



Kootenay Society for Community Living

2015 FALL

TABLE OF CONTENTS

| | |
|----------------------|--------|
| Pay it For Forward | P1 |
| More Pay it Forward | P2 |
| More Pay it Forward | P3 |
| More Pay it Forward | P4 |
| Places to Go , | |
| And People to See | P5-9 |
| Did you Know? | P10 |
| Break time! | P11 |
| Recipe Corner | P12 |
| Restaurant Review | P13 |
| Wellness | P14-15 |
| Employment Highlight | P16 |
| Thumbs Up or Down | P17 |

Where to find us;

2224 6th Avenue

Castlegar, BC

V1N 2V9

If you would like to
make a submission

to the newsletter please email
homesharekscl@telus.net

Community Living Month Pay it Forward, Take 3!



KSCL Nelson
Pays It Forward at
City Hall with music,
coffee and cupcakes!



So much fun! And even some sun!

KSCL Pay it Forward, Take 3! Castlegar!



My iced-cap drink was paid for at Tim Hortons! Thank you! To pay it forward, I gave a cashier in a restaurant a \$10 tip. What a great idea and way to celebrate & promote Community Living month!



KSCL Pay it Forward, Take 3! Castlegar!

Pay It Forward "Stops"

Tuesday:

Blueberry Creek Childcare, Castlegar Truck, Kinnaird Medical Clinic, Glen the barber, Complex, Castlegar News, construction site for new vets downtown, Arbys, Uptown Subway, A&W, Kootenay Family Place, Library, Pharmasave, On the Spot Detailing, Speedy Glass, Castle Bowl, Stutters, Pet store, Handidart driver, and random acts...

Wednesday:

Two Shaw guys, Andres, Andrew Sheret, Paramedics, Casino, Biggest Little Fruit Stand, Brad the computer guy, City Hall, Honda, H. and H. Contracting, Dorm manager at Selkirk College, CBT, Downtown Medical Clinic, Shoppers, and random acts...

Thursday:

Random acts during newspaper deliveries, The Goat (cake), RHC Insurance, Selkirk cafeteria and the bookstore, government liquor store, Martech, Mitchells, Dollar Store, IRS, Art Gallery, Dollarama, D.O., H and R Block, Crumbs, RHC uptown

Friday:

Random acts...coworkers at Kootenay market for A.C., 7-11, Home Hardware, Common Grounds, vets downtown, Panago, Canadian 2 for 1,

Tim Horton's, Visitor's Centre, Two Great Grams, Back in Balance, Castlegar Medical Esthetics, NDP office, J.J.'s, Silly Monkey Child Care, Columbia Truck, Purolator, Dell Transport, KMS office

Great work, Everyone!

I had the pleasure of meeting a couple of ladies at the builders supply in castlegar today and they gave me a scratch and win that was a winner! So the two dollars I won will go to two more tickets that I will give to strangers. Thanks !

We just wanted to thank AI for bringing us donuts on the Pay it forward day, we regularly do this for our customers and find it nice when it is done for us, we always feel so grateful
Thanks from the Staff @ Andrew

hi folks! I received a lovely carnation from 3 of your members at the 7-11 on Friday. I was on my way to sing for the seniors at Talarico Place. One of our band members couldn't make it due to illness so I brought her the flower after the concert.. It was very much appreciated. Also I really appreciated what you did and hope others appreciate it too! keep up the excellent work you guys!



KSCL Pay it Forward, Take 3! Grand Forks!



