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Off the Curb banner design  
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# Off The Curb

## Editorial

— Mayoi No Naka • Editor • [mayoi@askwellness.ca](mailto:mayoi@askwellness.ca)

I'm really glad to see the end of winter and the changes spring brings! It's time for new beginnings, new starts, new contacts, new thoughts and in some cases, new lives.

Every day I see people in various stages of their development. Many have achieved what they would like, some are still in the process of discovering their potential and others are all they will ever be. It's sad to think nothing will ever change for them. Is there a way to reach those who could benefit from a program out there? Who do you know who requires help with housing, counselling with drug and/or alcohol addiction or basic education about Hep C or HIV infections? Help with these and many other programs are available. Just ASK.

I'll admit I'm a news fan. If it's on the radio, the net or in print, I'm going to read or listen, there are lots of interesting stories out there. Some insightful, some distressing and some just make me feel good.

CONTINUED ON PAGE 2

kamloops ART GALLERY



Come visit us at  
the Wine Festival!

Free desert at our  
table thanks to  
'The Noble Pig'

To purchase tickets  
please contact the  
Kamloops Art Gallery  
at 250-377-2400



The Noble Pig  
BREWHOUSE  
Inspired food. Unique brew.



## April 28, 2011 ~ Dine Out and Fight HIV/AIDS!

Dine out at one of our participating restaurants and THEY will donate 25% to the ASK Active Global Citizen going to Africa!



THE NOBLE PIG (650 Victoria St.);  
HOT HOUSE BISTRO (438 Victoria St.);  
MINOS (262 Tranquille Road);  
FIESTA MEXICANA (793 Notre  
Dame); ROCK SALT (405 Vic-

toria St.); HOJA (256 Victoria St.); RIC'S GRILL  
1175 Rogers Way); BISTRO 326 (326 Victoria  
St.); FLAVOURS OF INDIA (550 W Columbia St.)

More restaurants being added!  
See [www.diningoutforlife.com](http://www.diningoutforlife.com)  
for a full listing.

## Why is ASK going to Africa?

A group of ASK social workers and HIV specialists are going over to Swaziland to provide outreach support and build a social centre to meet the basic medical needs of the children of the SOS Children's Village.



## Do you need housing help?

ASK Wellness prints the latest listings every day. And housing help is available each day from 1:00 pm to 4:00 pm at ASK Wellness, 433 Tranquille Road, Kamloops.



## We need your help!

A number of our programs provide breakfast for those who are struggling and hungry. Can you help contribute one item per week? We are in desperate need of the following basic items: fresh fruit, veggies, eggs, ham, milk, yogurt, cheese, juice and cereal. Please remember us the next time you are grocery shopping and drop all donations off at ASK Wellness Centre, 433 Tranquille Road, or call Cheryl at 250-376-7558, Ext. 226, for pick-up. Thank you!

**DO YOU NEED STD, HEP-C, HIV TESTING OR INFORMATION?**

**JUST ASK!**

Call 250-376-7558, ext. 232

After two months' government debate, welfare payments in Germany are going up \$6.80 per month and will go up a further \$6.80 next January.

A five year study at a hospital in Toronto shows homeless people cost, on the average, \$2,500 more per hospital stay due to their health both physical and mental. Even after their most urgent problems were attended to, the patients often stayed longer as no sites or programs were available to address their lack of housing.

In BC, support for women and child care issues is sadly lacking. To add to the problem, funding to Legal Aid is always being cut, or shall I say, 'trimmed.'

BC lawyer Leonard Doust says it's the working poor who suffer. "What I found was that in a number of very important areas our legal aid system is simply not providing the services to the people that need them, and in particular in regard to people on the margins of society."

"Of course, one of the problems we have is that the general public, by and large, is unaware of the problems that are created by the lack of legal services for these kinds of people," he adds, and believes legal aid should be treated as essential as health care and education.

To quote Stephen Hume of the **Vancouver Sun**, "While our country's GDP reached \$1.4 trillion in 2010, more than 867,000 Canadians visited food banks last March alone." In BC the minimum wage is the lowest and child poverty rates are the highest in Canada. Statistics Canada states those in BC are spending more than twice as much as Manitobans on education and almost three times as much as

those in Québec. British Columbia residents pay more for childcare than those in most other provinces, although less than households in Ontario, Alberta and Prince Edward Island.

Political interest in homelessness in parts of the province is increasing with thoughts of a possible election. As homelessness is seen as a problem, I personally don't believe it is seen as the crisis it really is.

Evelyn Forget, a professor of health sciences at the University of Manitoba, fought for five years to gain access to the reports of an experiment that began in 1974 in Dauphin, Manitoba to test the concept of a guaranteed annual income. Dauphin's low income residents were lifted and kept out of poverty using a negative income tax. This meant the Canada Revenue Agency topped up the recipients' income if it fell below the poverty line. There were no restrictions; people could use the money as they chose. The initiative, called "mincome," ended in 1978, but findings were never analyzed and no report was ever written. Forget found during the experience, Dauphin had a dramatically lower rate of hospital admissions than similar communities in Manitoba. Its high school dropout rate fell and stayed down for a generation. There were fewer accidents, serious injuries, arrests and convictions. Consultations for mental illness declined. Policy makers feared there would be those who wanted free money, but people in Dauphin did not stop working or reduce their hours of work. "In all of the indicators I could find for the quality of life, people did better," Forget said.

