

# Disability Visibility Podcast

Episode 100

Guests: Geraldine Ah-Sue, Cheryl Green, and Sarika Mehta

Host: Alice Wong

Transcript by [Cheryl Green](#)

For more information: [DisabilityVisibilityProject.com/podcast](https://DisabilityVisibilityProject.com/podcast)

## Introduction

[radio static, voices singing with hip-hop beat]

LATEEF: This is the Disability Visibility Podcast with your host, Alice Wong.

ALICE WONG: Hello, all you glorious creatures. Welcome to the *Disability Visibility Podcast*, conversations on disability politics, culture, and media. I'm your host, Alice Wong. Today's subject is this podcast because it's episode 100.100!

Whether this is the first time you're listening, or if you're a long-time listener, this podcast is co-audio produced by three people, including myself: Sarika Mehta, Geraldine Ah-Sue, and Cheryl Green. I'm proud to work with all three of them since the podcast started in 2017. You'll hear us talk about the lack of disabled voices in radio or podcasts, our collaborative process, and the future of this podcast. And this is a supersized episode! After the conversation, you'll hear some feedback from podcast listeners. On my website, you can also find more, such as a downloadable list of all 100 podcast episodes you can share as a resource, and another document with responses by students from Mid-Peninsula High School in San Mateo, California who listened to this podcast in one of their classes.

And now, for a very important update. Friends, this is the last episode of the Disability Visibility Podcast. I'll talk about how I came to this decision in the conversation you're about to hear. I hope will continue to subscribe because I may still produce other audio stories in the future, just not regular podcast episodes. It has been a absolute joy to create and collaborate with so many awesome people.

In addition to Sarika, Cheryl, and Geraldine, I want to thank Mike Mort for creating a logo, Wheelchair Sports Camp for allowing me to use two of their songs as the theme music, and Lateef Macleod for the introduction. I also wanna thank the over 100 guests who've been on my podcast who've been so generous with their time and wisdom and for trusting their story with me. And most importantly, I wanna thank you. This is not the end, but the beginning of new adventures. Thank you for being in community with me. Are you ready? For the very last time, away we goooooo!  
[electronic beeping]

ELECTRONIC VOICE: Five, four, three, two, one.

ALICE: Geraldine, Cheryl, Sarika, I am so delighted to have you on this one 100th episode of the *Disability Visibility Podcast*. Thank you for being here.

SARIKA MEHTA: It's my pleasure, Alice. I'm so, I can't believe it's 100th episode and the last one.

### The producers introduce themselves

ALICE: Why don't all three of you introduce yourself and just share anything you'd like about yourself and your background. We'll go with Geraldine first, Cheryl, then Sarika. How about that?

GERALDINE AH-SUE: Sounds good. Yeah, I am so excited for this conversation. Thank you, Alice, for having us on your 100th episode.

So, my name's Geraldine Ah-Sue. I'm an independent audio producer and consultant. I started recording stories while I was working at StoryCorps and have made stories for KLRW, which I believe is the first independent radio station south of the Mississippi, the San Francisco Museum of Modern Art, KPFA, and non-profit organizations that I love, like the Center for Asian American Media. I primarily make stories that come from a place of community and social justice, and most of the stories I produce ultimately sort of come from some part of me. They're usually centered around people of color, women, and immigrant experiences.

Disability has been part of my life since I was a child, most often like more adjacently, but also sometimes directly. And I really have to say that it wasn't until I met you, Alice, and became introduced to disability stories and community and culture in a really sort of open and I like in a affirming and positive and unapologetic way, which is sort of not necessarily the way that I grew up with disability. Being introduced to that culture, I could really start to understand how so much of the world and what I'd been taught and the things that I take for granted constantly are these real agents of ableism.

ALICE: Mmhmm.

GERALDINE: So, you know, I consider meeting you as really one of the true blessings in my life. And it's like a real privilege, it's my privilege to be a producer for your show. So, thanks for having me aboard!

