



Volume 2, Issue 3  
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[www.offthecurb.ca](http://www.offthecurb.ca)  
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'Off The Curb' is published by  
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Have questions or comments  
 about this newsletter? Want to  
 submit a story? Please send an  
 email to [cheryl@askwellness.ca](mailto:cheryl@askwellness.ca)

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## Editorial

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

It's March already and with luck, Spring is not far away. We will soon have warmer temperatures, gardening, travelling, more light in the morning and evening, and the start of weather we can deal with while not wearing boots, mitts and heavy jackets. I can hardly wait!

With changes in the weather, I have to ask again ... are you able to access the programs you need to keep you on your journey? Are you able to contact your family to see if everyone is doing well? Can you deal with you?

If you want something to happen, you have to work at it. Things are not likely to happen without at least a little input from you. Contrary to popular belief, miracles are not as common as they used to be, you have to work at whatever you want. You have to challenge yourself. If you are looking for an idyllic existence without stress, worries or problems, you are in the wrong place. Life is not fair, and nothing you or I can say or do is going to change that.

Some friends have been challenged with diagnoses of serious health issues, deaths in their families, job layoffs, loss of loved pets,

evictions, monetary hassles and worse. Others have created programs to help members of their neighbourhood cope with their problems, have marched to express their concerns for their community, have held hands and wiped away tears.

Are there people you know who have defeated their demons and gone on to better situations? Are you jealous of them? Have you wondered how they manage to succeed and yet, you still struggle? Some of this is conditioning from previous situations, some from our inability to deal with reality, and some from our lack of interest in improving our lives. How we handle any given situation depends on our ability to function, our ability to cope. There are many organizations ready, willing and able to assist. You only need to contact ASK Wellness, AA, NA, religious groups and others for help, and competent, caring people will take the time to help you.

Please take the time to assess yourself ... your issues and your situation. There is always a wall. It can protect and help defend, or it can surround and isolate. The choice is yours.

CONTINUED ON PAGE 2



## Call for volunteers!

We are seeking 250 volunteers for two events:  
**DINING OUT FOR LIFE** and **BOOGIE THE BRIDGE**

If you are interested in giving back to your community, please come to an information session on March 14 at 5:30 pm (433 Tranquille) or contact Cheryl at [cheryl@askwellness.ca](mailto:cheryl@askwellness.ca) - 250-376-7558 Ext 226.



## 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

Here is a paraphrased version of an email I received recently.

A well-known speaker started off his seminar by holding up a \$20 bill. In the room of two hundred, he asked, "Who would like this \$20 bill?" Hands started going up. "I am going to give this \$20 to one of you, but first, let me do this." He proceeded to crumple up the \$20 bill. He then asked, "Who still wants it?" The hands still remained in the air. "Well," he replied, "what if I do this?" And he dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, now crumpled and dirty. Still the hands went into the air. "My friends, we have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease its value. It was still worth \$20." Many times in our lives we are dropped, crumpled and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless. But no matter what has happened or what will happen, you will never lose your

value. Dirty or clean, crumpled or finely creased, you are still priceless to those who love you. The worth of our lives comes not in what we do or who we know, but by **who we are**.

You are special ... don't ever forget it.

Pass this on, you may never know the lives it touches, the hurting hearts it speaks to, or the hope that it can bring. Count your blessings, not your problems.

If you are interested in volunteering to assist with 'Dining Out For Life' on April 28th, please call Cheryl at 250-376-7558, ext. 226. Money raised will go to support The Active Global Citizen in Africa.

Thank you to 'Princess' for inviting me to your first birthday party for cake.

Good thoughts this month go to 'L,' 'M,' 'D,' 'Red,' 'J,' 'S,' 'D,' 'Mr. B' and others. I wish you continued success!

Help with addictions, housing, S.H.O.P. and many other programs is available, just ASK.

Go those extra few steps, break through that wall, I care...