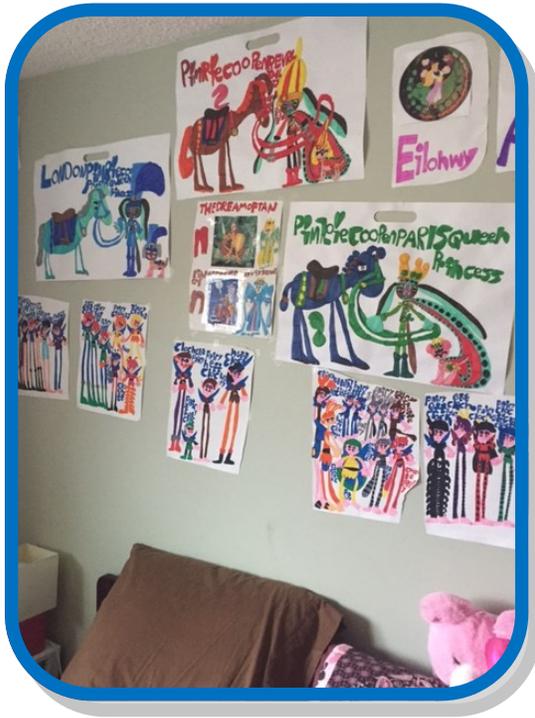
The Grand Forks crew celebrated "Pay it Forward" by handing out flowers, gift cards and thank you notes to random people, local businesses and other special individuals. They also handed out cake and socialized with others from the community at the Overwaitea Parking lot.



Places to Go and People to See cont'd:



Jessica's beautiful art work!



Jessica participating in Rhythmical Gymnastics at KSCL!



Taking turns pushing!



29th Street House!

Places to Go and People to See:



Silverbirch House

Pam celebrates her 60th Birthday at CO with friends, cake and music!

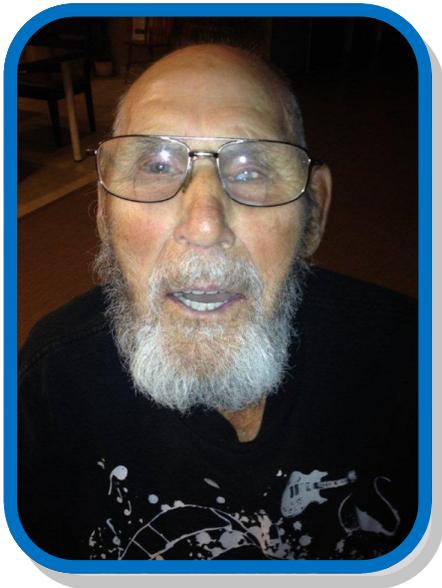
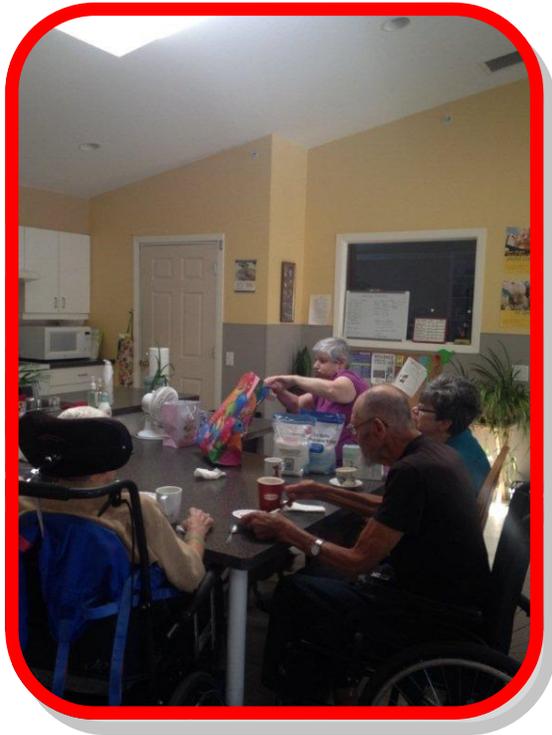


Mike checking out the sand sculptures!

Places to Go and People to See Cont'd

KC House

Happy Birthday



Celebrating Bill's 80th Birthday!

