



Off The Curb

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ASK Wellness Centre
Main Office
433 Tranquille Road
Kamloops, BC V2B 3G9
250-376-7558
1-800-661-7451

Questions or comments about
this newsletter or to submit
your story, please Email:
cheryl@askwellness.ca

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Greg Hanycz



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cascadecreek@shaw.ca



ASK Wellness is gearing up for the **Scotiabank AIDS Walk for Life** on **Saturday, September 18th** at the Farmer's Market in downtown Kamloops. This fundraising and awareness event will be held nationally in communities across Canada. We encourage you and your family, business, musical bands and friends to come out and collect pledges for the **AIDS Walk for Life**. You will be making a difference in the lives of those affected with HIV and AIDS within Kamloops!

This year there are several categories to enter and amazing prizes to be won!*
Some of the loot up for grabs includes:

- ✓ **Two weekend passes to Komasket Music Festival Roots & Blues Festival and Mt. Robson Music Festival**
- ✓ **Family pass for four to Adams River Rafting Tours**
- ✓ **Two passes to Sun Rivers Golf Course**
- ✓ **Ten ticket package to the Vancouver Film Festival**
- ✓ **One-half Wrap (vehicle billboard advertising custom made for the winning small business)**
- ✓ **Two professionally recorded demos at One World Records in Kelowna for the winning singer, songwriter or original band**

... and much, much more!

**See page 3 for additional prize details.*

Create a team, volunteer, donate, pledge, fundraise, or 'all of the above!' For more information or to pick up a pledge form, please contact Kira Gosselin at kira@askwellness.ca or visit <http://aidswalkforlife.ca>. To sign up, make a donation, or start pledging, visit: <http://secure.e2rm.com/registrant/startup.aspx?eventid=53025>. **The walk will do us all good!**

Kira Gosselin



ASK needs you!

Volunteers are always needed

If you would like to give back to your community
please email cheryl@askwellness.ca
or call 250-376-7558, Ext. 226

From the editor...

This year's **Scotia Bank AIDS Walk for Life** is Saturday, September 18th at the Farmers' Market, 3rd and St. Paul Street in downtown Kamloops. Registration starts at 10:00 am, and the walk itself at 10:45 am. Following the walk there will be a barbecue, music and time to visit with friends. Further details for the AIDS Walk are located on our front cover as well as on page 3.

September is all about change. I already miss those long summer nights that stayed light until 10:00 pm — it's dark by 8:00 pm now. The weather has cooled, leaves continue to change colour and drop as Autumn arrives. Relationships change, evolve and dissolve. It's time to rethink our objectives; start making a difference in ourselves and define our attitudes. Some will go back to school, others will enrol in addiction and/or support programs to elicit change.

Of course to change, we must first see there is a situation that needs to be addressed and it's not just enough to repair what is wrong with ourselves. If that were true, we could move to the hills and live without people around us. No, that isn't enough; we need to interact with others, we need their participation, enthusiasm, thoughts, and they need the same from us. Plants and gardens could not thrive, pets would just be animals and we would not be 'human.' Our ability to survive is dependent upon others, and in return they require us in their lives. As each person's path is different, you will need to be prepared to help someone along their way. It isn't always about money; your way to help may be to give a kind word, a suggestion, something to eat, directions to a meeting, or the name of a contact needed for a specific program.

You cannot ignore a sincere cry for help, just as they cannot ignore you and your serious requests. It's a pretty easy way to look at things ... *you need them, they need you* ... we're all in this together! If you or any of your friends are in need of assistance to find housing or information on any of the rehabilitation programs available, please just ASK!

I neglected to mention 'Red' in August's *Off the Curb*. 'Red' has a three and one-half year anniversary. 'S' celebrated one year in the middle of August — hope you are feeling better after your accident. Keep writing in your journal 'M.' 'Princess' has nine months, and 'L' reaches one year on September 19th. Congratulations to you all!

This month be part of something bigger than just one person, you can make a difference by participating for even a few minutes so please

join us at the Walk for Life on September 18th. See you there!
Until next month, I care...

Mayoi

mayoi@askwellness.ca

Matt's Blurb

Matt Mclean
Director Supportive Housing

Change...