ALICE: Aw, Geraldine!

GERALDINE: [chuckles]

ALICE: OK, I'm gonna get misty-eyed. Thank you for that. How about you, Cheryl?

CHERYL GREEN: Yeah, how do I follow that? [laughs] I'm Cheryl Green, one of the producers and editors on this fine, fine *Disability Visibility Podcast*. I got my start, oh, in the ancient days of—what do you call it—streaming radio. I don't know how ancient it was. I don't remember when that was either. Maybe seven, eight years ago, I had a streaming radio show just all on the telephone, on the Internet. It was these long-form interviews, no editing, no music, no nothing. And I did that for a few years. And I don't remember most of my life, so I just can't really remember how it

happened that I started learning about editing and switched over just to the podcast format. And my podcast currently is called *Pigeonhole*. It's sometimes I have interviews, but it's mostly stories, some sound design. Everything is disability-focused, disability culture. I don't have any non-disabled people on the show by design. And it's very non-medical; it's very much disability culture and multi-faceted. I've had some of the same guests that you've had on your show, Alice, which is very exciting! And I also produce for another podcast. I do some, I do video production, but primarily these days, I've shifted, and I am mostly a captioner, audio describer, and transcriptionist.

ALICE: Yes, and I wanna bring up that you have transcribed the majority of all 100 episodes. And that is a thing!

CHERYL: [laughs] I think there's only one or two that I didn't do. And, you know, in preparing for this conversation, you wanted us to think about memorable moments from the podcast. And there was one episode in particular I was thinking of. Oh, somebody said such and such. What did they say? Oh, [chuckles] I'll just check the transcript, and I can see exactly what they said! So, that was. And of course, I found a typo in that transcript, so I'm completely mortified. And we need to redo the whole episode. [laughs]

ALICE: Thank you, Cheryl. How about you, Sarika?

SARIKA: Hi. Sorry, I'm nursing my son at the same time, so forgive me here with the multitasking! I'm Sarika Mehta, [chuckles] and Alice, I'm trying to think of when I met you. And it was over email because— [baby babbles] Please, child. Because I think, I don't remember how I came to learn about Disability Visibility Project, but I did. And I was like, so I remember sending you some of the video interviews that I had done with Deaf South Asian Americans in the Washington, D.C. area, just as a collection of "oral histories" quote-unquote, for the South Asian American Digital Archive. Both of which are things that I love, you know. And I was, and then I interviewed you, Alice, for one of my episodes of *Intersections Radio*, which is now an ended podcast, because there's just a lot going on right now.

So, I remember meeting you in person probably five years ago, four or five years ago. I came over to your house, and you and your mom were just so sweet to me. And I was pregnant with my first son at the time, so you guys insisted on driving me back to the train, [laughing] I remember. And we had tea, and we were chatting. And it was so lovely. I really miss you. I'm missing seeing you in person. And it has really, like Geraldine and Cheryl were saying, it's really been an honor to be a part of this podcast, especially, I'm not somebody who identifies as having a disability or as a disabled person. I work adjacent to the disability community in that I am a sign language interpreter by profession. And so, this is a community that I really value. But this has been such an incredible experience. I mean, I—

So, because of COVID, of everything being online and all these webinars and Zoom meetings and this, that, and the other, I've had the opportunity to interpret a lot from home, which is fantastic! No commuting, no traffic!

ALICE: You know, I think what was really fun is that earlier this year, one of my book events, you were one of the interpreters!

SARIKA: I was!!!

ALICE: And that was such a nice kinda different kinda context. And when we were interacting, it was just such a delight to see your face and to see you in a professional capacity. And just, yeah, that was a fun event. So, I was just stoked. It was a extra bonus to see you there.

SARIKA: It was awesome. I was so, I was over the moon that I had that opportunity to interpret for you.

