



Welcome to Kamloops

**E-Book for Newcomers
(1st Edition)**

Edited By Oleksandr (Sasha) Kondrashov

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- Sara Gillis, BSW
- Sierra Israel, MSW (see biography below)
- Tabitha Butler Smith, BSW (c) (see biography below)
- Yangchao (Paul) Hu, MEd (see biography below)

Jeanne Albutra

Jeanne Albutra was born in the Philippines and moved to Canada in 2004 with her family at a young age. She grew up and lived in the Lower Mainland region of British Columbia for most of her life. Jeanne respectfully acknowledges that the ‘Canadian’ lands that she has lived in are the traditional and unceded territories of Indigenous peoples. In 2018, she moved to Kamloops to complete her Bachelor of Social Work (BSW) degree at Thompson Rivers University. It was at this university where she met Dr. Oleksandr (Sasha) Kondrashov and the contributors to this Welcome to Kamloops guidebook. Her social work education and experiences as a newcomer to Kamloops motivated her to contribute to Dr. Kondrashov’s Welcome to Kamloops project, and she hopes that the information in this guidebook will help newcomers build their support network and access helpful resources.

Oleksandr (Sasha) Kondrashov

Dr. Oleksandr (Sasha) Kondrashov, Ph.D., MSW, MEd, RSW was born and raised in Lviv, Ukraine. His MSW thesis entitled “An exploratory study of the fourth wave Ukrainian immigration in Winnipeg: Problems and perspectives of immigrants’ adaptation” provided in-depth analyses of the Ukrainian immigrant’s settlement experience in Winnipeg and suggested ways how to

improve their socio-economic and socio-cultural adaptation. One of the findings from the study was the importance of having a resource guide that includes critical information on essential resources for newcomers that inspired the creation of the Welcome to Kamloops e-book.

Sasha loves teaching and has fifteen years of extensive teaching experience in Canada. Dr. Kondrashov taught at the University of Manitoba, Dalhousie University, the University of Northern British Columbia, Wilfred Laurier University, and Thompson Rivers University (TRU). He is currently an assistant professor at Thompson Rivers University and resides in Kamloops.

Sierra Israel

Sierra Israel is a social worker that is passionate about social justice and equity for both human and non-human beings. Sierra started her social work education career at Dalhousie university completing her BSW and then her MSW at Wilfred Laurier university. Sierra is a practicing clinician working alongside individuals with severe mental illness and enjoys spending time outdoors with her family, friends and two pups. Sierras' goals are to continue to be a life long learner dedicated to humble practice with an intersecting feminist lens.

Tabatta Butler-Smith

Tabatta Butler-Smith was born on the warm and sunny island of New Providence, located in The Bahamas. She relocated to Kamloops, British Columbia, where she attends Thompson Rivers University pursuing a Bachelor's Degree in Social Work, with a concentration on Child Welfare. She was honoured and made history when she became the first international student accepted and to successfully complete the Human Service Diploma Program; which in turn landed her in the Social Work Program. Tabatta Butler-Smith is married and is the mother of two beautiful daughters. She most values her family, which has strongly influenced her life thus far, as it provides love, support, teachable moments, and sharing in the joys and sorrows of life. Tabatta Butler-Smith is committed to the pursuit of happiness and is immovably dedicated to social justice, social change and advocacy. Tabatta is

resilient, driven, and has a good rapport. Tabatta has set the pace for others like herself to strive tirelessly to achieve seemingly unattainable goals and has proven that with immense focus, along with hard work and dedication, anything is possible.

Yangchao (Paul) Hu

Weyt-k (hello in Secwepemcstin),

My name is Yangchao/Paul Hu. I am originally from China. I got my BA, majoring in English Language and Literature at Beijing Normal University with First Class Honours. I just received my Master of Education degree at Thompson Rivers University (TRU). I will pursue my dream as a qualified teacher at the University of Alberta, if you come to visit Edmonton, please do not hesitate to contact me via email. I moved to Kamloops at the end of 2016, I just started to work with Dr. Oleksandr(Sasha) Kondrashov and the team in the late spring, so I am a rookie writer in these group. With love, I contribute some useful and lately information on my writings to all the newcomers and International students. I hope everyone can enjoy reading the guide.

Acknowledgements

Sasha Kondrashov

I would like to begin by acknowledging that the land which this guide covers is the unceded territory of the Secwepemc Peoples, that today are a Nation made up of 17 bands. The e-book is a collective effort of multiple individuals who contributed their voices to identify resources to support newcomers to Kamloops.

The Welcome to Kamloops project received a one-month funding (March 2020) from Dean Airini (Thompson Rivers University, Faculty of Education and Social Work) to hire 2 research assistants (Paul and Tabatta) to collect information for several chapters in the e-book. In addition to research assistants, four TRU BSW practicum social work students (Aman, Sasha A, Sara and Jennifer) and one WLU MSW practicum student (Sierra) contributed their learning hours to complete Welcome to Kamloops learning activities. Jeanne, a TRU BSW student, volunteered for the project and written several articles. It is important to thank all participants from the Welcome to Kamloops course from 2017 to 2020 who shared their concerns and inspired the selection of the topics for e-book. Special thanks to the Hills of Peace community for hosting Community Dinner in March 2020 where we were able to brainstorm the topics for the guide. Special thanks to pexels.com website for offering many free photos that we used in the articles. They complemented photos from authors of the articles.

To all supporters who want to see newcomers to Kamloops to succeed in the city, we are grateful. The e-book will be updated yearly, pending availability of resources, and we welcome new submissions that can be included in future editions of the e-book.

I am always grateful to my family, friends, mentors and colleagues who support and inspire me every day. Thank you / Djakuju (thank you in Ukrainian) / Kukwstsétsemc (thank you in Secwepemcstin).

With respect,
Sasha

Introduction

Sasha Kondrashov

Welcome to Kamloops. I am a newcomer to Kamloops (2016) and have lived in Canada since 2004. Whether one is moving to a new side of town or moving across the country (or beyond), the adaptation process can be challenging. I have been blessed that when I initially moved from Ukraine to Winnipeg, which is only ~2000 km away from Kamloops, I had a Canadian family who answered questions I had about living in Winnipeg. Not everyone has such a blessing when moving to a new place to have someone who can share their knowledge with you on any aspect of life in Canada to meet one's needs. In case anyone wonders how someone might know about the diversity of everyday human needs, my Canadian mama is a social worker with more than 30 years of experience in child welfare. Social workers know a lot about how to meet human needs!

During Christmas break in 2016, I have created a new course, and in winter 2017, we had the first group of students who took the Welcome to Kamloops: An in-kind community course at TRU. A resource guide that you are currently reading is designed to help future course participants to meet their basic needs. With every offering of the course, the guide is expanded, and more topics added based on expressed needs, of course participants. The joy of this applied research is in its immediate benefits to people. Everyone new to Kamloops or someone who might want to learn more about the city can review the guide and find something that interests them.

The power of online education creates new opportunities to make information available and accessible to anyone. When people share local resources, new connections become possible. When people connect and learn from each other, the community grows stronger. Tahir Shah the author of *Arabian Nights: A Caravan of Moroccan Dreams* wrote "Settling into a new country is getting used to a new pair of shoes. At first, they pinch a little, but you like the way they look, so you carry on. The longer you have them, the more comfortable they become." I believe that if one knows how to find resources in the community to meet one's needs, it is like finding the shoemaker who can help you to locate the new pair of shoes that fits you well and once you find those shoes, you will wear them proudly in your community. Welcome to Kamloops.

Chapter 1: Indigenous Kamloops

- Four Resources to Learn About Secwepemc History
- The Secwepemc Museum and Heritage Park
- Learning from Local Indigenous Organizations.

Four Resources to Learn About Secwepemc History

Sasha Kondrashov

1. [Firstnations.eu Secwepemc](http://www.firstnations.eu)

The website www.firstnations.eu documents the environmental havoc caused by European settler society to the pre-colonial world of what is now known as British Columbia (BC). The road back to environmental sanity must go through the restitution of past wrongs to First Nations. The strong support for their land rights over and against the continuing rapacious and short-sighted destruction of primeval forests, ancient trees, wild salmon runs, grizzly bear habitats, etc. The European First Nations website links political activism with the results of scholarly and scientific studies by juxtaposing historical images with representations of current affairs.

2. [The Kamloops Residential School: Indigenous Perspectives and Revising Canada's History.](#)

Jenna K. Foster's undergraduate thesis documents the history of [The Kamloops Residential School: Indigenous Perspectives and Revising Canada's History](#). The goal of Foster's thesis project is to reveal a part of Canadian history that is not widely known to the general Canadian public. The study examines the Kamloops Indian Residential School (KIRS).

3. [Secwépmc People, Land, and Laws: Yerí7 re Stsq'ey's-kucw](#)

The book by [Marianne Ignace, Ronald E. Ignace](#) provides an exploration of Secwépmc history told through Indigenous knowledge and oral traditions.

4. [TRU Indigenous](#)

Thompson Rivers University is dedicated to Indigenous student success, fostering meaningful relationships with Indigenous communities and promoting Indigenous knowledges and scholarship. Through collaboration, innovation, respect and humility, the university fosters a welcoming environment that is grounded in the principles of reconciliation and can address the calls to action placed on everyone in this country.

Updated March 2020

[The Secwepemc Museum and Heritage Park](#)

Sasha Kondrashov

Weyt-kp (Hello):

Kamloops has a robust Indigenous history. Secwepemc (pronounced Se-KWEP-umk-wh) means "The People." The word Kamloops comes from the Secwepemc word Tk'emplúps, meaning "where the rivers meet" and refers to the convergence of the North and South Thompson rivers. The Tk'emplúps, 'the people of the confluence,' now known as the Tk'emplúps te Secwépmc are members of the Interior-Salish Secwepemc (Shuswap) speaking peoples of British Columbia. This traditional territory stretches from the Columbia River valley along the Rocky Mountains, west to the Fraser River, and south to the Arrow Lakes. Most Secwepemc people live in the river valleys. Today Tk'emplúps Te Secwepemc is one of the 17 bands in the Secwepemc Nation.

[The Secwepemc Museum and Heritage Park](#) is a non-profit organization dedicated to the preservation and revitalization of Secwépmc culture and language. Secwépmc museum is home to a variety of exhibits that offer an insightful glance into the culture and heritage of the 17 bands within Secwépmculecw (Secwépmc land). These displays encapsulate life before contact, as well as an informative exhibit about the Kamloops Indian Residential School.

Kukwstsétsemc (thank you in Secwepemcstin)

Updated March 2020

Learning from Local Indigenous Organizations.