The "Cinderella Project" helps

high school grads have the graduation they could never imagine by providing gowns for the ladies and tuxedos for the gentlemen, along with shoes, accessories, hair dressers and makeup.

Barbara Giraud of Abbotsford, BC, visited Uganda last year and is determined to make a difference there by building an orphanage after watching children searching garbage for enough food to survive. Her idea was to make a few dollars by baking banana bread in her kitchen. Ms. Giraud also accepts donations; some donations are a few cents, some are in the hundreds of dollars; all are gratefully received. An overwhelming success, the building that will house thirty-two orphans has been paid for, but now her attention is turning to wells for the community she is creating.

ASK Wellness is also acting globally and sending a crew to Swaziland in August to complete a community sustainability project and become part of a grassroots movement of active global citizens.

If an election is called, please educate yourselves. Minimalized persons are the most vulnerable to even the slightest change in government cuts. Read what you can.

Ask questions about the issues that can and will affect you and your community. You are entitled to do what many around the world cannot do — vote! If you try to vote in some countries, you are shot at or killed in the process. Other countries hand you a ballot with one name and the 'selection' already checked off. You deposit the slip in a box and are led to believe you have actually taken part in the voting process.

If you find yourself bored, the library has books to loan or you might like to grow your own food through the Kamloops Community Gardening program. Volunteers are always needed; find a cause you support and involve yourself. You might even help me by submitting a poem or volunteering with ASK's 'Dining Out for Life' project (hint, hint...).

Continued good thoughts go to 'Princess,' 'Red,' 'D,' 'Mr. B,' 'D,' 'K,' and 'J.' Thank you for involving me in your lives. Thinking of Wayne and Vera who passed in a previous April. Look after yourselves and focus your intentions. But be aware, the cosmic scoreboard can at any time show where and how we are lacking. Remember, I care...

## Client Needs

Help us collect the following items for distribution to those in need! Please drop-off at ASK Wellness, 433 Tranquille Road, Kamloops, or call Cheryl at 250-376-7558, ext. 226 to arrange for pick-up.

- ◆ Gently used clothing
- ◆ Grocery vouchers
- ◆ Take-out containers for leftovers
- ◆ Plastic bags
- ◆ Baby Wipes / Wet Wipes
- ◆ Band-aids
- ◆ Blankets
- ◆ Bus Passes / Tickets
- ◆ Combs / Brushes
- ◆ Deodorant
- ◆ Personal hygiene products
- ◆ Feminine hygiene products
- ◆ Adult diapers
- ◆ Wrapped candies
- ◆ Garbage bags
- ◆ Gloves, mitts, scarves and hats
- ◆ Ziploc bags (any size)
- ◆ Razors, mens and ladies
- ◆ Shaving cream or foam
- ◆ Chap-Stick
- ◆ Thick socks, underwear
- ◆ Toilet paper
- ◆ Toothbrushes & toothpaste
- ◆ Travel size soaps and shampoos
- ◆ Telephones

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## Bob's blurb

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— Bob Hughes • Executive Director • bob@askwellness.ca

### Gratitude

Why is it that almost every Blurb I write relates to gratitude? I think it is largely due to the fact that if we really looked around at the privilege we experience every day, we would realize how fortunate

we really are.

Consider the fact that most of us live in a time and place where we deliberate over the type of food we eat, the neighbourhood we live in, and the type of employment we

## S.H.O.P.

Friday night  
dinner and drop in

Every Friday night ASK is open for dinner to all persons with past or present experience working in the sex trade.

commit to. It is only when we meet some of the kind and interesting folk in this town who struggle to access food, or who can't find a home to live in, or try desperately with no luck to find meaningful employment, that we realize what it is like for so many people in the world. For many, grief and trauma, personal life choices, and frankly, the luck of the draw, has resulted in a percentage of people in our community and our country who will wish for, but not realize, the day to day privileges that many of us take for granted.

There is not a day that goes by that I don't look around at my life and look to the sky and the earth and thank the universe for my life. I will shake my head at how fortunate I am when I am able to drive to Sun Peaks and click into my skis with my lucky children and jump onto a chair lift that scoots me up 2,500 ft. Or when I am able to have a glass of wine with a full meal of beef and vegetables mid-week. How very fortunate I am.

So it is surprising when I find myself feeling somewhat angst ridden when my old car struggles to start, or when I realize I can't afford to buy a new outfit for my kids. It is this feeling of entitlement that can creep into my life that I do everything I can to fend off and to challenge myself to step back and really consider if I have any justification to complain. And every time I do this, I am left realizing that never before in the history of humanity have some people had so many opportunities and choices with the basics of human need met without question.

It is for this reason that I ask all our readers to consider the experiences of not only those here in

Kamloops who struggle, but look further at the plight of so many in the world who fight tooth and nail to have shelter, clean water and one meal per day. The shocking situation in Japan, a country whose standard of living is almost unmatched in the world, should inform all of us in our community to realize that even through hard work and good fortune, we live in a world and time where those things we take for granted can be taken from us. The experience of gratitude we feel for our lives here is also part of our call for action that sees ASK Wellness staff preparing to go to Africa to make a difference. Many have asked, including Christina Low at CBC in Kelowna, why would a local charity go to a place like Africa to help? My answer will always be that we have a duty if we believe in social justice and human rights, and dignity to help not only those in our backyard but those afar. When we consider that 64% of the population of Swaziland, where we are going, are infected with HIV without universal access to medication to manage the virus, and an entire generation of children surviving without parents, clean water and safe shelter, it is not a question of why go, but when we are going.

