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Have questions or comments
about this newsletter? Want to
submit a story? Please send an
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Dining Out for Life 2011



Call for... Volunteers!

Help us to deliver **hope**, compassion and knowledge from the Kamloops community and start a movement of **Active Global Citizens**.

We have a duty as a community to rally together and reach out to those children with HIV/AIDS and those orphaned by AIDS. AIDS is now the major cause of children being left to raise themselves. We will reach out to those left to support the children by sharing our skill and knowledge as social workers. As **Active Global Citizens** we will bring **hope** to Swaziland by showing them that the Canadian community cares about their children! This will strengthen their hopes for social justice and equality and help to build capacity to mobilize community!

Help us bring back to Kamloops a new vision of strength, compassion and resiliency to pass on to our clients in Kamloops and surrounding communities.

DATE: Thursday, April 28, 2011. **LOCATION:** Various restaurants throughout Kamloops and Merritt.

HOW CAN YOU GET INVOLVED? Come for coffee and cookies and find out what it's all about! Wednesday, February 16 at 7:00 pm. Please RSVP to Cheryl: cheryl@askwellness.ca, 250-376-7558, Ext. 226, ASK Main Office, 433 Tranquille Road, Kamloops.



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



from the editor

Mayoi No Naka
Editor

Happy Valentines Day on February 14th ... hug someone you care about! I'm hoping February will be less 'interesting' than January, it was certainly a strange month. As if the weather wasn't enough to make problems for anyone walking and driving! I'm a walker and find the continual freezing and thawing a real challenge. Many store and home owners are conscientious and keep their sidewalks clear of ice and snow, but there are still those who don't pay attention to mundane chores like shovelling and scattering de-icer and cause 'issues' for pedestrians.

I wonder if the cold temperatures numb brain activity? A lot of people aren't paying attention. I recently saw a visually impaired man (with a white cane) jaywalking on a main street downtown, half a block from a corner with a traffic light and a [physically] challenged man with a walker crossing against the lights on Seymour Street. Watch out for people on motorized scooters too. Seems some think sidewalks are their personal freeway and those of us in their way should be run into or over.

We are still more fortunate than our neighbours around the world. Floods in Australia have killed at least 22 people and costs to deal with the floods could be as high as \$5 billion. Mud slides and flooding in Brazil destroyed thousands of homes and [claimed] the lives of at least 600 people. The numbers of those killed will most certainly rise as chances of survival are zero. A stampede set off by a jeep driving into worshippers killed more than 100 pilgrims returning from prayers at a shrine in the Indian state of Kerala.

On the good side, Homeless Ted Williams with a "God given voice," started on what looked like a new life. On the bad side, we saw not much has changed in Haiti a year after that devastating earthquake. The group 'Huddles for Haiti' is made up of seven CFL'ers who paid their own way to Haiti to help where they could. One member of the group described the smell on his arrival in Haiti—it was a cross between collapsed building with decaying corpses and unregulated sewage.

There were many stories that saddened me. Thirteen year old Jordan Rice drowned in the Queensland, Australia floods after begging rescuers to save his younger brother first. Jordan and his mother Donna were swept away as a wall of water hit the town of Toowoomba. His family has hailed the youngster's selfless actions. "Jordan can't swim and is terrified of water," his father said. "But when the man went to rescue him, he said 'save my brother first.' I can only imagine what was going on inside to give up his life to save his brother, even though he was petrified of water. He is our little hero."

Another story made me cry while reminding me there are good people who do what they think is right. Mark Dickinson wasn't sure whether he'd get to see his dying two year old grandson one more time. A long line at Los Angeles Airport's security checkpoint had kept him from getting to his departure gate in time. His grandson would be taken off life support in Denver, Colorado, with or without his grandfather's presence. He was panicking as he was running late and didn't think he would make the flight when a pilot from Southwest Airlines stepped up and held the flight at the gate until Dickinson arrived. The pilot was standing by the jetway waiting for him when Dickinson arrived in socks, so rushed that he just grabbed his shoes at security and ran through the terminal. "I told him, thank you so much. I can't tell you how much I appreciated that. And he said, 'No problem, they can't leave without me anyway.'" Dickinson told television station KABC. Authorities say Dickinson's grandson, Caden Rodgers, suffered a head injury after his mother's boyfriend threw him across the room. The boyfriend reportedly told police he was drunk and high on marijuana at the time. The child later died and the boyfriend has been charged with first-degree murder. Dickinson's wife had called Southwest and asked them to hold

the plane After the flight, Dickinson said he never got the chance to thank the pilot for his serious display of empathy. Dickinson made it to Colorado in time to say goodbye to his grandson. "I would just tell him that I can't tell him how grateful I am that he did that for me," he said. Most airlines would punish any staff member who holds up a flight, however, a Southwest spokeswoman said the pilot's actions were exemplary. "You can't hold a plane for every late customer, but I think we would all agree these were extenuating circumstances and the pilot absolutely made the right decision," said the spokeswoman. Though the airline identified the pilot who held the plane for Dickinson, the pilot asked his name not be released to the public. "As you are reading this story, you absolutely get tears in your eyes and just an overwhelming sense of pride that our pilot took such an action," Marilee McInnis of Southwest Airlines said. "It really make you proud to work for Southwest."