Sasha Kondrashov

1. [Tk'emlúps te Secwepemc](#)

Tk'emlúps te Secwepemc promote and ensure the physical, mental, emotional and spiritual well-being of Tk'emlúps te Secwepemc First Nations individuals, families and communities. Learn more about the Band that currently has approximately 1,000 members living on and off its 33,000-acre (130 km²) reserve. The reserve supports a variety of uses, including residential, industrial, commercial and agricultural. In 1999, the TIB purchased Harper Ranch, now known as Spiyu7ullucw Ranch Corporation, which added 20,000 acres for resource development and other economic opportunities. Watch their promotional video [part 1](#) and [part2](#). [The Kamloops Indian Band Timeline](#) documents challenges and success milestones experienced by Indigenous People of Kamloops.

2. [White Buffalo Indigenous Urban Services](#)

The White Buffalo programs and services have been created to raise the health status of Aboriginal peoples by providing holistic health care that includes physical, emotional, spiritual and mental health provisions for individuals, families and the Aboriginal community. The Society and staff are dedicated to teaching and encouraging balanced, healthy lifestyles. Our programs, [resources](#), and services are culturally based and support traditional Aboriginal values that reflect the connected nature of physical, emotional, spiritual, and mental well-being.

3. [Kamloops Aboriginal Friendship Society](#)

KAFS provides and promotes culturally based, inclusive programs, supports and activities to enhance holistic well-being and pride in Urban Aboriginal Peoples.

Updated March 2020

Chapter 2: The City of Kamloops

- Kamloops History: From the beginning - Until the 1960s
- Kamloops History: From the 1960s - Until today
- Kamloops Geography and Neighbourhoods
- Parks in Kamloops: No Dogs
- Parks in Kamloops: On-leash and dog-friendly
- Free Internet in Kamloops Part 1
- Free Internet in Kamloops Part 2

Kamloops History: From the beginning - Until the 1960s

Sasha Kondrashov (photo: Author)



The [City of Kamloops](#) website provides the following information about Kamloops history: “The Kamloops area has been inhabited by the Secwépemc and Nlaka’pamux peoples, who have lived here for close to 10,000 years. The fur trade arrived in Kamloops in 1811 when three traders came to the area and

established trade with the local Indigenous population. They installed a post for the Astoria Company in 1812, which later became a Hudson’s Bay Company fort. The next big influx of people came with the gold rush. While the gold rush did not pan out, provincial incentives for land ownership brought others and turned former gold-rushers into homesteaders, kick-starting ranching in the region. With the promise of a railway, British Columbia joined Canada in 1871. Construction came to Kamloops in 1883, bringing railway workers and establishing Kamloops as a transportation hub with the railway’s completion in 1886 and the second railway in 1912.

At the turn of the century, Kamloops grew exponentially, bringing people, businesses, the expansion of the Courthouse, and establishment of Royal Inland Hospital. Growth in agriculture brought the beginnings of orchards and the development of agricultural production, especially tomato canneries. World War I, World War II, and the Great Depression hit Kamloops hard, and many lives and livelihoods were lost. The post-war economic boom ushered the heavy industry into Kamloops with the establishment of an oil refinery, a natural gas pipeline, and, by the 1960s, a pulp and paper mill.

Updated March 2020

Kamloops History: From the 1960s - Until today

Sasha Kondrashov (Photo: Author)

Following the amalgamation of Kamloops and the Town of North Kamloops in 1967, the 1970s saw an expanded city that included a number of adjacent communities, including Dallas, Valleyview, Brocklehurst,



Westside, Heffley Creek, Rayleigh, Knutsford, and Dufferin. The decade also saw the opening of the first higher education institution, which grew to become Thompson Rivers University and the completion of the Yellowhead Highway in 1970 and the Trans Canada Highway in 1971.

The 1980s brought major economic challenges to Canada, and Kamloops faced significant headwinds, bringing one of the first declines in the city's population since World War II. An economic resurgence came in the late 1980s, with the successful referendum in 1988, which led to the opening of Riverside Coliseum in 1992, and the beginning of Kamloops' journey to becoming Canada's Tournament Capital.

The 1993 Canada Summer Games brought Canada to Kamloops and helped build its reputation as a centre for tournaments and sporting and cultural events, a reputation that was strengthened by the completion of the Tournament Capital Centre in 2006.”

Updated March 2020

Kamloops Geography and Neighbourhoods

Sasha Kondrashov (Photo: Author)



Kamloops is located in the Thompson Valley, surrounded by mountains, rivers, forests, deserts, and grasslands. Here one can search for fossils while swimming in more than 100 lakes, visit the

grasslands, take a McLure ferry and drive to Alpine Village of Sun Peaks while exploring sage-covered hills under wide-open skies, all in a single day.

The City of Kamloops consists of the following neighbourhoods: City Centre, North Shore, Valleyview, Dallas, Raleigh, Heffley Creek, Sahali, Aberdeen, Knutsford, Brocklehurst, Batchelor Heights, Westsyde, Juniper Ridge, Mount Dufferin, Rose Hill, Campbell Creek, Barnhartvale, Mission Flats, Tranquille on the Lake. Do your research on where you plan to live and know your area as the weather can slightly be different if you live in the mountain parts of Kamloops versus flat parts of Kamloops. Check the list of the [Kamloops Postal Codes](#). One can click on the name of the selected neighbourhood to find the new neighbourhood plan or Google one for your neighbourhood. The Kamloops Plan ([KAMPLAN](#)) can help one to know city priorities for each neighbourhood.

Updated March 2020

Parks in Kamloops: No Dogs

Aman Madan (Photos: Sasha Kondrashov)



McArthur Island Park is the biggest park in the city. It has 12 baseball diamonds, bike paths, boat launch area, butterfly garden, disc golf course, lawn bowling area, norbrock stadium, McArthur Island Sport and Event enter, playground, skateboard park, soccer Fieldhouse, soccer fields, tennis courts, walking trails,

and xeriscaping garden. Dogs are prohibited in this park.

There are a lot of parks where dogs are prohibited:

Albert Mcgowan park, Braemar park, Cowan park, Exhibition park, Highland park, Humphrey sanctuary nature park, Juniper park, Overlander park, Prince Charles park, Riverside park, Saddleback park, Thompson park, Valleyview Centennial park, and Westsyde Centennial park.

Riverside Park is located on the banks of the Thompson River, which is next to the Sandman Centre. All the major events in the city happen there. There is a riverside trail that starts at the Japanese gardens in Riverside Park that goes start till the Red Bridge. This park is fantastic for families as



it's a great spot for family picnics along the beach. One of the Kamloops' best ice cream spots is near Riverside too, Scoopz. In July and August every night there is free live music in the park. This park is not dog friendly.

Updated April 2020

Parks in Kamloops: On-leash and dog-friendly

Aman Madan (Photo: Sasha Kondrashov)

Besides the two major parks in Kamloops (Riverside and MacArthur Island), there are a lot of other small parks that are dog friendly where dogs are allowed On-Leash:

Aberdeen hills park, Batchelor nature park, Brocklehurst park, Crestline park, Dallas park, Dufferin park, Greenstone park, Juniper west park, Len Haughton park, McBeth park, Mcdonald park, Memorial hill park, Pacific way park, Parkcrest park, Pineview Valley park, Skyline park, Spirit square park, Springview park, Todd Hill park, Tournament capital ranch, Valleyview place park, Waterfront park, West Highlands park and Westmount park.

There are some parks that are completely dog friendly and you can bring your dogs Off-Leash as well. These are:



Aberdeen hills dog park, Arrowstone park, Batchelor park, Campbell Creek Nature park, Capilano park, Dalla-Barnhartvale Nature park, Gleneagles park, Gordonhorn park, High Canada place park, Hugh Allan park, Juniper dog park, Kenna Carwright Nature park, Mission Flats

Nature park, Monmouth park, North River park, Ord road dog park, Perryville park, Peterson Creek nature park, River street dog park, Rose hill park, Sahali Terrace Nature park, Stranthcona park, Valleyview Nature park and Westsyde Centennial park.

Updated April 2020

Free Internet in Kamloops Part 1

Sara Gillis (Photo: Pexels.com)



Whether it's for a job application, school inquiry or recent news updates, our world is incredibly dependent on the internet in today's world. While it appears to be everywhere, the internet is a luxury that may be out of reach for some community members. This page is a collection of resources for you to find nearby computer access and an internet network.

The [library](#) is the perfect resource to begin if you require access to the internet. These facilities were built with the intention of you using them to better yourself, and the Library even supplies the computers. Whether you have a library card or not, you will be able to log into the computers in the Library for one hour at a time. At both the downtown location and the [North Kamloops](#) location, there are 12 computers available for use and printing/photocopying at 20 cents per page.

If you are equipped with something that will allow you to connect to Wifi, such as a mobile phone or a laptop, you could visit a nearby mall for this purpose. [Aberdeen Mall](#), for example, has a free internet network available for its patrons. Further, the mall has plenty of space to sit and relax in the atrium.

Generally speaking, you can find wireless internet almost anywhere today. Free wireless networks, while often associated with the expectation that you buy something, are also very prevalent in Kamloops. The easiest way of seeking out a free wifi network that is nearby to you, whether it requires a purchase or not, is using [Wiman](#) as a search tool. Wiman is an online program that works to find every single open wireless network available to you in your city. According to this resource, Kamloops has more than 6,000 individual wireless networks.

Updated April 2020

Free Internet in Kamloops Part 2

Sara Gillis (Photo: pexels.com)

Many home internet providers offer Wifi Hotspot programs to promote loyalty. This program partners with local companies to provide wifi at their location, and in turn the provider gets to



advertise their business while you are accepting their WiFi network terms & conditions. When you register as a customer for [Bell](#), you are also gaining access to their more than 4,000 WiFi networks in Canada. [Shaw](#) has also implemented this program using their ShawGo Hotspots, and they work hard to bring over 100,000 WiFi hotspots for you to use as a customer.

Ensure that you are always safe and cautious while using a WiFi network or computer that is not yours. These networks can be less secure than that of your workplace or home, which increases your risk of people seeing what you are doing on them. Ensure that you are not selecting “Remember my Password” on any accounts while using a public computer, and only view web pages that are considered appropriate and legal according to the terms of use. All WiFi hotspots will come with terms & conditions you need to accept. It is always recommended that you read these.