Hi Folks ... Matt here from ASK Wellness, filling in for Bob on the Executive Director's point of view. This is real privilege, truly. I have decided to focus on an area in my work that I feel would be of interest to the general public: change, a topic that each of us is familiar with.

It occurs to me that a lot of the work I do with people is around change. In my own life change plays a huge role. I have heard it said that, "the only constant in life is change." Most changes we are hoping to make are healthy ones; a simple example of this is someone who wants to be in good physical shape, and so perhaps goes to the gym one extra day a week. This would be a small change for some, a large one for others.

A lot of folks I work with are looking at big, long-term changes. For a lot of folks, change involves overhauling entire lifestyles, which generally means not only changing habits and the environments one spends time in, but it often means changing one's core group of friends. Imagine if someone suggested you needed to leave your friends, that you can't go to the places you feel comfortable in, and that instead of this you need to hang out with new people, attend new venues and, finally, it is really in your best interest to stop personal habits that have soothed you in the past.

When I reflect on some of my own goals around change, I am humbled when I compare myself with the huge changes people around me are pursuing.

Recently, I shared with someone living in one of our housing programs the challenges I have following through on a change. My goal was, and still is, to take time for daily meditation. In response, this person asked me: do I really want this change? Do I really want to make time in the day to meditate? My response was that of course I do, why would I assert a change I didn't want to do? The comment back was that folks do that to some degree all the time. This person went on to ask: what were the benefits of not making that change? When I reflected on this, I realized there were lots of benefits to not



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



Do you need STD, HEP-C, HIV testing or information? Just ASK!

250-376-7558, Ext. 232

making the change. One was: hey, if I don't make time to reflect at the end of the day, I won't have to deal with the lingering self-doubt I feel off and on over the course of the day; ironically, another motivator not to change is that if I actually managed to meditate on a regular basis, I would be disappointed when I missed a session. Therefore, perhaps best not to start at all. Ridiculous ... right?

These were my honest thoughts. Now, there were some definite pros to daily meditation, but in my case there were some definite cons, ones that I haven't reconciled with myself, that arguably take away my motivation for change.

Again, it struck me that when we look at a major change, like leaving old friends and trying new friends, I really question if this is something I would ever be able to do, especially when one thinks of the benefits of not doing this, such as keeping people around me who understand me and care for me.

Having said all this, I work daily with numerous folks who are working on changes just like that, because they are working on major lifestyle challenges. Not only does this keep me humble in my own challenges with change, it reinforces how privileged I am to work with and support people every day who are working on changes I truly can't imagine.

All the best...

Matt

matt@askwellness.ca

In memory of...

Mike Desjardins

Mike was a kind and gentle individual which gave me no doubts he could fast track our working relationship. He was the type of person who would, even if he was on his last dollar, share it with a friend.



Mike was happy when he was busy working on a vehicle or helping an individual in need. I remember what he said one day when we were talking: "I don't care if I don't have anything, things are not important, it's family that means everything."

Mike was proud of his family and there were many conversations about how he never wanted to hurt his mom or disappoint her in any way. He shared with me that he loved his mom and family with all his heart and wished he didn't have the devil for a friend.

Many of our clients will truly miss Mike, and think of all the good times they had with him and share those memories with others. Clients I spoke with would tell me what a generous and thoughtful man Mike was. He was trusted and respected by his fellow cohorts. He shared a special part of himself with the group that was loved by all; he would tell someone something that sounded truthful and get everyone else believing it. Then he would turn around and laugh his head off because he knew he had fooled them.

As time carries on, the hurt will ease, but the memories will last forever. Rest at peace Mike.

A tribute to the family from the AASH Program

PRIZE DETAILS



There are six categories and the industry or group that raises the most money in their category will receive the prize.

