



# Off The Curb

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[www.offthecurb.ca](http://www.offthecurb.ca)  
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### Editorial...

## BAD CRACK BEING DISTRIBUTED ON THE STREET

Two recent deaths may have been as a result of using bad crack  
If you must use, please know your supplier

**THE CONTAMINATED DRUG WARNING** at the top of this editorial is real. Two more lives have been lost to contaminated drugs. Sellers will use almost anything to cut drugs to add to their profit margin. They have no interest in your health or personal wellbeing, they are only interested in your money. They are not your friends — friends don't kill friends. We lose people we care about far too often to ignore the message family and friends are like oxygen — we need each other to keep breathing. Despite what we may think we are part of a community and our responsibility to our community is to ourselves — we are responsible for each other. Many spend their time seeking out people who can give them something. They want someone's time, money, drugs, body, energy, etc. Rather than constantly looking at others wondering what we can get, why not look to see what we can give?

At this writing, 'Princess' has forty-six days of being clean and sober, and in June 'Red' will celebrate three years. We send good thoughts and wish you, and any others walking that path, many more days of sobriety.

I spoke with someone today wondering if I knew the name of a street worker who had passed recently as they were concerned it may have been their daughter. They heard later in the day their daughter was in custody and so would be safe for another day. Good news for one family but devastating for another. Do me a favour: contact your family and let them know you are fine. If you don't want to do it one on one, get someone to do it for you. They deserve to know.

Changes to some Social Services benefits are coming April 1st, so check to see if you are affected. Remember, it can be a lousy place out there. Help is available, just ASK. Meanwhile, stay safe. I care...

*Mayoi No Naka*, [mayoi@askwellness.ca](mailto:mayoi@askwellness.ca)

### Boogie the Bridge!

**WE ARE EXCITED** to be the **CHARITY OF CHOICE** for the **DAILY NEWS BOOGIE** on May 2<sup>nd</sup>, 2010. We will require 150 volunteers to make this event as successful as possible for our Society. We're hoping to find volunteers who can commit some time under one of the following committees: Water Events Tables, Start/Finish Line, Chalk Teams, Registration and Set-up/Clean-up. If you are interested in volunteering, we would love to hear from you! Contact Cheryl at ASK ([cheryl@askwellness.ca](mailto:cheryl@askwellness.ca) or telephone 250-376-7558, Ext. 226).

### And don't miss the Boogie Fundraising Dinner & Silent Auction!

**WHEN** - Friday, April 16<sup>th</sup>, doors open 6:00 pm

**WHERE** - St. Ann's Academy, 205 Columbia St.

**HOW MUCH** - \$25 per person, children 4-11 \$18.75,  
age 3 and under free

**FOR TICKETS** - Contact Cheryl 250-376-7558, Ext. 226

**CATERING BY** - At Your Service Event Catering, [www.atyourservicecatering.ca](http://www.atyourservicecatering.ca)



**T**HE DEATH OF TWO YOUNG PEOPLE this past week in Kamloops due to a combination of dangerous lifestyles, and likely contaminated crack cocaine, is a tragedy that will resonate for some time in our client community. While we must be prepared for people dying in this field, it is never easy to accept when a preventable death happens. We can't deny using crack cocaine and the associated dangers are horribly risky and possibly lethal. In both these cases indications suggest it was the contamination of the drug that killed a 24 year old woman and 33 year old man, not the drug itself.

The idea that someone is consciously peddling contaminated crack to their peers on our streets has us enraged. While we at ASK Wellness can find compassion and respect for almost everyone who walks in our door, it ends with those preying on those addicted and unsuspecting. We can claim these are the risks of using these substances and you take your life in your own hands, but this is a punitive and unjust response.

In the 1920s and '30s when alcohol was prohibited, poor quality alcohol and/or contaminated product was frequent. Young people were particularly impacted and the death toll from these products was high. Furthermore, we all know the near mythical characters from the organized crime world who play high in our culture. The likes of Al Capone were formed and flourished all due to the consequences of prohibition. It soon became clear that prohibition of alcohol had disastrous effects. Alcohol did not disappear from our culture; it simply went underground into the hands of organized crime where a lack of regulation resulted in unpredictable and dangerous products and, as we know, an increase in violence, corruption and fear throughout society.