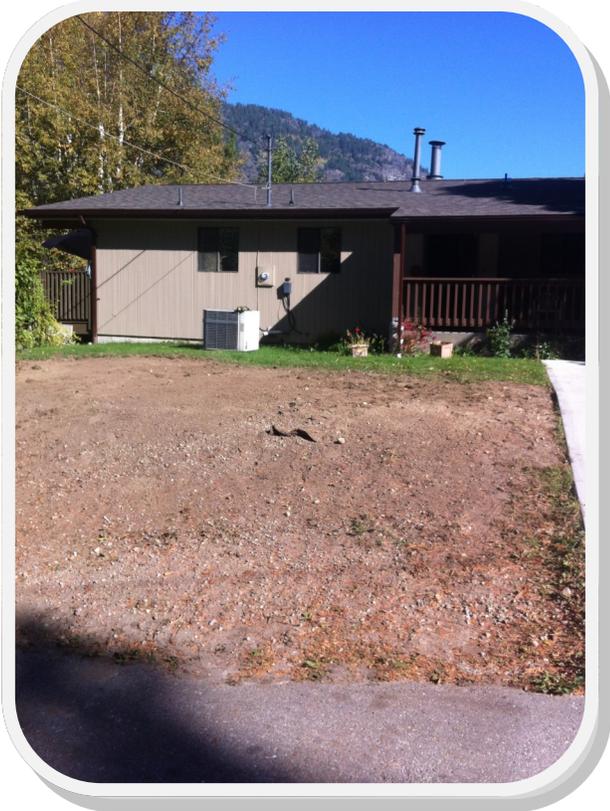




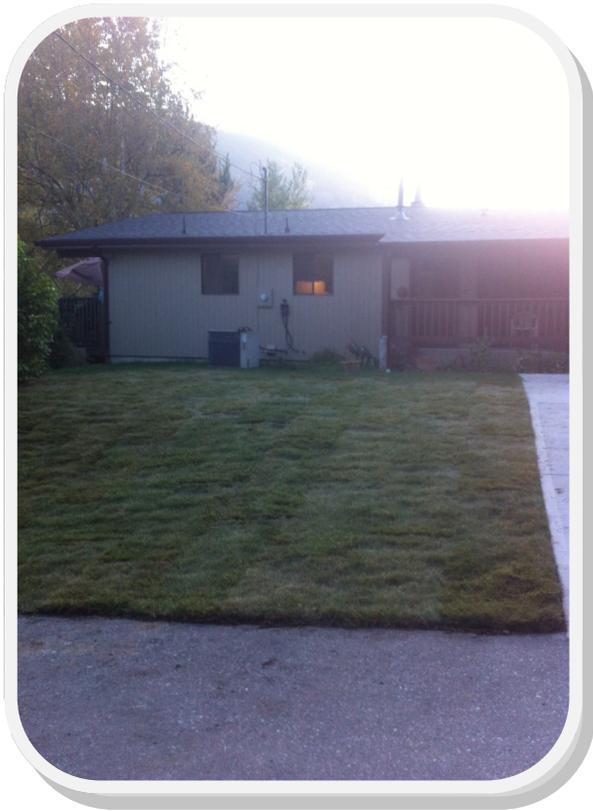
Places to Go and People to See:

Prince house had some maintenance done on their front lawn due to a potential Occupational Health and Safety risk. The slope of the lawn at Prince was repaired, and the ground was levelled to prevent injury to staff exiting their vehicles along the driveway. Previously, the lawn was significantly lower along the side of the driveway, and staff had complained of twisting their ankles. Family Tree Gardening did the repairs and levelled the lawn as much as possible, which also helps with lawn mowing. Looks good!

Before!



After!



Castlegar's population: 7,816

Castlegar is a small city located at the confluence of the Kootenay and Columbia Rivers in the western edge of the Kootenay Region of southeastern British Columbia.

Castlegar is named from the Ireland village and parish of the same name of where Edward Mahon, who founded the town, came from. The Castlegar in Ireland is derived from the name "Caislean Gearr" which is Gaelic for "short castle", referring to one of about 7 castles in that town.

Its beginnings as a town started on September 5, 1811 when David Thompson arrived in a location of where the city presently sits and camped near the end of the Kootenay River.

In the late 1890s, Edward Mahon decided to sell the townsite to the Canadian Pacific Railway. In 1902, in order to place railway tracks to Trail, a rail bridge over the Columbia River, was constructed by the railway. A railway station was built shortly thereafter. At the beginning of the 1900s, Castlegar's commercial enterprises consisted of only of a school, the railway station, store and hotel.

