



# Community Living News

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### Special points of interest:

- Celebrating 55 Years of Success!!
- Fathers Day Walk/Run for Prostate Cancer fundraiser June 19, 2011
- Canadian Guide Dog for the Blind Fundraiser
- Canada day celebrations

## Celebrating 55 Years of Success!!

Please join us in celebrating 55 years of success, June 7th 2011 from 6pm to 8pm at St. Andrews on the Square!

We will be featuring updates on Strategic Plan goals such as: connecting people in the community, providing meaningful employment, developing affordable housing and operating a healthy and learning organization.

There will be a silent auction draw at the end of the evening and all funds raised will be used in the community to promote personalized opportunities for the individuals we support!

## Picnics

### Kiwanis Annual Picnic

June 16, 2011

5:00 pm - 7:00 pm

Riverside Park  
(near tennis courts)

Bring your appetite  
and lawn chairs

For more  
information contact  
Vista at  
(250)-314-6810

## Gardening Seminar

On June 4, 2011 come visit the *Growing and Using Herbs Gardening Seminar* with Kamloops Master Gardeners Janet Kernachan and Sandra O'Neil at The Old Courthouse. The seminar takes place at 10:00 am - 12:00 pm. Register before June 1, 2011.

For more details visit :

<https://webserver.kamloops.ca/ezreg/Start/Start.asp> with the code 166940.



## Let's Get Healthy

Disinfectants, drain cleaners, toilet cleaners, window cleaners, oven cleaners, bleach, and ammonia are all types of household cleaners; however, they can also be very toxic and polluting to the environment.

There are things everyone can do to help prevent pollution to the environment and also to keep you safe:

- Don't mix cleaners such as bleach and ammonia. If you mix chemicals they create toxic fumes that are very dangerous and can be fatal.
- Open windows and doors when using household cleaners, this makes them less potent.
- Avoid direct inhalation when using chemical cleaners.

### **Alternative solutions to chemical cleaners...**

- Use baking soda on a damp wash cloth to substitute for deodorant
- To clean your oven, combine baking soda and water to create a paste, scrubbing with a plain scouring pad
- To clean your drain, pour a 1/2 cup of salt down the drain, followed by boiling water
- To clean your windows, combine two teaspoons of white vinegar with one quart of warm water
- When cleaning your toilet bowl, tub, and tile make a paste of borax and water, rub this on the area and then an hour later scrub off
- To clean your floors use 1/2 cup of vinegar with 1 bucket of water. If you have a tough spot use borax as well
- Use the inside of a banana peel to clean your shoes
- Instead of using bleach use baking soda or borax
- Blend vinegar, salt, and water to clean any type of surface
- Apply cornstarch, baking soda or borax then vacuum to clean and deodorize your carpet
- To remove mildew use 1/2 cup vinegar, 1/2 cup of borax and warm water

## Pet Adoption Assistance

KSCL is pleased to offer our staff assistance with the adoption of a family pet! We believe that it is our social responsibility to encourage those interested in pet ownership to consider adoption from the Society for the Prevention of Cruelty to Animals (SPCA) or registered rescue centers rather than purchasing from back-yard breeders. We are all aware of the unfortunate circumstances that lead to overpopulation, abuse and neglect, and want to ask all of our staff to assist in doing everything that we can to support agencies that protect animals.

KSCL will provide all employees financial assistance in the adoption of a pet from the SPCA or recognized rescue agency in the following amount:

**Puppy – \$40.00**

**Dog - \$40.00**

**Cat - \$20.00**

**Kitten - \$20.00**

**Rabbit – \$10.00**

**Other small animal – \$10.00**

An employee simply needs to bring in information from the SPCA or rescue agency confirming their adoption and they will be reimbursed accordingly.

## Spay and Neuter Assistance

KSCL also offers employees funding to assist with the spay or neuter of pets :

**Dog/puppy – \$30.00**

**Cat/kitten – \$20.00**



## Relay for Life

The Canadian Cancer Society's biggest fundraiser is the Relay for life. This fundraiser not only raises money, but also is a chance for everyone to celebrate cancer survivors, remember and honor loved ones lost to cancer and also help support a future without cancer.

Participants make a commitment to support the Canadian Cancer Society by raising \$100.00; however, on average participants raise around \$335.00.

This fundraising event brings people together at schools, parks, and fairgrounds to run or walk on a track for 12 hours.

Teams participate in this event and it is suggested that each team have a member on the track throughout the entire 12 hours. This is not a competitive event but rather a fun-filled day to celebrate.

This year Kamloops is supporting the Canadian Cancer Society's Relay for Life by holding the run at

**Riverside Park**

**June 11, 2011**

**10:00 am - 10:00 pm**

Bring your family and friends and come support the Canadian Cancer Society and fight back against cancer.

This year Kamloops' Relay for Life fundraiser is happening on **June 11, 2011** at Riverside Park.



## Fathers Day Walk/Run for Prostate Cancer

Join the **BC Wildlife Park in Kamloops** for the 13th annual Fathers Day Walk/Run for Prostate Cancer on **Sunday, June 19, 2011.**

There is free food, prizes, and entertainment. Registration is \$35.00 and all proceeds go to prostate cancer research, awareness, and support for

BC men.