CHERYL: Hey, Alice, I had a new documentary film premiere a week or two ago. Guess who my interpreter was at the virtual screening event!

SARIKA: [laughs] So, Geraldine, you're the last one left. I haven't interpreted for you yet!

GERALDINE: [laughs]

[upbeat electronic music break]

#### Disabled voices on the air

SARIKA: You know, Alice, I think we've had this conversation a number of times and with all of your guests about putting disabled voices on the air, which is not a luxury afforded to people. You have to have a radio voice to work in radio and podcasts and this, that, and the other.

ALICE: Mmhmm.

SARIKA: And people train their voices in such a way that we can't sound like ourselves anymore. And what does that mean when the whole point is storytelling, and we have to sound a certain way when we're telling our stories? What does that mean? It means we're not authentic, is what it means. So, I love the idea of people just having the ability to be themselves and tell these stories that are really poignant or give so much history of culture and understanding family and understanding why we are the way we are, why things are the way they are. And to that effect, because obviously, there's populations that cannot access something that's just that you hear, especially if you're not a native speaker of English, or if you don't hear or for any, or maybe if your children [laughing] are being very loud in the background, you know! God bless the transcripts that are a part of this or the stories that envelop all of this. We have to make our medium of radio and podcasting, of audio accessible to everyone. And that's really one of my passion projects.

ALICE: Yes, thank you for that. And when I first started and kinda doing the planning and just thinking about this podcast, 2016, early 2017, I really did wanna start off with transcripts. You know, I know that there's a lotta different issues between independent podcasters who are like, "I don't have the money. I don't have the time. How do I do this?" But I did a lot of intentional planning and budgeting, and just, you know, I personally made a commitment to do that. Because it would be just incredibly silly and basically hypocritical if I did a podcast centering on the disability community without transcripts.

And I do think that Cheryl, your podcast, you were one of my role models. And you were somebody that I reached out to early on, and you were just so helpful for me just started, like understanding the mechanics and the process. So, I just wanna give you a shout-out because, you know, there have been disabled podcasters way before this podcast. And I just am kinda constantly trying to learn and refine my processes. But also, you were so generous with your experience and expertise. So, thank you for that.

CHERYL: Oh, my gosh. Well, since it's audio only, you can't see me with my eyes closed and my cheeks flushed. Thank you, Alice. And I.... When you were developing this podcast, you were developing it, I think, in secret! Because I actually had you on my show—and this goes back to what Sarika was just saying—is that I did an episode on my show about disabled voices. So, when I'm on my show, I feel like there's a disabled person on the show 'cause I'm there. But I don't have a disabled voice. You don't hear disability in my voice most days. Some days you do, but I usually don't record on those days. And you were the feature person in my episode about the power and beauty and wonderfulness of having, just what Sarika was saying, like having authentic disabled voices on the air. And this whole time when I was interviewing you, you were already planning your podcast, and I had no idea. And then [laughs] and then you.... It was just amazing. Mine came out, and then yours came out. And I was just blown away and so completely thrilled and happy to do anything for you anytime, Alice.

ALICE: Well, I think this brings me to this, another moment of gratitude. Because, you know, I met each of you at really different points in my life. And I'm just so thankful that the three of you agreed to be my co-audio producers when I started out in 2017. Because, to be honest, I was really a newbie. I really did not feel confident in editing just yet. So, I felt like, OK, I've gotta have a team of folks who can really support me while I learn myself as well.

[upbeat electronica music break]

### Behind the scenes of the collaborative process and working with Alice

ALICE: I wanna ask all three of you, you know, do you have any particular memories you'd like to share or experiences about how we first began and anything about our collaborative process just to give folks a kind of behind-the-scenes view of the creative process? Geraldine, then Cheryl, and Sarika, do you wanna start off in that order?