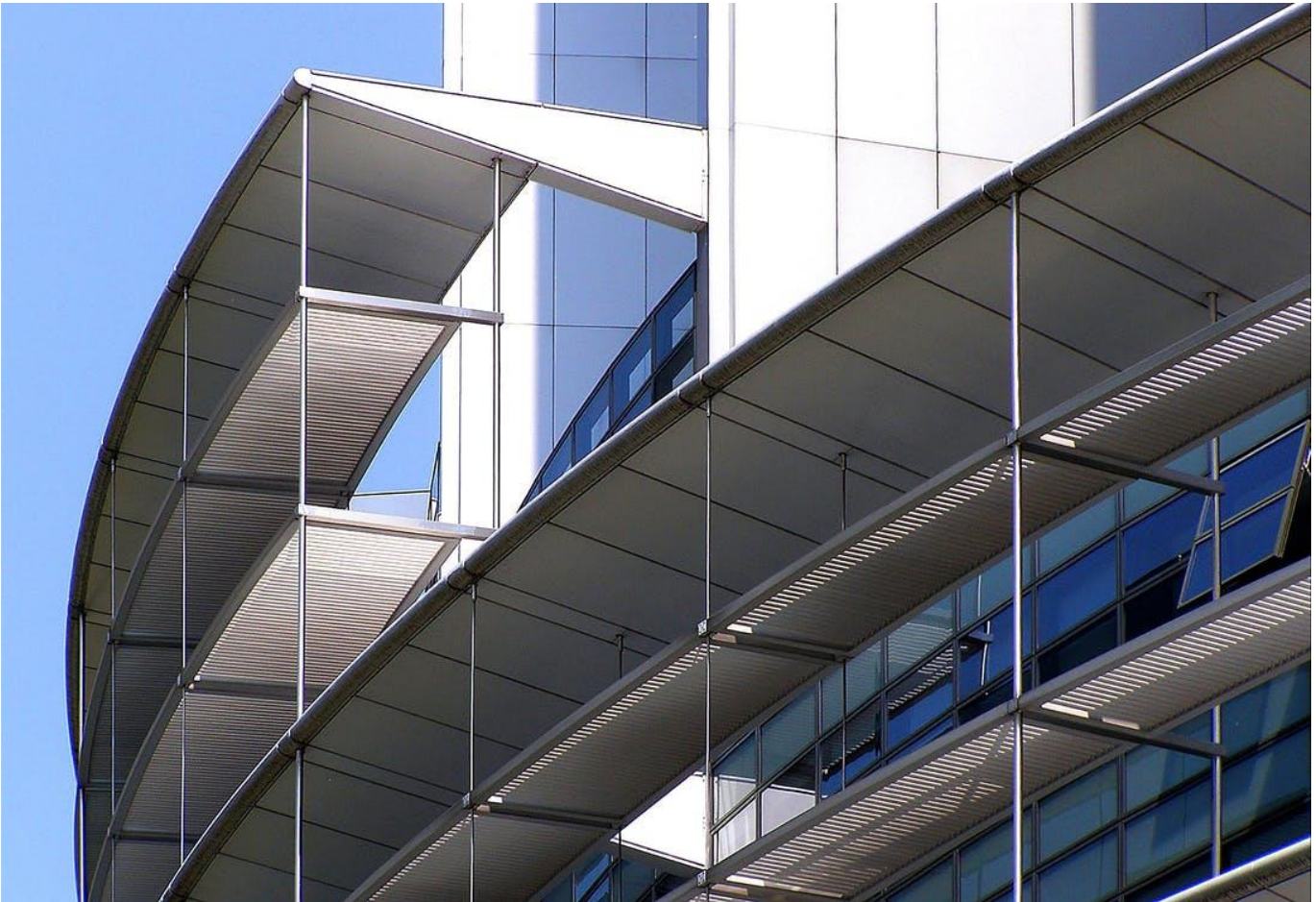
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Chapter 3: Municipal Bylaws

- Municipal Government
- Municipal bylaws and permits: A-B
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- Municipal bylaws and permits: S
- Municipal bylaws and permits: T
- Municipal bylaws and permits: U-Z

Municipal Government

Tabatta Butler-Smith (Photo: pexels.com)



Municipal Governments are local authorities created by the provinces and territories to provide services that are best managed under local control. Municipal governments raise revenue (mostly from property taxes and provincial grants) and impact residents' daily lives in numerous ways, from garbage pick up, public transit, fire services, policing, programs at community centres, libraries and public pools. Municipal governments include cities towns, villages and rural or metropolitan municipalities.

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Municipal bylaws and permits: A-B

Aman Madan (Photo: pexels.com)



Animal Control Bylaw 34-11: This bylaw regulates the requirements for the licensing and control of animals within the city. It includes dogs, cats, and all

kinds of farm animals. For more details go to this website:
<https://kamloops.civicweb.net/document/8206>

Building Bylaw 11-80: This bylaw regulates the construction, alteration, repair, moving, or demolition of buildings and structures, permit fees and all kinds of climatic data for building design. For more details go to this website:
<https://kamloops.civicweb.net/document/8457>

Business License and Regulation Bylaw 9-60: This bylaw regulates licencing regulations and fees for conducting any business within the city. For more details go to this website:
<https://kamloops.civicweb.net/filepro/documents/8158>

Updated March 2020

Municipal bylaws and permits: C
Aman Madan (Photo: pexels.com)

Cemetery Bylaw 6-27: This bylaw regulates, maintains and operates



cemeteries and deals with Funeral Services. For more details go to this website:

<https://kamloops.civicweb.net/filepro/document/8238/Cemetery%20Bylaw%20No.%206-27.pdf>

Clean Indoor Air Bylaw 24-26: This bylaw is responsible for the regulations regarding smoking in buildings and public places and deals with all the signage and penalties. For more details go to this website:

<https://kamloops.civicweb.net/document/8147>

Controlled Substances Property Remediation Bylaw 24-40: This bylaw deals with real property and premises damaged through the production, trade, or use of controlled substances. For more details go to this website:

<https://kamloops.civicweb.net/document/8534>

Updated April 2020

Municipal bylaws and permits: D
Aman Madan (Photo: pexels.com)

Development Cost Charges Bylaw 48-100: This bylaw regulates how and



when development cost charges can be imposed for the purpose of providing funds to assist the City in providing, constructing, altering, or expanding sewage, water, drainage, and highway

facilities to service future development. For more details go to

this website: <https://kamloops.civicweb.net/document/8471>

Dog Responsibility Bylaw 34-

42: This bylaw regulates dog owners' responsibilities, including licensing and fees, the maximum number of dogs, seizure and impoundment, and provisions for dangerous, aggressive, or nuisance dogs.



For more details go to this website:

<https://kamloops.civicweb.net/document/8285>

Earthwork Control Bylaw 4-19: This bylaw is responsible for removing, moving, or depositing material such as soil, sand, gravel, or rock, from or to land within the city. For more details go to this website:

<https://kamloops.civicweb.net/document/8461>

Updated April 2020

Municipal bylaws and permits: D-G

Aman Madan (Photo: pexels.com)



Fire Prevention Bylaw 10-37: This bylaw regulates to secure public safety and is subject to the British Columbia Fire Services Act and Regulations, as well as the National Fire Code of Canada. It covers fire protection and safety, open-air fires, backyard burning, fireworks, inspections, and penalties. For more

details go to this website: <https://kamloops.civicweb.net/document/8546>

Good Neighbour Bylaw 49-1: This bylaw promotes civic responsibility and encourages good relationships between neighbours. It regulates nuisances, disturbances, that the property is not unsightly, offensive, unsanitary or noxious, and other objectionable situations that are liable to disturb the quiet, rest, enjoyment, comfort, or convenience of individuals or the public. For more details go to this website:

<https://kamloops.civicweb.net/filepro/document/73376/Good%20Neighbour%20Bylaw%20No.%2049-1.pdf>

Graffiti Bylaw 25-5: This bylaw controls graffiti and murals to promote a well-maintained and attractive community. It outlines owner and occupant responsibility around graffiti removal, as well as the process for mural applications. For more details go to this website:

<https://kamloops.civicweb.net/document/8740>

Updated April 2020

Municipal bylaws and permits: I - O
Aman Madan (Photos: pexels.com)

In-line Skates, Skateboards
and Scooter Control Bylaw 23-

63: This bylaw deals with scooters, skateboards, and in-line skates that are environmentally friendly methods of travel. This bylaw restricts using these vehicles in high traffic areas. For more details go to this website:



<https://kamloops.civicweb.net/document/8243>



Off-Highway Vehicles

Bylaw 23-39: This bylaw regulates the use of recreational and off-highway vehicles with the City of Kamloops to protect land, prevent erosion, and protect citizens from dust and noise and nuisance. For more details go to this website:

<https://kamloops.civicweb.net/document/8599>

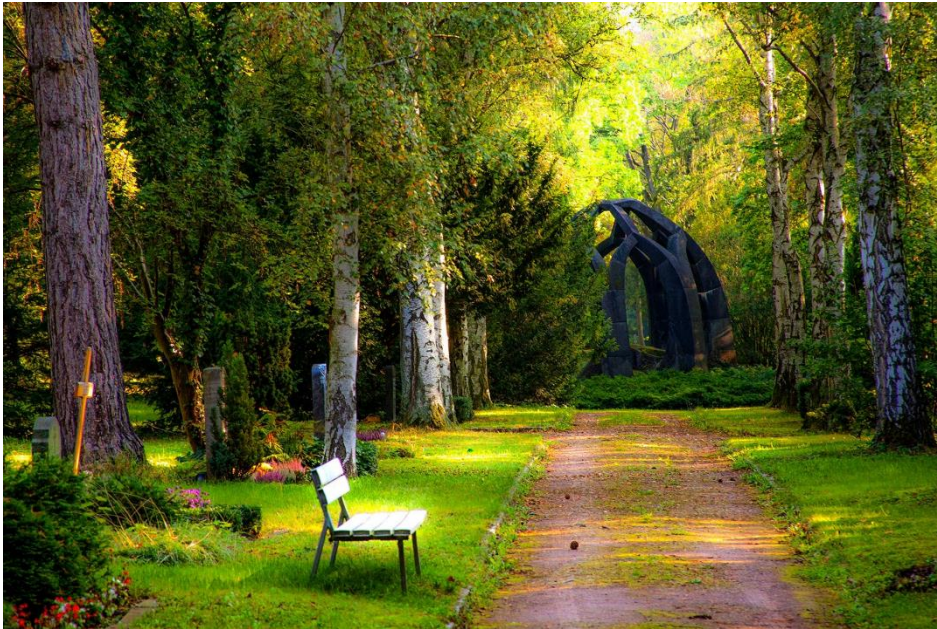
Updated April 2020

Municipal bylaws and permits: P-R

Aman Madan (Photo: pexels.com)

Panhandling Bylaw 24-38: This bylaw regulates and controls panhandling in the City of Kamloops. For more details go to this website:

<https://kamloops.civicweb.net/document/8244>



Parks Regulation

Bylaw 35-66: This bylaw is responsible for the regulation and protection of the public lands, including parks and boulevards within the City of Kamloops. The bylaw also governs the rules for temporary overnight shelters with

the city limits. For more details go to this website:

<https://kamloops.civicweb.net/document/8507>

Pesticide Use Control Bylaw 26-4: This bylaw regulates the use of pesticides within the City of Kamloops. For more details go to this website:

<https://kamloops.civicweb.net/document/9260>

Road Right-of-Way Bylaw 24-23: This bylaw regulates the terms and conditions imposed by the Council regarding the closure of and construction on road rights-of-way within the City of Kamloops. It also outlines the requirements of real property owners regarding the maintenance of boulevards and the removal of snow, ice, and rubbish from sidewalks. For more details go to this website:

<https://kamloops.civicweb.net/document/8255>

Updated April 2020

Municipal bylaws and permits: S
Aman Madan (Photos: pexels.com)



Security Alarm System Bylaw 10-38: This bylaw helps to reduce the number of unnecessary emergency police responses resulting from false security alarms. It regulates three security alarm categories: intrusion alarms, panic alarms, and hold-up alarms. For more details go to this

website: <https://kamloops.civicweb.net/document/58908>

Sign Regulation Bylaw 11-77: This bylaw deals with the size, location, and content of signage within the City to prevent interference with signs and lights erected for the direction of traffic, prevent confusion and undue conflict of signage, and permit the proper identification of businesses. For more details go to this website:

<https://kamloops.civicweb.net/filepro/documents/8159>



Solid Waste Bylaw 40-59: This bylaw regulates a system for the collection, removal, and disposal of solid waste and recyclables. For more details go to this website:

<https://kamloops.civicweb.net/document/14634>

Subdivision and Development Control Bylaw 4-33: This bylaw regulates the works and services that must be met for subdivision plan approval or building permit issuance. All the applicants and owners of property located in the city require these conditions. For more details go to this website:

<https://kamloops.civicweb.net/filepro/document/14189/Subdivision%20and%20Development%20Control%20Bylaw%20No.%204-33.pdf>

Updated April 2020

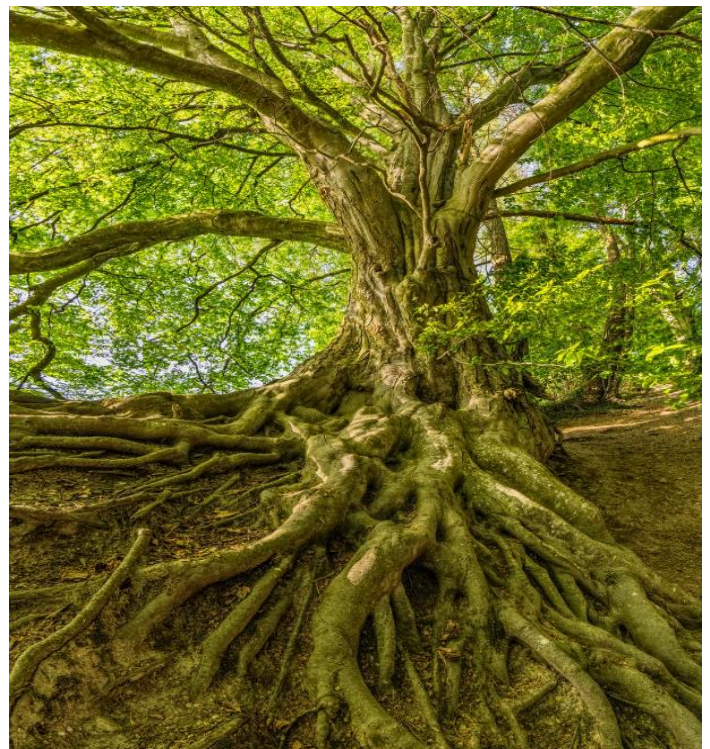
Municipal bylaws and permits: T
Aman Madan (Photos: pexels.com)



Traffic Bylaw 23-30: This bylaw regulates general traffic pedestrians, and parking regulations and rates. For more details go to this website:

<https://kamloops.civicweb.net/document/8505>

Tree Protection Bylaw 50-1: This bylaw regulates the cutting and removal of trees, as well as the fees, terms and conditions for any required permits. It also defines a “Hazardous Tree”, and outlines a property owner’s responsibility for removing that tree. For more details go to this website:



<https://kamloops.civicweb.net/document/8156>

Updated April 2020

Municipal bylaws and permits: U-Z
Aman Madan (Photos: pexels.com)



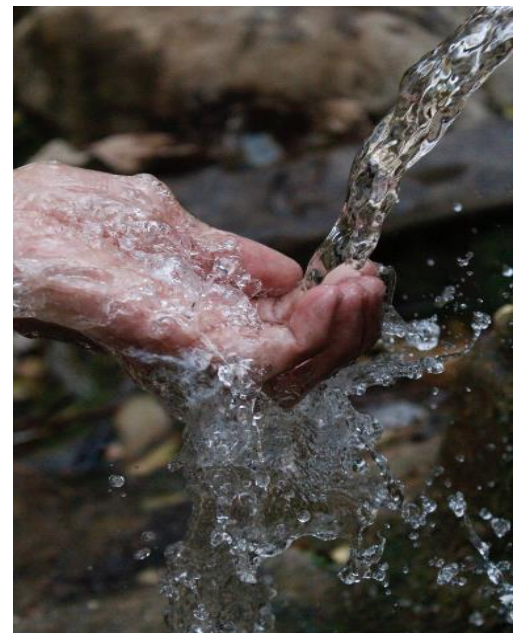
Vehicle for Hire Bylaw 28-18: This bylaw deals with the taxicabs, including inspection, licencing, and certification requirements, idle restrictions, and accessible vehicle requisites. For more

details go to this website:

<https://kamloops.civicweb.net/document/8245>

Waterworks Bylaw 12-31: This bylaw regulates the rate structure for water utilities as well as sprinkling water regulations. For more details go to this website:

<https://kamloops.civicweb.net/document/8508>



Zoning Bylaw 5-1-2001: This bylaw regulates the land use and the form, siting, height, and density of all development within the City boundaries, including secondary suites. For more details go to this website:

<https://kamloops.civicweb.net/filepro/documents/10507>

Updated April 2020

Chapter 4: Social Policy and Justice in Kamloops

- Federal Government
- Official Holidays in Kamloops
- Understanding Policy in Kamloops
- Organization Policy in Kamloops
- Legal Aid and Legal Clinics
- Human Rights
- Kamloops Police Service
- Avoiding Scams and Fraud
- Kamloops Regional Correctional Centre (KRCC)

Federal Government

Tabatta Butler-Smith (Photo by pexels.com)



The Federal Government is the national government of Canada, centred in Ottawa. The term can narrowly refer to the Canadian Cabinet or more broadly to the Cabinet and public service. The federal government plays a huge role in the lives of Canadians, from the collection of taxes, to the delivery of social services, the supervision of international trade and the safeguarding of national security.

Updated April 2020

Official Holidays in Kamloops

Tabatta Butler-Smith (Photo: Pexels.com)



There are five nationwide provincial holidays in British Columbia plus Easter Monday, which is a bank holiday and commemorated by federal employees only. The five provincial holidays are Family Day, Victoria Day, British Columbia Day, Thanksgiving and Remembrance Day. British Columbia Day is observed on the first Monday in August, like Civic Holidays in other provinces. Boxing Day is not an official holiday in BC, but Remembrance Day is. For more information on Public Holidays in Kamloops, visit this [website](#).

Updated April 2020

Understanding Policy in Kamloops

Sara Gillis

A policy is a specific guideline or rule that works to manage a particular issue within groups of government, social issues, employment, community and more. Policies are often implemented by an elected group of people, such as a management team or board of directors. They are proposed, discussed and implemented if the selected group decided that it benefits the issue in some way. Policies are reviewed regularly and created with flexibility allowing for change as necessary.

Many people dedicate parts of their life to influencing policy on a larger scale, often creating protests or petitions to show disapproval for a policy or lack of policy, creating an issue for the community. Some common issues that are said to need important policy changes are among women's rights, access to education, poverty, and access to healthcare. Policy change can be made on a small, organizational level, or it can be made on a larger scale, governmental levels.

In Kamloops, you may find a policy in action while involved with a local non-profit organization. Policies are put in place at these locations by a board of directions, and they have many different functions. Policies include statements of their roles, responsibilities, decision-making practices, meeting practices, financial management, fundraising and more. These policies will inform you to make the best, most appropriate decision for any issue that is to arise.

Updated April 2020

Organization Policy in Kamloops

Sara Gillis

Another place you may find the policy is your employer. Most employers will provide you with a copy of the policies to review at your orientation. The policy book at an employer may include things such as pay period dates, breaks, vacation days, and hiring processes. As an employee, the policy manual can be beneficial in a time where you may have a question related to procedures, rules and expectations. It is recommended that you review your employer's policies to ensure that you are being awarded your rights and the appropriate treatment at your workplace.

The benefit of having policy throughout organizations in Kamloops is that it provides focus on the goals at hand, it guides the vision of the agency, it ensures funding is used correctly. It creates accountability for the members within the board. They create structure and a process for procedures.

For resources, check out the City of Kamloops [Council Policies](#). Kamloops [Food Policy](#) works to ensure the local food economy is growing, and that the quality of our food is fantastic. Lastly, Thompson Rivers University offers a list of all of its [Official Policies & Procedures](#).

Updated April 2020

Legal Aid and Legal Clinics

Aman Madan (Photo: Pexels.com)



Legal aid provides access to legal services for people who have low-income. It is free legal help for people, which includes legal information and legal advice.

