

PODCAST Episode 309

Fri, Oct 28, 2022 4:10PM 1:14:36

SUMMARY KEYWORDS

halloween, people, alexis, disability, arm, vegan, videos, youtube, stump, good, ryan, cooking, year, find, recipes, hand, content, bionic arm, absolutely, kid

SPEAKERS

Rob Mineault, Lis Malone, Alexis Hillyard, Ryan Fleury

- R** Rob Mineault 00:27

Hey, and welcome to another episode of AT Banter. Wow, that was loud. You really hit that one. Don't mess with Ryan today. This is of course, the podcast where we talked with advocates and members of the disability community to educate and inspire better conversation about disability. Hey, my name is Rob Mineault. Oh, and joining me today, Mr. Cowbell himself, Mr. Ryan, Fleury
- R** Ryan Fleury 02:31

Boo
- R** Rob Mineault 02:34

And and also here the lovely, the talented, Lis Malone.
- L** Lis Malone 02:45

Hi there
- R** Rob Mineault 02:48

Hi there.
- L** Lis Malone 02:51

I'm trying to kind of determine if I can talk while Ryan drinks a glass of water at the same time

R

Rob Mineault 03:02

My gosh, yeah, they had a fight before the mics came on. We have wandered into a domestic dispute. But that's okay. The show must go on. Hey, do you guys know what we're doing today?

R

Ryan Fleury 03:21

Yeah, actually, I do.

R

Rob Mineault 03:23

Well, first of all, we should we should know this is of course our annual Halloween show. It is which is why it's a little bit fast and loose around here because everybody has some drinks. And we're just yeah, we're doing the Halloween thing. Oh, you know Well, it's we should mention though we got no Steve Barclay so that's kind of sad. I think this is the first Halloween episode that he's missed.

L

Lis Malone 03:48

My drinking buddy.

R

Rob Mineault 03:50

He's stuckin traffic somewhere I think doing a delivery or something. So yeah, there will be no Steve Barclay carving a pumpkin and injuring himself on yet another Halloween show but next next year for sure. I think what we will plan for that next year because usually a blood sacrifice is usually demanded on Halloween. Give Steve a power tool and he's more than happy to cooperate. Well, hey, but but but but but that is not all. It is also a very special show. Why is that Ryan?

R

Ryan Fleury 04:31

We have a spooktacular guest rejoining the show this year. I'm not sure if she's been here before for Halloween episode, but those of you who've been with the show for a few years will know her. She is Alexis Hillyard from Stump Kitchen. Welcome.

A

Alexis Hillyard 04:48

Thank you. It's always so great to be here with you folks!

R

Rvan Fleurv 04:52

F you Pepper Grinder!

A

Alexis Hillyard 04:55

Oh yeah, I still have to make some merch with that on it. Thank you. Thank you. I'm in the process of trying to design some merch, actually. So that was a good reminder.

R

Rob Mineault 05:05

Excellent. All right, so just for people who are new to the show or haven't listened to that far back, because, Alexis, I mean, you do have the infamous reputation that I think you are one of our earliest guests if I'm not, if I'm not mistaken.

A

Alexis Hillyard 05:24

Yes. I think it was like, right, right, right near the beginning, because we started off our journeys around the same time. First official podcast interview, and it was so exciting. I felt so I don't know. I just felt so good.

R

Rob Mineault 05:39

Well, yeah, absolutely. And you have had outstanding success. And we're still here doing this. So you but, yeah, well, but okay, so so for those people, though, who may not go that far back with the show, maybe just to kind of explain now, what do you what do you get up to over there on YouTube and tell us a little bit about Stump Kitchen.

L

Lis Malone 06:10

Absolutely.

A

Alexis Hillyard 06:11

So basically, long story short, about six or seven years ago, or whenever this all started, you guys would know. I started to cook because I became vegan, I was gluten free. And I was like, I don't know what to do. I gotta make meals for myself. But I wasn't really into cooking that much. But when I slowly started getting into it, I realized I was using my stump, which is what I call my left arm. I was born with my arm with about half of my forearm, and tiny little finger stubbins. But no hand. And so I use that as a tool, and it became so much fun. So lovely. So like mashing potatoes and scooping out avocado to my partner was like, you should put that on YouTube. And I was like, Oh, sure. And fast forward to today and I do. I talk about accessible cooking, I do advocacy work, I do lots of humor videos across not just YouTube, but Tik Tok is really growing, Instagram, etc. Really kind of like bringing home the message of, you know,

representation matters and putting more disabled bodies out there. And it's just been amazing. It's like been such an honor to to meet other people, other kids with limb differences. And continue to do this work. So yeah, that's what I do. And I love making a mess too.

R

Rob Mineault 07:45

Well, so you know, and I'm curious. So before the the whole YouTube thing, were you were you in that advocacy space? Was that something that was on your radar?

A

Alexis Hillyard 07:55

So no, and yes. I did a little bit of of advocacy work when I was younger, because I was part of the The War Amps CHAMP Program. So for those that don't know, it's a program in Canada that does like connection and education around limb differences across Canada. And I would go and I would get paired up with young young kids who are going into school and they wanted somebody to talk to their class to answer questions around limb differences, you know, if they're going into kindergarten, or grade one, so I did that quite a bit. But then I kind of aged out and I did other advocacy work for, like other organizations, but not in relation to disability. Stump Kitchen kind of, like, got me back to that, or my early roots in a way, which was really, really cool. So yes, and no, I was kind of doing a bit before but not in the same way I do now.

R

Rob Mineault 08:53

And you've been doing the YouTube channel for, like we said six years now. So I'm really curious because whenever I watch a lot of YouTube videos and influencers and stuff, it seems to be a little bit of a mixed bag, you definitely have content producers that that seem to really love it. And then you have other ones that really seem, there's a real love hate relationship with the platform. What's it been like for you?

A

Alexis Hillyard 09:20

You know, YouTube from the beginning and because now I'm on so many different platforms, they they all have different strengths and weaknesses, but YouTube from the very beginning. You know, I've always had a really like a small but mighty audience who's very kind, very interactive, I've been able to connect with lots of other creators who, you know, have multiple different kinds of disabilities and I've been able to learn so much from them and vice versa. But I think what's like and I haven't had a lot of, or basically any, like trolls or hate or that kind of stuff. But I will say that the growth on YouTube is is really hard. It's the hardest platform I have found to grow. However, lately since they've pushed like YouTube shorts and stuff, I've been able to really use that to my advantage because I've been doing a lot of TikToks, too, I added them to go like to fit into the YouTube shorts. And it that's been really boosting my growth. So you just kind of have to like, mature with the platform and just like use whatever new, like tips and things that they're adding to their own platforms to kind of make it work. But TikTok seems to be a little bit easier and a bit a bit more organic. Because a lot of interaction there. So yeah.

R

Rob Mineault 10:38

But do you find that that you're sort of constricted with TikTok? Because isn't that a certain a certain length that you're you're confined to as opposed to YouTube? Or how does that work?