Flash to our current situation. Organized crime controls the illicit drug trade; drugs like cocaine, speed and marijuana are easily accessible, and the substances sold and used have no regu-

latory mechanisms or controls to ensure that you know what you are buying. As bizarre as it seems, heroin by itself is not overly harmful. Yes it is highly addictive, but the destructive consequences we have come to associate with the drug are largely a result of it being considered illegal. Studies such as the NAOMI project, where individuals addicted to opiates with poor addiction treatment outcomes are provided access to heroin, indicate reduced health care costs, decreases in criminal behaviour, and lowered drug seeking behaviour. Yet, this project and the overwhelming success of the Supervised Injection Site (INSITE) in Vancouver, are being politicized by the federal government.

Our current criminal responses to substances like cocaine, heroin and marijuana have resulted in the opposite outcomes we have sought. Individuals dependant on these substances end up in jail only to be released back into the community with even fewer skills to manage their addictions and the added burden of being seen as criminals. Support for tobacco cessation is abundant in our society with alternatives such as the nicotine patch, Zyban and Champix available through a physician. Alcohol dependence, as judged by the proliferation of beer and wine stores in our community, and the abundance of marketing and advertising of alcohol products, is accepted with those encountering the problems associated with alcohol abuse facing far less stigma than illegal substances.

Until we accept that our present approach to illicit substances such as crack cocaine, heroin and marijuana is not working, the tragic consequences as demonstrated by the two young people who died this past month due to contamination of the drug they were seeking, will continue unabated. It is high time we listened to the proven science that shows addiction is a health and social issue, not a criminal issue.

To the families of those lost this past month in Kamloops due to an ineffective drug policy, our hearts are with you...

## KINDNESS FROM THE CURB

Kamloops and Merritt kindness is endless. We would like to thank the following for their support:

- ✓ **COBS BREAD** ([www.cobsbread.com](http://www.cobsbread.com)) for the very generous donations to the S.H.O.P. program!
- ✓ **COWBOY COFFEE (NS)** for their coupon on page 8.
- ✓ **THE ANONYMOUS PERSON** who dropped off a generous supply of pens, pencils and 'hi-liters' for the office in Kamloops!
- ✓ **JOAN HUGHES** for all her many donations to Henry Leland House!
- ✓ **FRATELLI FOODS** (223 Victoria Street) for their support in donating groceries for the 'Grocery Give-Away' in March's issue of *Off The Curb*!
- ✓ **NORTHERN TRAILER** ([www.northerntrailer.com](http://www.northerntrailer.com)) for their continued support in providing free beds for distribution to our clients!
- ✓ **FIRST RESPONSE DUTY GEAR** ([www.dutygear.ca](http://www.dutygear.ca)) (first-aid and medical supply store) for their donations and discounts!
- ✓ **UNITED CARPET KAMLOOPS (Jim)** for the donation of free carpet for one of our rental suites.

## Client Needs

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

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

## WORDS FROM THE CURB

### Lifeskills are part of the program

By Melissa Lampman, Staff Reporter  
*Kamloops this Week*

**A** LOCAL WORK PROGRAM IS LIFTING BARRIERS and giving young adults and youth a chance to learn life and job skills. For the next twenty weeks, five local young people will learn just what it takes to be a property manager as part of the property maintenance repair team run by the ASK Wellness Centre with \$50,000 in federal funding.

The goal is to give those thirty and under the chance to develop skills they could use to ease transition into work or school. Their first project: cleaning out the former Rendezvous Hotel which was purchased recently by the federal government for \$853,000. The plan is to convert the former strip club into an emergency shelter with transition-housing options.

Cleaning out the West Victoria Street building is a tough job, but the group is excited to be working — for some it's a first.



The 2010 ASK Wellness Social Enterprise crew.

"It preps you for the real world," said 17-year old Sam Foley, noting there are chances for scholarships and employment after the five months are up. "It's really getting help by helping others. It's so amazing because a lot of people don't get the opportunity to feel what we're feeling right now." Brent Wright, 21, said the program helps with getting tickets in certain trades. "It prepares you for when you're done," he said. "And we get to help the community too."

The repair teams works with local landlords, cleaning up suites and apartments that have been heavily damaged. ASK Wellness Centre executive director Bob Hughes said many property owners are hesitant to rent to the former homeless, or people out of rehabilitation programs, so having the crew is an extra assurance. "It contributes to reducing homelessness by supporting both private and public landlords and property managers in maintaining their property," Hughes said. "And the outcome is great because the youth are actually getting employment and going back to school." "You know, it's just nice to work every day," said 22 year-old Francisco Inocencio. "I'm so happy and pretty proud of myself."