Happy New Year to my Asian friends on February 6th. Sun Neen Fie Lock, Xǐa Niàn Kuài Lè, Maahn sih yuk yi, Chuc Mung Nam Moi, Say-hay boke mahn-he pah-du-say-oh. Happy 4708, year of the metal rabbit! Those born in the year of the rabbit, fourth in the Chinese Zodiac's twelve year cycle, 1927, 1939, 1951, 1963, 1975, 1987 and 1999, symbolize the character traits of creativity, compassion and sensitivity. Rabbits are friendly, outgoing and prefer the company of others. They also prefer to avoid conflict and calmly approach situations with consideration for the other party. Rabbits should work at building more self-confidence and self-worth so they can feel more secure. The desire to remain in safe, comfortable environments keeps rabbits from taking risks which sometimes causes them to miss out on good opportunities. If you are interested in learning more about the new year celebrations, your local library or sites on the internet will provide lots of information.

Thoughts go to 'Princess' for one year sober on February 8, 2011, 'Red,' 'M,' 'S,' 'L,' 'D,' 'D' and 'J' and 'Mr. B.' To anyone needing a kind word, I send a hug and a wish for small miracles.

There is still enough cold weather to come until the warm evenings return, so I have to ASK ... are you housed? Do you know anyone in need of housing? If the answer to either of these questions is "yes", please ASK for help! The ASK office provides current housing lists daily and has housing outreach weekday afternoons from 1:00 to 4:00 pm.

Stay safe and warm, and look after yourselves and others. If you need help, please ASK. Remember, I care ...

Mayoi

mayoi@askwellness.ca

bob's blurb

Bob Hughes
Executive Director

Who do we serve?

GratITUDE is perhaps the greatest of perspectives to experience in life. When it might be easy to see the grass greener on the other side, to wonder whether we are getting our fill, our due, it is always more satisfying and grounding to take stock of the gifts we have. While gratitude can never replace the call to action when justice has been missed and forgotten, it never ceases to amaze me that we can take for granted the incredible opportunities our society and our time in history provides.

This past month I have been fortunate to have travelled afar to visit family and see how the Scots tackle homelessness and those less fortunate. What I came away with from this brief tour was a sense that while we are making great strides in our community in balancing the inequalities and obstacles of our society, we pale in comparison to the resources available in Scotland.

client needs

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

- ◆ 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

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.

Take for example that Scotland, in fact all of Britain, has lived with the knowledge that the state, their government, has committed to the notion that housing is not a privilege, but a right. In fact, as of December 31, 2012, Britain has committed in legislation to provide housing for everyone on the island.

This is an ambitious goal that the pragmatic soul I am has some doubts they can achieve. But like the speaker at the conference I participated in said, "legislation is like sausages. It doesn't matter how it is made, it is the product that we should appreciate."

In Britain, those with disabilities and physical and psychological obstacles to managing their own affairs, are provided with every resource to participate fully in society. This includes the provision of transportation, including a new car every five years, to those who care for someone with a serious disability.

When you compare the experiences of a person with a disability and limited resources here in Canada, it is sobering to realize how far we are to levelling the playing field. I, along with many in Britain, can be critical of a social welfare state that provides so much for those on the margins of society, by thinking this system breeds entitlement and abuse. The reality is that, like in Canada, it is only a select few who take the state's resources and opportunities for granted. The vast majority utilize the resources and assistance to improve their lives and contribute to the greater good.

Here in Canada we have a social welfare state that at least offers Universal Health Care and a basic income to all but the few. The problem is that the whole notion of living off the state and thus the taxpayer, is seen as a burden and tantamount to setting fire to a briefcase full of money. However, time and time again, research shows that investing in the provision and resources for those disadvantaged and underserved results in savings by reducing the size of acute health care resources, fewer people incarcerated, and better neigh-

bourhoods and families. Yet, both on a federal and provincial level, the political will to tackle issues like child poverty and homelessness have been ad hoc and fragmented.

While I cannot deny the passion and willingness to take risks by the likes of Minister Rich Coleman in BC to address these issues, it has been a reactionary and ineffectual response to a taxpayer and social justice vacuum cleaner. Unfortunately, we have waited to the tipping point before responding with an integrated and coherent response to the disaster that has been the deinstitutionalization of mental health and addictions resources. It is like trying to catch the horse that has already fled the stable. You can try but you are going to use a great deal more resources catching the horse than if you had taken the proper steps to keep it secured.

The result in communities like Kamloops are rates of homelessness, poverty, family dysfunction and rates of child apprehension that are both tragic and embarrassing in the developed world.

For many of those who were abandoned by our social welfare state in the 1990s, all in an effort to save short-term dollars, we are now paying twofold to remedy the damage. It is those most extreme cases, often experiencing a combination of mental illness and

addictions, that pose the greatest challenge to finding the appropriate resources and responses.