Legal Aid-Legal Services Society offers legal services in Kamloops. They are located at 208-

300 Columbia St, Kamloops, BC V2C 6L1. Their staff is available as solicitors, attorneys, barristers and even more. They can help in case of divorce, separation, child custody or family mediation. It can also help in the case of temporary visa, permanent residency or citizenship. They can assist with occupational health safety, collective bargaining, employee privacy, legislative advice and drafts of contracts. Their family advice lawyers can give up to three hours of free legal advice about custody, access, contact, parenting time, guardianship, child support, tentative settlement agreements, and court procedures. Up to one hour of advice may be available to clients whose income is higher than legal aid financial guidelines limits. To know if you are eligible for legal aid, please visit this website:

https://lss.bc.ca/legal_aid/doIQualifyRepresentation

Updated April 2020

Human Rights

Aman Madan and Tabatta Butler-Smith (Photo: Pexels.com)



BC has a law to protect and promote human rights. It is known as the B.C. Human Rights Code or the Code. It helps people to protect themselves from discrimination and harassment. Find all relevant information from the B.C. Human Rights Clinic website:

<https://bchrc.net/>

The Canadian Human Rights Act (the Act) is a statute passed by the Parliament of Canada in 1997 with the express goal of extending the law to ensure equal opportunity to individuals who may be victims of discriminatory practices based on a set of prohibited grounds. The prohibited grounds are currently: race, national or ethnic origin, colour, religion, age, sex, sexual orientation, gender identity, marital status, family status, genetic characteristics, disabilities and a conviction for an offence that has been pardoned. This Act applies throughout Canada, but only to federally regulated activities; each Province and territory has its own anti-discrimination law that refers to activities that are not federally regulated. As a resident, it is important to know the laws of your province to protect yourself from discrimination, or to know the best course of action to take if you are discriminated against it. You can find the laws for BC [here](#).
Updated April 2020



Kamloops Police Service

Aman Madan (Photo: Pexels.com)



During an emergency dial 911

Royal Canadian Mounted Police (RCMP) is the police service available for the City of Kamloops. The Kamloops City RCMP Detachment is one of the largest in the province of British Columbia. Kamloops detachment centre is located at 560 Battle

St., Kamloops, BC, V2C 6N4. This detachment serves: Kamloops, Sun Peaks, Pinantan Lake, Paul Lake, Knutsford, Savona, Skeetchestn, Whispering Pines, Tk'emlups. RCMP has a North Shore Community Policing Office as well, which is located at 915, 7th Street, Kamloops, BC, V2B 2W7. For rural communities, there is another police station T'kemplúps Rural, which is located at 599 Pow Wow Trail, Kamloops, BC, V2H 1H1.

Services available at these centres are:

- Criminal records check
- Document verification
- Firearm enquiries
- General information
- Non-emergency complaints
- Online crime reporting
- Police certificate
- Report a crime
- Vulnerable sector check

There are two additional services that are only available at the Kamloops detachment centre are Chauffeur's permit and Fingerprints. Kamloops detachment is the only bilingual detachment centre as well, where they have English and French both.

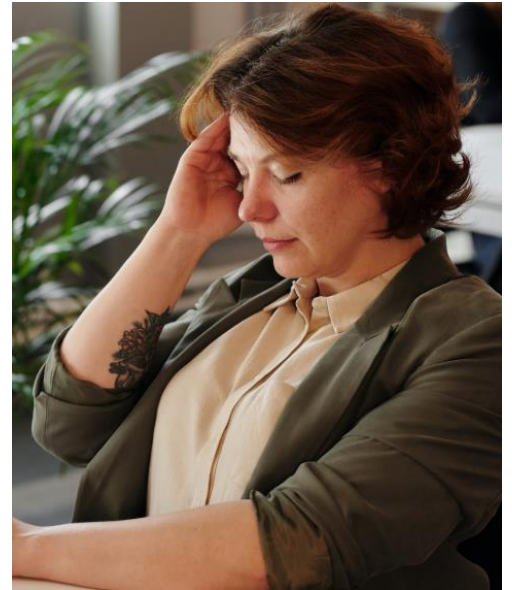
Updated April 2020

Avoiding Scams and Fraud

Jeanne Albutra (Photo: Pexels.com)



As you move and settle in Kamloops and search for jobs, housing, services, and necessities, you may encounter questionable situations.



Explore the following links to familiarize yourself with different types of scams and frauds.

[BC Scams and Fraud](#)

[Consumer Protection BC](#)

[Rent Board Fraud and Scams](#)



Being informed on these matters may help you identify and avoid scams and frauds. For more information on how to protect yourself and others from these situations, go to the [Canadian Antifraud Center](#). If you or someone you know becomes a victim of a scam or fraud, there are steps you can take to seek support or prevent the situation from becoming worse. Check the steps [here](#).

Updated April 2020

Kamloops Regional Correctional Centre (KRCC)

Aman Madan (Photo: Pexels.com)

B.C. Corrections has 10 correctional centres throughout the province. B.C. Corrections manages provincial correctional centres with varying levels of security and control throughout B.C. KRCC is the one located in Kamloops. It is a provincial correctional centre where inmates may be on remand awaiting trial or serving a sentence of two years less a day are kept. Corrections staff provide safe and secure custody and also deliver programs that promote public safety and reduce criminal behaviour. KRCC has work programs for inmates like gardening, animal husbandry, metal workshop, wood workshop, chaplain services, law library, storytelling program, ESS program, schooling services. Some programs and services are specifically for Indigenous people like sweat programs.



Updated April 2020

Chapter 5: Transportation in Kamloops

- Transportation in Kamloops
- BC transit in Kamloops
- Driving in Kamloops
- Driver's License
- Registering Your Vehicle
- Pay Parking in Kamloops: Downtown and Beyond
- Postal Services in Kamloops
- Construction in Kamloops Part 1
- Construction in Kamloops Part 2

Transportation in Kamloops

By Tabatta Butler-Smith (Photo: Author)

Although driving may be the most convenient way to get around, the city of Kamloops has a variety of efficient modes of transportation:



- 1) Public Transit:** Kamloops Transit is described as a leader in the BC Municipal Systems Program and provides regular transit and handyDART custom transit services. These services are co-funded through the partnership between the city of Kamloops and BC Transit. Whether you're an occasional rider or a regular consumer of the service, all of the information you would need about the public transportation system is available at BCTransit.com. BC Transit has also launched NextRide within the Kamloops transit system, which helps to implement Automatic Vehicle Location (AVL) technology on buses and real-time arrival screens at all the exchanges.
- 2) Taxis:** Taxi services are also another easy way to get around in Kamloops. The two primary taxi services within the city are Kami Cabs and Yellow Cabs. Kami Cabs is locally owned and a significant part of transportation services in the city. Both companies have been providing contractual transportation services to many local and national companies since 1978.
- 3) Bike Riding:** Bike Riding is another accessible mode of transportation in Kamloops. BC Transit accommodates most bikes as the buses used by the city offer bike racks for individuals to place their bikes in if they need to take the bus but would still like the option to use their bikes. However, rack space is limited and cannot be guaranteed.

Updated April 2020

BC transit in Kamloops

By Paul Hu

BC Transit is a public transportation provider in Kamloops which operates Bus routes since 1938. The BC Transit has 14 Bus routes running in Kamloops with 568 Bus stops. The BC Transit has a plan to open more routes in Kamloops. The current bus routes cover from northern Kamloops--Old Highway 5 at Todd Mountain Road to the southern Kamloops at Abbeyglan at Bramble Road. From western Kamloops Crestline at Glenview road to eastern Kamloops: Wildlife Park. In Kamloops, the bus routes timing has impacted due to construction, traffic accidents or other unforeseen incidents. The City of Kamloops and BC Transit are trying to improve their bus service. In the Fall 2018, NextRide app launched by BC Transit company across BC. NextRide is a BC Transit initiative to track the bus's location automatically. If you do not want to wait for the buses in the hot, dry summer and windy, chilly winter, please check [BC Transit](#) website. The newcomers also have the BC Transit Rider's Guide: hardcopy, which is free on each bus or [online](#) version. It includes schedules, maps, fares and a summary of transit services in your area. The BC Transit Rider's Guides are changing three times per year. The City of Kamloops and BC Transit are also offering different bus rides programs for the different age groups. Please check [online](#) about the bus fare and bus rides programs from the official City of Kamloops government website. If you are taking the school from Thompson Rivers University, you will receive a UPASS on the back of your student ID. Please active in TRUSU office at CAC building on the first day of fall, summer and winter semesters begin. The UPASS allows university students to get an unlimited bus ride in Kamloops for free. Transit service changes can happen unexpectedly. Stay informed of any construction or detours that might be in place or see if there are any transit service changes. BC Transit allows you to sign up for email alerts about bus routes that you choose. If you want to know more about BC transit and the bus system running in Kamloops, please free to check [online](#).

Updated April 2020



Driving in Kamloops

Jeanne Albutra (Photos: Pexels.com)

Being able to drive in Kamloops, and having access to a vehicle would allow you to have convenient transportation means. For information on driving guides, rules of the road, types of driver's licenses, driver licensing offices, driver

training, exams and re-exams, and how to get your license in BC, visit [ICBC](#). If you already have a driver's license from a different province or country, this [link](#) may be of interest to you.

Information regarding license



plates and buying and selling a vehicle can be found [here](#). Vehicle accidents may occur, and for information on vehicle repair and

theft claims, crash responsibility, what to do if you have been involved or injured in a crash, and auto insurance can be found in the following two links: [Link1](#); [Link2](#). You may be able to locate repair shops [here](#). As for car rentals, you can explore options and reviews of different car rental companies on [yelp.ca](#).

Updated April 2020

Driver's License

By: Tabatta Butler-Smith

Before you get behind the wheel in BC there are a few things that you must have:

- A valid drivers license
- The vehicle that you're driving must be licensed and insured
- You must follow and know the rules of the road.
- In Canada, individuals drive on the right side of the road
- You must stop for cyclists and pedestrians crossing the street
- You must respect the rights of other drivers
- You must not leave children alone in the car
- You may not drive under the influence of any substance ie: alcohol and drugs
- You may not use a cell phone behind the wheel.

For more information about Driving in British Columbia, visit [Welcome BC](#) for a comprehensive online resource. To drive legally in Kamloops, it is imperative that you have a driver's license. If you are a new B.C. resident and have a valid driver's license from another country or province, you can use your license for 90 days. Within this 90-day time frame, you must apply for a B.C. license. If you have a license from another province of Canada or certain other countries, you can apply for a B.C. license without taking a knowledge test and a road test. For more information about this process, visit the government [website](#).

All drivers are expected to drive safely. They are encouraged to know and understand the rules of the road to ensure the safety of others. BC has numerous programs in place to support safer roads and motoring experiences within the province, as well as fair and sound administrative policies. For more information about the rules of the road, the government [website](#) has a great list of resources.