## Do you need housing help?

ASK Wellness prints the latest listings every day.

Housing help every day from 1:00 pm to 4:00 pm  
at ASK Wellness, 433 Tranquille Road, Kamloops

## SOCIAL ENTERPRISE PROGRAM

By Patrick Lamb, Social Enterprise Coordinator

**T**HE SOCIAL ENTERPRISE PROGRAM is a 20-week program for young people between the ages of 16 and 29. It is a collaboration between Service Canada (BC government) and ASK Wellness.

Basically, we interview a group of youth and choose five for the program.

We start our day at 9:00 am with a nutritional breakfast as funded by the program. At 9:30 am we mobilize our trailer and tools and off we go.

Some days we landscape, paint, move clients in need to a new home, and/or clean up vacated suites. The day ends at 4:00 pm.

Education and support is also provided to expand their knowledge with respect to first-aid, WHIMIS, Food Safe, healthy lifestyle choices and emotional support.

Our last crew was a fabulous bunch of youth. Participants have moved on to complete their grade 12 through Street School, entered university, attained jobs as a property managers, and some are now working part-time with ASK Wellness.

Over the past five months we have seen a very positive attitude change; former participants have told us the Social Enterprise Program helped them immensely and prepared them for a much better future where they can go for it!

*Do you want to be a part of the Social Enterprise Program's success? Please consider donating some healthy breakfast food (eggs, milk, oatmeal, etc.). Please drop off your donations at the ASK Wellness Centre, 433 Tranquille Road in Kamloops, or call 250-376-7558, ext. 226.*

## Ladies Lunch

Join us at ASK, 433 Tranquille Rd., every Tuesday  
at 1:30 pm when S.H.O.P. presents our famous  
home-cooked Ladies Lunch!

All ladies are welcome!

Do you need STD,  
HEP-C, AIDS testing  
or information?  
Just ASK!  
250-376-7558, Ext. 232

## OFF THE CURB PROFILE

### Patrick Lamb

*Off The Curb's* 'Fearless Reporter' recently had the opportunity to speak with Patrick Lamb, Social Enterprise Coordinator with ASK Wellness.



**Fearless Reporter (FR)** – How long have you been working with youth and what is your background?

**Patrick** – I have been employed by ASK Wellness Centre working with youth since November 2008. Prior to that I worked as a Red Seal Journeyman Carpenter, followed by a successful career selling real estate in White Rock, BC. Subsequently I built and owned two *Subway* stores in Burnaby and Chase.

**FR:** How did you choose to start helping youth at ASK Wellness?

**Patrick:** One day while golfing with a longtime friend and outreach worker, Ken Salter, he suggested I might be a good fit working with youth in a mentoring/training capacity. Once I started, I knew this was a very good opportunity to help to-

day's younger generation. Basically, I jumped in with both feet, ready, able and a bit nervous.

**FR:** What is your favourite place?

**Patrick:** I have so many favourite places, I just can't name one: New York, the Australian Outback, Kamloops YMCA.

**FR:** What is your idea of the perfect job?

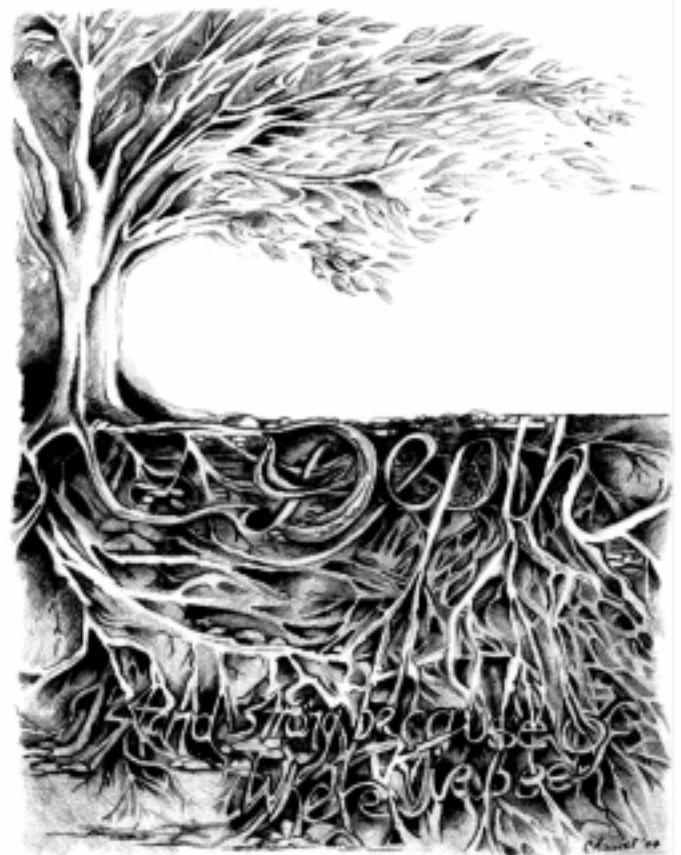
**Patrick:** Any job working with today's youth. It is great to be able to offer a positive climate where the participants grow and change to become productive members of society.

