



Kootenay Society for Community Living

SPRING

2016

TABLE OF CONTENTS

The WOW Awards P1

Memory Lane P2-3

29th Street P4

KC House P5

Community Options P6

Bigby Place P7

Did You Know? P8

Break Time! P9

Recipe Corner P10

Restaurant Review P11

Valuing Diversity P12

Health & Wellness P13

Employment P14

Thumbs Up or Down P15

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

The WOW Awards!



Each year, CLBC presents WOW Awards to recognize British Columbians who are creating opportunities for full citizenship for people with developmental disabilities, one where they lead good lives, have rich relationships, choices in how they live, and employment opportunities. The 2015 nomination process invited British Columbians to nominate someone they think is helping to build communities where the adults CLBC serves feel welcome, valued and respected.

The 2015 winners are:

- Adam Irwin-Dunn - Victoria
- Chris Weekes - Powell River
- Garth McCreedy - Chilliwack
- Shelley De Coste - Kelowna
- Kelowna Sunrise Rotary - Kelowna

You can see photo of the winners, along with many of the other nominees. To learn about the WOW Awards, and to read more about the winners, please visit:

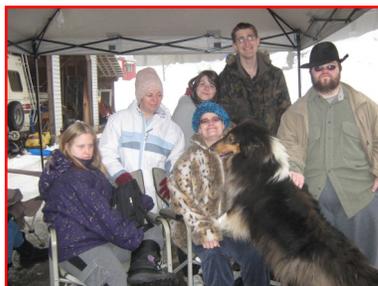
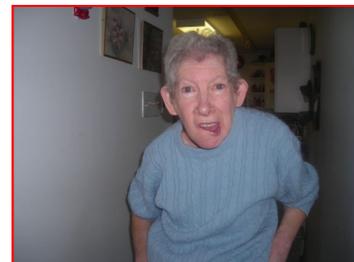
www.communitylivingbc/wowawards



Congratulations to Kari Burk for her nomination for the 2015 "WOW" Award!
I know all of us here at KSCL recognize your "WOW" and want to thank you for all that you do!

Let's all start thinking about who deserves a nomination for 2016!

A walk down memory lane with KSCCL



Thanks for the memories.

Friends

A walk down memory lane with KSCC



Places to Go and People to See:



29th Street House!



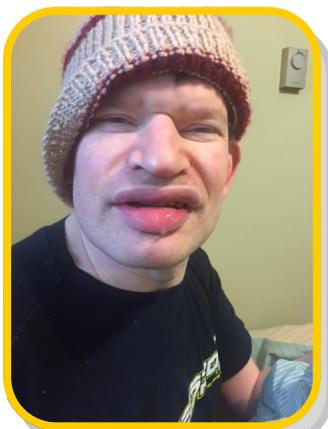
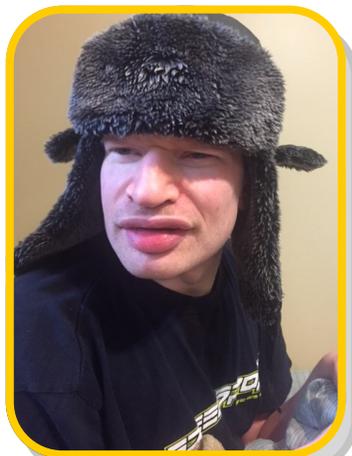
Jessica hitting the slopes!



Matty trying out sit skiing!



WHEN IT SNOWS
AIN'T IT THRILLING
THOUGH
YOUR NOSE GETS A
CHILLING
WE'LL FROLIC AND PLAY
THE ESKIMO WAY
WALKING IN A WINTER
WONDERLAND



Cameron modelling his Winter hats!

Places to Go and People to See:

Hello from KC House!



Celebrating at
Kristen's Baby Shower!



Jack...
Before & After!



Brownie
Just hanging out!