A

Alexis Hillyard 10:48

Yeah, that's a really good question. Yeah, so YouTube is really great for long form, TikTok is really good for three minutes and under, although TikTok is allowing up to 10 minutes now, I haven't tried any but I don't know if the longer form. If it translates well on TikTok, I haven't tried that yet. And Instagram is kind of a mix of both long form and short form, focusing more on the short now. And so yeah, they all kind of have their strengths and, and weaknesses, I guess. But I find YouTube like for the longer form things that gives people a chance to really, you know, melt into it and sit for a while have good comments. Whereas the TikToks are more quick, fun, witty, educational or emotional. But yeah, keeps me on my, on my toes for sure.

R

Rob Mineault 11:37

So do you find though, that you're basically creating content for for three different platforms? So you've kind of tripled your, your, the amount of work that you need to do? Or do you produce content, and then cut it appropriately for each of the different platforms?

A

Alexis Hillyard 11:54

I do both I so I try to be as efficient as possible. Because, you know, everybody seems to not have enough time for anything. And sometimes I do cut little snippets out of my even older YouTube videos, like some of my you know, first season videos that are so hilarious and old, and I'll cut those and put them on TikTok for fun, so people can kind of, you know, get to know you too, because my TikTok audience, they don't necessarily know I have YouTube or a few of them do. So it's kind of a neat way to kind of cross promote. And I'm fine because I might my viewers are pretty different across each channel. Like there are obviously some people that are following me on on everywhere, but because they're basically different across each platform. There is a lot of like, cross promotion or like recycling or kind of like reposting I can do. And it doesn't affect folks too much. So I would say yes and no to that question. But it's definitely made it more fun as opposed to too much more work.

R

Rob Mineault 12:53

What have you been up to in the advocacy space of late?

A

Alexis Hillyard 12:59

Let's see, um, it's been really neat to kind of bring just like limb difference and disability awareness to TikTok because the audience there is so responsive. You get a lot of a lot of interaction, a lot of like, questions, and a lot of people being like, wow, I had no idea about

blah, blah, blah, or like, that's, that's such a great thing to learn about, like, you know. How we all talk about our different, you know, our bodies in different ways and use different words. So that's been a really neat platform for engagement. Okay, so there's a kid Callie who has been on my show since she was eight years old. And she's 14 now and she's missing her right hand, I'm missing my left. Now that she's a teen, we make these funny TikToks together. And you know, they're educational, but they're really funny. But I think that for her has been, I don't know, just really lovely because, you know, when you're 14, and you're going through school, like it's been really crappy for, you know, for her and a lot of people like she had a rough junior high. And this kind of gives her an opportunity to blow off steam to talk to a larger audience around, you know, her own experiences around people asking her questions, or making rude comments, you know, about her arm or making jokes without her permission. So in a way, that's been a form of kind of like, connection on a really, you know, one to one level that's been really beautiful. And I've done a lot more like in person presentations, well, not in person online, I guess, online presentations to different groups here in my hometown of Edmonton. Which has been really nice for accessibility because, you know, online just makes it easier in a pandemic, I guess. And for lots of reasons I don't know just like getting out too. I've been doing a lot of one on one cooking classes with kiddos like with one differences. I have found my work from all around the world, but primarily from Canada and the States, and one kid from Australia. So we've been doing like little check ins and just talking about stuff. You know, how's life going? And then we'll do little cooking sessions. So that's something that's really come up in the last year or two. So yeah, I just keep getting to expand what I do in different ways. And it's so lovely.

R

Rob Mineault 15:27

So now, is this your full time gig now? Because I know that that in the past, I know, I know, it was kind of like a side gig, you were working, you had your other full time job. Where are you at now?

A

Alexis Hillyard 15:40

Well, now, it's flipped. So now this is my main my main work and, and obviously, it's not just the YouTube and the videos, because that actually doesn't bring in much revenue whatsoever. Like, I think I make like 10 bucks a month on YouTube. But that is like the platform for getting the the medium out there, the videos out there. And then the rest of the work centers around cooking classes sometimes or speaking gigs or brand sponsorships, partnerships like that. And then to supplement that I teach. I maybe I told you this last time, I forget. But I teach a ukulele choir on the weekends to adults and youth with disabilities. And it's so much fun. So that brings in a bit of income. And I also substitute teach once in a while that I teach at a junior high. Just one semester a year I teach on Friday afternoons, I teach their cooking class. So it's all kind of on brand for some kitchen. But they're outside of the social media sphere. But But yeah, I'm starting to get a few more like brand sponsorships like for like superstore and London Drugs talking about their vegan products. So that's helping a little bit. So I'm almost there. Not quite, but I'm almost there. And then of course, Patreon is like another lovely source of support for the work that I do.

R

Rob Mineault 17:07

So it must feel really surreal in a way, when you look back and think about like seven years ago, and where you're at now. And then just like, oh, yeah, and I had this thing, I had this idea for YouTube channel. And now it's completely put me on like a complete path that I never would have expected.

A

Alexis Hillyard 17:25

You're so right. Because I every day or every week, I feel like I'm you know, going into the next week, and then I'll make a new connection or somebody else will reach out or somebody else will be like, Hey, can I share your videos in my class to teach my grade sixes about blah, blah, blah, and I'm just like, oh my gosh, like you, you don't realize, I think, or I didn't realize at the beginning, where and how this would spread. And again, I am by no means like a huge, huge influencer, but enough that it's like really reaching the right places. And no, I wouldn't have believed it, you know, six or seven years ago? Not at all, but I feel very lucky to be able to do this.

R

Ryan Fleury 18:10

And so now how is a mother changed the way that you do things?

A

Alexis Hillyard 18:15

It's a great question. I had two here and there, I have to hire people sometimes. So I do have an editor that I found who is lovely. And he helps me with a lot of my kind of grunt editing work, so I can do childcare part time. And then we went away you actually for like a month long family camping trip. And I had a friend of mine, I just had her posts, some pre made videos I had for her while I was away. So I've had to kind of get creative around how I get my work done just because you know, with a whole child and not not wanting to pay for childcare, because it's ridiculously expensive. My partner and I are trying to split that up evenly. But it's it's good. Like it took a little bit of adjusting. But it also added some really beautiful content angles, like raising a child when you're a parent with a disability and like what does that mean? And how does it look? And so, since talking about that on some of my YouTube videos, etc, I've actually been able to connect with lots of other parents in a similar situation or people who are like, listen, I, I have one hand or I have this disability or whatever, and I'm nervous and I don't know if I can or want to have kids or I want to but I am people have said, you know negative things to me. And I'm just like, let's talk about it. And we realized how little information there is out there or support for Disabled Parents. So that actually like being a mom like opened up my world in a way to this whole new group of people that I hadn't really thought of. So it's been amazing, Ryan like it's been so good.

R

Ryan Fleury 20:03

That's awesome. Yeah, really, really good. And is he cooking yet?