- ❖ **YOUTH** – A snowboard from Orange Board Shop.
- ❖ **ADULT** (top 4) – Will receive one of the following – 2 adult passes to the following festivals in 2011: Roots & Blues, Komasket and Mt. Robson Valley Music Festivals; 2 adult passes to the Sun Rivers Golf Course for 18 holes of golf.
- ❖ **FAMILY** – Family of 4 Adams River Rafting tour and dinner at Yummies Pizza in Scotch Creek.
- ❖ **TEAM** – Earl's Kitchen Party (limit 13 people).
- ❖ **SMALL BUSINESS** – (\$1,500 value) One-half wrap Vehicle Billboard Advertising Wrap from Under Wraps Advertising Solutions.
- ❖ **SINGER SONGWRITER / ORIGINAL BAND** – (8 hrs. of recording) 2 professionally recorded songs plus mixing/mastering at One World Records in Kelowna, BC (see 'notes' below).

NOTES – All bands and/or artists must have a minimum of three original songs they could play live on September 18th. There is no age limit for the band/artist category, but bands or artists must call 250-376-7558, ext. 224 to register with Kira Gosselin. Progress of the bands will be monitored and reviewed live on the air at 98.3 prior to the walk, and the top three acts raising the most money will be invited to perform for producer Mark Greenhalgh of One World Records. The winner will be chosen from that performance. (One World Records is a well known and established recording and sound company in the Okanagan.)

All other categories will be contacted after the walk and tally to claim their prize, and the winners will be made public.

As a result of a committed and involved community, many prizes have been donated, so there will be spotlight prizes on the day of the walk for those who attend.

Spotlight prizes have been donated by: **Frick n Frack, Hello Toast, Nature's Fare, Andrena's Books, Heartland Foods and Minos Restaurant**. Some of the spotlight prizes will be:

- **Best Costume**
- **Best Dog on a Leash (please bring poop bags and be responsible)**
- **Best Stroller**
- **Best Family Spirit**

We encourage everyone to wear red and white and to dress up bringing noise makers and showcase their community spirit. The walk will take us on a loop of the downtown core and will take 30-45 mins. Following the walk there will be guest speakers, awards, music and a Free **BBQ** by the one and only **COOKIE!**

Opening ceremonies will be at 9:30 am, walk by 10:15 am with BBQ and Entertainment from 11:30 am to 1:30 pm. **FREE AIDS WALK T-SHIRTS** are available on a first-come, first-served basis for those raising pledges on September 18th. To make a donation or to sign up your team / band / business / individual go to <http://www.aidswalkforlife.ca> and click on "find your walk Kamloops."

SOME QUICK HIV/AIDS FACTS:

- ♦ 50% of all newly reported cases of HIV are by our youth between 15-25 years.
- ♦ The two main ways to contract HIV are by having unprotected sex (vaginal or anal), or by sharing needles or other drug equipment with someone who is infected.
- ♦ HIV / AIDS does not discriminate. It is not a GAY disease. No matter what age, ethnic background, gender or sexual orientation you are at risk if you have an unprotected encounter with someone who is infected.
- ♦ Using a latex condom can reduce exposure to HIV 10,000 times compared to not using one.
- ♦ About 1-in-4 Canadians with HIV don't know they have it.



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!

Kindness from the Curb

Thank you to the following for their continuing support!



COBS BREAD <http://www.cobsbread.com> 250-372-1625 for their very generous weekly donations to numerous ASK Wellness Programs!

- ☀ **NORMA** – who is always downstairs helping with the S.H.O.P. Program, cooking and cleaning or doing whatever is needed! You are worth a million! Thank you!
- ☀ **INTERIOR COMMUNITY SERVICES / BABY'S HEAD START PROGRAM** – for sharing their fresh fruit and veggies with our clients!
- ☀ **JUSTICE OF THE PEACE, JOAN HUGHES** – for her endless donations to the residents at Henry Leland House!
- ☀ **THE GARLICK PRESS** – for our free produce and article in their August issue looking for free fruit and veggies! The public did respond, so thank you!
- ☀ **'COOKIE' REIMER** – Cookie's dedication, commitment and advocacy for HIV/AIDS in Kamloops has been the single