GERALDINE: Mm! Yeah, I am reflecting on what Sarika and Cheryl have shared and your question. And I'm just thinking.... Yeah, I remember thinking about, having met you and thinking about radio and thinking about this medium, just thinking about the stories and the content of disability and how we consume that content and who we assume the audience is. And what a struggle it is to really to get a voice that sounds disabled on the air or on podcasts to a really large audience. And I was really, really excited to sort of to be on that journey with you and within myself.

I think hearing from you about your, I don't know, your feelings about being a newbie, I remember it brings back to me like I am still incredibly terrified and intimidated. And as somebody who is working on a podcast that centers around disability stories and disability culture as a producer who does not identify as a

disabled person, I'm often really, it's just often, often, often, all the time sort of these moments for reflection and change and reflection and change. And working alongside you and being invited to be part of that process and part of that learning for myself with you as my mentor in a lot of ways, again, sort of has just really changed my life. And it's really just I mean, what a privilege it is to sort of get to live this life in this way, you know, and come and be awake in this way.

I also, working with you, I don't know if this is gonna come later, but I was also reflecting on how laid back you are as a boss! [laughs] I feel like I have always really, I admire that and appreciate that about you. And also, there's something that I'm learning about from the disability community and disability culture: sort of this, you know, this, my training in go, go, go and productivity and like even this term, like "hit the ground running," like all of those things, you know? I have just learned so, I can't even begin to describe the depths of what I am learning, continue to learn, have learned through this process.

ALICE: Thank you for that. You know, I was also kinda nervous too about just being kind of the supervisor/boss in the fact that I pretty much knew my vision, what I wanted out of each episode, and the fact that I give each one of you notes and kind of a sense of what I would like in terms of the editing of a interview. But really, I wanted to give you, all of you, kind of that freedom to play as well: kind of just enough guidance but not like micromanaging.

And I think another thing that I was very intentional was really building in as much flexibility as possible. And this is why, for some people who are listening, people who were former guests probably wonder, why did it take four months for my episode to come out?! And that's because I work very much in advance, and I take my time. Because I'm working with audio producers. I'm making sure that I have my text transcript. I have all these little elements that I wanna put together, and I have the luxury of not being a fancy-shmancy kind of podcast on a network or on a radio enough. Because, you know, I have control over my schedule and my workflow. And I think that's a luxury, but it's also interesting that it's very much this sense of I don't want to always be under this pressure for myself, because I don't think good work would come out of pressuring myself and pushing myself. And I think that's just something that learned out of my own lived experience. How about you, Cheryl?

CHERYL: Whew, hallelujah. I remember feeling, physically, this wave come over me of relief and like fresh air when I found out that you were going to be doing a podcast. I love the way you do politics. I love the way you do culture. I love the way you center BIPOC communities. I mean...I'm running into a loss of words because I don't wanna just make some like woke list. There are not many disability podcasts out there. There are a few. And it still is a quite white-dominated scene. And there's also a lot of, you know, *Reid My Mind* is my favorite one. And that's like Thomas Reid. It's very heavily sound designed, very produced, very slick, and really unlike any other disability podcast out there. But a lot of the other ones are kind of sometimes tend to be the long-form, unedited, we're just having a conversation. And those are hard for me. I like the shorter, tighter, edited, focused thing on any topic. That's just my preferred podcast listening as stuff that's more edited, which is the style that you use. And so, I like that style.

But I just had a sense of what you were going to bring to podcasting based on what you'd been doing with Disability Visibility Project and just so thrilled that you were going to just dip into this world. And then to be part of it, I mean, yeah, there aren't actually words to describe what it feels like to be part of it, because it just it transcends language for me.

ALICE: Oh, Cheryl! How about you, Sarika?

SARIKA: How am I supposed to follow the both of you? My goodness. I mean, like Geraldine was saying, I'm not a person who identifies as being disabled, and so to be asked to be a part of the community in this way is a huge honor. And the irony is you're saying that you felt like a newbie. I mean, I was walking into this like any other job where I'm terrified; I don't wanna screw up. More specifically because I just wanna do my best work [laughing for you, you know? And for this vision that you had.

