



Kootenay Society for Community Living

SPRING

2017

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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



What is *include Me!*?

include Me! is a short survey. By answering a few questions, you can let CLBC know if you are having the opportunities you would like to:

- learn and do new things
- make choices about the big and little things in your life
- participate in your community and neighbourhood
- make friends and spend time with the people you care about
- take care of yourself and be healthy
- earn money and spend it on things that are important to you

Why do CLBC and service providers want to learn about your quality of life?

Community Living BC (CLBC) and service providers want to know if people with developmental disabilities are leading good lives in welcoming communities. By participating in *include Me!*, you can help them understand what's already going well for people and how they can help individuals experience an even better quality of life. They want to know if you are healthy and happy, have positive relationships, and can make choices about the things that are important to you.

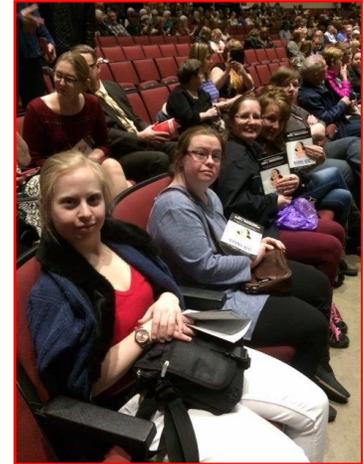
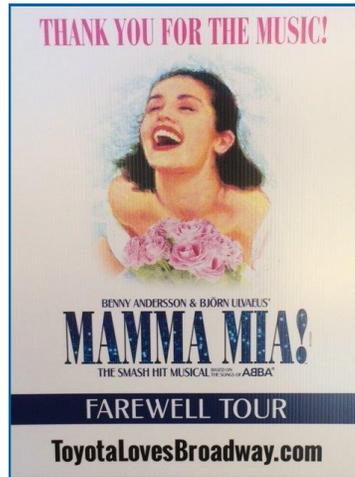
More Information

Learn more at www.communitylivingbc.ca/include-me.





Travel



Spokane, Washington

A group from the Community Options Day Program took a road trip to Spokane and had loads of fun attending the musical "Mama Mia" !

"The journey of a thousand miles begins with a single step."
- Lao Tzu



Employment Highlight



Terry Turner has been a greeter at Chances Casino since Feb. 18, 2013 and is responsible for welcoming guests into the Casino. He holds the door open for customers while they enter and he greets them in a friendly and welcoming fashion.

Although he does not require a uniform for this job, Terry wears black shoes and pants with a black shirt or top and a name tag. Terry ensures that he maintains a professional appearance which is important at his job.

Terry's co-workers enjoy having him work alongside them as he is friendly and conscientious.

Keep up the good work, Terry!

I ♥
My Job



Service Award
Wayne Jones was presented with an award from Safeway to recognize and appreciate him for 5 years of service.

Way to go, Wayne!

Did you know that ...

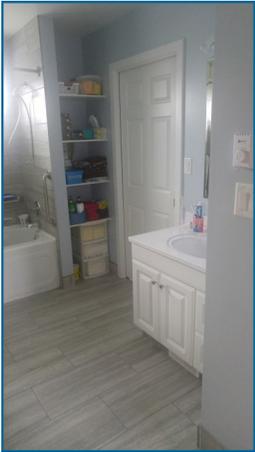
1. Monday is the most common sick day. Except in Australia, apparently, where the most common sick day is Tuesday.
2. Fridays are the least likely day to be sick. People are much happier and likely to go to work on Fridays. Fridays also tend to be the day where it is more social and positive in the office/workplace.
3. If you work 40 hours a week from age 20-65 you will work just over 90,000 hours in your lifetime.
4. Retail salesperson is the most common job in North America. There are 1.9 million retail salespeople in Canada!
5. Leonardo Da Vinci is credited with writing the first resume.
6. The Netherlands has the shortest work week in the world at 29 hours per week. That's a full 11 hours, or a day and a half shorter than in Canada.
7. McDonald's has 761,000 employees worldwide. Yes. Really!
8. The average office worker spends 50 minutes a day looking for lost files and other items. That's almost an hour a day!

I hope that some of these tidbits put a smile on your face... Have a great day everyone!



Places to Go and People to See:

29th Street House!



