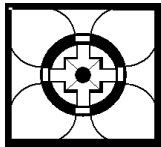


CHILLIWACK RESOURCE CENTRE



NEWSLETTER

October, 2011

Volume 10, Issue 11

HAPPY

THANKSGIVING



**Chilliwack
Resource Centre**
46240 Yale Road
Unit #3

Chilliwack, BC V2P 2A3
Phone / Fax:
604-702-9595
Email: cwkrf@smartt.com
Mon. to Thurs.
9: am to 2: pm-

Reminder:

The volunteers at CRC
will prepare your
Income Tax Return (s)
by donation.

Life can be very trying. When your child is hungry, your body wracked with pain, or you have no idea where you and your family will find a place to sleep, it's hard to find something for which you can be thankful. So, for just a few minutes on Thanksgiving Day, step outside your situation and just "be". Find something, no matter how small, to be thankful for because in giving thanks, you will be lightening your load, even if for only a moment.

Important news for Chilliwack and surrounding areas, there is a new HIV/AIDS Support Group starting in Chilliwack very soon. We have been able to get some brochures and pamphlets in our office and will be posting the HIV/AIDS Support Group Meeting times, when they are available.

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The **Chilliwack Resource Centre** is looking for more volunteers. We are open Monday through Thursday from 9 am to 2:00 pm. If you are interested please drop by our office. Training is available.

May your troubles be less,
your blessings be more
And nothing but happiness come
through your door.

Chilliwack Resource Centre

We provide confidential and individual attention in a supportive and friendly environment.




We believe in helping each individual access information and services they need to make their lives better.

Some of Our Services Available are:

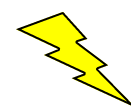
Income Tax Preparation

Photocopying

Resumes

| | | |
|---|----------|--|
| HAPPY | | |
|  | 10 |  THANKSGIVING  |
| | 7 to 9 | ABA-BMX Racing: at Heritage Park Contact: American Bike Association at 480-961-1903 Welcome ABA BMXer's |
| | 14 | International Farrier Competition: Heritage Park— Contact: Rick Higginson at 604-858-6715 |
| | 14 to 16 | 14th Annual Mt Cheam Lions Club Model Train & Hobby Show |
| | 15 | Teen Halloween Party—Yarrow Library 11:30 am—2:30 pm Contact: Susan at 604-793-7238 |
| | 21 to 23 | The Mane Event at Heritage Park |
| | 30 | Chilliwack Riding Club Hairy Scary Gymkhana at Heritage Park |
| | 25 | How's That Made? Yarrow Library—4:00—5:30 Contact: Susan at 604-793-7238 |
| | 18 | Family Story Time: Chilliwack Library - Tuesdays and Wednesdays September 27 - October 26—10:30—11:00 Program suitable for ages 2 to 5 but younger siblings are welcome. Parents and caregivers are encourage to participate |
| | 19 | Senior's Program: Identity Theft: at Yarrow Library at 2:00 This crime prevention will focus on the issues of identity theft and how Senior's are targeted. |
| | 19 | Genshiken: Chilliwack Library 6:30 to 8:30 pm Enjoy Japanese pop culture in all its forms! Must be 13 years and up to attend. Contact: Raymond at 604-793-7238 |
| | 26 | Chilliwack Library Book Club: Chilliwack Library 7:00 pm meets on the 4th Wednesday—new members are welcomed at any time. Contact: Library at 604-792-1941 |
| | 31 | HAPPY HALLOWEEN |

**It's Nice to Be Important
But it is Important To Be Nice!**



~CRC Email ~
cwkrl@smartt.com

~Website~
www.gov.chilliwack.bc.ca
Click on Community Tab

Submissions are used according to available space and may be edited. Opinions expressed in this newsletter represent those of the writer and not necessarily those of the publisher of this newsletter or staff.

Please sign your Organ Donor Cards you could save a life.



**Soup Kitchens
October 2011**

Soup
Kitchens
Start at noon



October 8
Chilliwack United Church
45835 Spadina Avenue

October 15
St. Thomas Anglican Church
46048 Gore Avenue

October 22
St Mary's Catholic Church
8509 Mary Street

October 29
Christ Lutheran Church
9460 Charles Street

Jack O' Lantern Pizza

This is a great recipe to keep the kids happy and feeding them before they go trick or treating.

Ingredients:

- 1 pre-made soft pizza crust
- 1 bag of pepperoni
- 1 8oz. bag mozzarella & cheddar cheese mix
- 1 container pizza sauce
- 1 green pepper or yellow pepper
- Add other veggies kids like.

Preparation:

Follow instruction on pizza crust tube for pre baking the crust after you shape it to look like a Jack o Lantern.

Cover it with pizza sauce and add your vegetables, pepperoni and cheese. Save some pepperoni to make eyes, nose and mouth. Cut

green or yellow pepper to make the indentations of the pumpkin and a bigger piece to make the stem of the pumpkin.

Bake according to the pizza wrapper, or about 20 minutes. You will know when it is done. The cheese will be melted and bubbly and the crust will be golden brown. Cut with a pizza cutter or knife and serve it hot while the cheese is still soft.



Enjoy!

"Stewardesses" is the longest word typed with only the left hand.