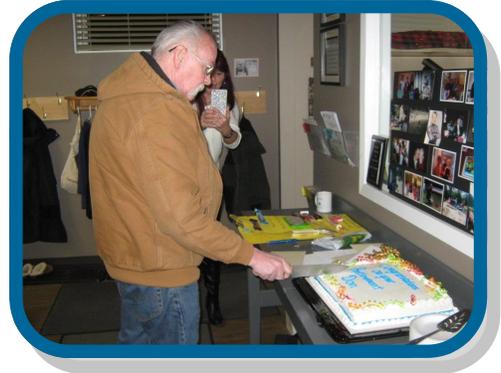
Get together at KC for Chinese Food!
YUM!
Acknowledging Cultural Competency



*The trick to
aging gracefully
is to enjoy it.*

Places to Go and People to See:

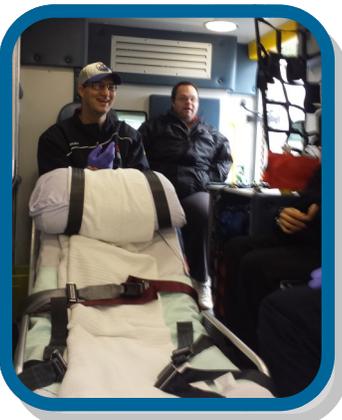
Community Options Day Program
Castlegar



Retirement Party for Don!
You will be missed!



Baby Shower for Melissa!
It's a Girl!



Visit to the Ambulance
Station



Teen Group helps to clean up the
beach



Art Classes at CO



Places to Go and People to See:

Bigby Place Day Program
Nelson



Local Credit Union Director Donates to Bigby Place in Nelson

Nelson & District Credit Union director Michael Bancroft (centre holding cheque) presents a cheque for \$493 to participants and staff of Bigby Place (Kootenay Society for Community Living). After winning the proceeds at a recent gathering of Kootenay-Boundary region credit union directors and executives, Michael felt the money would be best suited to assist Bigby Place and their day program that supports adults and children with life skills, community access, recreation and leisure programming, in addition to employment and volunteering opportunities in Nelson. Receiving the cheque is Rosalyn Bancroft, daughter of Michael and Bigby Place participant.



Fun with Art!



Trail, BC
population: 7,681



Trail is a small-sized city, straddled on the Columbia River, in the Kootenay Region of the southeast corner of British Columbia. It was founded in 1890 by Colonel Eugene Topping and Frank Hanna as a landing for steamboats. It was used as a shipping point for ore mined from the Le Roi Mine in nearby Rossland, to be shipped to smelters at the Montana town of Butte. In 1896, American entrepreneur F.A. Heinze opened an ore smelter above the town site to treat and extract ore from the mines at Rossland.

A couple of years, just before the First World War (WWI), the Canadian Pacific Railway bought the smelter. The company then became Cominco in 1966. Cominco then became Teck-Cominco in 2001 after a merger between Teck and Cominco. Today the company is known as Teck or Teck Resources, as the Cominco name disappeared in 2009.

The smelter is the largest non-ferrous smelting operation in the world, making the entire Kootenay region, of where the city of Trail is located, economically dependent on the Cominco operations. Producing over 700,000 tons of concentrate a year, Teck Resources also conducts tours of this smelter for visitors. There are exhibits and video presentations describing the methods and practice of mining exploration.

In 2005 Trail was named British Columbia's number one sports town. Because of its desirable climate, rich sports history and championship-winning amateur sports programs, several all-star caliber sports athletes call Trail home. These include Jason Bay (baseball player- 3 time all-star, 2004 National League Rookie of the Year), Ray Ferraro (hockey player 18 seasons, 2-time 40 goal scorer and 108 goal scorer for the Western Hockey League's Brandon Wheat Kings during the 1983-84 season), Barrett Jackman (hockey player- won Calder Trophy in 2003 as National Hockey League's top rookie).

The Trail Smoke Eaters, a British Columbia Junior Hockey League team, play their games at the Trail Memorial Centre, a 2,537 seat multi-purpose facility. There have been 2 variations of this hockey team. They started out in 1926 as a senior team and won many championships including 2 World Ice Hockey Championships. This team has won more championships in the senior level than any other team in Canada.