In 1907, the Doukhobors, a group of Russian Pacifist immigrants, came here to the town's flat lands near the Columbia River from Saskatchewan, to farm and to help construct the first of 7 bridges Castlegar currently has. The history of the Doukhobors in this area, is told in a museum here located near Selkirk College. There are communities north and west of here that were first settled by the Doukhobors; among them were Brilliant and Ootischenia, which are suburbs of Castlegar.

During the late-1930s, Castlegar experienced its first population boom when a road from here to Trail was completed. The boom continued in the 1950s and the 1960s, when an airport, 2 schools, a pulp mill and numerous nearby dams (including the Hugh Keenleyside) were opened for operation.

A village from 1946-1966, a town from 1966-1974, Castlegar officially became a city in 1974, after it merged and amalgamated with Kinniard, a neighborhood just south of uptown.

Castlegar saw several key developments in the 1990s, including a major downtown revitalization project and the building of the Castlegar-Robson Bridge in 1994, following the retirement of the Robson Ferry in the late-1980s. Castlegar is home to the Castlegar Rebels of the Kootenay International Junior Hockey League where they play their games at the Castlegar and District Community Complex. Founded in 1975, this hockey team has won a championship 4 different occasions; 1977, 1978, 1996, and 2013.

The Greater Castlegar area, which as a approximate population of about 16,000 people, includes outlying areas and communities such as Robson, Genelle, Pass Creek, Thrums, Shoreacres, Blueberry, Ootischenia, and Brilliant.

Castlegar is a major transportation hub and stopover point, Castlegar is a city, that is mostly split in half, as the highway bisects it. The north end of town is downtown, home to several small businesses, stores, the railway museum and all of the essential service buildings including city hall and police station. The southern half of town is where most of Castlegar's urban sprawl is located. This area of Castlegar, known as Uptown or South Castlegar is home to several gas stations, restaurants, and big box stores.

Behind only Cranbrook on British Columbia's portion of the Crowsnest Highway, Castlegar is the 2nd largest city, in terms of population as well as the 3rd largest in all of the Kootenays, behind only aforementioned Cranbrook and Nelson.

Castlegar's weather is relatively mild and pleasant. It experiences mild and dry summers with cold and dry winters. Summer average temperatures can range anywhere from 25 to 28 degrees Celsius with a low average at around the 14-18 degree Celsius range, while winter temperatures can range to a maximum of -1 degrees with a low of -5 degrees.

Castlegar is mostly a dry and barren town and this is the reason why Castlegar receives less than 500 millimeters of precipitation annually with more than 1,800 hours of sunshine a year. However having said that, it is not unusual to see fog to often linger over the town during most of the morning during the spring months, around the mountains as well as the 2 rivers. Also it is common to see a occasional thunderstorm here during the same period of time.



Article written by Andy Bremner
Home Share
Rossland, BC





Sudoku Time!

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | 3 | | 7 | 8 | | 6 |
| | 6 | | | | | 3 | | |
| 9 | | 5 | | | | 4 | | |
| | | | 4 | 8 | 5 | 9 | 3 | 7 |
| 7 | | | | | | 2 | | 5 |
| 4 | | | 2 | | | | | |
| | | | | | 8 | | 6 | 3 |
| 5 | 2 | | | 6 | | 7 | 8 | |
| 3 | 8 | 6 | | | 4 | | | 9 |



Fill the empty squares with the numbers 1 to 9 so that each row across, each row down and each 3x3 square contains all the numbers from 1 to 9.

Riddles & Jokes!



Answers on the back page

- 1: What do you use to mend a jack-o-lantern?
- 2: Who won the skeleton beauty contest?
- 3: Who helps the little pumpkins cross the road to school?
- 4: What do you get when you divide the circumference of your jack-o-lantern by its diameter?
- 5: I'm tall when I'm young, I'm short when I'm old, and every Halloween I stand up inside Jack O Lanterns. What am I?
- 6: If money really did grow on trees, what would be everyone's favorite season?
- 7: What do you get when you drop a pumpkin?
- 8: What happened when the turkey got in a fight?
- 9: What did one leaf say to another?