Please donate blood to the Canadian Blood Services. Just one unit of blood can save up to three lives. Be an everyday hero and save a life today.

Influenza or the Flu

Influenza, or flu, is a viral illness that commonly occurs in the winter and affects many people at once. Flu is not the same as a cold: the symptoms of flu are usually more severe and come on quite suddenly.

Symptoms include: fever, shaking chills, body aches, muscle pain, headache, pain when you move your eyes, fatigue, weakness, and runny nose. These symptoms may last up to 10 days. The flu can be dangerous for infants, older adults, and people with chronic diseases.

Prevention: Get a flu shot each autumn if you are over 65, have a chronic illness, such as asthma, heart disease, or diabetes. The vaccine can be given to anyone over 6 months old. Keep up your resistance to infection by eating a healthy diet, getting plenty of rest, and exercising regularly. Wash your hands often and keep your hands away from your nose, eyes, and mouth.

Treatment: Plenty of rest. Drink lots of fluids such as tea with lemon, plain water, fruit juice, and soup. Take ibuprofen or aspirin to relieve fever, headache, and muscle aches.

Do not give aspirin to anyone younger than 20 years old.

Thank You to Our Sponsors

- The United Way of the Fraser Valley
- Dowco Internet Services
- Van City Credit Union
- Coast Capital Savings
- Fraser Health Authority
- Chilliwack Foundation
- Win Resources Inc
- Valley Women's Network
- The Chilliwack Lions Club

Local Meals

- ❖ **Ruth & Naomi's Ministries**
Tuesday through Saturday - 6:30 to 9:00 pm 604-795-2322
Sunday Only-6:00 pm to 7:00 pm
- ❖ **Salvation Army Soup Kitchen / Food Bank**
45746 Yale Road, Chilliwack
Monday to Friday 12:00 to 1:00 By appointment: 604-792-0001
- ❖ **Single Parents and Children Free Dinner** every 4th Monday St. John's Anglican Church
46098 Higginson Road, Sardis
Confirm attendance by the previous Friday, Call 604-858-2229

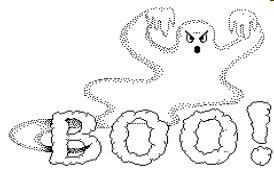
Local Thrift Stores

- **Salvation Army Thrift Store**
45746 Yale Road 604-792-0001
- **MCC Thrift Store**
45775 Kipp Avenue 604-792-3731
- **Mother Teresa's Place**
8909 Mary Street 604-795-7110
- **First Baptist Clothing Bank**
5518 Vedder Road 604-858-0606
- **Bibles for Missions Thrift Shop**
9280 Nowell Street 604-858-9444
- **Chilliwack Hospital Auxiliary Thrift Shoppe**
9236 Main Street 604-793-9222
- **The Chilliwack Lions Club Flea Market**
46293 Yale Road 604-792-3483
- Thrifty Boutique (Chilliwack Hospice Society)**
260-45428 Luckakuck Way 604-846-2226



Do you know the answer to these puzzles?

1. What do you call a skeleton who won't work?
2. What is a witch's favorite subject in school?
3. What do ghosts eat for dessert?
4. When is it bad luck to meet a black cat?
5. What kind of mistakes do spooks make?
6. What do birds sing on Halloween?



CHILLIWACK LIBRARY

Hours of Operation:

| | |
|-----------|---------------|
| Monday | 10:00 to 9:00 |
| Tuesday | 10:00 to 9:00 |
| Wednesday | 10:00 to 9:00 |
| Thursday | 10:00 to 9:00 |
| Friday | 10:00 to 6:00 |
| Saturday | 10:00 to 5:00 |
| Sunday | 1:00 to 5:00 |



Halloween Word Puzzle



a n c l c l m g y r p z m c h
 x a c g n i n e t h g i r f u
 i v d r a c u l a n b c s w l
 i a y s s k e l e t o n e a b
 o m r p c a l d r o n r i s m
 w p a i c o b h t i e y m p z
 i i c d w a a s r w s x m o o
 t r s e m u t s o c s p u o m
 c e e r n s f l k f h f m k b
 h n b t o f f b c r e e p y i
 a i e h s w s n i l b o g d e
 z d g g c n x b r o o m o o n
 t c a i l w o s t i r i p s a
 p t m n i p u m p k i n z u i
 b l a c k x o k a x m e m d p

- | | | |
|-------------|-----------|----------------|
| bat | ghosts | scary |
| black | goblins | skeleton |
| bones | halloween | spider |
| broom | haunted | spirits |
| caldron | monster | spooky |
| cat | moon | trick or treat |
| costumes | mummies | vampire |
| creepy | night | werewolf |
| dracula | owl | witch |
| frightening | pumpkin | zombie |



Tongue Twister



1. Creepy crawly critters.
2. Professional Pumpkin Pickers are prone to pick the plumpest Pumpkins.
3. If big black bats could blow bubbles, how big of bubbles would big black bats blow?
4. Which witch, Wanda wondered, would like to wear a wrist watch?
5. If two witches would watch two watches, which witch would watch which watch?
6. Dracula digs dreary, dark dungeons.

Remember to repeat 3 times.



- Answers
1. Lazy bones
 2. Spelling
 3. Ice Cream
 4. When you're a mouse
 5. Boo Boos
 6. Twick or Tweek