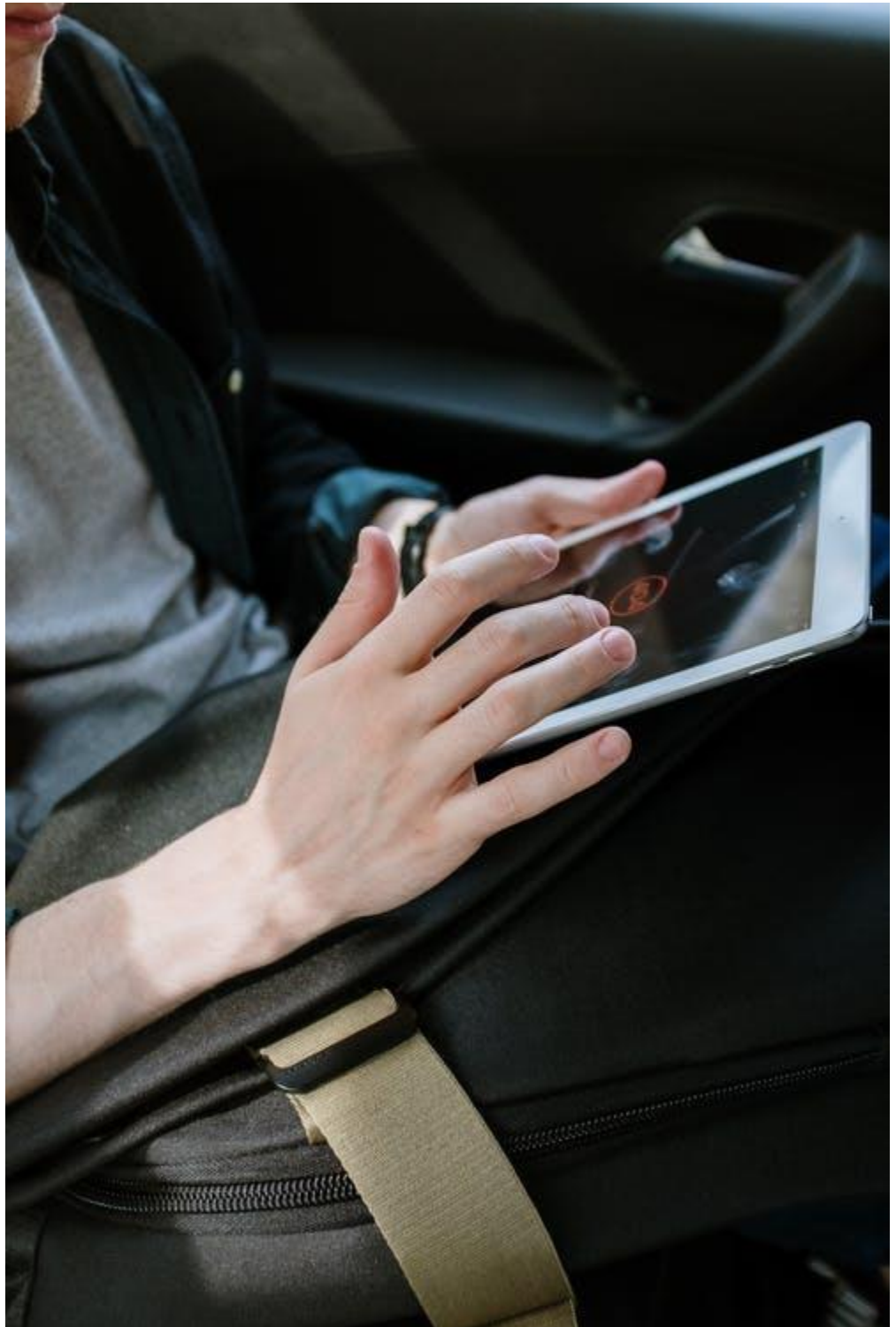
Updated April 2020

Registering Your Vehicle

By: Tabatta Butler-Smith (Photo: pexels.com)

Every vehicle you drive in B.C. must have basic Autoplan insurance. Basic insurance pays for the damage caused to others by a crash. It also pays the cost for any individual injured. You can purchase this insurance from ICBC. You can also buy additional coverage from ICBC or other private insurers. Many things determine the cost of your insurance, like where you live, the type of car you have if you use your vehicle for work or pleasure and your driving record. You can access more information regarding this [here](#)

Updated April 2020



Pay Parking in Kamloops: Downtown and Beyond

Sasha Kondrashov (Photo: Author)

Once you are eligible to drive in Kamloops, the challenge is to find appropriate parking space in Kamloops. Always obey parking rules and park in designated



areas only. Bylaw Services manage downtown parking in Kamloops. Check the parking signage and pay appropriate fees to avoid parking tickets. The [City of Kamloops Parking website](#) explains:

- how to pay a parking ticket;
- find accessible and veteran parking spaces;
- current rates, payment options, and monthly parking passes;
- information on residential parking and visitor permits for the downtown core and
- answers to the most common questions we hear at the parking control office.

You can also download [Flowbird Parking App](#) and pay for downtown parking on your phone. Information about parking permits in the downtown area can also be found on [Precise Parking Link website](#). Precise Parking Link has a [case study](#) designed explicitly for Kamloops.

Downtown Kamloops has free on-street parking after 6:00 p.m. on weekdays. Sunday is free parking all day. There are also two parkades in the downtown core, on Seymour Street and Lansdowne Street, that are also free after 6:00 p.m. and on weekends. During statutory holidays both the street and parkade parking free of charge for all who visit downtown Kamloops. More information about the Kamloops downtown parking you can read [online](#). [Parkopedia](#) offers a map of paid parking in Kamloops. Alternatively, you can check [Kampark](#) and [City of Kamloops](#) downtown parking maps.

You also need to pay for parking at [Kamloops Airport](#) and [Thompson Rivers University](#). The rest of Kamloops has free parking in designated areas only.

Updated March 2020

Postal Services in Kamloops

Tabatta Butler-Smith (Photo: pexels.com)

There are numerous postal services in Kamloops to choose from such as:

1. [Canada Post](#)
2. [UPS](#)
3. [Fed Ex](#)

All services have main offices located in downtown Kamloops but are also easily accessible over the phone or online.

Updated April 2020



Construction in Kamloops Part 1

Sara Gillis (Photo: Author)

The city of Kamloops works hard to address its list of upgrades needed throughout its streets and infrastructure. Fortunately for many families, the construction industry in Kamloops continues to thrive both with public and private contracts in each neighbourhood, creating lots of opportunities for jobs. Most notably, the city of Kamloops worked hard to upgrade the main [Victoria Street West](#)



[West](#) driveway, replacing many important functional pieces underground and simultaneously implementing new landscaping and pavements. The project was planned to take upwards of two years, but with dedication, hard work and beautiful sunshine, the project took under a year.

Most construction companies begin working in early spring, and work as many projects as possible until it begins to snow in the fall or winter. Kamloops' winter months are harsh, cold, and unforgiving, which makes it challenging for many construction workers to work outside projects during these months. You may notice a rise in construction sites or construction traffic as spring begins to set in. If you think of it, be mindful of setting aside a couple of extra minutes to ensure that you are not in a rush to get to work during these times. Construction zones can cause traffic and delayed travel times, so it is important to account for this in the morning.

Updated April 2020

Construction in Kamloops Part 2

Sara Gillis (Photo: Author)



Driving through a construction zone can be dangerous as the roads are often deconstructed and gravel. There is usually large machinery around, possibly dangerous equipment and most importantly, many employees working on the construction site. It is of the utmost importance that you, as a driver, are responsible for the speed and direction that you are driving while travelling through a construction zone. You are responsible for ensuring that your vehicle does not harm any workers on the site. Many signs enforce this before the worksite, indicating that you are driving close to a construction site. All construction sites will have a posted speed you must obey at all times. These speeds are always reduced to ensure that the workers are safe. Pay attention to all signs while driving through a construction zone, as police enforce these, and you may be fined if you do not obey these.

Updated April 2020

Chapter 6: Employment and Education in Kamloops

- Employment Search Engines for Kamloops
- Local Employment Search Websites for Kamloops
- Job Placement Agencies
- Side Income in Kamloops Part 1
- Side Income in Kamloops Part 2
- Public Education in Kamloops
- Thompson Rivers University

Employment Search Engines for Kamloops

Sasha Kondrashov (Photo: pexels.com)

When you are looking for employment in Kamloops, you can use employment search engines to give you an idea of available job opportunities. There are few ways how employment search engines operate, some posts ads on behalf of employers. Employers pay for ad placement. Others work like a meta-search engine by taking information from other sites. Use both to find your employment.



Below you can find the list of the top employment search engines that advertise in Kamloops. Visit each site and put keywords for jobs you are looking. You can find out which search engine might work best for you. Many search engines will allow you to browse through job listings by location or keyword, or post a resume so that prospective employers can find you. Some search engines have helpful articles on topics ranging from how to write a resume and other job search techniques. Some posts salary calculator with salary ranges for specific job titles. Some allow you to register, and when you keep returning to the website, you can see previous search terms and the number of new jobs listed since your last visit.

Click on each search engine (Seperated by semi colon) to see current openings in Kamloops: [BC Jobs Kamloops](#); [CareerJet](#); [CFJC today jobs](#); [Craiglist Jobs Kamloops](#); [Eluta Jobs Kamloops](#); [Indeed Jobs Kamloops](#); [Job Bank Kamloops](#); [Glassdoor Jobs Kamloops](#); [Kijiji Jobs Kamloops](#); [LnkedIn jobs Kamloops](#); [Monster Jobs Kamloops](#) [Jobpostings Kamloops](#); [Joodle Kamloops](#); [Simply Hired Kamloops](#); [Workopolis Kamloops](#); [Wow Jobs Kamloops](#)

Updated March 2020

Local Employment Search Websites for Kamloops

Sasha Kondrashov (Photos: Pexels.com)

Sometimes, connecting with a local employer might allow you to find the job faster than using employment search engines. You can also visit a local employment agency: [Open Door Group](#) has two offices in Kamloops to



support people in finding employment. Venture Kamloops list all the Major employers [online](#). You can also visit [Kamloops Service Center Canada](#) to strengthen your resume and find jobs in the area.

Please check the employment websites of major Kamloops employers below (Separated by

semicolon): [Aberdeen Mall](#); [Aboriginal Skill Employment Services](#); [BC Hydro](#); [BC Lottery Corporation](#); [BC Transit Kamloops](#); [Cascades Casino Kamloops](#); [City of Kamloops](#); [CN Rail](#); [Dog Walking Jobs Kamloops](#); [Domtar](#); [Excel Personel](#); [Government BC Jobs](#); [Interior Health Authority](#); [Nanny Jobs Kamloops](#); [New Gold](#); [School District 73](#); [Stanteck Jobs](#); [Sun Peaks Resort](#); [Teck Jobs](#); [Thompson Nicola Regional](#)

[District](#); [Thompson Rivers University](#); [TKemloops](#); [Xilium Recruiters](#);

One can also try Facebook job search technique (click on the following links): [Kamloops and Area Work Search Group \(Job Seekers, and Job Postings\)](#) or [Kamloops Cash Jobs](#) and [Kamloops Job Posting](#)



Updated March 2020

Job Placement Agencies

Tabatta Butler-Smith (Photos: Pexels.com)



Finding a job in a new city can be a tough venture. However, many companies are now posting listings online, which can make it a bit easier. Nowadays, many companies prefer for individuals to apply online through websites like [Indeed](#), [Monster](#), [Kijiji](#) or [LinkedIn](#), but if you're not very tech-savvy, there are several agencies in Kamloops that individuals can visit to find job placements.