Recipe Corner: Creamy Pumpkin Curry

1 small sugar pumpkin
2 pounds of shrimp or other seafood/protein of your choice
2 carrots, sliced
1 medium yellow onion, diced
4 small zucchinis, diced
1 14oz can coconut milk – (make sure you have your coconut milk in the fridge a day ahead of time so that the coconut cream is solid on the top)
1 cup chicken stock
2 tablespoons coconut oil
1 teaspoon fresh grated ginger
1 teaspoon crushed garlic
1 teaspoon coriander
½ tablespoon turmeric powder



- 1) Preheat oven to 350. Cut the pumpkin in half and remove the seeds (save them for roasting). Place the pumpkin cut side up in a glass baking dish with about a cup of water in the bottom of the dish and bake for 45 minutes – 1 hour.
- 2) In a large soup pot, saute the onion and carrots in the coconut oil over medium heat until the onions become translucent.
- 3) Turn up the heat on the onions and carrots to medium high, scoop out just the cream from the canned coconut milk and add to the hot soup pot. Let it sizzle and stir until the cream is melted and mixed well with the onions and carrots. Turn down to medium low and let it simmer.
- 4) While the coconut cream, onion and carrots are simmering, scoop the roasted pumpkin into a food processor or blender along with the remaining coconut water from the can, the chicken broth, and all of the spices. Process or blend until completely smooth.
- 5) Add the zucchini to the soup pot and pour the pumpkin mixture into the pot as well. Mix well and bring to a simmer.
- 6) Add the peeled and de-veined shrimp to the soup and cook until the shrimp are pink and firm (about 3-4 more minutes).
- 7) Serve in bowls topped with fresh diced cilantro.

If using a different protein, such as chicken, add the chicken in immediately after you add the coconut cream into the pot to give it enough time to cook prior to adding the zucchini and remaining ingredients. Do not add at the same time as the zucchini or your zucchini will turn into mush.

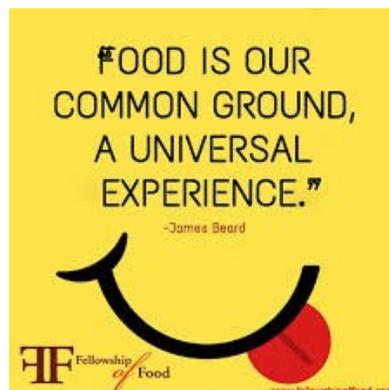
Important Information!



Ryan's Restaurant Review

I like to go out for lunch and a tea but where do I go??

Well, I chose to go to "Joey's Only" for fish and chips. Why I chose this restaurant is because they have fast and friendly service, their tartar sauce is very good, they carry my favorite type of tea (but they also carry other good drinks too, such as coffee, pop, hot chocolate or juice) and they serve a good tasting, thin, yet big fish which still fits on your plate. This is a good choice if you're thinking about having fish and chips!



Wellness!



KSCL Staff Appreciation

Another great night of food and fun was had by all at the Staff Appreciation night held at Chances Casino!



KSCL Health & Wellness Program, starting January 1st, 2016.

KSCL is dedicated to create a workplace that protects the safety and well-being of employees while providing them the opportunities for better long-term health. KSCL will reimburse ALL KSCL Employees (including casuals) \$30 per year for an activity, class, membership, or passes, etc. that promote a healthy lifestyle. (For more information see the memo sent out in September, or come speak to the admin team)



THE FOUR A'S OF EMOTIONAL WELLNESS

1. Awareness

Awareness of self and others is a big contributing factor to emotional intelligence. As a leader, encouraging awareness means sensing when to offer support to others, but also includes knowing when to seek support. Take time in your day to cultivate your own level of awareness –

Connecting with employees on a human level means addressing potentially toxic moods before they happen, so seek support and don't be a closed book. Try listening more than you talk, and observe what people aren't saying with words. Maintaining balance involves reaching out, being honest about your limitations, and not over-stretching yourself. If you're doing a good job at demonstrating balance, chances are good that your employees are noticing and following suit.