**FR:** Closing thoughts?

**Patrick:** Funny thing how our thoughts and ideas are constantly changing as we age. Start your day by thinking how lucky we are; be as positive as you can. Always see the cup as half-full, not half-empty, and it will be easier to smile than frown.

**FR:** Thank you for your time Patrick and keep up the outstanding work!

## ART FROM THE CURB



*"Depth...  
I stand strong because  
of where I've been."*

## Office Wish List

Can you help ASK out by donating some basic items?

We always need:

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

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)

## UPCOMING EVENTS

### • A PLACE TO GROW

S.H.O.P. (Social and Health Options for Persons in the Sex Trade) run an educational workshop. The following is a list of what is coming:

- April 7 – Christa from CMHA to present on Bipolar Disorder.
- April 14 – TBA (tentative lamp shade making with Joanie).
- April 21 – Open discussion and movie.
- April 28 – TBA.

### • S.H.O.P. SPECIAL PROGRAMMING

Every Thursday from 1:00 to 4:30 pm, S.H.O.P presents Art Therapy Drop-in with Bobbie Merz. Every Friday from 1:30 to 8:00 pm Dinner and Drop-in.

### • MIND THE GAP (3) - May 12, 13 and 14

Hosted by Interior Community Services, this workshop will present current research on violence, trauma, language and social responses. Participants will learn gentle and respectful questioning skills for elucidating victims' prudent, determined and creative resistance to violent acts.

**WHO SHOULD ATTEND?** 'Mind the Gap' is for human service workers — counsellors, therapists, nurses, justice and court workers, lawyers, victims' services workers, transition house workers, social workers, child protection workers, police, journalists, researchers — and anyone in the role of helping others, particularly those who have experienced violence, mistreatment or other forms of violation. For more information please contact: Shannon Nash (snash@interiorcommunityservices.bc.ca), or Shelly Bonnah (sbannah@interiorcommunityservices.bc.ca) or telephone 250-554-3134.

• **WHITE BUFFALO ABORIGINAL HEALTH SOCIETY** is running a **GIFT GIVERS FAMILY/PARENTING GROUP** which will run from April 20 to June 10. The program is open to all individuals/families who are ready to take responsibility for their choices related to their own, and their children's, wellbeing. Please call in advance to set up an introductory appointment with Kim or Barb at 250-554-1176.

• **A FREE ABORIGINAL WOMEN'S WELLNESS RETREAT** will be held from June 4 to 6 at the Chehalis Healing House on the Chehalis River. This retreat is open to HIV and Aboriginal women living in British Columbia. **IT IS FREE!** Positive Women's Network covers all retreat and transportation costs! Childcare subsidies are also available. Space is limited so apply early. For more information contact Melissa at Positive Women's Network: mellissam@pwm.bc.ca or call 1-866-692-3001.

• **INTERIOR METIS CHILD AND FAMILY SERVICES** offers the following programs: Parent-Child Mother Goose — join us for songs, stories and snack on Wednesdays April 7 to May 26; Infant Massage — come out to learn and enjoy the benefits of massage for baby and caregiver on Thursdays, April 1 to 29; Prenatal Classes — prepares expectant parents for what to expect during pregnancy. For more information on these programs, please call 250-554-9486.

**Do you have an event coming up? Send your information to [cheryl@askwellness.ca](mailto:cheryl@askwellness.ca)**

## ASK needs you!

Volunteers are always needed.