A

Alexis Hillyard 20:08

A Alexis Hillyard 20:00

Oh, so actually, earlier today we made chocolate cupcakes with some icing. And of course, the whole time was just like, Mummy, are you done? Mommy? Are you done? I want to lick the spinners. I'm like okay, so yeah, lots of cooking. Yeah, it's been great to cook with my little one.

L Lis Malone 20:34

Is your little one also on a vegan diet?

A Alexis Hillyard 20:37

No, well, not really. We got to do intuitive eating, we kind of let them eat whatever, whatever works for like we do eggs and stuff. And you know when Joven is with grandparents, we're just like, whatever you want to eat is fine.

L Lis Malone 20:53

When I when I watched your video, and I saw one of your you had mentioned that you are making a vegan carrot cake. Which I have to tell you offline, I need to get that recipe from you. So, but I've actually talked on this show about because I recently had to make some very big dietary changes in my life.

R Rob Mineault 21:15

Oh, yeah, we got to talk about that.

L Lis Malone 21:20

Oh, God, she's talking about her damn diet again.

R Rob Mineault 21:27

We should.

L Lis Malone 21:28

Well, it ties in this week. So. But I had discovered later in, in adult life that I have a dairy allergy and a gluten sensitivity. So that just completely uprooted my whole way of thinking about food.

A Alexis Hillyard 21:45

That's what happened to me too.

L

Lis Malone 21:46

Yeah. So when I when I was watching the video, and you you had mentioned that you had the gluten allergy, and then it just completely changed. And I think that it was so inspiring that you took such a I don't think people realize that having such a big change in your diet is a very big thing in your life. I mean, it is. And until you're faced with it, you don't realize how much you have to change every aspect of your of your life going out eating in how you shop, every ingredient you're exposed. So I'm, I am curious about your process in terms of how you adjusted when you when you got that news about now having to make such a big change.

A

Alexis Hillyard 22:36

Yeah, it was stressful, like you totally hit the nail on the head. Because I felt like everything had to change. But the only thing that really got me through was changing one thing at a time, because I knew I couldn't fix it all at once. And I knew that that would be super overwhelming. And so I just kind of went with, you know, alright, let's find a gluten free bread that tastes good. And that was like my mission for like the first couple of days or the first week. And then luckily, I my partner has been vegan for a long time. And so she kind of roped me into that whole situation. And really, for me, it was just like, cutting out cheese, like I didn't eat too much dairy to begin with. And nowadays, the replacements for yogurt and milk are actually really lovely. Or they're getting a lot better. But the gluten was tricky. And I so I just kind of went one thing at a time. And if I ever found a food item, or a recipe that I just really, really wanted or missed, it would really suck for a while. Like it would just super suck. And then I would just slowly try to find a recipe or something I could buy. Sometimes I couldn't find it. But I would like try to look online talk to other people, and you know, hear what they do and learning from other like, I think I was a part of a bunch of like, gluten free Facebook groups and some some vegan ones too, to get ideas. So that was really helpful. But yeah, just taking it slow one thing at a time. And the only thing that really made it worth it for me was how good it made me feel after like, when I took something out of my diet and changed it for something else. My body was like, yeah! so I'd be like, okay, this is worth it, I can do this. But yeah, it's it's hard. It's an effort for sure.

R

Ryan Fleury 24:31

I don't know being from Alberta and not having beef.

A

Alexis Hillyard 24:35

Isn't it awful? I love it so much. I just can't imagine.

L

Lis Malone 24:42

But you can you have beef if you choose.

A Alexis Hillyard 24:45
Exactly. i Yeah, the meat I can definitely eat. I just choose not to but I totally respect if other people eat meat. That's fine. You do what you gotta do.

L Lis Malone 24:56
Yeah. Ryan cannot live on tofurkey.

A Alexis Hillyard 24:59
Yeah, No, no.

R Ryan Fleury 25:01
No. Almond milk. Okay, but especially the chocolate almond I can do.

L Lis Malone 25:09
Yeah.

R Ryan Fleury 25:10
See the baby steps, right? Yeah. Exactly like everyone's different things. So it's all good And no cheese. Oh, I know. It's like fake bacon. It's just not the same.

A Alexis Hillyard 25:25
No, it's absolutely not the same. I completely agree. I completely agree.

R Ryan Fleury 25:30
I've tried plant based burgers plant based bacon and it's not quite there yet.

A Alexis Hillyard 25:35
Know a lot better than I was but for sure. But getting there.

R Rob Mineault 25:39

Ya know, I've heard I've heard good things about the plant based meat. I've heard I've heard these those beyond like, what is it called? Beyond? Beyond Meat

A

Alexis Hillyard 25:48

Yeah. Beyond burgers.

L

Lis Malone 25:51

I've heard they're actually pretty good. So I prefer the Impossible over the Beyond. There's something there's something that freaks me out about the Beyond. I think it's because they add, they add beet juice to simulate blood. Which I was a little I was like, I think that did something to me mentally that I was like, okay, I have this block now. Beets used to for blood. Well, it's, it's very appropriate. It's a Halloween episode.

A

Alexis Hillyard 26:20

Say I'm like, Hey, what are you going to be for Halloween?

L

Lis Malone 26:23

I want to go as a Beyond Burger.

A

Alexis Hillyard 26:24

Cover yourself in beet juice for blood. That's amazing. I mean, like anything to do with beets and fake blood works great for me with Halloween because, like, I don't know if I'd done this. Yeah, I think I did do it one year where I just put some fake blood on my left shirt sleeve. And just pretended I hit like, I had my arm ripped off or what I did. But it's like when you have a limb difference and it's Halloween. There's so many options for you. It's amazing. Yeah, it's Captain Hook one year. Yeah. And yeah, it's just great.

R

Rob Mineault 27:02

Oh, yeah, I'd be going to town. Yeah, I'm a shark victim this year. Terrible industrial accident. Yeah, it just there's there's so many possibilities. It's just kind of be the highlight of the year for you.

A

Alexis Hillyard 27:19

I mean, yeah. I have a toddler. And Joven's really excited about trick or treating. But yeah, definitely my childhood years. It was really fun. Yeah. Especially when I had because I worn prosthetics throughout my life. On and off. And so sometimes I would wear them and it would

add to the costume. Sometimes I wouldn't. Now I have a bionic arm that you know, I could be a part cyborg if I wanted to. Like paint myself gold. And I don't know. Lots of fun you can have.

R

Ryan Fleury 27:51

Well, let's talk about the new bionic arm. How did that all come about?

A

Alexis Hillyard 27:55

Yeah, that was like a maybe a year ago, I was connected with Unlimited Tomorrow, which is a new ish company, out of the States making prosthetic limbs, and they do it more, like financially accessible. They're like about \$9000 us as opposed to, you know, more expensive than other companies. This is not sponsored by the way they are not paying me to say any of this. They just gave me an arm. And it's a good time. And they and I'm using it like, on and off mostly for educational purposes. Because, you know, for me since I was born this way, like without my left hand. I hate to say it but prosthetic hands, they're just not it. Like no one has cracked the code for like making a good arm and I've seen and been through a lot of prosthetics. And I have a lot of friends with arm prosthetics and they're just not, they're not it. You know, they're great for certain things, They're great for aesthetics. They're great for different like mental like boosts. They're great for fun. I make a lot of TikToks trying to cook with my bionic arm. Which I've named Billy, Billy and I get up to mischief. So that's hilarious. But like, they're just, I don't know that no one has cracked the code on making an amazing bionic arm and so many people are working on it. So it's got to come soon.