Here in Kamloops we regularly see the results of ineffective and inappropriate policies in dealing with social issues. This past month alone, we have been directly involved with three men who consistently cycle through the hospital and correction system who continue to be discharged in a community without the resources or supports required to stabilize them.

What is lacking from organizations like ASK Wellness, is providing compelling evidence that what we do is not only beneficial for the individual served, but that we save the taxpayer countless dollars. It is this social return on investment argument that I believe will be the lightning rod needed to reinvigorate the resources required to not only improve the quality of life for our citizens, but improve the bottom line in the back rooms of government.

It is to these tasks that ASK now commits in an effort to show that we, like other relevant organizations including the Canadian Mental Health Association Kamloops, serve not only the client walking in the door, but the community itself.

Bob

bob@askwellness.ca



ASK Wellness Centre is excited to be the Charity of Choice for The Daily News Boogie 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

kindness from the curb



**Thank you to the following
for your continuing kindness!**



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

- ☀ **LOUISE** – for a large bag of travel notions, shampoos, deodorants!
- ☀ **EDITH FARELL** – for her endless kindness and donations to Henry Leland House!
- ☀ **CATHY REINITZ** – for the donation of bedding!
- ☀ **CANDACE** – for donating several large bags of bedding and more!



HAMPTON INN (Kamloops) – for donating eight bags of sheets, blankets, pillow cases and pillows!

- ☀ **HAROLD STOVIN** – for donating eggs to the AASH Program from his farm!
- ☀ **MONIQUE and CORY** – for their amazing help cooking a meal for a family in distress. Our agency thrives on the volunteer work done by people such as these two and we applaud them!
- ☀ **KAMLOOPS UNITED CHURCH** – for the donation of a bag of men's winter coats and a couple of pairs of men's boots!



Are you a family and need help
with rent, utilities or food?

WE MAY BE ABLE TO HELP!

If you need temporary help come in
and ASK us about Boogie Funding!



Please bring the following with you:

- copies of birth certificates for children;
- 60 day bank statement;
- intent to rent or rental agreement (for rental assistance only).

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

your ad here!

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

cheryl@askwellness.ca
250-376-7558, Ext. 226



Kamloops' Homeless Action Plan is making progress!

Ending homelessness in five years is a daunting task, but the positive spirit in Kamloops is enough to actually make it happen. The HAP has six goals that range from the creation of a Housing Board and securing housing, to connecting people and providing opportunities for creative solutions, to issues of employment, life skills and financial independence. The HAP follows a **Housing First** strategy which places permanent housing at the top of the list of priorities, replacing shelter and transition models that have had mixed results. Issues of mental health, disabilities and addictions are best addressed from a stable home with proper supports and a **Housing First** strategy begins to address the complexities of individual solutions.

One of the main goals of HAP is to connect people with the services they need, while coordinating service providers to eliminate gaps and overlaps in supports. The Kamloops Integrated Community Collaboration group (KICC) recently formed with members of ASK Wellness, Community Living BC and Interior Health, is a huge step in the right direction towards connecting people. The KICC brings Kamloops' outreach workers together weekly to discuss overlaps in the services they provide, under a model that has been in place in Kelowna for several years. The Kelowna model resulted in almost 100 people being housed in the first year, and the Kamloops' KICC is well on its way to replicating this remarkable success.

The goal of creating a Local Housing Board may well be the longest term goal of the plan. The Housing Board will exist in Kamloops to guide development of affordable housing long after the issues of homelessness have been addressed. The HAP is currently bringing key players in housing together with representatives from the City of Kamloops to develop an outline for the Housing Board tasks. This community led initiative has been endorsed by the City of Kamloops and the city has dedicated \$20,000 annually for three years towards HAP Goal One of assessing the local housing situation, enhancing the stock of acceptable housing and responding to changes in the housing market. This goal will be tackled, in large part, through the formation of a Local Housing Board.

The HAP is also surveying housing providers in Kamloops to create the most comprehensive analysis of affordable housing to date. Developing answers to housing issues requires accurate and detailed information about the variety of housing that exists in Kamloops; this survey will provide this information and develop a framework for updat-

ing the data regularly. Kamloops HAP Coordinator Tangie Genshorek and Research Assistant Amy Berard will be conducting the surveys over the next three months with the results available by April 2011. This housing data will form the basis for analysis by the Housing Board and will inform the focused goals of the HAP to be detailed in the Public Report in mid-March 2011.

The HAP Leadership Council will be meeting for the first time in January to discuss changes to legislation, laws, regulations and codes that affect homeless individuals and affordable housing. With representatives from all three levels of government and all sectors of the community, the Leadership Council will be a powerful voice of change in the community.

Please visit the developing Homeless Action Plan website at www.kamloopshap.ca, find us on Facebook, or call 250-571-9665 to get detailed information and updates.

Together we can end homelessness!



Kamloops' urban Aboriginal strategy

On Wednesday, January 19, 2011, a wide array of Kamloops non-profit, Aboriginal and non-Aboriginal community organizations, local education institutions, the RCMP and industry representatives, met to discuss ways to increase Aboriginal participation in the local workforce, discuss program and training opportunities available and explore potential partnerships in the future.