If you would like to give back to your community, please email [cheryl@askwellness.ca](mailto:cheryl@askwellness.ca) or call 250-376-7558

## SOME TASTY & AFFORDABLE RECIPES

### FIVE MINUTE CHOCOLATE CAKE IN A MUG (Serves 2):



4 tbsp. flour	3 tbsp. oil
4 tbsp. sugar	3 tbsp. choc. chips (optional)
2 tbsp. cocoa	Small splash of vanilla extract
1 egg	1 large coffee mug (microwave safe)
3 tbsp. milk	

Add dry ingredients to mug and mix well. Add the egg and mix thoroughly. Pour in the milk and oil and mix well. Add the chocolate chips (if using) and vanilla extract. Mix again. Put your mug in the microwave and cook for 3 minutes at 1,000 watts. The cake will rise over the top of the mug but don't be alarmed. Allow to cool a little and tip out onto a plate if desired and eat!

And why is this the most dangerous cake recipe in the world? Because now you are only 5 minutes away from chocolate cake at any time of the day or night!

### SWEET POTATO FRIES (Serves 4):



1 lb. (500g) sweet potatoes, cut lengthwise into 6 wedges
2 tsp. (10ml) vegetable oil
1/4 tsp. (1ml) paprika
1/8 tsp. (0.5ml) garlic powder
Black pepper



Place potatoes in a bowl. Add oil, paprika and garlic powder. Season with pepper to taste. Toss to coat. Transfer to baking sheet. Bake in preheated 375°F (190°C) oven for 25 minutes or until tender and golden, turning once.

## S.H.O.P.

### Friday Night Dinner & Drop In

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

# Client Running Club

This year ASK Wellness is excited to be the recipient of the proceeds from the annual **DAILY NEWS BOOGIE THE BRIDGE RUN** on May 2nd. ASK employees are recruiting a client team to participate in the event as incentive towards a healthier lifestyle. We are thrilled to have some interested clients already, and will begin training in March.

If you are a client and interested in this fun and healthy activity, please contact Cheryl at 250-376-7558 ext. 226.



## We Need Your Used Running Shoes!

To help our client team be successful, we are looking for donations of 'gently used' runners in all sizes. If you have any available please drop them off at our North Shore office, or call us for pick-up. Thank you for your generosity.

# Let's Boogie!

## STORIES FROM THE CURB

### Mocassin's story...

**I SIT TODAY SOMETIMES SEEMING** almost like an outsider peering through the window into the storefront of my past. Has it been nineteen years already? Wow! Some days I feel like it was yesterday. The drugs, the alcohol, the violence, the seemingly endless spiral of darkened chaos disguised as a semblance of normalcy with the occasional husband, job and home inserted, just to keep the river of denial flowing.

I did however, wake in the middle of the night last night from the style of a dream I haven't had for quite a long time. In the dream I was living this life I know today when a seemingly strong, handsome man takes me to this fancy hotel, slams down a pile of twenty dollar bills built like a stack of hotcakes from Denny's, and starts to explain to me the "rules of the game." "You will be dressed sharp and available at any time for an indefinite period."

Okay, so now I know it was a dream because it was never like that. It was more the weird looking bald, fat little man smelling of a mixture of three-day sweat and some Old Spice spashed on to try to cover it up, in the front seat of a four-door sedan with the 'huge sum' of anywhere between fifty and a hundred bucks to degrade myself for the fifth or sixth time that night. Sometimes the smell of the booze was coming from the both of us; strongly enough that I could just close my eyes and focus on the money, telling myself it will be over soon, then I can get to my safe place which was generally the local pub known as the Cecil. I mean every town has one — I discovered — safe with all the 'others' who gathered to commiserate about their families, their landlord (if they actually had a place to live), or just on the hunt for a place to lay their head down for the night.

I would generally let myself get sufficiently wasted so that whoever I picked up — or let myself be picked up — could do whatever they wanted as long as I had a shower and a bed to sleep in.

Why did I feel safer there than with my own family at home? The fighting, the grabbing of my ears, the pounding of my head against whatever surface was available; the teaming up of my two sisters against me in all situations, the being set-up to have my head kicked in by my own flesh and blood, not having a mother around to show me I was loved. Instead, what played in my mind continuously was being five, and being told she hated me because I wasn't a boy when I was born. And, of course, the standard sexual abuse from a supposed family friend.