R

Rob Mineault 29:30

So can you kind of explain a little bit about like, what what can it actually do? Like how does it actually work?

A

Alexis Hillyard 29:36

Okay, yeah, so the majority of of my electric or bionic arms, they're kind of interchangeable terms in a way. I think. Inside the socket of the arm, there are sensors. So when I was little I had a my electric arm that had two sensors one on the front, one on the back of the inside of the socket. And so, if you if you hold your hand and a fist, and you caulk that fist back, or you fold that fist forward, that's the movement that I had to do to open or close the hand. So it would, it would touch the sensor to open and touch the sensor to close. And now, so very simple. And it would just be like a straight, open and close. But now with Billy, there are many more grips that I can do. And there's many more sensors to kind of give more of an accurate reading. But it's not how people would think like, I think people think like, okay, you're maybe controlling it with your brain, or like when you do this, it's going to make your hand open. And it's actually just a series of six grips that you have to cycle through. So if you want to do a certain grip, you can't just get there, you have to be like, okay, cycle one cycle to cycle three, by pumping your muscles, and it'll go through them until you get to the grip that you want. So it's not the most eloquent or elegant situation, but that's how a lot of them are. And a lot of them have an app that you can program different grips in. So if you wanted to change it, you

know, in the middle of your day to go to your app, change the grips, and then okay, now you've got a different set of grips you can cycle through. But yeah, so they're kind of cool. And what can really do well, what can really do, Billy can point to things. Billy can drop things. Billy can hold on to very simple objects. And Billy can make really funny TikToks.

R

Rob Mineault 31:44

Listen, you live in Edmonton, so this will be important, but can you give somebody the finger?

A

Alexis Hillyard 31:50

Oh my gosh, I wish. This is not one of the programmed grips in Billy. So Billy has six different groups that they're that they came with. There are arms out there from different companies that you can program the middle finger, which is amazing, but no, Billy is still PG.

L

Lis Malone 32:06

See, they get cycle through a thumbs up, a point, and then find the middle.

A

Alexis Hillyard 32:28

It's so true. Like, it's just, I don't know, I think company they're trying to do their best. But I think that like, yeah, so honestly, some of the best prosthetics I had were like body powered hooks, where I just used like a strap around my shoulders, you know, pushed out to open and pulled back into clothes. Like they're really simple ones that are just like a hook or like, a little padding for like a yoga arm. Nothing too high tech because, yeah, to simulate an actual hand is like so tricky. Like, I think they've come a long way we're farther with like, leg prosthetics as they have with arm prosthetics. And for good reason. Like you, you know, you walk around a little bit with a if you if you're missing a leg, you know? I don't know.

R

Rob Mineault 33:14

Well, and plus you don't you don't necessarily need the dexterity something like a foot or a leg that you do with a hand.

A

Alexis Hillyard 33:25

And I think like I know some people, like I know, one creator who's missing both hands. Her arms are different, different company and they seem to suit her much better. And if I was missing, say both hands and I wanted bionic arms. I would definitely shop around for very specific things in needs. And hopefully I'd be lucky enough to be able to do that depending on my insurance coverage. But yeah, they're all built differently. So it's like they're not all equal. And sometimes honestly the best are like the homemade ones. Like when I was younger I took

duct tape and a guitar pick and I duct tape it around my stamp and tape the sides of the pick and it made this perfect guitar pick for when I was learning guitar, better than any prosthetist could have made me right. Oh, duct tape is your friend. Yeah.

R

Ryan Fleury 34:16

We need to get them we need to start getting them 3d printed.

R

Rob Mineault 34:24

So is this something that that was like really cool at first and then the novelty wore off and you're now you're just like okay, well I'm gonna make videos with this but I'm not going to wear it day to day?

A

Alexis Hillyard 34:36

Such a great that's such a great comment. I hear that from upper arm limb difference folks like all the time and that's what I think a lot of people out of like prosthetic arm companies are trying to overcome. But that's exactly it like it's like this new shiny thing. Oh my gosh, this is amazing. I have an arm but when it gets down to where the rubber meets the road, it can't deliver, like the expectations that that child or that person might have. It doesn't deliver, or the learning curve is so intense. And you're just like, oh my gosh, what's happening? And for me, I made a couple of videos about this, because I documented my whole process because I wanted to be really open and honest with people. And so I documented on my YouTube channel, how, like, how tumultuous this journey was, because when it first started to not be everything I wanted it to be, I started to blame myself, like, oh, I'm not using it right? Oh, maybe my body's not right for this, or maybe this is this, I blame myself. But then I had a really good talk. And that's so common, I think for for people, unfortunately. But I was talking to one of my tech guys. And he was like, I was because I was like kind of nervous to ask him to make changes. And he was like, No, you like, whatever you want, because it'll take me 45 minutes to plan out these changes for you. But this is like your arm for the rest of your life. Like you should ask for exactly what you need. And I was like, Yeah, you know what? Absolutely. And so that helped me realize that, you know, say, if you have a mobility aid, or a prosthetic or glasses are anything that's going to help you like, support you through life, you deserve the absolute best, you don't deserve second best, like you get to ask for what you need. So hopefully, that's like, contributed to like supporting people kind of advocating for what they want. Because I've had, I've had not great prosthetists. And I had really great ones, some that do the bare minimum, and some that really go above and beyond. And there's a huge difference. So yeah, it's been neat to document that.

R

Rob Mineault 36:41

It's so interesting that you say that, because, you know, we were just talking a few shows ago, kind of about self advocacy and about the disability community in general. And this sort of sense of, of, you know, they're just thankful to get something. Anything. And so the the idea of

like, pushing back and being like, well, this doesn't quite work for me, I, you know, I I want to put in some requests for something better, that does work better, that can be so counterintuitive to a lot of people in the community.

A

Alexis Hillyard 37:08

It is it was it isn't it was to me even up until this point. And you're totally right. But where what I think is probably one of the biggest issues is service providers and health care providers. Because with my my negative experience with the prosthetist, it was with a different arm. And it just was not working for what I wanted it to do. And I kept going back and I kept going back. And at one point, it looked like he literally had just kind of given up. He was kind of like well, yeah, but then I was just like, almost in tears in his office, just like I need this to do this task. I wanted to play an instrument. And it was just like, what the heck? And now I'm with somebody new who who is amazing, but I do think that, you know, generally and in the healthcare, space, not everyone of course, but in a lot of spaces. It's like, yeah, I'm helping you, I'm you're able bodied savior, you need this. So it's, it's I gave you a thing, it's good enough, like blah, blah, blah, like, like they they're so good for helping somebody with a disability and you're just like, okay, yeah, but also this needs to be completely good for what I need. Otherwise, it's, you know, it's not going to help. You know, I think that mentality we kind of have to overcome

R

Ryan Fleury 38:26

Yep, well, they don't have any lived experience right? You're you are the expert on what your needs are and what are required of the arm or the right so you have every right to to push for what you what you need, unfortunately, here in Canada because of insurance, you know, I think probably a lot of people are limited to the availability or the choice of arm foot hearing aid, prescription glasses, whatever the need might be just back out to the insurance policy. Absolutely. Yeah, that's unfortunate.