This group showed their commitment to work together, by taking the first most important step to formalize a partnership. In today's economy, partnerships are an integral aspect of doing business and carrying out training.

Martha Matthew, Director of the Central Interior Aboriginal Partners Development Agreement states: "the goal of the five-year Aboriginal Skills and Employment Training Strategies (ASETS) is to increase the employment and training opportunities for Aboriginal people and create long-term sustainable employment."

Approximately half of the Aboriginal population is aged 15 or older; Aboriginal youth are the fastest growing segment in Canada's population. By the year 2013, the Aboriginal population in BC is expected to be 54,000 (Statistics Canada).

For more information about the Kamloops Urban Aboriginal Strategy, or if your organization would like to be a part of this working group, please contact Tina Matthew at urbanmanager@shuswapnation.org or by telephone at 778-471-8205. Visit the Shuswap Nation Tribal Council website at www.shuswapnation.org and click on the "Urban Aboriginal Strategy" website link under Departments. Their next meetings are scheduled for April 20th, July 20th and October 19th, 2011.

ASK GOES GLOBAL



**SAVE THE DATE ... APRIL 28TH, 2011
WILL BE AN EXCITING DAY FOR KAMLOOPS!**

HOW IT WORKS – Restaurants throughout the community, from family-style casual to elegant dining establishments, participate by donating a portion of their revenue earned during this important event. Community members enjoy a meal knowing they are contributing to a great cause; local restaurants benefit from increased business and the global community benefits through providing HIV/AIDS education and stability. Watch upcoming issues of *Off the Curb* for updates and participating restaurant lists.

PURPOSE – To raise funds to support *ASK goes GLOBAL – Swaziland, Africa, August 2011*.

HISTORY – **Dining Out For Life** was created in 1991 and has become an annual event throughout North America. The event raises over \$3.5 million nationwide for HIV/AIDS services! With the funds raised through **Dining Out For Life** in 2011, a team of ASK Wellness individuals will travel to Swaziland with Developing World Connections – www.developingworldconnections.org – to complete a community sustainability project and become part of a grassroots movement of active global citizens!



ASK NEEDS YOUR HELP – To participate as a restaurant, to volunteer your time as a Restaurant Ambassador on the night of the event or for more information, please contact Cheryl Doolan at ASK Wellness, 250-376-7558, ext. 226, cheryl@askwellness.ca.



**PLEASE
HELP SUPPORT
ASK GOES GLOBAL**



**White Buffalo Aboriginal
Health Society & Resource Centre**

**Gift Givers
Family Empowerment Programs**

The Gift Givers Family Empowerment Program remains focused on strengthening individuals and families to reduce the number of Aboriginal children in care. The program includes women's, men's and couples groups and the groups are run on an eight week rotating schedule on Mondays, Tuesdays and Wednesdays from 1:30 to 4:00 pm.

Our Educational and Life Skills Group Workshops will provide:

- Understanding of Family Issues and Child Protection Matters.
- Identifying strengths and risk factors for individuals and family units.
- Information on Rights and Responsibilities of parents and children.
- Education on understanding Family Law & the MCFD process.
- Respect, Responsibility & Self Discipline.
- The Medicine Wheel –Finding Balance & Self Care.
- Understanding Family Violence & Managing Feelings of Anger.
- Interpersonal Communication Skills
- Understanding Trauma & How to Start the Healing Journey.
- Nourishing the Mind, Body & Soul.
- Dealing with Change.

Who is Eligible? The program is open to all individuals / families that are ready to make positive changes. Application is by Self-Referral, referrals from Ministry of Children & Family Development or by Community Agencies. All participants will be required to complete an intake assessment process to define eligibility and suitability.

**FOR ADDITIONAL
INFORMATION CALL**

Pearl or John at 250-554-1176



It has come to my attention that people are consuming Hand Sanitizer in order to experience the high or drunk that is the result of doing so. What these people need to know is that hand sanitizer is poison to humans. It not only contains alcohol, but a number of other chemicals that are damaging to the human body. One of the most common drugs found in hand sanitizers is a drug called **triethanolamine**. This drug causes a very quick and severe drop in blood pressure in humans and can be deadly in people with underlying heart problems. There are also other chemicals such as **acrylic polymers** in hand sanitizers. This is a chemical used to make the sanitizer stick to your skin, and while I have not found any specific information on the interactions with the human body, you have to know this chemical cannot be good for your throat or stomach, not to mention your intestines.

The other poison being used by people for its alcohol content is **isopropanol**. This chemical is just plain poison and will cause abdominal pain and damage. It will burn and damage the clear covering of the cornea in your eyes. It can cause a rapid heart rate, vomiting, convulsions, low blood pressure, low blood sugar and all kinds of other problems up to and including death. This kind of alcohol is not meant for human consumption.

Guys and Gals, I know this kind of alcohol is cheap and easy to find, but it can be very expensive to your health and could possibly do irreversible damage to your liver and kidneys. **DO NOT DRINK THIS STUFF** because we want you to be around for a while longer!