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

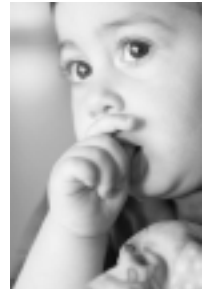
most important contribution to date at the Scotia Bank AIDS Walk for Life. She has raised the most money every single year and has even given her prize to another participant because that is the kind of person 'Cookie' is. Not to mention the FREE BBQ she organizes, provides and cooks after the walk! We hope that by honouring 'Cookie' and letting the City of Kamloops know that people like her *do* exist today, that maybe we can find a few more 'Cookies' to help us in our battle against HIV/AIDS, and the discrimination, misinformation and stigma surrounding it. One day 'Cookie' may want to hang up her pledge sheet and though we all cringe at the thought of that, we are thankful for all that she has done for ASK and the families she has helped. On behalf of ASK Wellness we would like to thank 'Cookie' for helping us make this event something we are all proud of!



Upcoming events



FIRST STEPS is a classroom-based program sponsored by **Interior Community Services** that offers academic upgrading, parenting, life skills classes and support for women between the ages of 14 and 24 who are parenting. Specialized on-site daycare services, an opportunity for parents to develop their parenting skills in a supportive environment. **First Steps** is a partnership program between The University College of the Cariboo, Boys & Girls Club of Kamloops, School District #73 and Interior Community Services. **First Steps** is self-referral. Location: S201-202 (classroom), 215 (office), 750 Cottonwood Avenue, Kamloops, BC V5B 3J3. Telephone: 250-376-9119 (office) and 250-376-7518 (classroom).



BABIES HEAD START is a pregnancy outreach service incorporating free nutrition/vitamin supplements, individual and family support, group work and community referrals. Services are provided free to women less than 28 weeks pregnant (up to 40 weeks depending on situation) through to 6 months postnatal.

The **Babies Head Start** team is comprised of Outreach Workers, a Registered Nurse and a Registered Dietician. **Babies Head Start** is a self-referral program, although community referrals are welcomed with the permission of the client.

For more on ICS Programming, please visit their website at <http://www.interiorcommunityservices.bc.ca>



S.H.O.P. programming

☀ **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!' Feel free to stay after eating for **Creative Art Therapy with Bobbi!** (All women are welcome!)

RIGHT: ASK's own **Kira Gosselin** will be performing with her band **EARTHBOUND** at Riverside Park on August 31st at 7:00 pm. The concert is free and will be the final show of the summer season of 'Music in the Park.'

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🌻 **A PLACETO GROW FOR S.H.O.P. WOMEN – Every Wednesday at 1:30 pm:**

◆ **September 1st – Wellness at MacArthur Park.** Come and join us for a 'Walk & Talk' around Mac Park followed by coffee, tea, juice and snacks at ASK Wellness.

◆ **September 8th – Workshop. Healthy Sexual Relationships** with Carmen. Come join us and learn more about

what is and what isn't a healthy sexual relationship, what can and cannot be changed and why this is important for your own wellness and wellbeing. Please bring your own questions! Coffee, tea, juice and snacks provided.

◆ **September 15th – Learn a 10 Minute Workout!** Come watch, learn and try Jillian Michaels' from **The Biggest Loser '10 Minute Workout'** as well as receive healthy recipes and weight management tips for staying fit.

◆ **September 22nd – Movie - 'Sex and the City.'** Come join us for popcorn and a movie!

◆ **September 29th – Workshop - 'Budgeting with Megan.'** Come join us and learn more about budgeting in your day-to-day life.

◆ **October 6th – Workshop - 'StreetTalk.'** Come join us for a discussion about personal safety, your rights and the law. Learn tips and personal safety measures to help protect yourself. Coffee, tea, juice and snacks provided.

◆ **October 13th – Holiday Crafts.** Come join us in making crafts and holiday cards for your friends and family for the upcoming holiday season. Coffee, tea, juice and snacks provided.

◆ **October 20th – Volunteer Appreciation Tea.** Come join us in appreciation for our volunteers who help at S.H.O.P. Please feel free to express your own words of thanks, as well as help with the preparation and cleanup for this day of gratitude. Coffee, tea, juice and snacks provided.

◆ **October 27th – Movie - 'Sex and the City II.'** Come join us for popcorn and a movie!