A

Alexis Hillyard 39:02

Yeah, and then the state's even more. And hopefully we can you know, have more of these conversations and things can get better with time and you know, it can become more comfortable for people. But yeah, it's a tricky one.

L

Lis Malone 39:18

So in your process in documenting your journey and then also doing all of your your fun videos through through YouTube and Stump Kitchen, so are you are you acting as your your own videographer and editor and producer are you doing all of this yourself?

A

Alexis Hillyard 39:37

Yes and have been consistently except for about four or six months after Jovan was born. That's when I needed to track down a second editor like I I've been the main one since the get go. But I needed somebody to help me pick up the slack otherwise I couldn't commit to like

go. But I needed somebody to help me pick up the slack otherwise I couldn't commit to .. like I've already, I think down to a video every two to three weeks. And that's still like, I want it to be back up to a video a week. I'll get there eventually. But that's on top of doing like one to two TikToks a day plus extra Instagram content plus like other things. So yeah, just this last since Jovan was born, adding another editor to help with some of the bulk of the work. But otherwise, yeah, it's all me.

L

Lis Malone 40:26

And are you self taught? Yeah, yeah. So you know what, I think when people see finished products, whether it's videos, or even podcasts and whatnot, people think it's like, you just flip a switch and boom, you get this great product and the filming, I always say like the filming and the recording is the easy part, the editing is the always the part for me. And I mean, I'm legally blind. So it probably takes me three times as long that it would a fully sighted person to to edit content. But that's always the grueling part. And I'm so I'm kind of in I'm in such awe that you're able to edit for so many formats, and find the time to still do all that what you do and have a child. I always tell people that No, no, it's the editing, that's where that's the grueling part. That's just a time suck.

A

Alexis Hillyard 41:23

Yeah, and you learn, you learn to get smart with it, too. Like I've been doing this for a while now. So luckily, I am much more efficient, you get smart with what you're doing, you get smart with your on the filming end, because there are things you can do when you're filming slash recording, that make editing so much easier. And I've learned those tips and tricks. So now when I get to the editing table, it's a lot more efficient. And then of course, I have like, my templates, I have my my credits, I have my this I have music, I always use like it, that it's like you build up this repertoire over time. The first year, I was saying it would take me like, I don't know, hours and hours and days and days just for one like eight minute YouTube video on that, so yeah, you're totally right.

R

Rob Mineault 42:09

So, in terms of like the content itself, like, how hard is it to find to balance the sort of advocacy pieces with sort of just fun cooking pieces? Where like, how, how do you kind of balance it? Or do you just kind of just go with your gut and just sort of produce what you're feeling.

A

Alexis Hillyard 42:30

That's the one. And I I don't remember if we've ever talked about this on your show. But I remember after the first year of doing, you know, content creation for Stump Kitchen, I had these like fears of like, okay, if I don't do a certain thing that the audience is going to want to see, it's not going to work. But after a while, I was like, hang on a second, if I don't make stuff that I love, and can continue watching and editing myself and is true to my heart, I'm not going to last. So I made a decision to only do things that I want to do, that makes me laugh and that are important to me. But then, of course, if people have requests or they have, you know,

important questions, whether they're funny or a bit more serious, and I am I feel called to address them. I definitely will. And I'll be really interactive with you know, my viewers. But yeah, it's the second one. And I think had I done it any other way, this wouldn't have been as sustainable for me. Because it wouldn't have been as self directed and fun. So yeah, I kind of just do whatever my stump wants to do.

R

Rob Mineault 43:35

So so what is that schedule? Like, how often are you producing content or releasing content?



YouTube, probably every two to three weeks now. Tick tock every day, sometimes twice a week, every day. So I've had to get really smart about that. Because as you know, I'm a parent, and I'm really only working part time, I think I am able to work about 22 to 24 hours a week is about the time I'm able to squeeze out. And so I'll do a filming block. So if I have a half day, I'll just film a plan and film a bunch of TikToks in that time period. And then I'll edit some and I'll have my edit editor edit some. And then I'll have like a bank that I can just have ready to post as needed. But you can't do all your content like that you have to have some that's like really reacting in the moment. So those will just do when I can on other days that I have more time. So yeah, I had to do a lot of pre recorded stuff or get really smart with how I film and make sure I have the energy and the props because sometimes you need props. You need Pringles cans and you need, you know, food to make recipes. So you have to kind of plan ahead.

R

Rob Mineault 44:58

Well in terms of the recipes, how do you where do you? How do you come up with them? Like, where do you get them? Do you run out of them? Are you like, Oh man, what the hell am I gonna make this week?

A

Alexis Hillyard 45:09

Sometimes I don't feel like cooking anything and I'm just like, or and then I'll do like some like a different type of episode but with with recipes like my guests if I have a guest on the show, like I had a kid, you know, Freya a couple months ago, you know, she wanted to make pancakes. I was like, okay, great, let's find a good pancake recipe. So I don't always have to think about them. But I do have like a list. I have a large Google folder with like, Stump Kitchen content ideas that if I'm ever, like, oh, what do I do, I always go back to that. And I put in the ideas for myself to draw from. And I don't make up all my recipes. I use a lot from like, really good, like vegan blogs online. Or sometimes I'll do one that I have made up that I've just done from, you know, cooking over the years and just making it up as I go. But I usually rely on the pros for that. Because like, I don't know how, how good I would be at all my own.

R

Rob Mineault 46:07

So have you ever produced something or actually, have you ever filmed something with with

So have you ever produced something or actually, have you ever filmed something with with great intentions? And it just kind of completely went sideways? And was just completely unusable at the end of the day?

A

Alexis Hillyard 46:22

Absolutely. And there's two, two things I've done with that. So the so the first thing that happens is like I'll film something this is early on, right? So I remember this one episode I did or tried to do with a kid we did a gingerbread house. It was I kid you not three hours of footage, because I did not know how to like, plan and parcel it out. So it literally sat in my editing software for months, months, months, it was a Christmas themed one. And I missed that Christmas. And I was like, okay, maybe I'll try for it for next Christmas. No, it just sat there. Because to go through three hours of footage, like if you think about it, you can maybe maybe get through eight to nine minutes of footage in an hour, like maybe depending on the level of editing you want to do. And mine was quite high at the time. So that just kind of flopped. But then another ways. I made Creme Brule with my sister and our you need a blowtorch, right? And so like our blowtorch just stopped working. And so we couldn't get the top we tried to like with a barbecue lighter. That didn't work. So we just embraced it. We're like, okay, this this was a huge fail. The cream tastes really good. So it was not what I expected. But that's part of the beauty of Stump Kitchen that is is recognizing that not everything will work out as planned and it's okay. But yeah, I've I've definitely I never know what I'm gonna get at the end of a filming session. You never know.