And, if that were not enough...

Potentially fatal heroin being sold on Vancouver streets has killed two women and landed another person in hospital with serious side-effects. The three incidents occurred between January 13th and 18th, 2011. "Potentially three incidents in four days is very worrisome as back in 2005 in the span of three weeks Vancouver had 10 deaths from heroin overdoses. Authorities don't know if this is just 'bad heroin' or if it's cut with something, whether it has some unknown substance in it or if it's extra pure. The Vancouver Police Department is warning drug users to be extremely cautious. It may only be a matter of time before the heroin reaches Kamloops.

Ken

Ken Salter RSW
ASK Street Outreach
ken@askwellness.ca

profile from the curb

We don't always use real names in **Off the Curb** and on learning our interviewee liked to go fishing with his father when he was young, we chose 'Little Fish' as his **nom de plume**. He was born with fetal alcohol spectrum disorder and is now fifty years old.

Fearless Reporter (FR) – According to Wikipedia—having been caused by prenatal alcohol exposure—fetal alcohol spectrum disorder (FASD) is defined as permanent birth defect or damage. It can manifest itself to varying degrees, in the form of a neurological or cognitive disorder, growth deficiency, central nervous system damage, physical disorder or any combination of these. It is estimated approximately 1% of children have FASD. FASD is classified as a syndrome, meaning it can be manifested differently in different people. There is a list of specific characteristics that determine the extent and definition of this disorder. It isn't always a visible condition, so those with FASD aren't as identifiable as others with a disability.

How did you deal with this diagnosis?

Little Fish – I was told when I was 15 or 16 years old. My parents didn't want to hurt my feelings, but I knew something was wrong. I was depressed, nervous and twitchy.

FR – Drinking can be a problem, can't it?

Little Fish – Yes, but I knew it could be dealt with. It was a conscious decision on my part to quit.

FR – How were things in school?

Little Fish – I ate too much candy and had acne. The kids were teasing me, always picking on me, so in response I would beat them up. At this point I was 15 or 16 and always in trouble. I was grounded and all that. Got that cleared up then went to grade 10.

FR – The kids in school teased you; did the teachers treat you any differently?

Little Fish – Ya, the teachers put me in a special class for seven years because I couldn't do the regular class work. Then in grade 10, I went back to regular classes and decided to finish school then, 'cause that's what my dad did, he only went to grade 10.

FR – After finishing school what did you do?

Little Fish – I went to work, started as a volunteer in a museum. I worked painting, worked in a fish plant cleaning fish, worked sorting recycling. Then I had to get a job to make money because I was on my own. I was helping carpenters but was afraid of heights so that didn't work out for long. My dad was doing bodywork at that time so I worked with him for a year but there wasn't enough business and he had to let me go. I didn't know what I wanted to do. I started selling Herbal Magic. It was hard to do as I didn't know enough about nutrition and so only sold a bit. I worked in a fish plant and on a boat. Fish boats are rough work and since

I didn't have any experience, I wasn't able to work on the commercial boats. It was hard work. I started at Shop Easy, a local grocery store, stocking shelves and bagging groceries. Years later in Kamloops, a friend told me about Watkins. I'm still selling it after taking a year off. I paid \$80 for a kit to get started and after working a week I could keep the kit. I made about \$200.

FR – How did you come to be in Kamloops?

Little Fish – Mom and Dad moved to Delta when I was five years old, lived in Ladner for 15 years, moved out and found a place to live at 41st and Fraser in Vancouver. I had met a girl on the internet and I was evicted and moved to Kamloops. It didn't work out with her. It didn't work out with my roommate either, he was mad at me so I moved out. I stayed on the streets for awhile. While out there I lost my wallet and so had to get all that straightened out and reapply for my birth certificate and other things.

FR – What did you do for fun as a kid?

Little Fish – I was into sports. I really liked to play hockey and seeing what the hockey players make nowadays, I should have kept playing.

FR – After telling us your story, what message or thoughts would you like to leave with us; what would you like us to know?

Little Fish – FASD is invisible. There is a stigma towards that person. They don't eat properly, they need positive reinforcement and positive attitudes. I was lucky, I beat the odds.

FR – Thank you for sharing your time and story with us 'Little Fish.' I know you will succeed no matter what you choose to do.

more news from the curb

Meeting of the Rivers Youth Workshop

Mayoi no Naka

Based in the Interior Indian Friendship Society, 125 Palm Street, Kamloops, the Cultural Connections for Aboriginal Youth (CCAY) created 'The Meeting of the Rivers Youth Workshop' which was held in November 2010. I was invited to attend and would summarize the meeting as follows.

A prayer opened the workshop. Christopher Phillips and Rose Kristiansen were introduced to the 125 attendants. A number of guests participated in the program.