🌻 **A PLACETO CHILL FOR S.H.O.P. WOMEN – Every Friday from 2:00 pm to 8:00 pm:**

Come and join us at our 'Drop-In' every Friday from 2:00 to 8:00 pm. Drop in for a fresh cup of coffee, conversation, a nap, laughs, activities, wellness and a home-cooked meal! Pickup can be arranged



if needed ... just ASK!

PLEASE NOTE: If you come after 4:30 pm, please ring the doorbell to be let in.

Some of the special '**A Place to Chill**' events for September and October will include:

- ◆ **Friday, September 3rd** – S.H.O.P. closed.
- ◆ **Friday, September 10th** – Summer's End BBQ.
- ◆ **Friday, September 17th** – Monthly Birthday Celebrations.
- ◆ **Friday, September 24th** – Bingo Night (with prizes!).
- ◆ **Friday, October 1st** – Karaoke Night.
- ◆ **Friday, October 8th** – Thanksgiving Feast & Celebration: What are you thankful for?
- ◆ **Friday, October 15th** – Movie Night and popcorn.
- ◆ **Friday, October 22nd** – Monthly Birthday Celebrations.
- ◆ **Friday, October 29th** – Beauty Night at S.H.O.P. Please be sure to sign up in advance for haircuts, manicures and pedicures.

S.H.O.P. at ASK Wellness Centre
433 Tranquille Road, Kamloops, BC
Telephone: 250-376-7558, Ext. 233
<http://www.askwellness.ca>

 **Hi5 Run Club Update**

While the heat ebbs and our runner's take a rest, **Hi5** has been still enjoying each other's company once a week. We have gone to the gym and have worked out with weights a few times (which is 'Suzi Q's' fav), we have enjoyed a canning



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 & pencils
- Tape
- Staples/Office Depot gift certificates
- Postage stamps
- Envelopes
- Coffee, tea & 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



Meal List

Is available at ASK Wellness or by visiting www.accesskamloops.org under "Quick Guides"



Ladies Lunch

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

All ladies are welcome!

seminar with Elyssa, a self-esteem workshop where we played with make-up and our hair, and took a walk at Riverside Park. We're also going to attend a NIA class offered by Natasha Lyndon at Let's Move Dance Studio, which we are very excited about indeed!

The focus is now gearing heavily towards the AIDS Walk and you can count on the *Hi5*'ers to be in full regalia and representing their team and community spirit while walking for those whose lives have been touched by HIV/AIDS.

The *Hi5 Run/Walk Club* will be back to a twice a week schedule following the September 18th weekend so if you are looking for a change or a group to work out with, then I hope to meet you soon. Our club is open to men and women of all ages and fitness levels. Bring the kids or the dog (as long as it's a nice dog!) and get off the couch! The only think you MUST have is a winning attitude!

As a member you can access 'new-to-you-shoes' and opportunities to attend special fitness classes for free! We often enjoy a 'smoothie' or a coffee after the work-out in the basement of ASK Wellness, which is another bonus. Thanks to Larry for the pedometers he scored and

that *Hi5* will get to use come September!

On a personal note I would like to say that I am very proud of the consistency of the core group and the positive energy and friendship they bring each day to the run/walk club. So a special *Hi5* to Linda, Linda, Tammy, Suzi, Norma, Shannon, Marie, Connie, Kyle, Cindy, Marylyn and of course, JO Bristol and Elyssa, Cheryl, Carmen, Megan and Bob for being part of this special group. Oops, I almost forgot a '*Hi5 Paw*' to *Zhia Bear, Meeko Bear, Groovis, Bones, Argus the Terrible and finally Sully*, who so sadly left us recently for puppy heaven, but we're happy to report his place has been filled by *Oliver*.

See you Thursday mornings at 8:30 am!

Kira

kira@askwellness.ca

Art from the Curb



'Stars' by Ula Chauvet.



Something new from ASK Wellness

Prevention Education Tours by the Travelling Safer Sex Lady, Kira – Kira comes with a decade-plus worth of experience as a Community Support Worker and is an accomplished performer in music and theatre. These skills together help create an entertaining and informative environment to discuss topics

that can be difficult to talk about and are burdened with discrimination and stigma.