## Bob's blurb

— Bob Hughes • Executive Director • [bob@askwellness.ca](mailto:bob@askwellness.ca)

### Don't put all your eggs in one basket!

This month's 'blurb' is about the challenges and possibilities of operating a Not for Profit organization. I want to write about this subject because I have had the dubious pleasure of managing both a highly functioning organization and an agency literally on the verge of insolvency and dissolution. Ironically, I have been able to

do this simultaneously so the lessons and contrasts between the two are very apparent.

In the case of ASK Wellness Centre and others like it, the organization is governed by a volunteer board of directors that oversees and directs the overall well being of the agency. Current practice suggests that the board really

has only one employee. That employee is the executive director who then in turn manages the operations including the financial, human resources, contractual relationships and a host of other both trivial and weighty responsibilities. Some executive directors, like any review of the spectrum of leadership styles shows, work like demons, while others somehow seem to manage to shut the job down at 4:30. Both styles, and everything in between, can produce effective and successful agencies.

But fundamentally the real responsibility for the liability, both financial and operationally, rests with the board of directors. So as you can imagine, it is vital that the board be diligent to the operations and status of the financial realities of the agency. Thus having a strong board, represented by capable and diverse community members, is an essential component of any successful and well managed agency.

In the case of ASK Wellness Centre, we have nine very talented individuals who meet monthly to discuss all the issues facing the organization. Often, the Executive Director and the Board Chair have a more intense relationship than with other board members, as this gives the Executive Director and the Board Chair an opportunity to plan and prepare for the emerging issues facing the agency. In the case of ASK Wellness, the Executive Director and the Board Chair meet at least once a week. It is a good way to remind me, as the Director, of who I am accountable to and, as some of you are aware, a way to slow me down from signing ASK up to join the proverbial circus.

I would suggest that through a

combination of good board leadership and engagement, a very talented staff composition and a solid vision for what the agency can and should do, ASK Wellness is a successful and well run agency. This isn't to suggest there aren't emerging difficulties and some gaps and problems that need attention. But fundamentally, the agency has more assets than liabilities. It has a diversity of funding from different sources and thus, programs that impact people who need and use them, and it has an engaged and motivated staff base. When you add these together along with a huge number of people who rely on them, then you have the ingredients for a viable and relevant organization.

My experience in Kelowna as the Interim Executive Director of an organization that was once much larger than ASK Wellness Centre, has taught me a great deal. Firstly, I wouldn't recommend for anyone to try taking on managing an agency teetering on the verge of insolvency with only ten hours a week to do it. Secondly, always read the audited financials **before** agreeing to manage a business. Frankly, I didn't really consider the former and I failed to do the latter. Nevertheless, after two months of managing the agency with the tremendous help from the talented Sharon Hartline, we may be able to see the agency rise like a phoenix and survive the terrible turmoil it has been facing. Largely, as I see it, the major problem was a lack of diversity of programming. It stayed entirely focused on AIDS/HIV and didn't expand to respond to other emerging community issues and the changing demographics and needs of those both with HIV and those at risk.

## 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

## 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.

ASK faced this dilemma about five years ago and my predecessor and the Board of Directors recognized that the agency needed to change to survive. It needed to look outside its traditional mandate and respond to what was needed in the community. In the case of Kamloops, it was to respond to the vast number of people who were homeless or living in substandard housing. Within this group, a significant number had substance abuse issues and other barriers to engaging with the community around them. And importantly, they were also at risk of contracting HIV and Hepatitis C. The result has seen forty-eight staff employed at ASK with over thirteen different funding sources allowing for nine different programs. This can become appealing to a ministry, department or foundation looking to have a community agency with other services that can benefit their mandate. And it allows ASK to not be at the mercy of one funding source should the relationship become strained.

For the agency in Kelowna, this is what happened. A strained relationship with the only real funder the agency had, a balance sheet filled with debt and no assets, and an exhausted executive director who sadly could not find a way to fix the agency, has resulted in the possible demise of yet another Not for Profit agency in our region. And the burden of this responsibility, which only recently dawned on them, is the Board of Directors. In our role as interim management, we have tried everything we can to create a new vision for what the agency can do, attempted to resolve its financial challenges, and to rebuild its relationships with the

community and funding bodies. Now all we can do is wait and see whether all these efforts were in vain.