The history of hockey in Trail is told in the Sports Hall of Memories located inside the arena and on a colorful mural that is prominently featured on the west side wall of the arena. The arena is hard to miss, not only because of this mural but also because of its convenient downtown location. It is located along the highway through town at the corner of Highway #3B and Bay Avenue intersection.

Trail became incorporated as a city on July 14, 1901 and is named after nearby Trail Creek, which in turn is named after the famous Dewdney Trail. Dewdney Trail is a 747 kilometer long trail that originates in Hope and ends at Wild Horse Creek, near Fort Steele.

The town of Trail has several neighborhoods and subdivisions within the city's limits. Among them are Glenmerry, Sunningdale, East and West Trail (known as the Gulch), Waneta, Shaver's Bench, and Miral Heights. Most of these are residential areas.

Article written by Andy Bremner
Home Share
Rossland, BC



Break Time!



Sudoku Time!

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



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.

Person, Place or Thing!



Answer on the back page

- 1: I am very down to earth.
- 2: I am something you likely see every single day.
- 3: I come in thousands of varieties...
- 4: ...including an exotic one that pandas love...
- 5: ...and a sweet one preferred by cows and horses.
- 6: Many people have me around their house...
- 7: ...and like me underfoot.
- 8: Golfers and croquet-players prefer me well-groomed.
- 9: Some Hawaiians think I make a great skirt

Recipe Corner: Fresh Mango Salsa



This simple and colorful mango salsa is super easy to make! It's sweet, spicy and absolutely delicious. Serve this fresh mango salsa with chips, on tacos or salads, or as a salad itself. It's that good! Recipe yields about 3 cups of salsa.

Ingredients

- *3 ripe mangos, diced
- *1 medium red bell pepper, chopped
- *1/2 cup chopped red onion
- *1/4 cup packed fresh cilantro leaves, chopped
- *1 jalapeno, seeded and minced
- *1 large lime, juiced (about 1/4 cup lime juice)
- *1/8 to 1/4 teaspoon salt, to taste

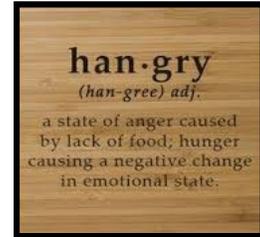


Instructions

In a serving bowl, combine the prepared mango, bell pepper, onion, cilantro and jalapeno. Drizzle with the juice of one lime and mix well. Season to taste and salt. For best flavor, let the salsa rest for 10 minutes or longer.

ENJOY!

Important Information!



Cody's Restaurant Review

The Thirsty Duck!

The best place I like to eat at is the Thirsty Duck because we get wonderful service when we go there for a meal. The food and prices are some of the best in the Castlegar area. My favorite thing to get there is *Shorty Fries* which is a meal in itself because of how big it is!

So if you're ever in the Castlegar area, stop by the Thirsty Duck and you'll see why it's my favorite place to eat at.

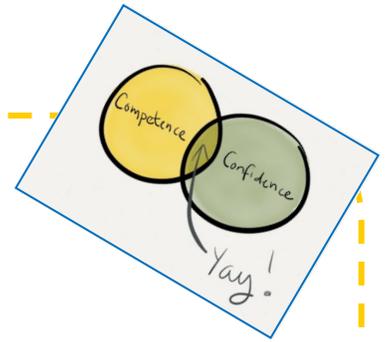
Strawberry Facts



Strawberries come from a plant called "fragaria". Strawberries are edible (and rather tasty!) but technically they are receptacles (the thickened part of the stem) rather than berries. Making things even more confusing, the little hard piece that appear to be seeds on a strawberry are actually a type of dry fruit (called achene)...that contain their own seeds! Strawberries have lots of vitamin C, and are juicy and sweet! Unlike some other fruits, they don't continue to ripen after being picked. A large number of different pests, such as slugs and fruit flies, like to feed on strawberries. Strawberries survive in a range of conditions and will grow happily in most places around the world. Strawberries are eaten in a number of different ways including fresh, dried, as a jam, in a drink or even in a muesli bar. Strawberries.....YUM!