Starting this September, Kira will be touring from Kamloops through to Lillooet and everywhere in between, delivering presentations on harm reduction, safer sex practices and valuable information to youth, community members and professional agencies regarding HIV/AIDS, Hep C, STI/STD's and sexual exploitation.

As well as the presentation, harm reduction supplies can/will be delivered and testing opportunities by our Street Nurse Team provided (upon request).

All of our programming is created based on the harm reduction model, meaning that although we do not encourage high risk behaviour, we believe educating those on reducing the harmful consequences associated with high risk activities is beneficial for community health.

Harm reduction supplies that are available **FREE OF CHARGE:**

- ◀ Female condoms.
- ◀ Male condoms.
- ◀ Lubricant.
- ◀ Needle Exchange / Pipe Kits

If you would like to enquire about having a presentation for your group, please call 250-376-7558, Ext. 224 for more information.

If you have a question about sexual health or blood borne infections, please write to kira@askwellness.ca. Remember, **Awareness is Prevention** and all you have to do is ASK! Meanwhile, here is a question to get us started:

Q: Dear Travelling Safer Sex Lady – I heard that you can only transmit HIV/AIDS through anal intercourse, is that true? Should you wear a condom for that?

'Curious in Kamloops'

A: Dear Curious – Great question! First of all, HIV/AIDS is transmitted blood-on-blood, so you can contract it in a variety of ways including BOTH vaginal and anal sex, unprotected oral sex, sharing sex toys, sharing needles or other drug equipment (snorters), unsterilized and infected tattooing equipment, piercing equipment and any other activity that would put you in contact with infected seminal, vaginal fluid or blood. With that being said, one CANNOT get HIV from talking, shaking hands, working or eating with someone, hugs or kisses, coughs or sneezes, donating blood, swimming pools, toilet seats, water fountains, bed sheets, towels, forks, spoons, cups, food, insects or animals. Remember Curious, we GIVE AWAY condoms here at the ASK office and encourage the use of condoms in all sexual activity! Safety first!

'The Travelling Safer Sex Lady'



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 at ASK Wellness, 433 Tranquille Road, or email it to cheryl@askwellness.ca

Stories from the Curb

My life story ... by 'Mr. Kraft'

I have had to endure a lot in my twenty-one years. My parents told me I was a mistake and they wished I had never been born. Unfortunately for them, I was born because my grandmother saw my mother was pregnant. I was four years old when my mother said: "I thought your father was using protection and he thought I was, so you were born." When I went to elementary school I was supposed to look after my older brother. No reason why, it was something I was expected to do. Through school my teachers, principal, the students and my family thought I was slow and unteachable. I was bullied at school and got into a lot of fights until halfway through grade five. I was home schooled from that point to grade twelve, then graduated grade twelve through Thompson Rivers University.

I realized I was gay at the age of thirteen. When I was thirteen and again at the age of seventeen, I was raped. Between the ages of sixteen and twenty, I was part of the male sex trade; I only provided oral sex to the majority of those who were gay. I did not have intercourse until I was nineteen and met the man who became my partner. I participated in the sex trade because it allowed me to be a part of a group — the gay community. I felt love and acceptance for a little while in exchanges for money and a part of myself.

After my first year of being in the sex trade, I began to be able to turn my mind and my senses off and just go through the actions and movements my 'date' required. I became a shadow of myself. I was able to see what I was doing from a distance. Perhaps in the same way a homeless person feels on the street — how society's eyes look right at you but don't really notice you — you are invisible to them and yet you see everyone and everything. I worked in the sex trade for five years and still worry I might be forced to turn back to that life in order to pay bills and afford to eat.

When I told them I was gay, I was immediately disowned by my immediate family; they cursed, yelled and screamed. My mother said: "You were not raised in a gay household, with gay values, gay morals, gay lifestyle, gay experiences. I don't want a faggot living with me in

my house, move the f--- out now!" I was forced to move out a week later and was homeless for the month of October until my partner moved to town.

When my partner came to Kamloops we stayed with a sixty-one year old man who was a friend of his family. This situation worked out until the 'friend' tried to separate my partner and I, drug me, then have his way with me. When I heard the plan was to drug me and have sex with me, my partner and I played homeless. I called it 'playing homeless' because technically we had a place to live but didn't use it. We were homeless in the winter in minus twenty-two degree and less weather, doing anything to survive. We ate potato chips to survive since we had no money. We played the homeless game for three months until we finally got a place to live together.