In the end I am so very grateful for the Board of Directors of ASK Wellness for how involved they are in the functioning of the agency. The experience has also taught me to fulfill my duties as the Director by always sharing not only the good, but also the bad with my board so that ASK never has to face the terrible decision of whether to fight to survive or throw in the towel. For without organizations like ASK Wellness and agencies like the one in Kelowna, the community loses.

## OWNER / LANDLORD & PROPERTY MANAGERS LUNCHEON

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?** Find out how by attending our free Luncheon at ASK Wellness on Thursday, March 24, from 11:00 am to 1:30 pm. Additional details will be found on page 8.



### Kamloops Safe Housing Society



In 2002, Ward Reddick and Warren Atkinson entered into a venture that transformed a rough looking house (left) into a place of promise for men with addictions (right). In the photos you can see what happened on the outside but you can't see what happened inside the house.

Inside there are seven beds for men in the 12-step plan to recovery. Most of the guys have been to other centres and are getting closer to full recovery. The house is a home with full cable, internet and community living. An outside counsellor and an administrator come in to do various things each week. The camaraderie within the house is critical to the occupants' success. Indulgence or remission means expulsion from the house and violence is also grounds for dismissal. As a result the house stays clean and nonviolent. The men continue their outside meetings, but their ultimate goal is to move back into the real world. It means hard work and staying clean, but the rewards are worth pursuing. Each of the men has a sponsor from outside and a group of people at various stages of recovery. There are many places to start recovery from addictions and the Kamloops Safe House is one with humble beginnings and noble ends. For more information contact Don Perry at 250-851-2720.

# 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!

- ☀ **UNITED CARPET** – for donating four carpets to our buildings!
- ☀ **NATURE'S FARE and NOW FOODS** – for free vitamins for our HIV / HCV clients!
- ☀ **ACCESS PICTURE FRAME** – over \$100 worth of free framing of our raffle painting to raise funds for ASK Goes to Africa!
- ☀ **HOME HARDWARE** – for two gift baskets with a total of \$300 to raffle off for our ASK Goes to Africa!
- ☀ **BARBARA DESJARDIN, DONNA HARRIS and TERESA MOE** – for their countless donations!
- ☀ **JOAN HUGHES** – for her community leadership with her amazing endless donations to all of our programs!
- ☀ **KAMLOOPS LADIES CURLING CLUB** – for their generous donation!
- ☀ **SHARON ROBINSON and STAN BAILEY** – for their donation of winter boots!

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# Thoughts from the curb

— Larry Loranger • ASK Health Coordinator • [larry@askwellness.ca](mailto:larry@askwellness.ca)

## Increase your natural resistance to disease

Fasting is a natural method of healing. When animals or savages are sick, they fast. The bodily machinery thus has an opportunity to cleanse itself and to obtain a much-needed rest. Most diseases can be cured by judicious fasting. Unless one has a weak heart, regular short fasts have been recommended by yogis as an excellent health measure. Another good method of physical healing is through suitable herbs or herb extracts.

In using medicines, one often

finds they are not powerful enough to bring about a healing, or that they are so powerful they irritate the bodily tissues instead of healing them. Similarly, exposure to certain types of 'healing rays' will burn the tissues. There are so many limitations in physical methods of healing!

Better than medicines are the rays of the sun. In them is a wonderful healing power. One should take a ten-minute sunbath every day. Ten minutes a day is better

# 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)

than only occasional exposure for longer periods. A short sunbath daily, reinforced by good health habits, will keep the body supplied with sufficient life energy to destroy all harmful microbes.\*

Healthy persons possess a natural resistance to disease and particularly to infections. Illness comes when the resisting power of the blood has been diminished by wrong eating and by overeating, or when overindulgence in sex has depleted the vital energy. To conserve the physical creative energy

is to supply all the cells with vibrant life energy; the body then possesses a tremendous resistance to disease. Sexual overindulgence weakens the body and renders it vulnerable to illness.