R

Rob Mineault 47:59

Well, and listen, that's that's a valuable lesson that that you can teach somebody is that you know, sometimes the life is like that. Sometimes you don't get a crispy Creme Brule and have to eat it raw.

A

Alexis Hillyard 48:13

Yeah. Yep, exactly. Yeah. Are you going to dress up as how for Halloween? What are you going to be this year?

R

Ryan Fleury 48:25

I personally don't know yet. We're having a virtual online party slash get together with some friends. We have. We have a bin slash box full of costumes we've accumulated. Yeah, it's probably gonna to be a caveman or a banana. Ernie from Sesame Street. Not sure yet. One of those three probably.

R

Rob Mineault 48:49

Well, yeah, I'm well I'm sure that me and Lis's invitations are just kind of lost somewhere.

L Lis Malone 48:54
It's in the mail.

R Rob Mineault 48:55
It's stuck in cyberspace. Virtual Halloween party. Yes. All right.

R Ryan Fleury 49:04
You gotta dress up though. Everybody's on video.

A Alexis Hillyard 49:09
Just get a really awesome background picture.

R Rob Mineault 49:11
Like I just going to cover myself in beet juice.

A Alexis Hillyard 49:17
There you go.

R Rob Mineault 49:21
I'm going to be Carrie. That's it. I'll cover myself and beet juice. And that's it. There you go.
Boom. Like that. Like where do you even get beet juice? I don't even know where to get beet juice?

A Alexis Hillyard 49:30
You can just get to the store. You buy a beet.

R Rob Mineault 49:43
I need to start watching Stump Kitchen. I had no idea.

A Alexis Hillyard 49:51
Yes, thank you. Yes, that's correct and that's the... I'll get some beet juice. That's all right. Thank you.

yes, they believe like they're red and like they will stain your hands. They'll stain your cutting board. They're so high in iron, or I know they're high in something that helps your blood carry more oxygen. Something like that. Is that iron? I don't know. Anyway, they're they're great. They make good blood.

 Rob Mineault 50:16

Sorry, I just got an email from the Beet Farmers of America that just revoked their sponsorship of the show.

 Lis Malone 50:22

Oh, wait, oh, I just got an email from Beyond Burgers. They do not want to sponsor either.

 Ryan Fleury 50:29

They're dropping like flies.

 Lis Malone 50:32

They didn't like what I said. Okay, there goes another one.

 Ryan Fleury 50:37

Well, it is still Halloween. So Alexis, what is your favorite Halloween treat to make?



Oh, okay. Let me tell you, do you want to know what I'm making literally after we get off this call?

 Lis Malone 50:48

Is it? Is it dairy free?

 Alexis Hillyard 50:50

Yeah, of course it is.

 Lis Malone 50:51

Okay, you're gonna share that you're gonna share the recipe, unlike Ryan, who doesn't like to invite anyone to anything.

A

Alexis Hillyard 50:59

Okay, so we're gonna make candy apples, or caramel apples rather. It sounds funny, but I swear it's amazing. You get really soft Medjool dates, you can get them at like Superstore, whatever. And you cook them on the stove until they're like just with a little bit of water, and a little bit of coconut milk and a little bit of vanilla. And then you just use a hand blender or something to like, pulverize it into a paste. So it's really thick, and then you let it cool. And then you just literally, like, slathered onto your apple with a knife or whatever. And it's like, it tastes like caramel. I don't know why or how it's so good. But you have to get those nice, soft dates. So that's what we're going to do tonight. We're making caramel apples as a family. And then you can top it with whatever you want, like melted dark chocolates, or like honey, peanuts, or whatever you want. And Joven loves them. And then I just literally stick one of our chopsticks down the core of the apple so they can eat it like, you know, holding a little stick. Yeah, it's my ultimate favorite. It's so good. And it's so easy.

R

Rob Mineault 52:08

Wow, it sounds amazing. Yeah. So okay, so let me ask you this. Let's get real for a second. We always hear we always hear people being like, oh, yeah, you know, you do this and this and this, and it tastes amazing. So how many times though, since your conversion, have you have you tried something and it's just like, oh my god, this is fucking awful. This is the worst thing I've ever put in my mouth. I'm never having this again, because that's got to happen sometimes, right? .

A

Alexis Hillyard 52:45

So let's see, I think I'm going to try to do this as a percentage. Um, but I'm gonna say, like, 1 to 2% of the new things that I've tried have been out. So it's a very small percentage, but enough that you're like, okay, all right. So like, one out of every 100 new recipes I try. There might be one or two that I'm like, no, thanks. Okay, maybe even three? Yeah, because I'm remembering a couple. Yeah, maybe 3%.

R

Rob Mineault 53:15

But still, that's pretty low. That's pretty low.

A

Alexis Hillyard 53:17

It really is. And I think that comes with experience and time. Because if I look at a recipe, now, I can actually look at it and be like, this is going to be good, or this is going to be crap. And just from the combinations of ingredients, but at the start, I would have had no idea. But now I kind

of know the formula and like what's going to be okay, or what it's going to need. And that only comes from just experience doing it over and over and trying.

R Rob Mineault 53:42
Right, that makes sense.

L Lis Malone 53:44
That's pretty amazing. Because I would say two out of three vegan dishes I order at a restaurant are just absolutely not even worth the chew.

A Alexis Hillyard 53:54
Where are you going? You have to come to my house. Come over here.

L Lis Malone 53:59
I just have to. I'm gonna have to do a Canadian road trip.

A Alexis Hillyard 54:04
Then you have to come here.

L Lis Malone 54:08
We could do we could do us like like a blindy and stumpy video.

R Ryan Fleury 54:13
Perfect. Blinky and stumpy.

L Lis Malone 54:15
Yeah, I don't like Blinky. I'm sorry I don't I don't know why. I don't know the origins of Blinky but I know but I know that there are some that use blink and then I don't take anything from them.

R Ryan Fleury 54:30
Alright, the glitter and sparkles cooking show.

- R** Rob Mineault 54:34
Well, you know honestly, like that's, that's a way better percentage -- Because I would say like when I go to McDonald's, that's a good 25% of the time that it's garbage. And then like 75% It's like it's okay.
- L** Lis Malone 55:04
I think their milkshakes are all chemical. So I think there's a good chance that those are vegan.
- R** Rob Mineault 55:10
They are vegan, but they're carcinogenic.
- L** Lis Malone 55:12
Totally carcinogenic.. But no animals were harmed.
- R** Rob Mineault 55:17
Other than humans.
- R** Ryan Fleury 55:18
And here's a good question you know, how do you know what you're actually getting in your food? There was just recently a lawsuit over Subway and not having actual tuna in their tuna salad.
- A** Alexis Hillyard 55:29
No way.
- R** Ryan Fleury 55:29
Yeah, absolutely.
- L** Lis Malone 55:31
That was still wigs me out.