After participating in the walk/run spend some quality time with your father while you tour the wildlife park.

## Canadian Guide Dogs for the Blind Fundraiser

On Saturday, July 16, 2011 come down to the Brocklehurst Coopers Foods to support Canadian Guide Dogs for the Blind.

Date: July 16, 2011

Time: 10:00 am - 2:00 pm

Location: Brock Coopers Foods

### Entertainment includes:

Hot Dog Sale

Uncle Chris the Clown (10:00 am - 11:00am)

Musical Acts:

The Switch 10:30 am - 11:45 am

Danny 11:45 am - 12:30 pm

King Viper 1:00 pm - 1:45 pm



**CGDB** is a national non-profit, registered, charitable organization that was founded in 1984. CGDB is a founding member of the International Guide Dog Federations which has world-wide membership. CGDB is funded by donations received from individuals, corporations, service clubs, foundations and fundraising events.



## FAQS

- Golden Retrievers and Labrador Retrievers are the most common types of Guide dogs.
- Most dogs are between 12 and 18 months of age when they begin their training as a Guide dog.
- Most Guide dogs work for a period of eight years.
- A user of a Guide dog leases the dog for \$1.00 from Canadian Guide Dogs for the Blind.

## Can Go Grannies

Can Go Grannies Chair Affair Auction  
 The Terrace at Thompson Rivers University  
 Thursday, May 26, 2011  
 Reception and viewing with wine and apples  
 5:30 pm - 7:00 pm  
 Live Auction  
 7:00 pm - 8:30 pm



The Kamloops Can Go Grannies are auctioning off over 20 wooden chairs of various styles, and hand painted by Kamloops artists to raise funds for the Grandmothers to Grandmothers campaign of the Stephen Lewis foundation. Tickets are \$20.00 and are available at:

Smorgasbord Restaurant - 225-7th avenue  
 Bookland - 234 Victoria St or 750 Fortune Drive  
 Moviemart - 520 Seymour  
 The Artists Studio and Gallery - Sahali Centre  
 Bookies - Thompson Rivers University  
 Kamloops Arts Council - 7 Seymour Street West



## Canada Day Celebrations

Join the City of Kamloops at Riverside Park for a day of celebration as Canada celebrates its 144th birthday. The day begins with a Lions pancake breakfast followed by various activities such as art in the park, community booths, cultural performances and many more. Finally, end your day with a colorful display of Fireworks.

This year try the Kamloops Railway Heritage Tour and watch the fireworks from the train at a location very close to where they are launched. The trip starts at approximately 9:30 pm.

Book your tickets now by phone (250)-374-2141, e-mail [info@kamrail.com](mailto:info@kamrail.com), or by mail at #6 - 510 Lorne St., Kamloops, BC V2C 1W3. Visit Kamloops Railway Heritage online at [www.kamrail.com](http://www.kamrail.com).



## Kamloops Society for Community Living

KSCL is dedicated to supporting the evolving needs of adults with developmental disabilities. KSCL's efforts are funded by Community Living British Columbia, BC Housing and Management Commission and The Province of BC.

### OUR MISSION:

"To provide opportunities for persons with developmental disabilities to experience a full life in as many aspects as they so choose. We will do this by providing supports and services to the best of our ability, either alone or in partnership."

### Administration Office

521 Seymour Street

Kamloops, BC, V2C 2G8

Phone: 250-374-3245

Fax: 250-374-2133

Email: [kscl@shawbiz.ca](mailto:kscl@shawbiz.ca)

Website: [www.kscl.ca](http://www.kscl.ca)

### Locations:

Bike Peddler: 250-372-1387

Community Ventures: 250-314-1161

Pink House: 250-372-9499

Greystone: 250-374-1375

Simply The Best: 250-377-8335

Connections: 250-377-8054

Trying to **GO GREEN?**

If you would like to start receiving your newsletters via email please type the word

NEWSLETTER to

[byoung@shawbiz.ca](mailto:byoung@shawbiz.ca)

**I would like to help people with developmental disabilities realize their dreams.**

Enclosed please find my gift for:

25  50  100  Other

I would like my gift directed to :

Housing  Recreation  Other

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Please include this form with your cheque payable to **The Kamloops Society for Community Living** and return to:

KSCL

521 Seymour Street

Kamloops BC, V2C 2G8

For more information on these or any other KSCL initiatives Please contact KSCL at 250- 374-3245

Tax receipts will be issued for amounts over \$10.00.

**Kamloops Society for Community Living**

KSCL  
521 Seymour Street  
Kamloops BC V2B 8P3

Phone: 250-374-3245  
Fax: 250-374-2133

**Visit us online**  
[www.kscl.ca](http://www.kscl.ca)



## Trying to **GO GREEN?**

If you would like to start receiving your newsletters via email please type the word

**NEWSLETTER** to

[byoung@shawbiz.ca](mailto:byoung@shawbiz.ca)

## Contact Information

Please make sure to update your contact information so that we can personally send you an invitation!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

Please fill out and send in your information to :

**Mail:**

KSCL  
521 Seymour Street  
Kamloops, BC V2C 2G8

**Email:**

[byoung@shawbiz.ca](mailto:byoung@shawbiz.ca)

**Phone:**

(250)-374-3245