I guess I convinced myself that at least when out on the street I had control over whoever was going to cause me pain, but I couldn't kid myself for long. By the time I was sixteen, I had been abandoned by those who professed to love me; had my share of abuse in the foster care system, served my 'free time' in the young offenders' facility twice, and been raped and beaten with a baseball bat while living with a house full of prostitutes.

It took becoming a single parent when I was eighteen to slow the continual downward spiral of this kind of lifestyle. I managed to pull myself off the street into relationship after relationship that only gave me much more heartache (but three beautiful boys).

So by the time I was twenty-nine I thought my prayers had finally been answered. One night, my husband at the time and I, decided to go out for just a few more drinks, leaving my twelve year old with the responsibility of babysitting his two younger brothers aged ten and two and a half. "We're just going for a couple ... it's seven o'clock ... we'll be right back," I insisted. I really meant it, but as usual the lights were coming on at the bar and it was time to go.

What was not usual was coming home to a smoke-filled house with all the lights on and the children gone. My baby had crawled up onto the stove catching his 'pj's' on fire while playing with the stove's knobs. He woke up his brothers with a terrible scream — my oldest still doesn't sleep too much 'til the wee hours of the morning, now that he has his own son. We had no phone so my oldest had run to the neighbour's and the ambulance, fire department and police were called. Social Services, by rights, took my boys away. I have never experienced before or since,

the kind of pain that was in my heart as I stood next to my little guy's crib in the hospital that night. I pray nobody ever has to feel anything like that.

But I was at the 'bottom,' and I hit it hard! When the social worker told me that seven out of ten parents go back to drinking after their children have been taken away, I couldn't believe it. That was October 19th, 1990. After one more night of 'teachings' on December 15th, 1990, I have been clean and sober. But the past lives on in me sometimes, as I trudge this road of happy destiny ... I know it will find its own place to rest.

Today I have a beautiful relationship with that youngest boy, a tentative one with the oldest, and not so much with the middle son. Even though I eventually got my boys back, they have never really gotten their mom back for quite a while.

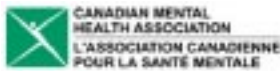
Today I have a strong connection with my Creator. I have a loving relationship with my family and my mother, who just a couple of years ago finally told me she loved me, and I know she meant it. But most of all I get to continuously work on a gentle, loving relationship with myself. Giving to me all that I missed 'out there,' I now look forward to all that is in my day, accepting the treasure, teachings and gifts that it may bring my way.

I give my humble thanks for the wisdom and compassion of the Creator who gave me back my breath ... my soul.

Thanks for listening.

*Now lighter in moccasins.*

## KAMLOOPS YOUTH CLUBHOUSE



**Youth 13-18 years  
of age wanted!**

**T**HE YOUTH CLUBHOUSE started in the spring of 2004 with the doors open to all youth between the ages of 13 and 18. This safe, non-judgmental, drug and alcohol free environment provides opportunities for youth both in The Clubhouse and the community.

The Youth Clubhouse is a youth-driven activity centre. We provide a safe, supportive environment and foster an atmosphere in which youth are encouraged to express themselves through music, arts and crafts, and social interaction. Youth can gain skills and knowledge in a wide range of areas from meal preparation and budgeting, to developing social skills and independence. Youth are encouraged to take an active role in the development and promotion of clubhouse activities. Through these activities, youth members of The Clubhouse will have the opportunity to learn how to make decisions, compromise, listen and resolve conflict.

Some of these activities include the following:

- Computers with internet access
- Pool table
- BBQs and swimming
- Prep & cook homemade meals and baking
- Scrap booking/newsletters

## Do you have a story?

All of our contributors remain anonymous.  
We would love to hear from you, so please feel  
free to drop off your handwritten story  
or email it to [cheryl@askwellness.ca](mailto:cheryl@askwellness.ca)

- Games (Xbox and board games) indoors & outdoors
- Movies and munchies
- All outings are FREE of charge unless otherwise noted

The Clubhouse is open Monday through Friday from 4:30 am until 9:30 pm, and is located at 857 Seymour St., Kamloops, telephone 250-374-0440.

You are welcome to visit the Youth Clubhouse during regular hours. If you would like any additional information, please call our Youth Activity Coordinator at 250-374-0440, or send an email to [lynn.ghostkeeper@cmha.bc.ca](mailto:lynn.ghostkeeper@cmha.bc.ca).