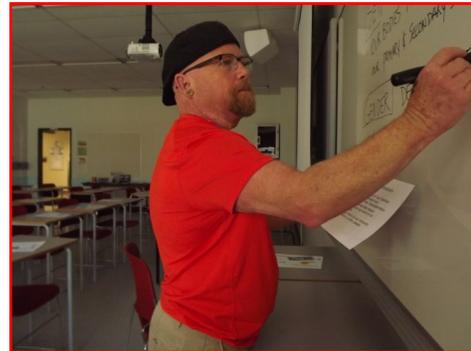


Valuing Diversity!



Cultural Competence

- It is a life long process
- Refers to the process by which individuals and systems *respond respectfully* and *effectively* to people of all cultures, languages, classes, races, ethnic backgrounds, religions, and other diversity factors in a manner that *recognizes, affirms, and values* the worth of individuals, families, and communities and *protects and preserves the dignity of each*
- NASW Standards for Cultural Competence in Social Work Practice 2001



Christopher Moore giving an informative presentation about lived experience of Transgender life.



Staff at a SRCW meeting had the opportunity to try a Bento Box which was created and prepared by a local Japanese woman from her home.



Pride Parade in Nelson, BC



KSCL Health & Wellness Program for staff

(started January 1st, 2016)

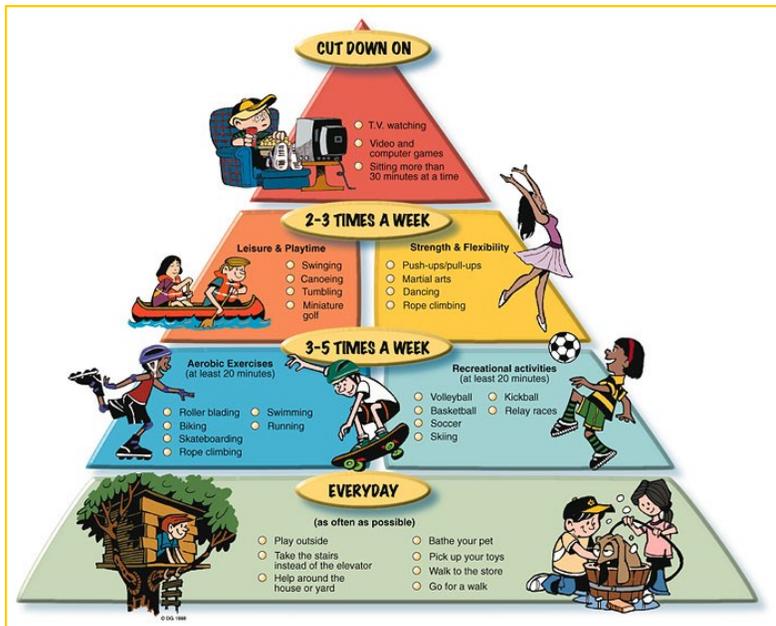
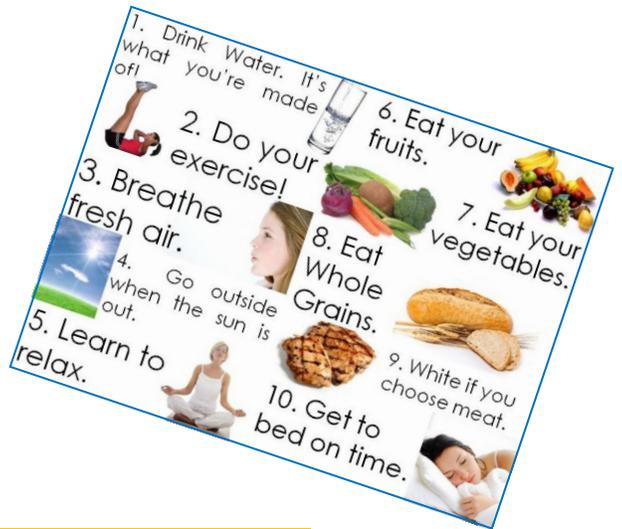
KSCL is dedicated to create a workplace that protects the safety and well-being of employees while providing them the opportunities for better long-term health. KSCL will reimburse ALL KSCL Employees (including casuals) \$30 per year for an activity, class, membership etc. that promotes a healthy lifestyle. *Don't forget to submit your receipts!*

Contest! Health & Wellness

If you have submitted for a reimbursement from KSCL's Health & Wellness Program then you can put your name in for a chance to win a prize!