In the next several weeks you will see and read about these efforts to level the playing field here in Kamloops and in Africa. ASK Wellness will be participating locally in the great social equalizer, **Boogie the Bridge**, by working with the committee to ensure we succeed in the goal of reaching 2,500 runners in the event. By doing so, funds that ASK receives from our generous community will go directly to those who have so little in this land of opportunity.

They will receive money to keep their shelter, food for those children who need it so badly, and access to health treatment that the province does not provide. You will also see ASK looking for support to see twelve social workers from our agency hoping to make a difference to the lives of children and families in Africa. Our goal is to raise the funds to make the project a reality and help offset the cost to get low-paid social workers to share their capacity to instill hope in the worst situations possible. The primary method for this will be through a great way to build community and support called **Dining Out for Life**. We currently have eight restaurants that will give back 25% of their proceeds for anyone eating and drinking at their restaurant on Thursday, April 28th. We have even had corporate sponsorships for the event from our heroes at NRI Distribution who have contributed \$7,500 towards the mission, and \$5,000 from the devoted Dr. Baker, and our favourite realtor Brendan Shaw, who signed up for \$1,000. It should prove to be a wonderful night of good company and a way for the community to show their support for this ambitious but vital effort to make a difference, not just at home, but on the other side of the world.

So as the weather warms and greening of Kamloops begins, take stock of how lucky we really are. Imagine all those close to us and afar who have so little in their lives but whose resilience and willingness to keep hope alive and realize that by giving and sharing our good fortune with others, we gain what I would argue is the most powerful and meaningful experience of all: **gratitude**.

# Kindness from the curb



Our sincere thanks to the following for their continuing generosity...



**COBS BREAD** <http://www.cobsbread.com>  
250-372-1625 for their generous weekly donations to several ASK Wellness Programs!

★ **OVERLANDER WOMEN'S INSTITUTE** – for dropping off four containers of cookies!

★ **MERRITT IHA** – for donating 25 single mattresses and two fully functional hospital beds!

★ **MONIQUE (ASK volunteer) and CARMEN (ASK staff)** – display cupcakes made with love for ASK clients! Thanks Monique for all your amazing cooking and baking! Your community is stronger because you are giving back! We need more like Monique! For opportunities please contact Cheryl at ASK Wellness at 250-376-7558, Ext. 226.



★ **STARBUCKS Aberdeen** – for a silent auction item worth \$80.00!

★ **EARLS RESTAURANT** – for donating three kitchen parties to support ASK Goes to Africa!

★ **NRI DISTRIBUTION** – for their endless support through their cash donation and volunteering their staff for Boogie the Bridge!

★ **DR. ROBERT BAKER** – for his \$5,000 sponsorship to support ASK Goes to Africa! We are excited to say that Dr. Baker will also be joining the group going to Africa!

## Office wish list

Can you help ASK out by donating some basic items? For example, we always need

- Wrapped candies for SHOP kits
- Paper (8-1/2 x 11 in.)
- Boxes of pens, markers and pencils
- Tape
- Staples gift certificates
- Postage stamps
- Envelopes
- Coffee, tea and hot chocolate
- File folders
- Sticky notes
- Kleenex tissues
- Hand sanitizers

If you can help please call Cheryl at 250-376-7558, Ext. 226 or send her an email at [cheryl@askwellness.ca](mailto:cheryl@askwellness.ca)

## Your ad here!

Please help keep 'Off the Curb' in circulation. For a small fee we are offering advertising space.

Contact Cheryl at 250-376-7558, Ext. 226  
[cheryl@askwellness.ca](mailto:cheryl@askwellness.ca)

# Focus on the new Hi5 Wellness Club Coach, Blair Jones!

**Q** – Hey Blair, tell us a bit about yourself and where you're from.

**Blair** – I live in Kamloops, BC, aka the capital of some of the best riding worldwide! I've been an avid bike racer since I was five years old and I'm turning 26 this November ... you can do the math. Basically, riding / racing bikes is what I breath, eat and sleep to do. When I was 17, I suffered a spinal cord injury filming for a local mountain bike film in 2002. As a result of the injury, not only did I lose the ability to use my legs, I also have very limited use of my trunk muscles. Basically I have the use of my top two 'abs' and nothing lower. Yes, it's different not having trunk stability as I had an 'eight pack' before, but an 'eight pack' only lasts a party so long, so that's why I bring a 'two pack' and a 'keg,' enough for the whole party! Being in a wheelchair hasn't slowed me down one bit since day one. Here's another personal quote for you: don't let the injury get the best of you ... get the best of it! My arms are your legs, my hands are your feet, that's why I wear gloves and you wear shoes; where you go I go, either you're ahead of me or I'm way ahead of you, same difference!

**Q** – Who do you ride with?

**Blair** – Right now I've been riding by myself for the most part, mainly because all I've been doing is training as much as possible. Other than that, you'll see me riding with a bunch of my younger neighbours and whoever else I happen to run into at the trail head. When I'm out with my neighbours, it usually turns into a riding clinic of some sort as I enjoy teaching and coaching our younger generation. There is nothing



better than to see their progress and ride with flawless grace.