So, I think I started out nervous just because I wanted to do this job really well. I mean, to be honest, working for your podcast is the first paid gig in audio journalism that I've ever had. I've been in the field for over 10 years, but this was the first paid job I ever had. When you work in community radio, you pretty much do whatever you want, which is great, [chuckling] you know. It's a labor of love. And that's what I've been doing for over 10 years. But working for somebody else, it was actually such a relief, not just financially, but because it was nice that I wasn't having to edit my own voice, my own interviews, where I'm kind of just sick of hearing my own stuff that I've already been researching.

And this, it was like Alice talking to another disability justice leader in a raw conversation. That was how I would describe it to people when we first started. I would say, "You have to check out this podcast that I work for. I mean, you're gonna hear honest, raw conversation," which oftentimes, things are sugarcoated or hedged. And that didn't really happen with your conversations, which was fantastic. It actually made it really hard to edit 'cause I'm like, no, I wanna keep everything. It's all good, you know. Make it a two-hour episode! And I learned so much. Like I said before, despite that I've worked adjacent to this community for almost 10 years being a sign language interpreter, I learned so much! And I felt embarrassed that I didn't know these things already. I was learning and also like, well, why didn't I know this? Because none of us know these things until you listen to the podcast!

And I remember other episodes where you and your guests were talking about the fatigue of either from a disability or from, the fatigue of having to explain yourselves, whether you're going into a new job or requesting accommodations, whatever the case is. There is a fatigue and, or just I need an extension on a deadline because there's a fatigue. And it was something I might have 1% modicum of understanding because after having children, I had such a struggle in the recovery of my first delivery, such a struggle. I think I just never recovered. Then I had a miscarriage, and then I had a second pregnancy, or rather a third pregnancy, that was so difficult and terrible. And that was the entire time I was working for you! And you were so gracious and understanding.

So, when Geraldine and Cheryl are talking about you as a boss and how laid back and wonderful, it just, I realized that you're another leader in this community who is

saying we are human bodies, and we are not machines. And when things are not going well, we have to listen to our bodies and take things forward. And I remember feeling really bad that I couldn't meet a deadline, but you all, you guys, all three of you, you had my back.

[upbeat electronica music break]

### The value of this podcast as a resource

ALICE: As all three of you know, I plan out my episodes on a spreadsheet that I shared with all three of you. And the decision to end the podcast on this 100th episode, you know, it didn't come lightly. Earlier in 2020, as I was looking at that spreadsheet, I was like, oh my goodness. We're in the 90s. We're gonna reach 100 in April of 2021. And I thought about maybe this is a good time because I do wanna personally open myself up to other things and just other creative opportunities. And I don't think this is gonna be the last piece of audio storytelling. There just won't be regular episodes. But I really wanna stay in this kinda medium maybe for a separate standalone series or audio plays or just new creative ways of using this medium that will be exciting. And that's what it's all about.

I do hope that these episodes will have value to people in the future and now. What are some ways that you think these episodes could be a resource for folks, just disabled and non-disabled? But what are some of your imaginings of what this podcast could be for people? I guess Sarika, do you have any ideas, then Cheryl and then Geraldine if you have anything to share. You don't have to respond to this question, but if you have any thoughts on that.

SARIKA: I'll go. As far as resources, I think that it's a literal resource. I have given this to parents who are concerned about their kids with disabilities. You know, "Just listen to these conversations." I've also just, I've promoted this podcast more than my own 'cause it's not even you have to be disabled or you have to have a child who's disabled to understand these issues. You just have to be a person in society. But to your point, I was thinking it could be a resource in higher education, in academia. One of my really, my closest friends is an anthropologist, and I have on countless occasions sent her this podcast saying, "You should talk to your students about this issue." Because unless you are taking Disability Studies classes, which I never have, so I don't actually know what exactly is taught. I don't know what materials are put forward, but this should not be about, it should just be a part of whatever curricula you teach. And it could be supplementary because it's a podcast. Or it could be required. Listening is mandatory. It could be— That's where I went first when I was thinking about this, using this as a resource. There are just so many ways that we all can benefit from listening to these episodes.

