

Transcript

..... *Just be happy! (echo x5)*
..... *It's all in your head!*
I went for a jog in the city air
I met a woman in a wheelchair
I said, "I'm sorry to see you're handicapped."
She says, "What makes you think a thing like that?"
..... *It'll get easier!*
And she looks at me real steady,
..... *You're so inspiring!*
And she says,
..... *You're just lazy!*
"You want to drag?"
..... *Just stay positive; it could be so much worse!*
So, she starts to roll and I start to run
And she beat the pants off my aching buns
You know going uphill I'd hit my stride
But coming down she'd sail on by!
..... *Have you tried yoga?*
When I finally caught up with her
She says "Not bad for somebody able-bodied."
..... *You need to lose weight!*
You know, with adequate care and supervision
You could be taught simple tasks.
..... *You just need more practice!*
So how about something to eat?"
..... *Walk it off!*
I said that'd suit me fine
"We're near a favorite place of mine."
So we moseyed on over there
But the only way in was up a flight of stairs.
..... *Just carry on!*
"Gee, I never noticed that," says I.
"No problem," the maître d' replies.
"There's a service elevator 'round the back."
..... *You have such a victim mentality!*
So, we made it upstairs on the elevator
With the garbage, flies, and last week's potatoes
I said, "I'd like a table for my friend and me."
He says, "I'll try to find one out of the way."
..... *You're not disabled!*
Then he whispers, "Uh, is she gonna be sick,
I mean, pee on the floor or throw some kind of fit?"
I said "No,
..... *You're so negative!*
I don't think so,
..... *Count your blessings!*
I think she once had polio.
..... *You don't look disabled!*
But that was twenty years ago.
..... *Have you tried a hobby?*
You see, the fact of the matter is,
..... *It's not that far!*

If the truth be told,
She can't walk."

..... *Just go outside more!*

So, he points to a table, she wheels her chair
Some people look down and others stare
And a mother grabs her little girl
Says "Keep away, honey, that woman's ill."

..... *There's always hope!*

We felt right welcome.

..... *I'll pray for you!*

Then a fella walks up and starts to babble
About the devil and the holy bible
Says, "Woman, though marked with flesh's sin,
Pray to Jesus, you'll walk again!"

..... *You just need more faith!*

Then the waiter says, "What can I get for you?"
I said, "I'll have your best imported brew."
And he says, "What about her?"
I say, "Who?" He says, "Her."
"Oh, you mean my friend here."
He says "Yeah." I say, "What about her?"
"Well, what does she want?"
"Why don't you ask her?"
Then he apologizes.
Says he never waited on a cripple before.

..... *What have you done to yourself?*

So, she talks to the manager when we're through,
She says, "There're some things you could do
To make it easier for folks in wheelchairs."
He says "Oh, it's not necessary.
Handicapped never come here anyway."

..... *I'm not gonna crack!*

Well, I said goodnight to my newfound friend,
I said, "I'm beginning to understand, (background: I'm not gonna crack!)
A little bit of how it feels,

..... *I'm not gonna crack!*

To roll through life on a set of wheels."

..... *I'm not gonna crack!*

She says "Don't feel sorry, don't feel sad,

..... *I'm not gonna crack!*

I take the good along with the bad

..... *I'm not gonna crack!*

I was arrested once at a protest demo,

..... *I'm not gonna crack!*

And the police had to let me go.

..... *I'm not gonna crack!*

See, we were protesting the fact, (background: I'm not gonna crack!)
That public buildings weren't wheelchair accessible.

..... *I'm not gonna crack!*

Turned out the jail was the same way.

..... *I'm not gonna crack!*

Anyway, I look at it this way—

..... *I'm not gonna crack!*

In fifty years, you'll be in worse shape than I am now.

..... *I'm not gonna crack!*

See, we're all the same, this human race.

..... I'm not gonna crack!

Some of us are called disabled.

..... I'm not gonna crack!

And the rest—

..... I'm not gonna crack!

Well, the rest of you are just temporarily able-bodied!

The wings are ornamental, they have no intention of letting you fly!

..... *Don't let your disability limit you!*

Sidewalks

Bike lanes

Vehicles

Public transport

Announcements on public transport

Visibility tape

Handrails

Crosswalks

Crossing announcements at crosswalks

Changing rooms with seating

Nursing rooms

Public toilets

Seating in public spaces

Level flooring

Flat or bevelled thresholds

Clear aisles

Anti-slip flooring

Door handles

Route planners

GPS

Phones

Transcribing apps

Screen readers

Recording devices

Font varieties

Large print

Adjustable lights

Adjustable brightness on devices

Night lights

Online shopping

Delivery

Alarms

Timers

Air fryers

Food processors

Pre-cut and packaged produce

Slicing tools

Heat and cut resistant gloves

Evenly weighted cutlery

Handles on cups

Plastic straws

Pouring aids

Pot filler faucets

Pull down or pull out faucets

Jar openers

Rice cookers

Microwaves

Spice racks

Easy to open packaging

Pill dispensers

Glasses

Dentures

Toothbrush holders

Electric toothbrushes

Shoehorns

Sock aids

Velcro

Zippers

Warm clothing

Bathtubs

Shower seats

Large showers

Detachable shower heads

..... *Don't think of yourself as disabled and you won't be.*

YOU'RE not disabled;
you're NOT disabled;
you're not DISABLED!

You live in my nightmares;
you who sit there in silent judgement
every time we meet.

Your words
became the critic in my head
telling me I'm just making excuses,

calling me lazy
whenever I'm too broken
to keep going.

Eventually,
I'll be strong enough
to shut you out.

But I wonder:
who lives in your nightmares,
questioning your worth?

..... *How do you live like that?*
..... *I'd rather die than be disabled!*
..... *(slowed) I'm not gonna crack!*

Credits

Fairytale
Shrek, Original motion picture score
composed by Harry Gregson Williams, John Powell
hummed by the Artist

Talking Wheelchair Blues
performed and written by
Rev. Fred Small

Lithium
performed by Nirvana
written by Kurt Cobain

Dream Girl excerpt
originally performed by Idina Menzel
written by Big Music Machine, Twenty Fifteen Boulevard Music Inc., Millicent Hill Music
sung by the Artist

Piano Sonata No. 14, "Moonlight" Sonata, First Movement
composed by Ludwig van Beethoven
performed by Martin Bloch

Glass Crack Effect
<https://www.youtube.com/watch?v=HxeqIK5e144>

All other text written and performed by the Artist