Bathroom



29th Street House recently underwent some major renovations to both bathrooms. It was a long and noisy process, lol, but in the end, totally worth it!



Russell insisted on having his nails painted!

KC House!



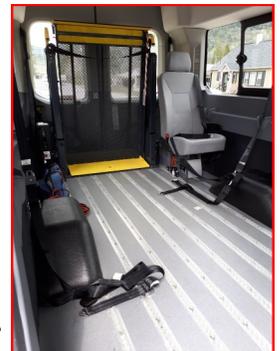
Carolyn watching Jacob's room getting painted!



Beautiful new van for the folks at KC House!



Pam enjoying playing around at Halloween!



Places to Go and People to See:

Silverbirch House!



Landon Postnikoff

Welcome to Landon who is our newest resident, joining SBL in December. He's a busy guy with many interests and talents. He enjoys cooking, sewing, fishing, volunteering, special O hockey, basketball and soccer. Landon is a big, big Star Wars fan!

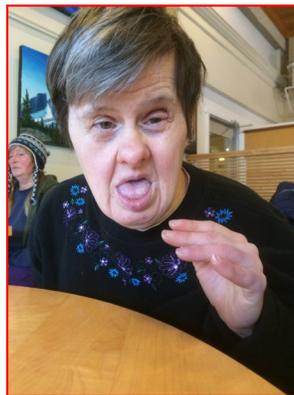
Prince House!



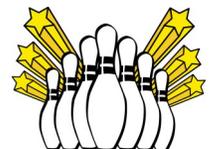
Tyrone playing the piano outside of City Hall!



Danne loves to go bowling!



Maggie enjoying lunch in Nelson!



Places to Go and People to See:



Community Options Day Program
Castlegar



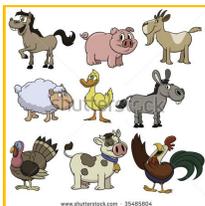
Clean Sweep!
Every year the folks at CO take part in cleaning up the street that KSCL has sponsored for the past 10 years!



HAVE FUN!



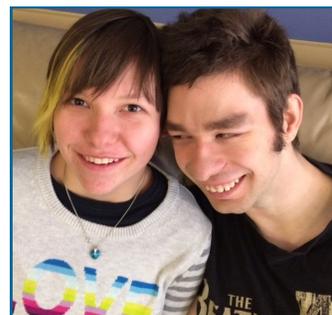
A trip to Sunny's farm!



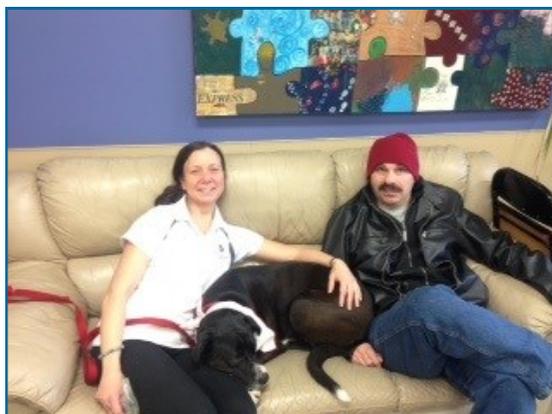
Places to Go and People to See:



Bigby Place Day Program
Nelson



ART



KEEP CALM AND LOVE DOGS

Out for a stroll!



we all scream for ice cream.



For the Love of Gardening

DID YOU KNOW?**PRINCE GEORGE**

population: 74,003



Prince George is a large city, located in British Columbia's northern interior at the junction of Highways #97 and #16. It is also located at the confluence of the Nechako and Fraser Rivers.

Prince George's pre-modern history can be traced back to the **Lheidli T'enneh (Fort George) First Nations who have lived in this area for several centuries.**

Prince George's modern history started out in 1807 when Simon Fraser came here and established a Hudson's Bay fur trading post. He named this post Fort George, after the current monarch at the time, King George III

Prince George is named either after King George V of England or his fourth son, Prince George III, who held the title of Duke of Kent from 1934 to 1942. However it is worth mentioning that the origin, reason and history of the city's name is under great dispute. Some city historians have debated that the city is also named after King George III. Grand Trunk Pacific Railway documents from 1911 indicate that the railway wanted to name the city "Prince George" for the reason of clearly differentiating it from nearby Fort George neighbourhoods, with no specific "George" in mind.