ALICE: Thank you for that, Sarika.

CHERYL: The whole life of this podcast, I have approached sharing it with people in two ways. So, if there's anybody who's expressing any interest in D/deaf and disability topics, I tell them to come over here. And the beautiful thing is that you cover such an extremely huge range of topics that no matter what someone's interest is, there is probably an episode about it. I do a lot of presentations and public speaking, and I sorta do my blog and I have my podcast. So, there's always an

occasion for me to point people to it and mention the podcast and mention the people, “Oh, and follow up more on this guest.”

But the other way I share it is any time I hear somebody bringing up a topic of interest that I know you’ve done on the show, I’ll say, “Well, do you know about this person who’s working in that field as well?” So, for instance, when 87 came out, *Climate Action*, with Kera Sherwood-O’Regan, I wrote to a bunch of my friends who are documentary filmmakers working on climate crisis and environmental issues. And I said, “Hey, but check out this one.” [chuckles] So, I think that people feel like, well, why would I listen to *Disability Visibility Podcast*? I do climate justice. Well, you should check out *Disability Visibility Podcast* because you do climate justice. There’s an episode on that.

And I mean, I’ll continue to talk about it in that same way, whether it’s starting from, oh, you like D/deaf or disability topics, or starting from oh, you like fashion or dance or museums or policy. [chuckles] It just, you just cover the gamut. And so, I have, I’ve used it in workshops where we’re talking about care work, mutual aid, or we’re talking about art. Great. There is a snippet of an episode of *Disability Visibility Podcast* that we’re going to put the transcript up and play the audio for you. And I would like to see it continue that way.

And I’m going to be making a PDF, hopefully, that’ll be a nice resource guide for people in and out of academia. I’m gonna put all the links to the episodes and a brief logline and the names of the guests. And we’re gonna have that PDF, and you’ll put it up on your website, and we’ll all share it. And it’s basically like the podcast page of the website, but expanded and downloadable and screen reader accessible. And so, hopefully, that will facilitate more people continuing to share it and checking out entire episodes or combing them for those snippets and bits of wisdom that’s to support work people are already interested in.

ALICE: Yeah, thank you so much, Cheryl. I’m just really excited to float that document because we do wanna make this as easy and accessible and just get it out there in all kinds of different formats. And what’s really exciting about podcasting or just anything that’s posted online is that we really don’t know where it’ll go, who it’ll reach, and that’s exciting. ‘Cause there’s this infinite potential out there that someday, somebody might discover an episode 5, 10 years down the line, and it just might spark something in them. And that, to me, is really what it’s all about. It’s just putting something out there in the world for everyone. Any thoughts, Geraldine?

GERALDINE: Hmm. Yeah, you know, I think...I think so much of my experience with this project and with this podcast is it’s really as an able-bodied person. And when I’m reacting to an episode or I am learning something, a lot of it comes from my able-bodied experience of the world. And in that way, I think that, of course, there is so much to be learned and so much to be gained from this podcast, not just sort of personally, but in a real, obviously, in a real material and real stakes way, right?

When we’re thinking about natural disaster preparedness, we need to be thinking about our disabled neighbors and community members. When we’re thinking about climate change, we need to be thinking about our disabled community members! Like, it’s just, in a real, fundamental way, it’s a real resource for people to learn from

and for people to really consider and listen to, if not identify with and feel support and camaraderie with.

And I was just trying to imagine like some kind of future where, I don't know, people are like, "Can you imagine? Can you believe that that's the way it used to be? Can you believe that, you know, when there was a wildfire, they didn't think of these things? Thank god it's not like this now." That would be amazing.