- [Open Door Group](#)
- [Aboriginal Employment Services](#)
- [Platinum Personnel](#)
- [Frontier First Aid Services](#)
- [Elle Consulting Services](#)
- [Dengarry Professional Services](#)

Updated April 2020

Side Income in Kamloops Part 1

Sara Gillis

In the day of digital marketing and online ordering, the possibilities of creating additional or passive income are endless. Try to think of some of your creative ideas, inspirations, talents, and creative workspace. Is there a business you could create, from a product you make well? Are you a great baker? Digital artist? Writer? Creator of floral arrangements? Kamloops is enthusiastic about the arts and local economy, being a great place to kickstart your own brand.

The first way you can make an additional income is by flipping things. While your mind may have thought of flipping houses at first, try to think on a smaller scale. You could find furniture off of marketplaces to reimagine it, repair or to replace any hardware, refinishing the painting and colours, and reselling it for a profit. If you're crafty enough, you could create cat towers out of driftwood, or other kinds of furniture.

Another way you could do this is by seeking out items worth value in local thrift shops and reselling them online for a profit. Vintage, collectible, or name brand items are a few widespread things to look for when trying to thrift flip.

While perusing the clothing section at the local thrift store, keep an eye out for anything that may just need a little bit of creativity and love. Learning to sew is an incredibly handy skill for your life and creating income. Try hemming a pair of jeans or turning them into shorts. You could shorten an old, out of style dress or remove ugly pieces of another shirt. Reselling customized vintage clothes can come with a great profit if you are successful at it.

Updated April 2020

Side Income in Kamloops Part 2

Sara Gillis

When you are selling your products online, try to consider the audience you hope to sell. Using [Kijiji](#), Facebook Marketplace, or [Craigslist](#), you could sell items to your local community using ads. If you don't mind shipping efforts, expand your reach to [Ebay](#) and [Etsy](#) for the most sales opportunities. If you are an artist of a specific style, hobby or medium, consider [Redbubble](#) for digital art. If you are still feeling uninspired, try searching online for ideas to get your creativity moving. [Instructables](#) is a website that was created for artists to share their creative techniques, lessons and tutorials. There is no shortage of talent, learning and opportunity on this page.

With attention to detail, appreciation for cleanliness, a green-thumb, or a love of animals, perhaps a side-job in house-sitting or pet-sitting would do the trick. Try advertising with friends and family, maybe local classifieds to see if there would be any interested customers who are avid travellers. To take this a step further, try gathering your own environmentally friendly cleaning supplies to offer a cleaning service for your existing house-sitting customers or as a stand-alone service. The possibilities are endless.

There has been an increase in delivery services and rideshare options in recent days. Many people are turning to these services for additional income. Some companies such as [Amazon](#), [Skip the Dishes](#), [Uber Eats](#) and [DoorDash](#) are up & coming delivery services that are frequently hiring in the area. Another local service is [Michie's Delivery](#), which allows you the opportunity to support local. Ridesharing options are only brand new to Kamloops, only just being introduced in some areas. In the coming months/years, there will be an increase in these services across BC, with hopefully a surge in hiring too. The signup process for these companies is straightforward and user friendly, and they often have a mobile app associated with them.

Updated April 2020

Self Employment

Tabatta Butler-Smith (Photo: Pexels.com)

The self-employment program (SEP) is a program of business deductions and exemptions for the use of eligible British Columbia Employment Agency (BCEA) clients who are or wish to become self-employed. The program exempts specific business-related expenses and assets in determining a client's earnings and monthly eligibility for income or disability assistance. For more information on their policies and how to apply, visit their [website](#).

Updated April 2020



Public Education in Kamloops

Jeanne Albutra (Photos: [pexels.com](https://www.pexels.com), <https://www.sd73.bc.ca/en/index.aspx>, and <http://kool.sd73.bc.ca/>)

Preschools and private schools, although available in Kamloops, will not be included in this chapter. Public education in Kamloops is available for children and adult learners, and it is provided by **School District No. 73 (Kamloops-Thompson)**. For more information on SD73 such as registration procedures,



SD73

important dates and deadlines, news, events, and resources, follow the [link](#). As of 2020, SD73 has 32 elementary schools, one middle school, ten secondary schools, 1 Kindergarten to Grade 12 school, two

alternate education programs, and one distance education school. For a list of schools, locations, and contact information, follow the [link](#).

[Kamloops Open Online Learning @KOOL](#): is a Kindergarten-to-Grade 12 online



program. Each academic year usually starts in September and ends in June.

However, **summer learning**



opportunities are available for some eligible students during the month of July (for more information on summer school programs and eligibility criteria, go to their [website](#)). **Alternative education programs, adult education, and continuing education** opportunities are also available for individuals who are at least 12 years old. Check the following [link](#). These educational programs, resources, and options allow individuals in Kamloops to work towards a **Dogwood Diploma** (British Columbia Certificate of Graduation) or a **British Columbia Adult Graduation Diploma**.

Updated April 2020

Thompson Rivers University

Tabatta Butler-Smith (Photo: Sasha Kondrashov)



If you're looking to pursue higher education in Kamloops, Thompson Rivers University provides a wide range of programs and educational opportunities offered through traditional on-campus instruction, distance education or even a combination of the two. This unique approach to education has afforded numerous students an expansive array of educational opportunities. Thompson Rivers main campus resides in Kamloops, it's central to everything and provides numerous resources to facilitate higher education like a state of the art library and numerous computer labs. For information on their programs and enrolment, visit their website [here](#).

Updated April 2020

Chapter 7: Housing in Kamloops

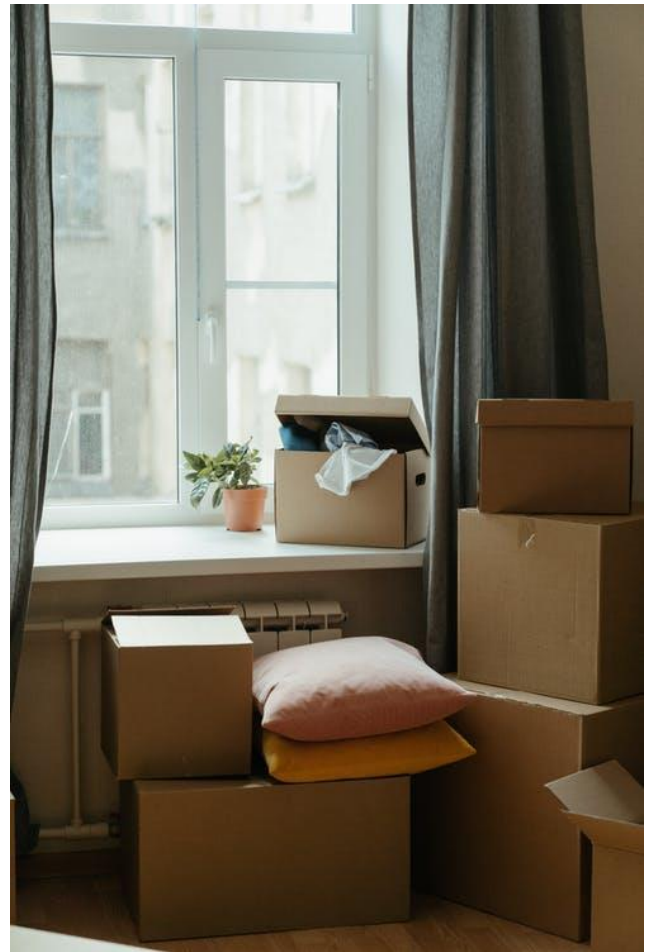
- Short Term Housing and Apartment Rentals in Kamloops
- Alternative Affordable Housing Options.
- Buying a house/apartment in Kamloops
- Student Housing and Intentional living in Kamloops
- Signing a Lease
- Subsidized Housing

Short Term Housing and Apartment Rentals in Kamloops

Sasha Kondrashov (Photo: Pexels.com)

The short term accommodations can be found on [booking.com](https://www.booking.com), [Airbnb](https://www.airbnb.com) or any other hotel booking websites. Check the reviews before choosing the place to stay that fits your needs. You can also check [30 tips on how to book on Airbnb for the first time](#) to ensure you have a pleasant booking experience

To find apartments for rent go on [craigslist](https://www.craigslist.ca) or [kijiji](https://www.kijiji.ca), You can review articles from Kijiji Central, such as [how to stay safe looking for apartments online](#), to get the most out of your Kijiji experience and to learn more about our users and Kijiji's impact on the community. One can also try to find housing via Facebook [Kamloops4Rent](#) closed group.



The BC residential tenancy branch developed a detailed [Guide for Landlords & Tenants in British Columbia](#). [The government of BC](#) provides a very comprehensive overview of Housing and Tenancy and includes helpful information on residential tenancies, strata housing, owning a home, senior housing, social housing etc. [Tenantsbc.ca](https://www.tenantsbc.ca) offers a comprehensive resource for landlords and tenants in British Columbia. Tenant Survival Guide is also available in [pdf](#) and [wiki](#) format. [Kamloops Landlords' Handbook](#) is a resource for people who provide rental housing but can be interesting to anyone who rents the place. Here is another [guide for landlords in BC](#). You can also access [quick tips for landlords and tenants in BC](#) on common topics about renting.

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Alternative Affordable Housing Options.

Sasha Kondrashov (Photo: Pexels.com)

[EwayKamloops](#) website lists telephone numbers of organizations that can help with housing in Kamloops. The links to all organizations are provided below.