Over the next 100 years, the area had three towns; Fort George, Central Fort George and South Fort George. When the Grand Trunk Pacific Railway (which is now part of VIA Rail) announced plans to lay tracks for their brand new transcontinental railway from Prince Rupert to New Brunswick in 1913, they bought over 1,300 acres of land and quickly surveyed a town site of their own near the Fraser and Nechako River confluence, and named their new town Prince George.

After a few legal battles over incorporation and a location of a railway station, Prince George was eventually incorporated as a city on March 6 of 1915. The incorporation happened after a vote was taken on how to name the new community, and on a vote of 153 to 13, the name Prince George was chosen over Fort George. As a result, the 3 other towns merged to become one.

At a population of about 74,000 residents (about 88,000 in surrounding area) Prince George is northern British Columbia's largest city. In fact, it is the largest Canadian city west of Edmonton and north of Kamloops. It is even larger than Whitehorse (23,000), Grande Prairie (55,000) and Yellowknife (20,000).

Article written by
Andy Bremner
Rossland, BC
Home Share



Break Time!

Sudoku Time!



					9	6		
5			1	2	3			
		3			5	7		
		1						9
4	8		2		6			5
		6						
	1		7					8
				4		3		

See Thea for the Sudoku solution



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.

*Okay
That's
weird*

Some Weird Food Trivia!

- Celery has negative calories. It takes more calories to eat a piece of celery than the celery has in it to begin with.
- Honey is believed to be the only food that does not spoil. Honey found in the tombs of Egyptian pharaohs has been tasted by archaeologists and found to still be edible.
- Cheese closes the stomach and should always be served at the end of a meal.
- Peanuts are salted in the shell by boiling them in a heavily salted solution, then allowing them to dry.
- The canning process for herring was developed in Sardinia, which is why canned herrings are better known as sardines.
- A quarter of raw potato placed in each shoe at night will keep the leather soft and the shoes smelling fresh and clean.
- Pineapples are classified as berries.
- Milk is actually considered to be a food and not a beverage.
- The cashew nut in its natural state contains poisonous oil. Roasting removes the oil and makes the nuts safe to eat.
- In the Middle Ages, chicken soup was believed to be an aphrodisiac.
- There is no alcohol left in food that's cooked with wine. The alcohol evaporates at 172 degrees Fahrenheit.
- Cabbage is 91% water.
- The strawberry is the only agricultural product that bears its seeds on the outside.
- It takes, on average, 345 squirts from a cow's udder to yield one gallon of milk.
- Ever wonder how Swiss cheese is made? As the cheese ferments, a bacterial action generates gas. As the gas is liberated, it bubbles through the cheese, leaving all those holes.
- Cheese is the oldest of all man-made foods.
- The white part of an egg is called the glair

Recipe Corner



yum.

Asian Lettuce Wraps

Ingredients

- 2 tsp vegetable oil
- 1 pound ground beef
- 2-inch piece of ginger, peeled and finely grated
- 2 scallions, chopped
- 2 cloves garlic, minced
- 2 tbsp soy sauce
- 1 tsp red pepper flakes
- 1/4 cup hoisin sauce
- 1/4 cup chopped peanuts
- Salt & freshly ground black pepper
- Head of Lettuce

Directions

1 head of Boston lettuce, leaves separated, cleaned and dried. In a skillet over medium-high heat, add the vegetable oil and saute beef until brown. Stir in ginger, scallions, garlic, soy sauce, red pepper flakes, and hoisin and cook for 1 minute. Remove from the heat and stir in the peanuts. Season with salt and pepper and serve warm wrapped in lettuce cups.



yum.

Sparkling Mint-Lime Iced Tea

Ingredients

- 4 cups water
- 4 mint tea bags
- 8 teaspoons lime juice (freshly squeezed or purchased)
- 4 half slices of lime for garnish, if desired
- 4 sprigs fresh mint, if desired
- Vanilla coffee syrup, agave syrup or honey to sweeten drink, if desired
- Crushed ice, if desired

Important Information!