**Q** – What's your typical day like?

**Blair** – Action packed! Well actually I usually go for a workout in the morning to wake myself up before I start in on work. Usually consists of going for a wheel in my chair or go for a trip in my hand cycle up and down some of the biggest hills in Kamloops or just go to the gym, which at times I find boring. Then it is off to work. I've been running a bike/ motorbike / automotive repair shop out of my shop at our house for the past four or five years, which keeps me fairly busy and at the same time, gives me the freedom to get out and ride, train, coach and enjoy the freedom of the great outdoors pretty much every day. My long term life goal and passion is to work for the cycling industry on and off the hill.

**Blair is happy to volunteer as a coach to help motivate you on your road to wellness. Join Blair and Kira every Tuesday at 9:00 am and Thursdays at 3:30 pm. For more information call Kira at 250-376-7558.**



## DINING OUT FOR LIFE

### VOLUNTEER RECRUITMENT PARTY

Spread the word! If you are interested in learning more about volunteering for Dining Out for Life, come to a free appetizer party on April 6th, any time between 5:30 and 7:30 pm at The Noble Pig Brewhouse, 650 Victoria St.

(Non-alcoholic drinks free plus alcoholic drink specials)

Be an Active Global Citizen and help us get to Africa!





# Dining Out for Life, April 28th, 2011 Restaurant focus...



## FIESTA MEXICANA RESTAURANTE

793 Notre Dame, Kamloops  
250-374-3960

Owners Rod and Liz of **Fiesta Mexicana Restaurante** are striving to offer the residents of Kamloops an authentic Mexican dining experience. While Liz is from Mexico City, Rod is the local connection having been born in Vancouver and raised in Kelowna. Years of working on the Rocky Mountaineer tour train travelling through Kamloops and promoting the area, as well as having worked in the industry, have poised the couple with their daughter Jacqueline for success, as both are committed to the authenticity of the dining experience. Many of Liz's favourite dishes from Mexican restaurants and family parties will be featured on their menu throughout the year. We invite you to join them at any time at 793 Notre Dame, Kamloops, and they are proud to be a participating restaurant for **Dining Out for Life!** Here are a couple of recipes...



### SEARED FISH WITH TANGY HABENERO

In a large, heavy skillet filmed with oil, sear four fish fillets over medium-high heat until brown on both sides. Remove from the pan, add the salsa and stir until wilted and the liquid reduces. Stir in 1/4 to 1/3 cup of heavy cream then nestle the fish back in the pan. Cover and simmer over medium-low heat until the fish barely flakes. Transfer to dinner plates. If the sauce is thinner than you'd like, boil it briskly to reduce, then spoon over the fillets.



### TOMATO HABANERO SALSA

- |                          |   |
|--------------------------|---|
| 1 small red onion        | 1/2 to a whole habanero chili (depending on your burn tolerance factor. |
| 2 tbsp. fresh lime juice | A dozen sprigs of cilantro  |
| 3-4 ripe plum tomatoes   | 1/2 tsp. salt   |
| 6 radishes               |   |

Very finely chop the onion with a knife (a food processor will make it into a quickly souring mess), scoop it into a strainer and rinse under cold water. Shake off as much water as possible, then transfer to a small bowl and stir in the juice to 'deflate' the onion's pungency. Set aside while you prepare the remaining ingredients. Core the tomatoes, then cut them crosswise in half and squeeze out the seeds if you want (it'll make the sauce seem less rustic). Finely dice the tomatoes by slicing them into roughly 1/4 inch pieces, then cutting each slice into small dice. Scoop into a bowl. Slice the radishes 1/16 inch thick, then chop into matchsticks or small dice. Add to the tomatoes. Carefully cut out and discard the habanero's seed pod (wear rubber gloves if your hands are sensitive to the piquancy of the chillies). Mince the flesh into tiny bits and add to the tomatoes. Bunch up with cilantro sprigs and, with a very sharp knife, slice them 1/16 inch thick, stems and all, working from the leafy end toward the stems. Combine radishes, chile and chopped cilantro with the tomato mixture. Taste and season with salt and it's ready to serve in a salsa dish for spooning onto tacos, grilled fish or the like.

## Dining Out for Life Sponsors



We are excited to say that we have our Title Sponsor for Dining Out for Life. NRI Distribution has come aboard to support ASK Wellness and the Active Global Citizen. Thanks NRI and our additional sponsors:

Dr. Robert Baker



Kamloops ART GALLERY



Thanks also to 'The Noble Pig' for sponsoring us by providing free dessert at our table at the Kamloops Art Gallery Wine Festival on April 15. For tickets or information on the Wine Festival, please contact the Kamloops Art Gallery at 250-377-2400.



# Thoughts from the curb

— Larry Loranger • ASK Client Navigator • larry@askwellness.ca

After experiencing some distressing symptoms during the past few weeks related to hypertension, also known as high blood pressure, I would like to share my thoughts about what I've learned about this condition.

Apparently headaches, frequent nose bleeds and blurred vision are signs of hypertension. As of recently, I have experienced all of these symptoms. So, in order to take charge of my health, I've done some research that I feel compelled to share with you.

High blood pressure is measured by the amount of resistance made with every heartbeat as it pushes through the arteries. A normal pressure reading is 120/80, borderline is 120-160 over 90-94, mild 140-160 over 95-104, moderate 140-180 over 105-114, and severe 160+ over 115. More than 80% of cases fall into the first three groups.

This is good news because in most cases, lifestyle and diet changes can keep blood pressure

under control better than prescription medication. Since eating is something I enjoy, I will focus on what I've learned about diet that is helpful in healing this condition. However, the first thing you might want to do is ask your doctor for a kidney function test to eliminate kidney insufficiency as a possible cause.