The entry box is located in the Admin Office

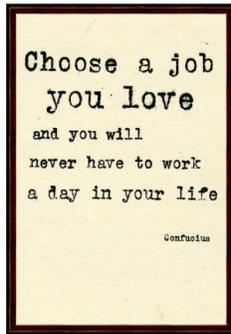
The winners name will be drawn on June 1st, 2016



Employment Highlight



Jay Melnick



Jay Melnick has been working successfully at Kalawsky Collision Centre for 1½ years. He does cleaning and sweeping at this business. Jay is a friendly and hardworking employee who is valued

Humor...Did you know

Humor is More Important Than Pay...an industry wide study of over 2,500 people found that 55% of workers would take less pay to have more fun at work. This means a majority of people would literally take a pay cut for a more light-hearted work environment.

A Sense of Humor Reduces Sick Days...Laughter boosts your immune system by enhancing your antibodies (which helps fight infections) and increases your immune cell count. This helps reduce your chances of illness and missing out on work.

Joking Around Does Not Distract People From Work...Worried that office humor will lead to distraction? Studies show increased humor in the workplace does not detract from people's productivity or their ability to complete tasks that require concentration.

Laughter Lowers Blood Pressure and Improves Blood Flow...Not only does laughter help your immune system, it also has an effect on your cardiovascular system. Laughter can lower your heart rate, reduce your blood pressure and even improve the function of your blood vessels; laughter causes an expansion of your endothelium (the tissue that forms the inner lining of your blood vessels), which improves blood flow and even reduces your chances of cardiovascular disease.

Supervisors Who Use Humor Are Perceived as Better Leaders...Leaders who integrate humor as part of their management style are not only proven to foster greater work performance, satisfaction and cohesion amongst workers, they are actually perceived as better leaders and managers.

Fun Environments Reduce Burnout and Turnover...Not surprisingly, humor in the workplace has been proven to enhance worker's coping mechanisms and reduce worker withdrawal and burnout. It has also been shown to improve employee retention and reduce overall rates of attrition.

Humor Boosts Creative Thinking...Humor has been proven to help develop creative thinking in various settings. Not only does it provide a more colorful environment, a playful office also helps encourage openness and diminish the fear of criticism towards outlandish or creative ideas. Even people who don't share their humor at the office are more relaxed about speaking up in settings where levity is encouraged.

Thumbs Up or Down?



Thumbs up to all the Roalshary and Greg’s house staff for all the “extras” they have done in the past few months! Thanks for your hard work and dedication!



Thumbs up to Telus for having their “Day of Giving” again this year on May 14th! Let’s take advantage of this generous offer and contact them with our wish list!



Thumbs up to the staff at 9th Avenue House for persevering through the continuous changes that occurred !

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

Did you know...



How Exercise Affects Sleep

Some experts say evening workouts hinder sleep, but a new study finds that exercise at any time of day *improves* sleep. Subjects worked out for 30 minutes at 7am, 1pm, and 7pm on 3 different days. The finding: On each exercise day, subjects fell asleep faster and cut nighttime awakenings by up to 50 percent. Study author Scott Collier, Ph.D, says that like a warm glass of milk, evening exercise helps increase body temperature to usher in sleep.

An Apple a Day Keeps the RX Away

When scientists in JAMA Internal Medicine looked at 8,399 adults, they found that those who ate an apple a day were about as likely as non-apple eaters to have been to the doctor in the past year—but they were significantly less likely to have been prescribed medication . The authors estimate that if we all ate an apple daily, we’d save \$228 per person in RX costs.



Kootenay Society for Community Living

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

Answers to Person, Place or
Thing: I am grass