Ryan's Restaurant Review

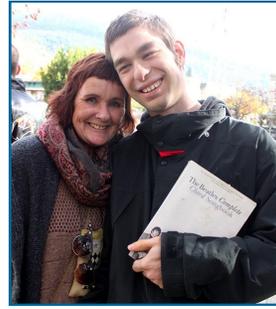
I was asked about which restaurant was the best one in town, and that's easy! The "Monte Carlo"! I choose this one "just because"....because they have good food, good breakfasts, good lunches and nice people and you can sit up top, it's a good place!

Spring

	G F S Q O I I S L S U R	
	E D U R Y G N D M B K V	
	B T A P T I Q E K D I F	
BUDS	S K N F A G H E H P B C	RAINBOW
DAFFODILS	P T D R F B W S Q P R J	SEEDS
FLOWERS	I S R E W O L F D T L S	SPRING
GRASS	L F H Z F G D S A N U M	TULIPS
RAIN	U X U U F R R I D J T Z	UMBRELLA
	T H C U Z A J A L U T V	
	U M B R E L L A S S B M	
	B N S M G N I R P S M K	
	R A I N B O W D J A C P	

Good Times!

Pay it Forward Events



Christmas Party



Coloring Page

Drawing by Jessica Pappin



Thank You!



Thank you to our local Legion for the generous donation of \$500 plus \$57 from 50/50 draw. This money will go towards helping with the costs of attending Operation Trackshoes in Victoria, BC.



Thank you to Sandy ~ practicum student



Thank you to Love~ practicum student



The staff at KC House thanking their SRCW Sue for being so awesome!

You gave me your **TIME**, the most *thoughtful* **gift** of all.
Dan Zadra
@ThankYouDiva.com

Neil volunteered all last summer and with the help of the participants grew some huge sunflowers and herbs and veggies for our community kitchens meals. Thankfully he's back again this year!





Thumbs Up or Down?



Thumbs Up to Janis for approaching 169 businesses last year for SE! Good job!



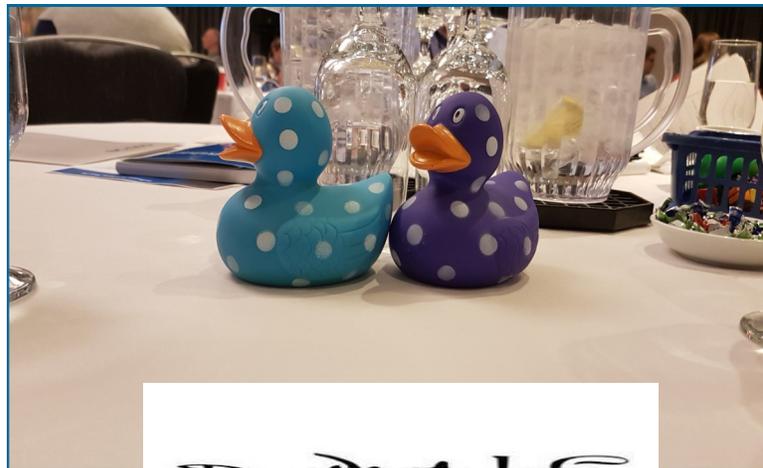
Thumbs up to Deanna, the Handi dart driver! The folks at CO missed you, and are very happy you're back. You rock!



Thumbs Up to Brad at "On the Spot Detailing"! You did an awesome job detailing the CO van!

Please send your Thumbs Up, Thumbs Down suggestions to Thea at homesharekscl@telus.net

Meet Dave and Dot! KSCL's newest Mascots!
They love to travel and would appreciate being taken on vacation whenever/wherever you go! Pick up at the KSCL office in Castlegar. Don't forget to take a photo to let us know where they've been, and then return them so they can continue on their adventure.



Dot & Dave in Vancouver at a BCCEO E'duck'cation day!



Upcoming Events !

May 22nd ~ Victoria Day—KSCL Admin and Day Programs *closed*

May 26th ~ Inclusive BC, Nelson (A workshop for families supporting children and adults with diverse needs)

June 1st ~ Cindy & Ervin's Wedding day!



June 1st ~ CSSEA Training

June 14th ~ KSCL AGM

June 8th-12th ~ Operation TrackShoes, Victoria, BC

June 20/21st ~ Pro-D day for staff



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