## MONTHLY MINDBENDER

QUACK	Try to find all 30 words on this board.
QUADRANT	
QUADRILATERAL	
QUADRUPLE	T E Z T E Y L V M A K O D M E I Z S H Q
QUALIFY	V L B B U X R J J V M H K W L O K N G M
QUALITY	R M I G E O L I Z Y Z F C H E P J N C U
QUALM	P X J U U T N A R D A U Q U O T I E N T
QUART	T E I U Q U A R T E R B A C K N I O M F
QUARTER	M A F U U U L K G Q Q Z N Y O L X U M R
QUARTERBACK	X K B L I Q A B Z M T N I I C J S Q Q J
QUARTZ	N E J D N N G D T S M C T W V R U U B
QUEBEC	N G S F D T K C R Q J S Z K H E I A I X
QUEEN	K K J I E Y I B A I E R F C B L V L E S
QUEST	B Q B U C K D U U U L R L E L K G I T S
QUESTION	R V R A A Z I U Q P A A C S T Y C F L J
QUESTIONING	Y J B Q G U H U U H I T Q P D E Y Y C
QUELUE	T O Z I O B I P A M I I L E E P G E W E
QUICK	I M P K N C K E D R C C B S R Z A J Z C
QUICKNESS	L C T R K U L Y R E L A K M E A M M Q B
QUICKSAND	A S T N B V I P U V I K L S Z Y L Y U I
QUIET	U R E Q Y S Y U P I C A K T A L R U T H
QUIETLY	Q S I O D I G T L U U E Y U P N M B X D
QUILLS	S B Q I G W U D E Q U A C K E X D J B X
QUILT	
QUINDECAGON	
QUIT	
QUITE	
QUIVER	
QUIZ	
QUOTIENT	

## Meal List

Is available at ASK Wellness or by visiting  
[www.accesskamloops.org](http://www.accesskamloops.org) under "Quick Guides"

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Help keep 'Off the Curb' in circulation.  
For a small fee we are offering advertising space.  
Please contact Cheryl at [cheryl@askwellness.ca](mailto:cheryl@askwellness.ca)  
or 250-376-7558, Ext. 226.

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## RESOURCES



Aboriginal Employment Services	250-554-4556	Kamloops Works Search Centre (North)	250-376-3111
ASK Wellness Centre	250-376-7558	Kids Helpline	1-800-668-6868
Alcohol & Drug Information & Referral Services	1-800-663-1441	Labour Ready	250-376-9116
Brain Injury Association	250-372-1799	Mothers for Recovery	250-377-6890
Christian Hostel	250-372-3031	Ministry of Children & Family Development	250-371-3600
Canadian Mental Health Association	250-374-0440	Narcotics Anonymous	1-800-414-0296
Emerald on Third	250-374-1090	Native Housing Society	250-376-6332
Employment Insurance	1-800-206-7218	New Life Mission	250-372-9898
GT Hiring Solutions	250-374-7748	Ministry of Housing & Social Development	1-866-866-0800
House of Ruth (Women Only)	250-376-5621	Phoenix Centre	250-374-4634
Immigrant Services	250-372-0855	RCMP Kamloops Association	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	Suicide / Distress Line	1-800-784-2433
Kamloops Works Search Centre (South)	250-372-3803	United Way of Kamloops	250-372-9933
		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 [cheryl@askwellness.ca](mailto:cheryl@askwellness.ca).*

ASK Wellness Centre, 433 Tranquille Road  
At Second Glance Used Books, 448 Victoria St.  
Caffeine-Downtown, 476 Victoria Street  
Cowboy Coffee (NS), 449 Tranquille Road  
Crossroads Inn, 569 Seymour Street  
Erwin's Bakery, 369 St. Paul Street  
Frou Frou Monkey, 320 Victoria Street  
Grinders, 705 Victoria Street  
Kamloops Fit Families, 783 Notre Dame Street  
Kamloops Immigrant Services, 109 Victoria Street  
Kamloops Downtown Library, 465 Victoria Street  
Northshore Library, 795 Tranquille Road  
Oops Café, 274 - 3rd Avenue  
Passek's Classic Café and Catering, 120 - 3rd Avenue  
The Art We Are, 322 Victoria Street (upstairs)



## COWBOY COFFEE 2-4-1

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