ALICE: Yeah, and in a way, it's capturing this moment time, you know, so that hopefully, this is something that will be a part of history. And that, to me, is exciting too. I wanna be mindful of the time, and I wanna end with opening it up to you all in terms of what questions do you have for me and any kinda tea you wanna spill about me. Feel free to just let loose and let the listeners know! So, anybody who has any questions for me go, for it, because this is your time.

GERALDINE: [delighted chuckle] I love this part. I don't know if I have any questions, but I do want to spill the tea that Alice is one of the best bosses or supervisors that I've ever worked with. If you, out there listening, are looking for somebody to feel really human with, Alice is your person. [chuckles]

SARIKA: Second to that. [laughs]

CHERYL: But also Alice is your cat. So, I mean, we're stuck here, right? Spilling tea is not usually like, "Let me tell you more excellent things about this person." But I have no tea to spill in the traditional sense of spilling tea. I mean, the thing that [laughs] that I remember is I get very, very scared and nervous when I meet people for the first time. But you're so down to earth, and I quickly got over being terrified about meeting you. But I don't know how long it was into the working relationship that you started signing your emails to me with meows and mewls and other cat noises. Or maybe I started. I don't know who started it, but it's been going on for several years, and I just love it. You're [chuckles] you're so not intimidating, but having this work relationship that's got very healthy, very good boundaries, but then signing the emails with "meow for now," it's just it's the best.

SARIKA: I have also noticed the cat thing with you guys, [laughs] and I love it. I don't think I have tea to spill. I just, like I was saying in the beginning, when I met you, Alice, in person, and I was pregnant with my first one, and you guys were really very kind. Especially the part where I was walking around San Francisco, which is not a flat place, but going to your house from the BART was flat or downhill, one of the two. It was an appropriate level of incline, you know? [laughs] I'm from the Midwest. All I know is like one foot is an incline for me!

And ah, this is not about the podcast, but Alice was a guest on the *United Shades of America* with W. Kamau Bell when they did an episode on disability history. And I think somebody made it into a gif or a meme or something, but Alice was talking about able-bodied actors portraying disabled characters, like all the time. Like, and then they win Oscars for it! It's a formula. And so, Alice said something like, "Suck it, Hollywood!" [laughing] It just is like, if you ever wanna know Alice in one sentence, that. And I think at another presentation, somebody asked you, maybe it was about picking battles or something. But you're like, "I have no fucks to give!" [laughs]

CHERYL: “Eat more pie! Eat more cookies!”

SARIKA: [laughing] I do not have fucks either!

ALICE: Well, you know, I think everything that’s worth doing, we should try to have as much humor and pleasure and enjoy, you know. I think that’s kind of one of the things about this podcast: It’s just been such a gift to me, but also a gift to one another and to the world. I feel like that’s really been the big thing. Maybe we should just end on that note, just a note of abundance and gratitude.

This podcast would not exist and would not be what it is without the three of you. So, I just make this very clear: This has been a partnership. And I think this is really something that I want everyone to know, that this has been a real creative collaboration. And I think it’s where the best things come out of, right? Just this magic. Thank you all for being with me on this journey.

CHERYL: Thank you, Alice.

GERALDINE: Mm.

SARIKA: Thank you, Alice.

GERALDINE: [sighs] Thank you, Alice.

ALICE: Mew, Cheryl!

CHERYL: [gasps] Meow, meow, meow!!! Meow meow, meow meow!

[upbeat electronica music break]

#### Emails and tweets from the podcast audience

ALICE: Wasn’t that a wonderful conversation? I loved it. And now, on to some listener or reader feedback. First up are three audio clips sent by Qudsiya Naqui, Sandy Ho, and Katie Carroll.