To normalize your blood pressure, begin by including 7-10 servings of celery, onions, green leafy vegetables and citrus fruit in your daily diet. When choosing protein, try opting for more fibre, nuts and seeds, cold-water fish or protein powders. Use garlic liberally with meals and avoid sugar and aspartame. Try using the natural sweetener called "Stevia" (available in health food stores). Avoid table salt and processed foods. Increase your intake of potassium-rich foods such as bananas, apricots, tomatoes, avocados, potatoes, lean chicken meat and fresh fish.

I saved the best and most affordable tip for last. Drink 8 to 10

glasses of water daily. For every cup of caffeine you drink, add another glass of water. Why? Because water makes up 92% of our blood, so it is crucial to keep blood volume at a healthy volume. When blood volume is low, the body adjusts by narrowing or shutting down capillaries (smallest of a body's blood vessels) to prevent gases, thus increasing blood pressure. Other recommendations include: reduce smoking, caffeine and alcohol consumption.

Lastly, losing extra pounds can help reduce stress on the heart. Get and stay healthy. You alone can do it, but you don't have to do it alone.

After all that work in diligence in being aware of what goes into your body, you deserve to have fun.

So ... consider joining the ASK Hi5 Wellness Club that meets at the ASK Wellness Centre, 433 Tranquille Road, every Tuesday at 9:00 am, and/or Thursday at 3:30 pm.



## Boogie Volunteer Orientation

Coast Canadian Inn  
319 St. Paul Street, Kamloops  
(Free Appetizers Provided)

April 13, 2011, 6:00 to 8:00 pm. Come and learn about volunteer opportunities and sign up for a position.

Call Cheryl for more information: 250-375-7530, Ext. 226

## No more start-up kits from the Food Bank

Back in August 2010, the Food Bank was very thankful to have received a one-time grant to create 250 Start-Up / Linen Kits for clients throughout the city. After many months we are pleased to say we have been able to assist over 250 individuals and families with the Start-Up Kit program. Unfortunately the funding we were supplied with has now run out and all the kits we were able to create have been handed out.

Kamloops Food Bank

# Events calendar

## CUSTOMER CARE AND PATROL TEAM

The new year has arrived which means that we can all start looking forward to the return of Kamloops Central Business Improvement Association's Customer Care and Patrol (CAP) Team.

The team will be back patrolling downtown Kamloops just in time for the Spring Festival starting May 12th, and we are now beginning to recruit new members.

The purpose of the CAP Team is to provide information on key points, spots of interest, attractions, restaurants and shopping destinations, as well as to assist businesses by building relationships with merchants.

Our team reports and refers panhandlers and the homeless to outreach facilities that may provide aid, and also assists the RCMP and By-Law with crime prevention strategies and initiatives.

We are looking to hire returning university students who are mature, outgoing, responsible and capable of exercising discretion in complex situations.

We also welcome those who are looking for volunteer opportunities. Résumés for potential employees and applications for volunteers are being accepted from April 11th to 14th and 18th to 21st at #4 - 231 Victoria Street.

For additional information please contact:

Kristina Moller at the KCBIA CAP Team, #4 - 231 Victoria Street, Kamloops, BC V2C 2A1, telephone 250-572-3008/3009, or by email to [capteam@kcbia.com](mailto:capteam@kcbia.com).

## INNER VOICE GIRLS GROUP



Wednesday's from 3:30 to 5:15 pm, Boys & Girls Club of Kamloops.

The Inner Voice Girls Group is a cost-free group for young women between the ages of 12-18. It is a group guided by girls for girls. The group is facilitated by Jessica who is a trained artist and art therapist, and is largely art based.

Inner Voice is a space for young girls to bring thoughts, discussion and creativity to share and be supported. In 2010, Inner Voice presented an art show at the Kamloops Art Gallery entitled "The Power of My Voice."

All are welcome to drop in and join our group for fun, snacks, laughs, problem solving and sisterhood. For more information please contact Jessica Ganton-Stanley, DVATI, BFA, Facilitator and Resource Development Coordinator with BGC of Kamloops at 250-554-5437, ext. 208 or by email to [resource@bgckamloops.com](mailto:resource@bgckamloops.com).



## PREGNANCY CARE CENTRE

The Centre offers the following support services in addition to all your baby care needs. Moms Support Group meets Wednesdays from 11:00 am to 1:00 pm; Teen Moms Support Group meets Wednesdays from 3:30 to 5:30 pm. The purpose for the Moms Groups is SMILE: Support Moms In Life Experiences, call 250-376-4646 for more information. The Birthmother Support Group whose purpose is to honour birth mothers, call 250-376-4646 for additional information; and, Preg-

nancy and Infant Loss Support Group meets the 3rd Monday of each month from 7:00 pm to 8:30 pm.

## BC SCHIZOPHRENIA SOCIETY KAMLOOPS

is pleased to provide a family support group. The group is for people with family or friends with a mental illness. Meetings are held the last Thursday of the month in Room 4 of the Henry Grube Education Centre, 245 Kitchener Cres. in Kamloops from noon to 1:30 pm. For information contact Gail at 250-319-7667 or [gbagri@bcss.org](mailto:gbagri@bcss.org)

## CANADIAN DIABETES ASSOC. SELF-HELP GROUP

Meets at 10:00 am on the last Tuesday of each month at Renaissance Retirement Residence, 628 Tranquille Road. For more information call Marg at 250-554-0735.