**\*NOTE:** It is wise to restrict sunbathing to the early and late hours of the day. Precautions should always be taken to protect sensitive skin against overexposure. Consult and follow the advice of a doctor or dermatologist.

## What's up off the curb?



**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](mailto:urbanmanager@shuswapnation.org) or by telephone at 778-471-8205.

Visit the Shuswap Nation Tribal Council website at [www.shuswapnation.org](http://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.

WHAT'S UP' CONTINUED ON PAGE 8



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**

# 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. See our website at <http://www.diningoutforlife.com/kamloops> for updated information, and also see additional details on page 13 of this issue of *Off the Curb*.



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 additional sponsors:



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

**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](mailto:cheryl@askwellness.ca).

**CALL FOR DONATIONS** – We are in need of new soccer balls to take with us to Africa, in addition to any silent auction items. Help ASK and promote your business as a community leader and supporter. If you have a gift certificate or item, please contact Cheryl! All supporters will be acknowledged through our different media materials.

kamloops ART GALLERY Visit us at the Kamloops Art Gallery Wine Festival on April 15th. To buy tickets contact the Art Gallery at 250-377-2400. Free desert sponsored by the Noble Pig Brewhouse.

**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. Resumes 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 more information please contact Kristina Moller at the KCBIA CAP Team, #4 - 231 Victoria Street, Kamloops, BC V2C 2A1, telephone 250-572-3008/3009, or at [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).

**Hi 5 WELLNESS CLUB**



The Hi5 Wellness (Run/Walk) Club is open to everyone! Any fitness level welcome. If you can only walk, the runners will come back to you as nobody ever gets left behind! Let's get ready for BOOGIE THE BRIDGE together! With spring just around the corner it's time to get your running gear out. Starting March 1st from 9:00 am to 10:00 am, meet at the back door of ASK Wellness every Tuesday at 9:00 am, and every Thursday at 3:30 pm. Dogs are welcome, but they must play nice with others, and **please** bring a poop bag.

There are perks to being in our club ... enjoy free specialized classes (when available) from qualified trainers and instructors (NIA, yoga, weight training) as well as access to 'new-to-you' high end running shoes (donated by

Runner's Sole). We also look forward to occasionally having celebrity athletes join us on our runs for motivation and inspiration.

Donations — we are always looking for running gear donations for members who cannot afford brand new items, including: water bottles, jogging pants, running shoes, hoodies ... as well as frozen fruit for smoothies after our runs (when time permits).

More information from Kira Gosselin at 250-376-7558, ext. 224 or [kira@askwellness.ca](mailto:kira@askwellness.ca).

**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 how you can help your tenants receive the necessary support to keep them healthy and paying their rent, as well as free services for repair, cleanup and painting of suites!

The luncheon will be held at ASK Wellness with food provided by Mino's Restaurant from 11:00 am to 1:30 pm on Thursday, March 24, 2011. Please RSVP to Kyra at 250-376-7558, or by email to [kyra@askwellness.ca](mailto:kyra@askwellness.ca).



**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, 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. 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.

### 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? To obtain one you'll 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.

### 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.



### 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. [kitchen@interiormetis.ca](mailto: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 Rd., and United Church, 4th Ave. and St. Paul St. The AA Kamloops Intergroup Office is at 230 Fairview Ave., phone 250-376-4843.

### 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.

### INTERIOR INDIAN FRIENDSHIP SOCIETY

Following courses available free to unemployed and non-EI eligible. Call Lisa or Toni to register at 250-376-1296:

- Mar 8 - Food Safe - 8:30 - 4:30
- Mar 10 - H2S Alive - 8:30 - 4:30
- Mar 21 - WHMIS - 9:30 - 11:30
- Mar 21 - WHMIS - 12:30 - 2:30
- Mar 22 - 1st Aid Level 1 - 8:30 - 4:30
- Mar 29 - Food Safe - 8:30 - 4:30

## Gratitude from the curb

My name is Dave. I recently relocated to Kamloops from Chase, BC. Unable to find a suitable home to rent, I was left with no option but to unload our 26 ft. U-Haul rental truck into a storage locker and move my wife and four young children into a hotel room.