QUDSIYA NAQUI: Happy one 100th episode, Disability Visibility Project! My name is Qudsiya Naqui, and I host my own podcast called Down to the Struts, which is about disability, design, and the need to find intersectional solutions to complex problems. I want to hugely thank Alice Wong and Cheryl Green for their support as I was getting started. DVP was a huge inspiration to me. I’m so grateful to Alice and all the team involved for being trailblazers and for paving the way for other disabled creators in media and culture. So, thank you so much, congratulations, and here’s to another 100 episodes.

SANDY HO: Thank you for curating this incredible treasury of stories and conversation from disabled people. It means a lot to have been included in this collection, but also because I learn so much from every single episode that was produced. This collection became a resource that I would often refer so many students to. And it was always exciting to me to see what insights they gained because they were always different from the ones that I picked up on. And also, as someone who has always been very self-conscious about the way my voice sounds,

being on the DVP podcast was really the first time that I felt confident in the way that my voice sounds and in the power that it carries. So, thank you so much, Alice, for all of the work that you've put in to making this absolute treasure happen.

KATIE CAROLL: My name is Katie Carroll, and this message is for Alice Wong and the producers of the *Disability Visibility Podcast*. I'm a disabled person, and I love keeping up on all of the conversations that are happening in the disability community. I'm so thankful for your podcast, because every time I listen to it, I learn something new or hear from someone that I have yet to hear from, but need to. Thank you so much.

ALICE: I also received a few emails and tweets. I'll read a few of them, and you can find more on my website. Here's a condensed email by Jeane' D. Ridges: "When I was diagnosed with systemic lupus last year, engaging with the stories and work of individuals, projects, and organizations like the ones I found through your podcast made being with my diagnosis and body easier. Along with reminding me I certainly was not alone."

Here's an excerpted email by Ceci Zeichner: "I found the podcast through *Bitch* magazine realized as I listened that I had never before engaged with my hearing-impaired identity. I feel so whole now, listening to the triumphs of so many people across the disability spectrum. I am a fashion designer, and one comment from Jane Hartman Adamé, inventor of the Keela Cup in Episode 31, that shook me to my core: 'Don't design for the 90%. Design for the 10%, and the 90% will follow.' I have to advocate for more adaptive fashion within the industry and to one day have my own line where all garments are designed in an inclusive way. Thank you for all that you've done."

Here's a excerpted email by Maria Scharnke: "It seems a little over the top, but *Disability Visibility* really encouraged and bolstered me to make the decision that changed my life and brought me into a career of disability rights work. And it has never ceased to engage or bolster me."

Here's a tweet by Lisa Diedrich: "The podcast is an amazing teacher resource. In my Cultures of Disability class, I have students explore the podcast to learn about disability events and disabled experiences. And it serves as a model for an interview project."

Here's a tweet by Sarah Blahovec: "When I was first discovering my disability identity, Disability Visibility helped me find my community. What makes it better is knowing that I am one of many for whom that is true."

Here's a tweet by Karen Tani: "I've learned so much from this podcast. It has informed my work on disability legal history, shaped my interactions with students, changed the kind of work that I think is exciting and valuable, and generally altered my worldview. Many thanks for all you do."

Wow. Thank you all so much for this feedback and the kind responses. I am just profoundly humbled by everything.

Wrap-up

[hip hop]

ALICE: This podcast is a production of the Disability Visibility Project, an online community dedicated to creating, sharing, and amplifying disability media and culture. All episodes, including text transcripts, are available at [DisabilityVisibilityProject.com/Podcast](https://DisabilityVisibilityProject.com/Podcast).

You can also find out more about Sarika, Cheryl, and Geraldine on my website.

The audio producer for this episode is me, Alice Wong. Introduction by Lateef McLeod. Theme music by Wheelchair Sports Camp.

You can also support my work for \$1 a month or more by going to our Patreon page at [Patreon.com/DVP](https://Patreon.com/DVP). That's p-a-t-r-e-o-n dot com, slash DVP.

Thanks for listening! And see you on the Internets! Byeee!