Tara Ettinger, coordinator of the Kamloops Community Action and Assessment Network (CAAN) spoke about gangs and why people become involved for acceptance, lack of family support and values, peer pressure, a feeling of 'belonging.' Promoting programs for positive change is important as those involved in gangs live in constant fear; they have to

watch their backs at all times. Getting out of a gang is difficult but it can be done. Pretty well all street level gangs are dangerous. They always have something to prove, have no interest in the person as an individual, and want them to have no connections with those outside the 'gang.' The '40 Assets,' developmental, boundaries, honesty, responsibility, safety and personal power, to name a few, are seen as directives for keeping kids out of gang activity. Everyone in the community has a responsibility to help with the assets of youth. The average recruiting age for gangs is 11 years old, grade six, and there is a big push to recruit girls. Not because they are cute, but because they will bring in money. Gangs are all about violence, crime and control.

Heather Cameron shared her life with us.

A teenager troubled with abuse, anorexia and bulimia. At age 14 she was using cocaine and had been in detox three times. At 15, smoking heroine. At 19, five months pregnant, using drugs and working the streets. At 22, eight months pregnant, broke down, phoned her mom to come get her and to help her. "I never wanted to be a coke head or crack whore; I was homeless, there were cockroaches. I was so addicted, I couldn't stop. If I hadn't become pregnant, I would never have quit."

We heard Heather's comments after she had dealt with seven treatment centres, detox, a psychiatrist and a twelve step program. Detox, Heather said, is a short stay, but the first step on a very long road. Heather knows she can't be a recreational user. Going through the 12 step program she sees she has to give back. She said the important thing is finding that one person you can trust. Two ex-husbands and two young daughters later, she started 'Mothers for Recovery' and is determined to go back to school, saying she "will be the first woman to go from hooker to doctor."

Paul Lagace, Executive Director of Kamloops Cariboo Regional Immigrant Society, spoke about bullying. From Paul we learned most bullies won't change and there is no positive way to apply bullying in any form. There are all kinds of bullying; mass punishment is one way as is bureaucratic bullying. Bullying is the 'me syndrome,' it is a process. Terry Fox cared a lot, not just about himself, he did what he did for others.

With parents and children the roles have to be identified. There are children who threaten their parents. First Nations persons are, and have been, bullied. Human rights often exclude First Nations persons. Bullying is unacceptable and so sometimes you have to tell people how to do the right things.

Everyone knows who the bully is and you can appeal to them because even bullies have some common sense. Dealing with the problem of bullying one-on-one will work better in most cases. There are ways to present one's self. Things can be different if you stand for the right things. "You stand your ground. If you are right, chances are you won't stand by yourself for long."

I regret I wasn't able to stay for the whole workshop and

there was a lot that I missed. However, the musicians, 'Young Oppression' and graffiti artists were terrific and being a part of the dinner served was wonderful. Bannock and soup were provided and much appreciated by the participants. It seems this will be a popular event.

The next conference, The 'Real Story' Youth Workshop will be held April 4th from 3:00 to 8:00 pm at the Henry Grube Education Centre, 245 Kitchener Crescent, Kamloops.

The 'Real Story' Workshop will focus on life as a youth from a youth perspective. Booths and displays from local community organizations, guest speakers, theatre, music and martial arts demonstrations are also planned. This list of speakers will soon be available and I look forward to being part of this event.

thoughts from the curb

By Larry Loranger

"Why is everyone here so happy except me?"

"Because they have learned to see goodness and beauty everywhere, said the Master."

"Why don't I see goodness and beauty everywhere?"

"Because you cannot see outside of what you fail to see inside," replied the Master.

Anthony De Mello

The point I'd like to make here is that most of us let our state of mind be shaped by people and circumstances we cannot change. The only things we can change are the things that directly affect our state of mind such as our attitude, mood or outlook on life.

"It is not easy to find happiness in ourselves and impossible to find it elsewhere."

Agnes Repplier

Now that you know where to look to find happiness you have the choice ...

"Go within or go without."

Good luck on your journey!

Larry

ASK Health Coordinator
larry@askwellness.ca

SHOP 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'S COFFEE SHOP** - Come join Nicole and Carmen on Wednesday afternoons for coffee. This month's classes are:

- February 9th - Budgeting.
- February 16th - Heart smart cookie making.
- February 23rd - Résumé building.

* **A PLACE TO CHILL - FOR S.H.O.P. WOMEN** - Come and join us at our 'Drop In' every Friday from 2:00 pm to 8:00 pm. Crafts, good conversation, laughs, movies. Pick-up can be arranged if needed ... just ASK!

* **HEALTH DAY** - At the New Life Mission on April 14th.

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

REMEMBER - S.H.O.P. is the place to come to find condoms, hygiene products, shampoo, toothbrush, pregnancy kits, etc. We can help you with a variety of needs ... just ASK! If you have any questions please contact Carmen at 250-574-2437.



The travelling safer sex lady goes to Africa

It's a mucky day and as the snow is melting out there, I am thinking about our trip to Africa this August (see page 7). We are visiting Mbabane in Swaziland. It is a small country with a population of 1,185,000 and of that, 97% is Afri-

can. The country is run by a monarchy and the official language is English. Swaziland is one of the poorest countries globally and also has the highest rate of HIV/AIDS in the world. Most Swazi people are aware they will not live past 40 years of age. The community we are visiting has a high demand for child protection and housing, as many children have become orphans due to HIV/AIDS taking their parents. Volunteers like us, provide hope by building community centres, Care Points and homes for blended families comprised of children orphaned by HIV/AIDS.