Unfortunately though, the high cost of living in a hotel had left me completely broke. I didn't have enough money for food or even the most basic necessities like clean clothes and gas to drive the kids to and from school. I heard about ASK Wellness from some of the people in the community and decided it was time to swallow my pride and see if they could help us at all. I was quite fortunate to make contact with a wonderful lady there named Joann; she was very kind and understanding of our situation. She was able to help us right away with some gift cards for groceries and took us to see a place to rent that same afternoon.

Finally after more than a month of the six of us living like sardines, we found a wonderful home to rent, but this new happiness quickly began to slip away, replaced with the realization we couldn't afford to move any of our things out of storage and into the new house. I was feeling very discouraged with our situation. After struggling so hard just to survive, it was looking as though we would all have to sleep and eat on the bare floors and I guess just hang out in our beautiful and completely empty new house.

Without a doubt this would have been our lives for at least the next few months before I would have been able to rent a truck and

pay the accumulating cost of storage. And so I went back to ASK Wellness to speak again with Joann about the new challenges we had encountered. Again she began to help us right away, this time to get a rental subsidy to help offset some of our new financial barriers. I couldn't believe my ears when she told me ASK Wellness could help our family with our actual move into the new place as well.

Joann said she would pass my number along to the guys in charge of the moving end of things and that same evening, I received a call from a fellow named Patrick. He told me that despite being quite busy, he would do his best to squeeze us in with such short notice for Friday, October 15th, our scheduled move-in day. So with barely two days notice, Patrick met me at the mini-storage first thing Friday morning with a van load of strong, young helpers. It was simply awesome! I was quite impressed with the positive and very polite attitudes of all his helpers. They worked with speed, efficiency and as a strong team. I was also very happy with the high level of respect and care they took with my families' lifetime of accu-

mulated treasures.

It took several, quite full loads and two days to get it all moved. What a huge relief. I would've taken a week or longer by myself, if I could've even found a truck, that is. And to top it all, Patrick and his crew did the whole move for absolutely no charge to me! I honestly don't know what in the world I would've done without all the help ASK Wellness was able to provide for me and my family. I am forever grateful.

I would like to personally take the time to thank Joann, Patrick, his band of merry movers and all of the wonderful folks down at ASK Wellness for all of the awesome help they were able to give me and my family. It has been such a tremendous blessing to us. Also, we are extremely grateful to all of the persons, groups and/or organizations with whose financial support, help to make it possible for such a great organization to do so much good for so many people within our community. It has not gone without notice or great appreciation, thank you!

Again, from our whole family to all of you, thank you so much for all of your hard work and much needed help for our family. Take care and be well.

Dave & Family



## The travelling safer sex lady

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

**Dear Travelling Safer Sex Lady** – I was dating a guy who is 25 and I am 16. My parents were both very upset when they found out how old he was. I am pretty sure he

gave me some kind of STD. I am terrified to go to our family doctor in case he tells my parents why I was there. They will be even more irate if they know I had unpro-

tected sex with my ex-bf. I'm scared they will kick me out and I'm scared to go to the doctor ... help!

**Dear 'Help'** – Well, it sounds like your parents had good reason to be nervous about their daughter dating someone that much older. I suggest you get in for an STD/STI test as soon as possible. There are many options to have confidential testing done. You can stop by Urban Native Health or the South Central Health Clinic or the New Life Mission on Tuesdays to see one of our street nurses (who are amazing ladies by the way). Your privacy is your right and they may not share any information about you to anyone without your consent. So don't be scared to go for a test. If you need support, call ASK

and I will go with you. The important thing is that you go for a test. Knowing where you're at is the important thing. I'm sure that your parents love you very much and want you to be safe. Try talking to one of them; honesty is usually the best policy and maybe they'll surprise you by being understanding and supportive.