Today I have a job. I have stable housing and I have a partner who loves me and who will do anything to support me and care for me.

Today I can hold my head up high while I walk down the street. I have been able to find resources within Kamloops to help me change my life for the better, such as ASK Wellness, the S.H.O.P. Program, Safe Spaces, as well as finding a mentor.

Today I have been free of drugs for one year and eight to nine months.

Today I have been away from working the streets for a year.

Today I am able to be a proud gay man in Kamloops!

'Buddy'

Off the Curb profile

Connie Morgan and Jim Szekeres



This month our
Fearless Reporter

had the good fortune to speak with Connie Morgan and Jim Szekeres of the Kamloops Adult Addictions Supportive Housing Program. The AASH Program was created to assist persons with addictions to alcohol and/or other drugs, find safe housing and provide one-on-one support to guide them to clean, sober lives.

Fearless Reporter (FR) – Thanks for taking time to talk with me. Connie, I know this is a very busy place, how did you come to be here?

Connie – I had spent seventeen years in the nursing field when I went back to school; it was there I met Wendy and Paul of ASK Wellness. I have had some experience with addictions in my family and after obtaining my Bachelor of Social Work, it seemed a natural progression to be working in a program like AASH.

FR – What do you like about your job?

Connie – Non-profit work is hard, but there are so many benefits. We talk and listen as a team. No, wages aren't as good as the public sector, but it's not about money. I wouldn't be anywhere else.

FR – What is the 'upside' of your job?

Connie – Clients are wonderful. The goal is not to tell people what to do. We counsel and support. Our clients' input is necessary for their growth so we do a bit of everything. Besides, I get to bug Jim!

FR – Where would you be if you weren't here?

Connie – Four words: "Electra Glide in Blue."

FR – If you have any spare time what do you like to do?

Connie – We are building a house and I would love to have time to do some baking, camping, exercise and travel.

FR – Jim, what brings you here?

Jim – I'm originally from Kingston, Ontario. At age sixteen I came to BC and stayed. I went to school during the day and was a security guard at night. I wanted to be a lawyer but ended up as a policeman. I was one of the youngest police officers in Vancouver, they told me. I enjoyed the work. I was in the force from 1978 to 1995. I was the Vancouver Police Department's first media relations person as they had no one doing 'PR.' At one point I requested a transfer to the Downtown East Side where I was for a number of years. After leaving the VPD, I was director of security for a large casino. Then I worked for BC Lotteries for eight years. After that I did some managing and consulting. My eldest daughter saw an ad for desk staff at ASK Wellness, so I spoke with Bob and Paul. That part time job quickly worked into outreach, then the position with this program came up and here I am. I get more respect on this job than many of the others.

FR – What is the best part of your job?

Jim – This is the most rewarding job I've ever had. I don't go to work. I'm meeting friends every day. As an aside, being in Kamloops has worked well for me; my health is much better, I haven't had breathing problems since I moved here ten years ago.

FR – The down side?

Jim – Like most non-profit jobs, finding funding at exactly the right time is sometimes an issue.

FR – What do you do to relax?

Jim – I spend time with my angel — my 10 year old daughter, Angeline.

FR – Any last words?

Connie and Jim – Don't give up on people — ever! We're not just working with clients, we also work with their families. We learn so much from our clients.

FR – Thank you for your time, Connie and Jim. This has been a real pleasure. Seldom do people have the enthusiasm you two have for your jobs.

*** YOUR AD HERE! ***

Please help keep 'Off the Curb' in circulation.

For a small fee we are offering advertising

space. Please contact Cheryl at

cheryl@askwellness.ca

or 250-376-7558, Ext. 226.