Here at ASK, we believe that 'Housing is Healthcare' and we hope to inspire people to believe in themselves when they are low on inspiration. If we can accomplish that here in our community, then we look forward to offering our spirit, strength and empathy to the community of Mbabane, Swaziland. Our team is comprised of fourteen individuals from ASK, and we are eager to observe different cultures in a global concept. This trip will hopefully be the first of many ... where we will pull our sleeves up and get a little dirty to help improve the quality of life for our fellow global citizens around the world. Social work and hope go hand in hand and they are both action words.

I am so excited and nervous. Travelling is always such an amazing experience, but this time we are travelling to work ... hard labour and help build a structure. Where did I leave my tool belt? The tools I will pack for this trip are: empathy, kindness, cultural sensitivity and a winning attitude. I am very good with a hammer and a shovel, so I think I have it covered. The next step for us is to begin fund raising. Stay tuned for that ... I'm sure that will be a 'trip' as well.

Kira

kira@askwellness.ca

what's up off the curb?

● **ANGER MANAGEMENT PROGRAM FOR CHILDREN** - Sponsored by the Interior Indian Friendship Society. Target group children 6 to 12 years of age. It is free in a fun, safe environment and some of the topics will include identifying feelings, anger management skills and problem solving. January 31 to March 21, 2011, every Monday from 3:00 pm to 4:15 pm at the Interior Indian Friendship Society, 2355 Parkcrest Avenue, Kamloops. To register contact Jenna or Candace at Family Preservation and Youth Services, 250-376-1617 or fax 250-376-1606.

● **PARENTING PROGRAM** - Sponsored by the Interior Indian Friendship Society - '9 Ways to Bring Out the Best in You and your Child.' The program is free, confidential, in a positive, safe environment and non-judgmental. Some of the topics will be: empathetic listening, communication and discipline. The program will be held every Friday from Janu-

ary 28 to March 11, 2011 from 9:30 am to 12:00 noon at 2355 Parkcrest Avenue, Kamloops. To register contact Jenna or Pat at 250-376-1617.



PREGNANCY CARE CENTRE – Congratulations to the Pregnancy Care Centre for winning the Joey's Only nationwide contest! 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, **Pregnancy 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. This group is for people with family or friends with a mental illness. Meetings are held the last Thursday of each month in Room 4 of the Henry Grube Education Centre, 245 Kitchener Cres. in Kamloops from noon to 1:30 pm. For info contact Gail at 250-319-7667 or 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 Rd. For more info call Marg at 250-554-0735.

● **OWNER / LANDLORD / PROPERTY MANAGERS LUNCHEON** – As an owner, landlord or property manager do you experience any of the following: constant RCMP and ambulance visits to your building? Damage to your suites? Infestations due to hoarding? **DO YOU WANT LESS, OR BETTER YET, NONE OF THESE PROBLEMS?** Come to our luncheon and learn about how you can help your tenants receive the necessary support needed to keep tenants healthy and paying their rent, as well as free services for repair, cleanup and painting of suites! The luncheon will be held at Mino's Restaurant (free of charge) from 11:00 am to 1:30 pm on Thursday, March 24, 2011. Please RSVP to Cheryl at 250-376-7558, ext. 226, or cheryl@askwellness.ca.



DON'T GET CAUGHT IN THE RENTAL FRAUD! – The number of fake rental scams on on-line classifieds continues to grow with new aliases appearing daily. But while the names may change, the methods are always the same. These thieves, mainly based in Nigeria, the UK and the US, are out to steal your money and your identity! They use yahoo, ymail, rocketmail, fastermail, live, hotmail and gmail. They also post ads under anonymous Craigslist addresses. They fre-

quently change their aliases. They use photos stolen from other property, advertisements or from home furnishing catalogues or hotel websites. They use fake names often stolen from Facebook profiles or networking sites. Often they assume the identities of previous victims. What they all have in common is that sooner or later you get a request to transfer funds via Western Union, Moneygram or some other wire service. Guard yourself and make it a rule to **NEVER** under any circumstances wire money at the request of any prospective landlord via any wire service and to never scan your passport or ID. If you think you've been a victim in a scam, contact the RCMP. If you are looking for housing help, come to ASK for assistance.



DID YOU JUST MOVE INTO A NEW PLACE? Do you need the basics? Dishes, pots & pans, cutlery, bedding, etc.? Did you know you can access a Starter Kit from the Kamloops Food Bank? In order to obtain one, you will need the following: (1) One piece of government issued ID (photocopies will do), Care Card, BCID, driver's license, KRCC papers, status card or birth certificate; and, (2) One of the following stating that you have moved into a new place in the past three months: tenancy agreement, letter from your landlord or a letter from an approved agency worker. **You will also need a vehicle for the day of pick-up as there is too much in the kit to carry home, and, you are required to call at least a day in advance to pick up the kit!** This will prevent you coming to the office when nobody is available to help you. For additional information or to arrange for a kit, please call Kyla at the Food Bank at 250-376-2252.