## ADULT ADDICTIONS SUPPORTIVE HOUSING PROGRAM (AASH)

Are you sick and tired of being sick and tired? Addicted to alcohol and/or other drugs? Have trouble holding onto housing and social supports because of your addiction and/or mental health? Want to break the cycle of addictions?

For more information go to the Kamloops Mental Health & Addiction intake office Monday to Friday between 8:30 am and 5:00 pm at 235 Lansdowne St., Kamloops, V2C 1X8, phone 250-377-6500 or fax 250-377-6501.

## GAMBLERS ANONYMOUS

Meets on Thursdays from 10:00 am to 11:00 am in the Desert Garden Community Centre, 540 Seymour Street, Kamloops.

**INTERIOR METIS CHILD & FAMILY SERVICES  
COMMUNITY KITCHEN**

Every Tuesday from 9:00 am to 10:00 am we offer once a week to cook healthy, economic meals.

We prepare, cook and eat together.

We choose our next session's meals, share and discuss what's going on in our lives.

We divide the meals to take home and we all help to clean up. Food is a great way to meet and bring people together.

We share and learn about nutrition, different cultures, safe food preparation and hands-on cooking skills.

Come join us, more information at: [kitchen@interiormetis.ca](mailto:kitchen@interiormetis.ca).

**SERVICES AT  
NEW LIFE MISSION**

- Public Health Nurses Tuesdays from 10:00 am to 1:00 pm.
- Physician (Dr. Stinson) Tuesday from 1:00 pm to 4:00 pm (drop-in) except 2nd Tues of month. Sign up at 12:30 pm.
- Registered Nurse Tues., Wed., and Thurs. 8:30 am to 4:30 pm.
- Hair Dresser every 2nd Tues. from 10:00 am to 12:00 pm.
- Foot Wash Clinic Monday from 1:00 pm to 3:00 pm in Chapel when available.

**ALCOHOLICS ANONYMOUS**

District 62 has a list of AA meetings for Kamloops, phone 250-374-2456.

Meetings in Kamloops are held seven days a week at noon at the following locations: Alano Club, 171 Leigh Rd., and United Church, 4th Ave. and St. Paul St.

The AA Kamloops Intergroup Office is at 230 Fairview Ave., phone 250-376-4843.

ASK Wellness Centre is excited to be the Charity of Choice for **The Daily News Boogie** Kamloops on May 1st, 2011, and will require 150 volunteers to make this event successful.

**WE NEED VOLUNTEERS** to join one of the following committees: \* Water / Event Tables \* Chalk Team \* Set-up / Clean-up \* Start / Finish Line \* Registration

**ALL FUNDS RAISED WILL GO TO SUPPORT LOW INCOME FAMILIES!**

If you are interested in making a difference in your community please contact Cheryl at 250-376-7558 x 226 or [cheryl@askwellness.ca](mailto:cheryl@askwellness.ca)

## Broken Dreams and Angels

Every day finds them looking at old problems, looking for a solution  
 A new twist or idea that may have happy consequences, perhaps absolution  
 For the ladies that we see often mixed in constant disarray  
 Looking and hoping that we might show them a better way.  
 We listen to their stories that seem to have a weary if common thread  
 Of heartbreak, of disconnect, disillusion and terminal dread  
 Looking around each corner for a spark to regenerate their lives  
 They were once young girls, all daughters, some wives.

So they have come to this place seeking shelter, someone who will listen  
 But their hearts are broken, dreams denied, their eyes softly glisten  
 The safety of our bosom will not yet make them whole  
 For they are shattered beyond measure, trying to rekindle their soul  
 And I for my part marvel at the care and compassion of the angels downstairs  
 For they offer an ear, an open heart, a blank page, someone who cares  
 No matter how common the story, or how often told  
 For each individual person it never gets old.

They are at risk every day of falling victim to abuse and addiction  
 Too often afraid of their own lives, lacking a will and conviction  
 But they surely know without hesitation or doubt  
 That Carmen and Nicole will try to help, try to figure it out  
 A place of refuge, a ride to the clinic, a cup of coffee, some secrets shared  
 Offering some words of wisdom, encouragement, someone who cared  
 These are not mere workers, doing a job, collecting wages and such  
 No, these are truly angels, with hearts that feel and hearts that touch.

John A. Seymour, March 6th, 2011

- Mature women seeking re-training to return to the work-force after a long absence;
- Women in pursuit of non-traditional fields of study; and,
- Women with disabilities.

The Kinloch Education Award is evaluated based on a personal statement provided by the applicant. You will need to provide a personal statement of **no more than 500 words**, describing the following:

- Personal goals, challenges and barriers you overcame;
- Educational goals;
- Community / volunteer / work experiences; and,
- How this award will assist you in achieving economic self-sufficiency.

Full details and the Application Forms can be found at: [http://www.bchousing.org/resources/tenant/bursary/2011\\_EAP/Kinloch\\_Award\\_March11.pdf](http://www.bchousing.org/resources/tenant/bursary/2011_EAP/Kinloch_Award_March11.pdf).

Or come into the ASK Wellness office and ask at the front desk for a printed copy.



## New education award for women

In partnership with the Minerva Foundation for BC Women and a generous donor, Thomas Kinloch, BC Housing's Education Awards Program has a new award: the Kinloch Education Award for Women. Awards valued at \$1,000 will be given to deserving women living in subsidized housing each year for the next five years.