Recipes from the Curb



Noodle Salad (Serves 6)



3 cups (750ml) wide rice noodles
 2 cups (500ml) cooked chicken, shredded
 2 cups (500ml) cucumber, diced
 2 cups (500ml) carrots, grated
 1 cup (250ml) green peppers, julienned
 1/4 cup (50ml) fresh cilantro, finely chopped

DRESSING:
 1/3 cup (75ml) soy sauce
 1/4 cup (50ml) rice wine vinegar
 2 tbsp. (30ml) lime juice
 1 tbsp. (15ml) curry paste
 1 tsp. (5ml) garlic, minced
 1 tsp. (5ml) sesame oil
 peanuts, chopped

In large pot of boiling water cook noodles for 5 to 8 minutes or until barely tender; drain. Rinse under cold water; drain. Transfer to a large bowl. Add chicken, cucumbers, carrots, peppers and cilantro. **DRESSING:** In a small bowl: blend together soy sauce, vinegar, lime juice, curry paste, sugar, garlic and sesame oil. Add dressing to noodle mixture; toss to combine. Sprinkle with peanuts.



Quick Curried Pork (Serves 4)



1 lb. (500g) ground pork
 1 cup (250ml) onion, sliced
 2 cup (500ml) mushrooms, sliced
 1 cup (250ml) red pepper, chopped
 2 tbsp. (30ml) garlic, minced

2 tbsp. (30ml) fresh ginger, minced
 1 tbsp. (15ml) curry powder
 2 tsp. (10ml) ground cumin
 1 cup (250ml) water

In a large skillet: sauté pork over high heat for 3 minutes. Reduce heat to medium; add onions, mushrooms and peppers. Sauté for 5 minutes. Add garlic, ginger, curry powder, cumin and water. Cover and simmer on low for 30 minutes. Serve over rice, couscous or pasta.



Beefy Zucchini Caserole (Serves 6)



1 zucchini, sliced
 1 large onion, diced
 1 large tomato, diced
 2 cup (500ml) cooked rice

2 lb. (1kg) lean ground beef, cooked and crumbled
 1 can cream of mushroom soup

In a large casserole, place a layer of zucchini. Place half of onion, half of tomato, half of rice and half of ground beef. Pour half of the soup over the top. Repeat layers beginning with zucchini. Bake in preheated 350°F (180°C) oven for one hour.

Any favourite, easy to prepare recipes you would like to share?
 Drop them off at our office or send them to cheryl@askwellness.ca



Client Needs

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

- ◆ 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



Legal Services Society Workshop for Community Workers, Intermediaries and Advocates

LEGAL AID SERVICES AND FAMILY LAW

Sessions:

- an overview of LSS services and resources;
- update on recent developments in family law;
- community referrals, services and resources to help resolve legal issues; and,
- 'real case scenario' discussion on Family Law and Legal Aid.

All sessions are designed to be interactive.

WHEN: Thursday, September 30th, 2010, 8:30 am to 4:30 pm

WHERE: Hotel 540, 540 Victoria Street, Kamloops, BC V2C 2B2

Breakfast and lunch will be provided. Please inform us if you have any dietary restrictions. Please also advise if you have a physical disability which requires special assistance or accommodation.

For further information or to obtain a registration form (**which must be returned by August 31st**), please contact Jackie at the Legal Services Society at 604-601-6240, or Ivory at 604-601-6052. You can also email outreachkamloops@lss.bc.ca.

I am Homeless

My home can be everywhere or nowhere.
 My daily meals consist of anything or nothing.
 My knick-knacks and baubles are the clothes
 I wear.
 My money is only what others give me.
 I am a being.
 I am human.
 I am homeless.

If only people could see where I stand and
 help me through all this.
 Will this loneliness never end?
 Will I begin a new life? Does anyone care?
 Because I am here. I am real.
 I cannot be ignored.
 I am a person. I am alive.
 And ... I am homeless.

Krista E.

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	Suicide / Distress Line	1-800-784-2433
Kamloops Work Search Centre (South)	250-372-3803	United Way of Kamloops	250-372-9933
Kamloops Work Search Centre (North)	250-376-3111	Volunteer Kamloops	250-372-8313
Kids Helpline	1-800-668-6868	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



**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**

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, 263 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, 693 Tranquille Road
 Oops Café, 274 - 3rd Avenue
 Passek's Classic Café and Catering, 120 - 3rd Avenue
 The Art We Are, 322 Victoria Street (upstairs)