R Ryan Fleury 55:33
Yeah, so like, What are we eating?

A Alexis Hillyard 55:36
Yeah, like oh, yeah, I don't even Yeah, not respond to that. Again, come to my house. I'll make you some food.

R Ryan Fleury 55:46
They clearly road trip. Yeah. Next year could happen.

L Lis Malone 55:52
AT Banter road trip.

R Rob Mineault 55:54
Let's do it.

L Lis Malone 55:55
Get the AT Banter Winnebago. We all just start driving all over the place.

A Alexis Hillyard 56:00
To my house.

L Lis Malone 56:02
Yeah. Well, I'm gonna crash at Ryan's.

R Rob Mineault 56:07
Okay, well, you can't even get an invite to his party, so I don't know how you're gonna get get to crash at his house.

R Ryan Fleury 56:13

Well, I don't know if we'll even get you on a plane.

R

Rob Mineault 56:19

I'm going in the Winnebago. I like this idea of the AT Banter Winnebago and when you honk the horn it's a cowbell.

R

Ryan Fleury 56:26

Talk to Steve.

L

Lis Malone 56:28

I don't know. I don't know if the Canadians will let me in because of all the things I said about CSIS. I've been flagged

R

Rob Mineault 56:36

You have actually done it on the airwaves, so Fred in his in the canoe is very is on top of things.

L

Lis Malone 56:47

He's very very annoyed with me right now.

R

Rob Mineault 56:49

It's true. Well, listen, Alexis, I think this is another successful appearance.

A

Alexis Hillyard 56:58

This is so fun. I never know where it's gonna go with you.

R

Rob Mineault 57:05

So I like it's a lot like vegan cooking. You just don't know. You don't know until you put all the ingredients together and you cook it up and you taste it whether it's going to be good or not.

L

Lis Malone 57:16

Yeah.

A Alexis Hillyard 57:18
In case you're wondering I'm gonna be Elsa from Frozen for Halloween with my whole family we're going to be the characters, just throwing it out there.

R Rob Mineault 57:29
You were you are waiting for that, you're just like when are these fuckers going to ask me when what I'm going to be for Halloween?

R Ryan Fleury 57:37
Two f bombs and a g bomb. Wow.

R Rob Mineault 57:40
Im just creating more editing work for myself. So I'm allowed to swear goddamit.

R Ryan Fleury 57:51
Especially because yes to turn this one around quicker. Halloween is Tuesday.

L Lis Malone 57:59
Halloween is Monday.

R Rob Mineault 58:00
Oh my god. Thanks Lis. Wait, where are we? Okay, yes. You're gonna be Frozen. Elsa? Yeah.

L Lis Malone 58:18
I didn't see Frozen so I don't know all the these references. Is there a whole clan? Your whole family is going to be frozen?

A Alexis Hillyard 58:24
Yeah, yeah. Like my sister is going to be Anna, Joven is going to be Olaf, who's like this little snowman character. And yeah, it's gonna be good too.

L Lis Malone 58:34
Is this a Disney thing? Could it be more obvious that I don't have kids that I'm that's totally cool.

R Ryan Fleury 58:44
When you come back, Alexis, when you have more news, more merch, more stories.

R Rob Mineault 58:57
She's never coming back after this.

R Ryan Fleury 58:59
She was here six times, seven times. She keeps coming back for more.

A Alexis Hillyard 59:04
Yeah, I would love to get back to come back. Yeah, you keep me on my toes.

R Rob Mineault 59:11
Yeah, well, listen. Happy Halloween. Best of luck with with TikTok. Listen, I'm impressed that that you made the transition over to Tik Tok. We've been talking about it. We've been talking to making an AT Banter channel that features Ryan in a tutu and a hulu hoop.

L Lis Malone 59:31
And chaps.

R Rob Mineault 59:31
That's right. So look for that.

A Alexis Hillyard 59:36
I can't wait. Yeah.

R Rob Mineault 59:39
Because that's it. That's all we got. In fact, we even know about the three minute thing I don't know if he can last three minutes, a little bit.

R Ryan Fleury 59:51
Again, looping again, looping again.

R Rob Mineault 59:53
We got we got two successful rotations, just loop it! So what yeah, anyways, we got to get Alexis out of here.

A Alexis Hillyard 1:00:08
I only have candy apples to make.

R Rob Mineault 1:00:13
Well you have a child. You have better things to do than talk to us dumbasses. Anyways, see this is what the end of the show is Alexis -- usually we do this after the guest is logged off but your special. So yeah, best of luck with everything. Best of luck with the bionic bionic hand is very interesting. And again, please come back and talk to us again next year.

A Alexis Hillyard 1:00:59
Absolutely. So so good. Love being loved being a part of this.

L Lis Malone 1:01:03
And you can't go yeah, you have to tell us where listeners can find you.

A Alexis Hillyard 1:01:07
Absolutely. So I am on Tik Tok at Stump Kitchen and YouTube Stump Kitchen, Instagram Stump Kitchen. And yeah, that's those are the best places.

R Rob Mineault 1:01:21
There's Are there any underscores in the Stump Kitchen or anything like that?

- A** Alexis Hillyard 1:01:25
Well, I think Instagram actually is and that's an underscore but if you just Google if you just put in Stump Kitchen, it'll pop up first. Because who like had Stump Kitchen before me? I've no idea.
- R** Rob Mineault 1:01:37
Yeah, well, listen, we were we were shocked to find somebody had AT Banter before us. We had put an underscore.
- A** Alexis Hillyard 1:01:47
Oh, yeah, we had this conversation.
- R** Rob Mineault 1:01:51
Yeah, it's a real it's real thorn in our butts. It is. We're still angry about it. So screw you, whoever did that.
- R** Ryan Fleury 1:01:59
You can find him on Twitter. He's on Twitter.
- R** Rob Mineault 1:02:01
Yeah, no, don't find him on Twitter. Ah, Alexis, thank you again, so much for coming on. And yeah, let's we'll talk again.
- A** Alexis Hillyard 1:02:31
My pleasure. Have an awesome Halloween.
- L** Lis Malone 1:02:35
Bye Alexis. You're gonna get an email from me.
- R** Rob Mineault 1:02:39
She already gone. She's never coming back. She had her finger on like the disconnect button for like the last 45 minutes.

L Lis Malone 1:02:51
She's like hovering, leave, leave. Leave.

R Rob Mineault 1:02:56
Please release me. So it's always fun to talk to her. Well, there you go. Lis. I mean, you should be watching her channel because it sounds like you there's some good stuff out there that can help with your with your diet.

L Lis Malone 1:03:16
I need all kinds of good recipes. That's that's the thing. I mean, I'm like, wow, Alexis did all the legwork. She weeded out the good ones.