The purpose of the award is to assist eligible women in pursuing

post-secondary education. Priority will be given to women who have overcome significant barriers in their lives which may have hindered their educational opportunities. This includes:

- Women who have experienced violence and/or abusive relationships;
- Single mothers advancing their education;

## SHOP April programming

\* **SWAT (Sex Workers Addressing Treatment)** runs every Friday starting at 3:00 pm. Dinner served at 5:00 pm.

\* **WOMEN ONLY NARCOTICS ANONYMOUS** runs every Thursday at noon, downstairs. Please ring the doorbell for entry.

\* **A PLACE TO GO - FOR ALL WOMEN** every Tuesday at 1:30

pm. Come join us for great company, community resource connections, good friends and a delicious home-cooked meal by the wonderful 'Martha's'. Street Nurses are available every Tuesday.

\* **WEDNESDAY COFFEE SHOP** come and join Nicole and Carmen Wednesday afternoons for coffee. This month classes: "**Are you Aware?**" questions and answers with Kira (the Travelling Sex Lady).

- April 6 - Hepatitis info.
- April 13 - HIV info.
- April 20 - STD info.
- April 27 - Testing with a Health Nurse.

\* **A PLACE TO CHILL FOR SHOP WOMEN** every Friday from 2:00 to 8:00 pm. Come join us for our 'Drop In.' Crafts, good conversation, laughs, movies. Pick-up can be arranged — just ASK.

\* **HEALTH DAY** at the New Life Mission on April 14th:

- Foot care
- Blood pressure monitoring
- Diabetes testing
- Cholesterol testing
- STI info
- Harm reduction supplies and information
- Dental care
- Hot lunch provided, enter to win **DOOR PRIZES!**

**AND REMEMBER – SHOP is the place to come to find: condoms, hygiene products, shampoo, toothbrushes and pregnancy kits. We can help you with a wide variety of needs...**

**Just ASK!**



## The travelling safer sex lady

— Kira Gosselin • ASK Community Health Educator • [kira@askwellness.ca](mailto:kira@askwellness.ca)

The Travelling Safer Sex Lady is gearing up for her Education / Prevention Tours this spring. If you are interested in having TSSL stop by your office, program or event, to present information about HIV / AIDS, Hep C, STI / STD, Sexual Health and Sexual Exploitation, then please call 250-376-7558, Ext 224 to book. Prevention is the key to the future and education is the key to acceptance, empathy and understanding.

Empathy is something we all think we understand, but is it something we present as much as we could? Stigma is something that follows some people around like a shadow. Whether you are homeless, battling addiction, identify as living an alternative lifestyle, overweight, experiencing intellectual barriers, or financial hardships, chances are you also experience stigma, judgment and discrimination.

Imagine how this would feel: you are newly diagnosed with HIV / AIDS, because your partner stepped out of the marriage or used intravenous drugs at one point.

You are a dental assistant and you trust one person with this information and it spreads. It spreads like a wild fire through your office. Suddenly, clients are catching wind of it and now you feel the cold stares and hear whispers as you come out of the staff washroom.

Imagine the depression and shame that fills that place in your heart that was once occupied by

joy and fearlessness. Now, imagine you are a 16-year old girl who dated an older boy for a short stint and didn't use protection the four times you had intercourse. You start to feel a little under the weather and you go to a doctor. A blood test result comes back and you are HIV+.

You are so scared to tell your parents but need to trust somebody. So you tell one girl at school. Your best friend. Three days later you come to school to find your locker has been vandalized with the words "Slut" and "AIDs Victim." No one will talk to you but they are all talking about you. Then on your way home you get jumped by three girls who are older than you; they knock you down and kick you in the face. You do not go to school any more. You don't leave the house any more. You are scared all the time.

Stigma. Our lack of knowledge is our greatest failure when it comes to scenarios like these. Fear instigates hate and cruelty. Fear takes over like the virus itself, infecting all those who acknowledge it.

How do we battle fear? By getting the facts about things that are scary. By educating ourselves, our children and our community, and by encouraging the practice of empathy, kindness and sensitivity.

Today, I take my hat off to all of those brave individuals who brave the storms of 'fear' within our community. I encourage you to stay strong in your journey for you are an inspiration.



# News off the curb

## BC to be first in Canada to treat alcoholism as a medical condition

By Andrea Woo, Richard Watts and Sandra McCulloch,  
Vancouver Sun; Postmedia News, March 11, 2011.

**VANCOUVER, BC** – will soon become the first jurisdiction in Canada to recognize alcohol addiction as a chronic medical condition.

Health Minister Colin Hansen said the change, to take effect April 1st, will put the emphasis on preventive measures and give family doctors more time and resources to treat patients with alcohol addiction.

"It's saying to family physicians that if they identify somebody that [sic] has a chronic alcohol problem, they can treat them in the same way they would treat complex illnesses," he said. "They get to spend more time with their patient, as opposed to the standard doctor's visit [where] they've got however many minutes to fill a prescription."

The move follows a 2009 BC Medical Association report on improving addiction care that recommended addiction be recognized as a chronic, treatable disease.

The government and BCMA are now working together to develop guidelines /for identifying, assessing and treating problem drinkers. The guidelines will be distributed to family doctors throughout the province.

The BCMA report said that in 2006, addictions cost BC more than \$6 billion, or about \$1,500 per year for every citizen. The report said those figures include enormous health care costs, with one-in-ten

visits to BC emergency wards the result of some form of substance abuse.