SHOW YOUR SUPPORT ON ANTI-BULLYING DAY – Feb. 23rd – WEAR PINK! – to symbolize that we are a society that will not tolerate bullying. You can order T-shirts for yourself, your workplace or your family by contacting the Boys and Girls Club of Kamloops at 250-554-5437, or see their website at www.pinkshirtday.ca.

● **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 and Addiction intake office Monday to Friday between 8:30 am and 5:00 pm at 235 Lansdowne St., Kamloops, BC 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.



COMMUNITY KITCHEN - Interior Metis Child & Family Services

- 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! kitchen@interiormetis.ca

● **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 Road and United Church, 4th Ave. and St. Paul Street. The AA Kamloops Intergroup Office is at 230 Fairview Ave., phone 250-376-4843.

● **NARCOTICS ANONYMOUS** - The NA help line can be accessed at 250-320-5032 or toll-free 1-800-414-0296. The NA meeting schedule in Kamloops is as follows:

- Kamloops Alano Club, 171 Leigh Rd., Monday 7:30 pm.
- Kamloops Alano Club, 171 Leigh Rd., Saturday 7:30 pm.
- Kamloops United Church, 421 St. Paul St., Mon., 12:00 pm.
- Kamloops United Church, 421 St. Paul St., Mon., 8:00 pm.
- Kamloops United Church, 421 St. Paul St., Tues., 12:00 pm.
- Kamloops United Church, 421 St. Paul St., Tues., 7:30 pm.
- Kamloops United Church, 421 St. Paul St., Wed., 12:00 pm.
- Kamloops United Church, 421 St. Paul St., Wed., 7:30 pm.
- Kamloops United Church, 421 St. Paul St., Thur., 12:00 pm.
- Kamloops United Church, 421 St. Paul St., Thur., 7:30 pm.
- Kamloops United Church, 421 St. Paul St., Fri., 12:00 pm.
- Kamloops United Church, 421 St. Paul St., Fri., 7:30 pm.
- Kamloops United Church, 421 St. Paul St., Sat., 12:00 pm.
- Kamloops Alano Club, 171 Leigh Rd., Sat., 7:30 pm.

● KAMLOOPS GAY AND LESBIAN ASSOCIATION (GALA)

www.gaykamloops.ca, meets as follows:

- Every Monday at 7:00 pm - **Women's Pride** (please see the website for additional information)
- Every Friday from 7:30 pm to 9:00 pm - **Friday Night Coffee House** in the United Church on St. Paul Street.
- Every Friday at 7:00 pm - **Rainbow Drinks** at the Rock Salt, Plaza Hotel, 4th Ave. and Victoria Street.
- Every Saturday at 9:30 am - **Rainbow Breakfast** at the White Spot Restaurant, Notre Dame Ave. and Columbia Street.
- Every Saturday or Sunday - **Tennis** - all levels of tennis players are welcome. \$15 per person. Contact Dave or John at tennisanyonekamloops@gmail.com. Information emailed as to date and time - Kamloops Tennis Association on Front Street. For further information please refer to their website at www.gaykamloops.ca.

● **PEER COACHES AVAILABLE** - Peer coaches are available to work with people who are trying to live healthier. Coaching is available to help people eat healthy, become more active, manage a healthy weight or reduce or quit smoking. The coaching is free, is given over the phone and is offered through Patient Voices Network, an initiative of ImpactBC. For more information call 1-888-742-1772 or go on-line to www.patientvoices.ca.

● **BOYS & GIRLS CLUB OF WILLIAMS LAKE & DISTRICT** - offers a number of programs for children and youth. These include Social & Recreation, Health & Nutrition, Pre-teen After School Break & Summer Programs, Community Education & Awareness and Outreach & Advocacy.

They are located at 17 South Fourth Avenue in Williams Lake, phone 250-392-5730. Staff would be pleased to speak to you about their programs and services.

● **FRIENDS FOR LIFE FREE WORKSHOP** - Parents, family members and care givers, you are invited to come out and join us to gain valuable tools to help your children become more resilient, cope with their worries and learn how to relax. Monday, February 21st from 6:00 pm to 8:30 pm in the Henry Grube Centre (childcare is available at no charge). **DOOR PRIZES!** Please RSVP to kamloopsfriends@gmail.com by February 15th to register for your seat. Please indicate ages of children requiring childcare.



'Hi5 Wellness Club'

(Formerly known as the Hi5 Run Club)

Starting March 1st, 2011

Tuesdays meet at ASK Wellness at 9:00 am

Thursdays meet at ASK Wellness at 3:30 pm

433 Tranquille Road, Kamloops

**EVERYONE IS WELCOME NO MATTER
WHAT YOUR FITNESS LEVEL!**

Free Runners Available Too!

Socialize • Get Fit • Enjoy Life

