Toronto Blue Jays that's my baseball team. But yeah, like it does kind of make for those confused but No, in all honesty, I do want the actual chase to win more than my silly fantasy team but at the same time, it does get you to learn other like in the past I just focused on the Blue Jays whereas now I'm kind of more aware of like, you know, Salvador Perez played for the Kansas City Royals until he just went on the IL like you start to really pay attention to all these other things when you draft you know, third draft round picks and then they go on the IL it's like Oh, damn, like

K Kerry Kijewski 1:07:37

But you're speaking a different language once Yeah, I know I kind of went into my

R Ryan Fleury 1:07:40

Rob IL is injured list

R Rob Mineault 1:07:45

All I know is my team is the Mordor Marauders.

S Steve Barclay 1:07:49

No, no you didn't you didn't start in the right place. Rob baseball is this game where they hold a bat, sort of like cricket.

K Kerry Kijewski 1:08:02

Where in Middle Earth do you play baseball? Where is the tournament?

R Rob Mineault 1:08:09

All right, well enough. How do we get back to sports?

—

L Lis Malone 1:08:13

It was all you know.

B Brian Kijewski 1:08:15

Somebody brought it up and I was happy to

R Rob Mineault 1:08:17

I know, it was me. It was my fault. I shot myself in the foot on that one. Right. I am sports number one fan.

R Ryan Fleury 1:08:33

You're so cute.

R Rob Mineault 1:08:37

Feeling the love. All right. Well, listen guys. Thanks again for coming on. Listen, come back anytime and reach out anytime you want. We are we are kindred shows.

B Brian Kijewski 1:08:59

We'd love to come back anytime and you guys you're all welcome on Outlook again as well.

R Rob Mineault 1:09:02

Okay, listen cool.

R Ryan Fleury 1:09:04

Hear that Steve another 8 am show.

K Kerry Kijewski 1:09:09

Everyone line up

R Rob Mineault 1:09:12

And expect your cowbell.

B Brian Kijewski 1:09:23
nice. We even got it on Outlook when you guys come up. You bring it up. Which is awesome.

R Ryan Fleury 1:09:46
Bye, guys.

R Rob Mineault 1:09:49
I love Lord of the Rings football. Mordor Marauders.

L Lis Malone 1:09:56
Oh, like go Frodo.

R Rob Mineault 1:09:59
Yeah, Add to that

R Ryan Fleury 1:10:02
Frodo wide receiver Frodo.

R Rob Mineault 1:10:10
I don't think a hobbits would make good football players. Somebody's problem.

L Lis Malone 1:10:14
So they're gonna use Frodo as the football. Poor Frodo.

S Steve Barclay 1:10:21
Ents, ents, ents, ents, ents. Yeah. My team's already got a chant.

R Rob Mineault 1:10:31
They don't move very fast

They don't move very fast.

S Steve Barclay 1:10:33
They're big. Take big steps.

R Rob Mineault 1:10:37
I don't know. You're not You're not tackling an Ent. We are such geeks.

R Ryan Fleury 1:10:46
They make great blockers.

R Rob Mineault 1:10:48
Yeah, exactly.

S Steve Barclay 1:10:49
Absolutely.

R Rob Mineault 1:10:51
All right. So that was cool. I you know, did you guys get that sense? Do you though, were you kind of kind of amazed the more that, that they talked that it just really sounded like us?

R Ryan Fleury 1:11:04
In a lot of ways they are

S Steve Barclay 1:11:06
Similar, similar sort of thrust.

R Rob Mineault 1:11:09
Yeah. Yeah. And we've, you know, we've been together enough that we are almost siblings. Do we have sibling rivalry? We insult each other, like siblings, I feel every week,

S Steve Barclay 1:11:25
Almost nonstop. So if we're not doing on mic it's on Slack?

R Rob Mineault 1:11:34
Yeah. So cool. I know that you know, what the more shows out there that are, that are advocacy based and education based, I think is great.

R Ryan Fleury 1:11:46
Well, they've got a great platform being an actual FM station to you. Right. So who knows who's listening at you know, I don't even know how to find analytics for that sort of listener audience. But you know, they're definitely reaching people that aren't necessarily just, you know, in the disability field.

R Rob Mineault 1:12:03
Yes. I don't know. I don't know how radio works. But I wonder if you could just get it like a booster or something or you just get a piece of equipment that would boost your signal. Bigger antenna?

L Lis Malone 1:12:18
Well, I don't know. I could tell you here the FCC tends to frown on that type of behavior.

R Rob Mineault 1:12:24
I don't know what the CRTC is - You're probably right. It's probably the same thing. But whatever. killjoys.

S Steve Barclay 1:12:36
Let's get out of here.

R Rob Mineault 1:12:37
Okay. All right. Hey Lis.

L Lis Malone 1:12:39
Hev. what's up. Rob?

R Rob Mineault 1:12:41
How's your beer?

L Lis Malone 1:12:43
It's, it was it was good.

R Rob Mineault 1:12:45
Yeah. Is it done?

L Lis Malone 1:12:47
Yeah, it's,

R Rob Mineault 1:12:47
Well, you know what that means?

L Lis Malone 1:12:49
It means time for another beer.

R Rob Mineault 1:12:55
True, but it's probably time to end the show. So where the heck can people find us?

L Lis Malone 1:13:02
We can be found on the web at atbanter.com

R Rob Mineault 1:13:06
They can. They can also drop us a line if they so desire at cowbell@atbanter.com. Steve, where else can people find us? Well, they could also find this online if they wanted to at Facebook or Twitter or on Instagram.

R Ryan Fleury 1:14:06
I have to ask, are we actually on Instagram?

R Rob Mineault 1:14:07
Okay, I have to explain this to him again. We're on it because we had one for a while. I didn't go in and delete it. But we've we're not we haven't done anything on it for like five years. Technically it exists. It's in existence, just like our Google Plus page is still in existence. It's there somewhere. I mean, well, maybe I don't know. Is Google Plus, like, can you still get there?

R Ryan Fleury 1:14:08
I'm not sure it's dead.

R Rob Mineault 1:14:30
Maybe there is no Google Plus. You have to go on that Wayback Machine website and then go and take a look at our Google Plus page. It was pretty bitchin I do say so myself having built it.

S Steve Barclay 1:15:25
That's it. We're done.

R Rob Mineault 1:15:29
All right. Well, that is going to go do it for us this week. Big thanks, of course to Brian and Kerry and we will see everybody next week.