2. Acceptance

Becoming aware of self and others takes practice, and we don't always like what we see. The reality is that we're all a work in progress, so stop trying to attain perfection. In fact, if you take advantage of your mistakes, and use them as learning tools, you will see far greater progress than if you turn the other cheek and pretend things aren't happening! Focus on cultivating and appreciating your strengths, and do the same with employees. Approach "workplace whoops" moments with curiosity – there is no shame in growth.

Another way to show acceptance is to give employees assistance when necessary to keep them from floundering, but also allow for opportunities to demonstrate resourcefulness, problem-solve creatively, and build self-esteem. Providing encouragement to "figure it out" also builds trust and fosters a culture of learning. There is nothing like giving someone the message that they got this to improve their sense of self-esteem.

3. Adaptability

As we evolve, our world is getting smaller, and organizations that demonstrate flexibility thrive. We need to practice adapting and responding to the changing circumstances around us without losing our cool. We all cope with some amount of workplace stress. This is normal, and developing ways to cope with curveballs without internalizing or lashing out is an essential factor contributing to an emotionally well workplace. So, instead of trying to escape change, embrace it. Get excited about new projects and challenges, and employees will too.

4. Accountability

Emotional wellness is an intentional choice. We choose our attitudes, our actions, and where we place our energy. Our emotional wellness is a reflection of that intention. The world is your mirror, and practicing intention nurtures emotional wellness.

Juggling our busy lives and strenuous workloads can create a high level of stress for anyone. By using a positive lens and reframing how we think and talk about responsibilities, it is amazing how much better our ability to manage that stress is.

We can't always choose what the day will bring, but we can choose how we approach challenges. Mentally rewrite your "have tos" as "want tos" and remembering the bigger picture "whys" helps keep stress responses in check. You get to control whether a task is intrinsically rewarding or not! You can always find a reason to want to do something, and if you can't, why would you take on those tasks to begin with?

Employment Highlight

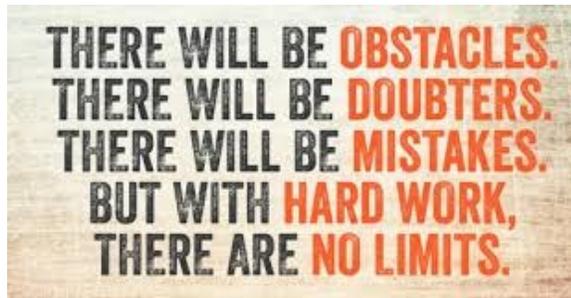
Al Cummings



Al performs custodial duties, including parking lot cleanup and various cleaning duties inside Kootenay Market. He works six hours per week and is coming up to his one year completion on the job. Al takes great pride in his work and knows that he is valued there as Dan relies on him. He enjoys being part of the team and puts a tremendous amount of effort into completing all tasks.

Welcome to Colleen Howe ! She is taking over the Payroll position here at KSCL.

And don't panic! Brigette isn't leaving! She is moving into our new HR position.





Thumbs Up or Down?



Thumbs up to Chances Casino for a great job hosting our KSCL Employee Appreciation.



Thumbs up to all the staff who worked so hard to make this years "Pay it Forward" another success!



Thumbs up and thanks to all the staff that went that "extra mile" during our Casual shortage crisis!



Thumbs down to the few people out in community who reacted negatively to us during the Pay it Forward event and/or who did their best to avoid us! Hopefully next year those people will have a better understanding of what it's all about!

Kootenay Society for Community Living

Answers for Riddles & Jokes

- 1: A pumpkin patch.
- 2: No body.
- 3: The Crossing Gourd.
- 4: Pumpkin Pi.
- 5: A candle.
- 6: Fall.
- 7: Squash.
- 8: He got the stuffing knocked out of him.
- 9: I'm falling for you.

Don't forget to check out our website at
www.ksclcastlegar.net