**Dear Travelling Safer Sex Lady**

I have always partied a little on the weekends, my friends and I have been snorting crystal meth. I really had a lot of fun but I'm worried about the health risks associated with it. Is crystal meth really bad to use once in awhile? **H. K.**

**Dear H. K.** – Well, I hate to be the bearer of bad news, but crystal meth is a very serious drug to be

playing around with recreationally. There are significant adverse affects when using methamphetamines, such as: irritability, depression, paranoia, damage to small blood vessels in the brain that can lead to a stroke, psychosis that can last for years after quitting the drug, long-term brain damage, significant tooth decay and rotting ('meth mouth'), irreparable damage to the lining of the nose, risks of contracting HIV, Hep C and overdose. This is not a drug to be taken lightly. It does not take long for a full blown addiction to develop either. Now is the time to re-evaluate your weekend fun and maybe even who your friends are. If you feel you need more information or support, please do not hesitate to talk to someone at ASK Wellness.

## S.H.O.P. 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. Friends and a delicious home-cooked meal by the wonderful 'Martha's'. Street Nurses are available Tuesdays.

**\* WEDNESDAY'S COFFEE SHOP**

– Come join Nicole and Carmen on Wednesday afternoons for coffee. This month's classes are:

- March 2nd - Budgeting.
- March 9th - baking.
- March 30th - Résumé building.

**\* A PLACE TO CHILL - FOR S.H.O.P. WOMEN**

– Every Friday from 2:00 to 8:00 pm, come and join us for our 'Drop-In' crafts, good conversation, laughs and 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 is provided and you can enter to win door prizes!

Remember, S.H.O.P. is the place to come to find condoms, hygiene products, shampoo, toothbrushes and pregnancy kits. We can help you with a variety of needs ... just ASK!



## Beatles' Songs

Find and circle all of the songs by The Beatles that are hidden in the grid. The remaining letters spell the name of an additional Beatles song.

```

E V N O W H E R E M A N I N E E D Y O U
E E L O V E M E D O C T O R R O B E R T
W O T R E T L E K S R E T L E H S R I E
H W H R E H E V O L I D N A Y U B F A B
A I I S O D Y S P E N N Y L A N E M L L
T L S M N G O T A H E L P C S E E U O I
G D B O A W M E P T H I E N L I E V M G
O H O N D R O W E H T B I F G J E S O C
E O Y O N N T R R G T A I G A Y O L O E
S N O I U O D H B H R N A Y O T D M L G
O E E T O O R E A D E M W U I E E F Y N
N Y U U Y C I N C M L A T R N T F T O I
R P L L S C V O K I Y O E S O U S I D V
E I B O E A E O W E E D L G R E N G X O
S E U V V R M N R C E U E T J O P I T L
O M O E O Y Y R I E M T Y A S A N D D Y
L G Y R L K C O T B H O M S R M Y M O M
A I R N E C A F E E V R A E B T I T E L
M R O K H O R R R A E L S E I G G I P L
I L F E S R S Y S H G O O D N I G H T A
    
```

- |                |                 |                  |                |
|----------------|-----------------|------------------|----------------|
| ALL MY LOVING  | GIRL            | I'M SO TIRED     | PIGGIES        |
| AND I LOVE HER | GLASS ONION     | LET IT BE        | RAIN           |
| BECAUSE        | GOLDEN SLUMBERS | LOVE ME DO       | REVOLUTION     |
| BLUE JAY WAY   | GOOD NIGHT      | LOVE YOU TO      | ROCKY RACCOON  |
| COME TOGETHER  | HELP            | MAGGIE MAE       | SAVOY TRUFFLE  |
| DIG IT         | HELTER SKELTER  | MARTHA MY DEAR   | SHE LOVES YOU  |
| DOCTOR ROBERT  | HER MAJESTY     | NOWHERE MAN      | THE WORD       |
| DRIVE MY CAR   | I FEEL FINE     | OLD BROWN SHOE   | THIS BOY       |
| FOR NO ONE     | I NEED YOU      | PAPERBACK WRITER | WHAT GOES ON   |
| FOR YOU BLUE   | I'M A LOSER     | PENNY LANE       | WILD HONEY PIE |