Hansen compared the initiative to one he launched as health minister in 2004 that focused on preventive measures in diabetes and congestive heart failure.

"If you give the family doctors the tools with which they can manage the lifestyle changes for their patients, then you don't wind up with diabetes progressing to a point where you wind up with huge health care costs, with things like limb amputations," he said.

"If somebody is diagnosed with a chronic illness, then treat it in a preventive way, rather than in a crisis intervention way."

Dr. Shao-Hua Lu, an addiction psychiatrist who chaired the BCMA committee that produced the report, said the government's move will help push acceptance and expansion of medical treatment for addiction.

"What BC has done is to become the first jurisdiction in Canada to formally recognize [addiction] under the chronic disease management program and formally recognize the role of medicine as an important component in the treatment of addiction," he said.

The BCMA report estimated 400,000 British Columbians may have some form of addiction or dependence problem, not including tobacco. The addictions are severe

and chronic for 40,000 to 50,000 of that number.

Lu said if the new program results in a significant dent in the number of people going to emergency wards, the savings will be huge. "Obviously you can't take away all the one-in-ten, but just take away half," he said. "That's 5% off, and that's a huge volume."

Lu said that with every disease, whether it is cancer, lupus or addiction, patients bear some responsibility for their own treatment.

But, "in treating [addiction] as a disease, it brings to light the difficulties associated with the disease and allows the individual to have a greater effort to face it and ask for additional help and support," said Lu.

Family care physicians are ideally placed to broach the subject of addiction and the need for treatment, said Gordon Harper of the Umbrella Society for Addictions and Mental Health in Victoria.

"I really want to celebrate the role that primary care physicians have, but they can't take the person by the hand and walk them to their first AA meeting," said Harper. "Walking into your first AA meeting is the scariest thing you'll ever do in your whole life."

The new role of family physicians in treating addicts was applauded by Salvation Army spokesman Brian Venables.

"I think it's great. From my experience, the sooner you can get on it, the better. Someone who is still visiting their family doctor probably isn't at rock bottom yet — they've still got family, they've still got supports around them," said Venables. "So if their addiction can be identified, then maybe they don't have to go through what we see on the streets."

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## Client resources

Aboriginal Employment Services	250-554-4556	Labour Ready	250-376-9116
ASK Wellness Centre	250-376-7558	Mothers for Recovery	250-377-6890
Alcohol & Drug Information & Referral Services	1-800-663-1441	Ministry of Children & Family Development	250-371-3600
Brain Injury Association	250-372-1799	Narcotics Anonymous	1-800-414-0296
Christian Hostel	250-372-3031	Native Housing Society	250-374-6363
Canadian Mental Health Association	1-888-674-0440	New Life Mission	250-372-9898
Emerald on Third	250-374-1090	Ministry of Housing & Social Development	1-866-866-0800
Employment Insurance	1-800-206-7218	Min. of Public Safety & Solicitor Gen, Community Corrections	
GT Hiring Solutions	250-374-7748	Kamloops:	250-828-4008
House of Ruth (Women Only)	250-376-5621	Merritt:	250-378-9355
Kamloops & District Elizabeth Fry Society	250-374-2119	Phoenix Centre	250-374-4634
Kamloops Immigrant Services	250-372-0855	RCMP Kamloops	250-828-3000
Interior Community Service	250-554-3134	St. Vincent de Paul Thrift Store	250-554-0098
Interior Health Centre	250-851-7450	Salvation Army	250-554-1611
Interior Indian Friendship Society	250-376-1617	Sage Health Centre	250-374-6551
Interior Indian Friendship Society's Alcohol & Drug Counsellor	250-376-1296	Sexual Assault Counselling Centre	250-372-0179
Interior Metis Child & Family Services	250-554-9486	Shuswap Training & Employment	250-554-4556
Kamloops Food Bank	250-376-2252	Street Outreach Nurses	Gaudenza
Kamloops Safe Housing Society	250-851-2720		Lisa
Kamloops Work Search Centre (South)	250-372-3803	Suicide / Distress Line	1-800-784-2433
Kamloops Work Search Centre (North)	250-376-3111	United Way of Kamloops	250-372-9933
Kids Helpline	1-800-668-6868	Volunteer Kamloops	250-372-8313
		White Buffalo Aboriginal Health Society & Resource Centre	250-554-1176

Have we missed you? Would you like to be included in our resource list? Please email [cheryl@askwellness.ca](mailto:cheryl@askwellness.ca)



**Pick up your copy of  
Off the Curb at any of  
these handy locations  
in Kamloops...**

**More locations coming soon! Would you like 'Off the Curb' at your location? Help us promote wellness in your community! Please contact Cheryl at 250-376-7558, Ext. 226, or by email to [cheryl@askwellness.ca](mailto:cheryl@askwellness.ca)**

- ASK Wellness Centre, 433 Tranquille Road
- At Second Glance Used Books, 448 Victoria St.
- Crossroads Inn, 569 Seymour Street
- Erwin's Bakery, 369 St. Paul Street
- Frou Frou Monkey, 263 Victoria Street
- Kamloops Fit Families, 783 Notre Dame Street
- Kamloops Immigrant Services, 109 Victoria Street
- Kamloops Downtown Library, 465 Victoria Street
- Northshore Library, 693 Tranquille Road
- Oops Café, 274 - 3rd Avenue
- Passek's Classic Café & Catering, 120 - 3rd Ave.
- The Art We Are, 246 Victoria Street
- The Grind, 5th and Victoria Street