R Rob Mineault 1:03:29
And, you know, good for her. She took a real negative in her life and turned it into a positive. So you know, and it changed the course of her life. So that's, you know, it's always it's always really interesting to hear stories like that. And, you know, and she's spinning it into advocacy work to which is even better. So. Yeah, it's, it's great. It's a real cool story.

R Ryan Fleury 1:03:49
That continues.

L Lis Malone 1:03:50
She is a really, really, really cool person. I enjoyed her. Yeah, she's very interesting.

R Rob Mineault 1:04:00
Anything so anything else to say about that? Anything anywhere? Anybody wants to talk about Halloween for a minute? Are you excited? Anybody?

L Lis Malone 1:04:09
What are you dressing up as Rob?

R Rob Mineault 1:04:11

Nothing. You know, this is this is this my Halloween content. I'm doing this podcast and that's it. I live in an apartment building. I don't even get kids at my door.

R Ryan Fleury 1:04:21

So I'm not big into Halloween either yet. You know, my wife, you know, puts the pressure on, right. You don't have to dress up but then she lays down the guilt. But, you know, you do what you gotta do for the hour and you're done.

R Rob Mineault 1:04:33

Sure.

L Lis Malone 1:04:36

You guys turned into Halloween cranks?

R Rob Mineault 1:04:38

No, I like I like Halloween as a concept. It's just like, what parties am I going to? I don't have any parties. But Halloween is great. I like Halloween. I think it's a cool holiday because it's like one of these no pressure holidays. Like you don't have to have family over. You don't have a big dinner.

R Ryan Fleury 1:04:57

So maybe next year we'll actually pull the big guns and read the history on Halloween, how did it come about?

R Rob Mineault 1:05:08

I'm sure it comes from some pagan thing, but I mean, who knows? It's cool.

L Lis Malone 1:05:14

It's cool. It's the Wiccan New Year. I think it's Samhain if I'm saying it right.

R Rob Mineault 1:05:20

I think you're right.

R Ryan Fleury 1:05:25
Next year we'll have it together.

R Rob Mineault 1:05:28
This year we had it together. We had a great appearance from Alexis. We learned a lot. It's good to talk to her. It's good to see her. We didn't see her but it was good to talk to her.

R Ryan Fleury 1:05:39
Are you drunk?

R Rob Mineault 1:05:43
I've had I've had three quarters of a glass of wine. And I haven't had any food yet because this is the dinner hour so I mean, listen. Daddy needs his medicine.

L Lis Malone 1:05:59
Rob needs his wine now that he knows he's got to edit before Monday.

R Rob Mineault 1:06:03
nice yeah, yeah.

L Lis Malone 1:06:14
Like in the Christmas Story.

R Rob Mineault 1:06:17
You know, speaking of that did you know that they are making a sequel to that? A legacy sequel? Like, the original little kid like as an adult.

R Ryan Fleury 1:06:30
To what? A Christmas story?

R Rob Mineault 1:06:33

Yeah. Yeah, I think it's on like HBO max or something. I don't know who's making it but I guess it's gonna be out in a few few weeks or month or whatever. Which could could be good. Ryan. You know, I meant to tell you this. And you know, might as well just use the show time to tell you about something completely innocuous. I've been watching Cobra Kai, and it's not bad.

R Ryan Fleury 1:06:56

I love it.

R Rob Mineault 1:06:57

I think that's amazing how they've really leaned into this. Like they've they've brought back pretty much every single character that was in every single one of those movies.

R Ryan Fleury 1:07:05

Yeah, it's great. One of my favorite shows.

R Rob Mineault 1:07:08

Yeah, it's interesting. Yeah. Very good. Yeah. I mean, just bits of it are silly. But I mean, but as as a legacy sequels actually pretty good.

L Lis Malone 1:07:24

Cobra Kai? like, the Karate Kid?

R Rob Mineault 1:07:27

That's right.

R Ryan Fleury 1:07:28

Yeah. So kind of carries on after Karate Kid one and two and three. And it's on Netflix still. Catch up. Watch it. It's fantastic. Fantastic.

L Lis Malone 1:07:41

I'm getting I might be getting rid of Netflix.

R

Rob Mineault 1:07:45

I'm thinking about that, too. Yeah, they're putting in an ad tier. And they're turning off the ability to like, leech off other people's accounts.

L

Lis Malone 1:07:53

Yeah, I'm just, I'm getting I'm just sort of I feel like Netflix has run its course for me. And I'm so now I'm leaning into Hulu. And because now they make you I mean, I got the bundle because I need my hockey. So I got ESPN plus. So it's like they made me buy Hulu and Disney. So I can watch Frozen now I guess.

R

Ryan Fleury 1:08:21

I'm just Netflix. And, because I'm an Amazon Prime customer, Prime video. But I scroll through the Prime listings is just like I never heard of 90 percent of the stuff that's on there. So I don't even take the chance to watch it. But I still keep going back to Netflix.

R

Rob Mineault 1:08:43

I got I got one of these Chromecasts with Google TV, which kind of aggregates all the different services and gives you sort of a complete listing so you can see what's on what, and a lot of the times I'll be like, Oh, I could I'd be into watching that. Okay, no, that's on that's on Prime, don't have Prime. That's on Paramount Plus. A lot of times, it's like, man, I'm not gonna subscribe to all these services, different services.

R

Ryan Fleury 1:09:15

You have to have 15 subscriptions. now to watch the content you want to now.

R

Rob Mineault 1:09:21

nobody, nobody wants to make anyone. And any one given service just doesn't give you enough value to even bother, like kinda like Netflix is probably the best thought of out of all of them. And even then, like a lot of times, I'm just like, I couldn't really care less about any of this content.

L

Lis Malone 1:09:37

So I'm totally fine with watching ads. Because you know, like, I've got the ad supported version of Hulu and yeah, runs a couple ads and I'm totally fine with them. Like I can write up, go get a refresher on my drink top.

R Ryan Fleury 1:09:53
A little. I guess it depends on what you're using and how you're using it. You know, like YouTube premium I pay for you to premium because I cannot stand ads. If I want to watch something I don't want to be interrupted. And so I pay for that. I do the same with Netflix. I you know if there was an ad free service or Tier I will be paying for that. 30 seconds. Skip.

R Rob Mineault 1:12:02
Hey, Lis.

L Lis Malone 1:12:04
Hey, Rob.

R Rob Mineault 1:12:05
Where can people find us?

L Lis Malone 1:12:08
They can find us at ATBanter.com

R Rob Mineault 1:12:14
No, premature cowbell. Wait, did you just miss your cue? Have you been drinking?

R Ryan Fleury 1:12:20
No

R Rob Mineault 1:12:40
They can also drop us a line at cowbell@banter.com

R Ryan Fleury 1:14:00
That's it. All right. Well,

R

Rob Mineault 1:14:02

Happy Halloween everybody. Hope you've enjoyed this. This year's episode. And don't worry next year. Next year, we will we'll return to our normal programming, and we'll have Steve grievously injured himself while carving a pumpkin. So we'll give you something to look forward to. Otherwise, thanks for listening. Of course big thanks to Alexis for once again coming on. And we will see everybody next week.