## Brain twister

### Solution

```

E V N O W H E R E M A N I N E E D Y O U
E E L O V E M E D O C T O R R O B E R T
W O T R E T L E K S R E T L E H S R I E
H W H R E H E V O L I D N A Y U B F A B
A I I S O D Y S P E N N Y L A N E M L L
T L S M N G O T A H E L P C S E E U O I
G D B O A W M E P T H I E N L I E V M G
O H O N D R O W E H T B I F G J E S O C
E O Y O N N T R R G T A I G A Y O L O E
S N O I U O D H B H R N A Y O T D M L G
O E E T O O R E A D E M W U I E E F Y N
N Y U U Y C I N C M L A T R N T F T O I
R P L L S C V O K I Y O E S O U S I D V
E I B O E A E O W E E D L G R E N G X O
S E U V V R M N R C E U E T J O P I T L
O M O E O Y Y R I E M T Y A S A N D D Y
L G Y R L K C O T B H O M S R M Y M O M
A I R N E C A F E E V R A E B T I T E L
M R O K H O R R R A E L S E I G G I P L
I L F E S R S Y S H G O O D N I G H T A
    
```



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)



## Participating restaurant focus

We are proud to announce our first two restaurants which will be participating on April 28 and donating 25% of their revenues to the ASK Active Global Citizen and helping us get to Swaziland, Africa! Please dine at these restaurants to help support ASK on April 28! Visit [www.diningoutforlife.com/kamloops](http://www.diningoutforlife.com/kamloops) for a full listing of participating restaurants. New restaurants are signing up daily!



### The Noble Pig Brewhouse

Canadian cuisine with an eclectic and creative flair, offering a wide selection of fantastic Noble Brews created on site, at 650 Victoria St., Kamloops, telephone 778-471-5999. [www.thenoblepig.ca](http://www.thenoblepig.ca)



Try our Rodeo Burger! – a thick beef burger using locally grown grain/grass fed beef, with beer mustard, cheddar-ale cheese, bacon, BBQ sauce and fried onion rings. Accompanied by our "not so simple" salad.

Thanks also to  Kamloops ART GALLERY  
The Noble Pig  
for sponsoring  
us by provid-  
ing free desert at our table at  
the Kamloops Art Gallery Wine  
Festival on April 15. For tickets  
or information on the Wine Fes-  
tival, please contact the Kam-  
loops Art Gallery at 250-377-



**Flavours of India** – 550 Columbia Street West, Kamloops V2C 1K6, telephone 250-374-0340. Serving tasty and healthy food is everything. Indian cuisine varies widely from region to region and even the best known dishes have many variations. Flavours of India has a tandoor (clay oven) and a chef who specializes in tandoor cooking such as lamb and beef kebabs, tandori prawns, chicken tikka and, of course, several varieties of naan bread. Our menu has been selected to present those dishes which truly reflect the culinary heritage of the vast and beautiful country of India. With such a wide range of

offerings in Kamloops, finding an Indian restaurant that has just the right mix of atmosphere and hospitality, along with authentic taste and quality spices and ingredients, is not as easy as one might expect. We hope that once you arrive at the Flavours of India restaurant, you will feel it was well worth the journey. India is a land of spices and has a complex, vibrant culture that embraces flavour and is not shy on presentation. To experience the full pleasure of Indian cuisine, we invite you to visit us soon to enjoy a taste of some of that same vibrancy and complexity, and allow us to serve you what many claim is, some of the best Indian cuisine in British Columbia.

**PARTICIPATE AS A RESTAURANT** and be part of the movement of Active Global Citizens!  
Benefits are endless and include the following:

- ✓ Attractive, high quality promotional material including posters, bill-stuffers and postcards.
- ✓ A publicity campaign to promote Dining Out for Life® via local radio, TV and print media.
- ✓ Media blitz with Dining Out for Life® postcards and flyers with complete list of participating restaurants.

For more information or to sign on as a participating restaurant, please contact Cheryl at ASK Wellness, 250-376-7558, ext. 226.

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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	250-376-6332
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 250-319-6783
Kamloops Safe Housing Society	250-851-2720		Lisa 250-318-4611
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