[John Howard Society](#)

[Kamloops & District Elizabeth Fry Society](#)

[Kamloops Aboriginal Friendship Society](#)

[Kamloops Brain Injury Association](#)

[Kamloops Community YMCA-YWCA](#)

[Kamloops Native Housing Society](#)

[LeJeune Housing Society](#)

[Life Skills Development Project](#)

[Ministry for Children & Family](#)

[Development South Shore](#)

[New Life Mission](#)

[Oncore Seniors Society](#)

[Phoenix Centre](#)

[Secwepemc Child & Family Services](#)

[White Buffalo Aboriginal & Metis Health Society](#)



The comprehensive resource for [affordable housing options in Kamloops](#) is available from the city of Kamloops website. [BC housing](#) has pdfs listings for Family, Singles & Couples, Seniors & Adults with disabilities and Seniors' Supportive Housing options. [Seniors' Housing in BC](#) guide is also online

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Buying a house/apartment in Kamloops

Sasha Kondrashov (Photo: Pexels.com)

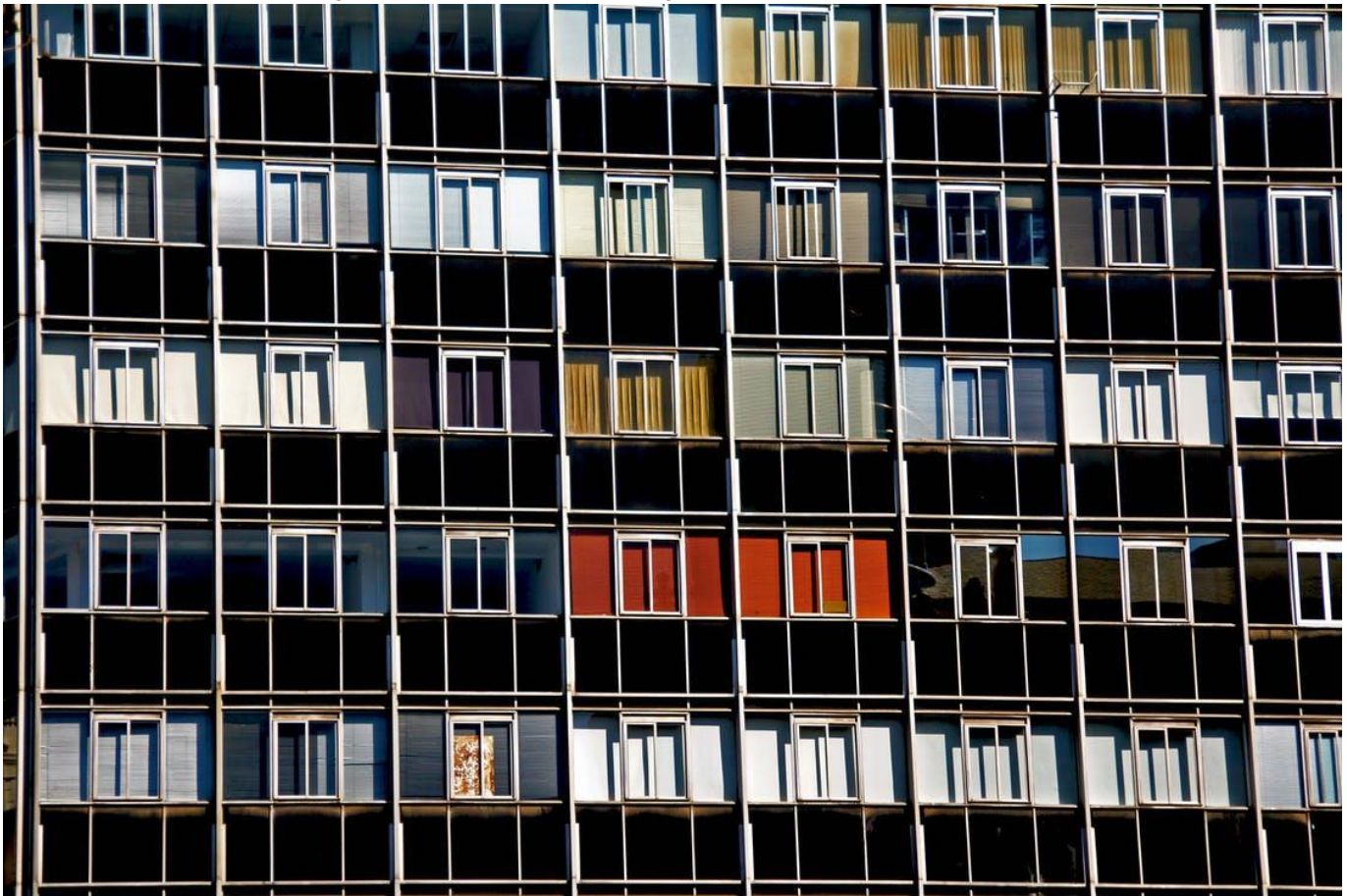


If one wants to buy the house, the Real Estate Council of British Columbia offers a detailed guide on [how to buy a home in BC](#). The Vancouver Sun also has a step by step article on tricks and tips on [how to buy a house in BC](#). The Canadian Bar Association provides a detailed overview of the [lawyer's role in the house buying process](#). Check also the BC government website on what is involved in [buying/selling property](#). [Kamloops Real Estate Blog](#) provides more information with links to other relevant local resources. Use one of the calculators (Debt Service, Premium, Household Budget, Mortgage Payment and Mortgage Affordability) from the [Canada Mortgage and Housing Corporation](#) website. Check the new Kamloops listings on [craigslist](#) and [kijiji](#) and [Realtor.ca](#).

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Student Housing and Intentional living in Kamloops

Sasha Kondrashov (Photo: Pexels.com)



[TRU Campus Housing](#) provides general information on-campus options for students who are interested in studying at the Thompson Rivers University, including residences and off-campus housing options. [Live your dream](#) offers an alternative housing service for new international students at TRU.

Kamloops also has an intentional living community. The [RareBirds Housing](#) Co-op members are aware that our co-op housing model is innovative. Our research indicates that we differ from the majority of housing co-op developments in that we are building a single family home with design features to allow both private and common living spaces for adult oriented, multigenerational community living.

Updated March 2020

Signing a Lease

Tabatta Butler-Smith (Photo: Pexels.com)

Before you commit to renting a housing unit, you should clearly understand the responsibilities involved with each of the following terms. These terms should be explicitly identified within your lease:

1. Rent: Amount, Due Date, Penalty for late payment, reduction for advance payment, price changes, conditions for price changes.
2. Security/Damage Deposits: Amount, Conditions for Return, Date of Return
3. Termination: Ability to sublet, Conditions for sublet, Conditions for terminating the lease
4. Parking: Location, Limitations
5. Additional Costs: Utilities (ie: electricity, water, hydro, internet), Pet-related charges/deposit, Overnight or weekend guests, parking, furnishings, cleaning, other.
6. Restrictions: Noise, Smoking, Storage, Pets, Alterations (ie: picture hanging, painting), Conduct, Parties
7. Time of Occupancy: Dates (be exact), Requirements for moving notification or renewal, number of occupants (min and max)

After these terms have been identified and you're confident that the housing you've chosen is right for you, then you should move forward with signing the lease.



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Subsidized Housing

Tabatta Butler-Smith (Photo: Pexels.com)



Subsidized housing is long term housing for individuals who permanently reside in British Columbia. Rental fees are calculated on a rent geared income basis. Individuals eligible for this housing be able to live independently and meet the household, residency, income and assets criteria. When searching for subsidized housing, there are two ways that you can apply to the buildings, and the Housing Listings will let you know for each building what the application process is. You will need to apply for each building by either accessing the housing registry or directly to non-profit societies and co-operatives that manage their application processes. To find out if you qualify, visit the [BC Housing](#) website and access their glossary.

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Chapter 8: Finances in Kamloops

- Social Insurance Number (SIN)
- Financial Need for Newcomers in Kamloops
- Financial Literacy for Newcomers in Kamloops
- Taxes in Kamloops Part 1
- Taxes in Kamloops Part 2
- Financial Assistance
- Sales Tax
- Income Tax

Social Insurance Number (SIN)

Sierra Israel (Photo: Pexels.com)



Getting a Social Insurance Number (SIN) in Canada is one of the first tasks you will need to complete once arrival. This is because you cannot legally work in Canada without one.

A **SIN** number is a specialized 9-digit number that is issued by the government of Canada to only one person. This number is needed to use government programs, receive legal employment, pay income taxes and receive income tax returns.

To obtain a SIN number, you must provide Service Canada Center with valid **primary documentation** (*birth certificate, certificate of Canadian Citizenship or certificate of registration of birth abroad*), which proves your identity (who you are) and legal status in Canada, as well as valid **secondary documentation** (*Passport, provincial or territorial ID or driver's license other government-issued ID*) confirming your identity. (**All documents must be valid originals-no photocopies**)

Service Canada Centre in Kamloops

Address: 520 Seymour St.

Hours: Monday to Friday 8:30 a.m.–4 p.m.; Saturday and Sunday Closed

References

Government of Canada. (2020). Applying for a Social Insurance Number. Retrieved from: <https://www.canada.ca/en/employment-social-development/services/sin/reports/apply.html#primary>

Updated March 2020

Financial Need for Newcomers in Kamloops

Sasha Kondrashov (Photo: Pexels.com)

[Newcomers to Canada Day Planner](#) goal is to give quick and easy access to things one needs to know as one builds a new life in Canada. Such as: buying or renting a home, finding a job, checking out your qualifications and credentials, information about Canada's health care system, education systems, and government programs, learning more about house prices, credit card rates, car leasing, dentists, taxes, your rights and responsibilities in Canada, training programs, employers, starting a business, and standard business practices.



Citizenship and Immigration Canada developed a Handbook: [Planning to work in Canada? An essential workbook for newcomers](#). The handbook provides a good overview of how one can start building employment history in Canada and strengthen their income. The workbook was created for internationally trained

individuals who are considering moving to Canada or who have recently arrived. Using this workbook will allow newcomers to Canada to obtain the greatest benefit from their experience and education. In addition to the workbook, complete the [newcomer checklist](#) where one can learn the key things to do once the person arrives at the new city (all data is for Manitoba but easily applicable to Kamloops). [Sponsorship Handbook](#) provides information on how to sponsor a refugee to Canada with information on how to satisfy the needs of refugees. The sponsorship guide is written in Toronto for Syrian refugees; it can be easily adapted for Kamloops for any refugee.

Updated April 2020

Financial Literacy for Newcomers in Kamloops

Sasha Kondrashov (Photo: Pexels.com)



To strengthen financial literacy, one needs to find a bank representative in Kamloops. The city of North Bay develops a guide that can be helpful to anyone who is new to Canada: [Financial literacy guide for newcomers to Canada](#). [Canadian Bankers Association](#) has a designated page that a great resource with links to major banks'

information for newcomers/ new Canadians. One can find all banking questions answered on the Canadian Bankers Association questions and answers section of the [website](#). The list of all banks and ATMs in Kamloops can be found [here](#).

To be successful, everyone needs to become familiar with banking terminology to save and build credit in Canada. Some topics that are relevant to banking include Chequing vs. Savings, Accounts / Types of Savings, Accounts / RRSP, RESP, RDSP, TFSA / Affordable Banking Services / Credit and Banking Services / How to protect yourself financially / Starting your own Business. They are covered in two modules: [How to Bank and Save In Canada](#) and [How to Build Credit in Canada](#). The other documents are available on [ABC Money Matters website](#) to include Independent Workbooks: A Place to Start: Spending Plans; RESPs and Other Ways to Save and Financial Literacy for the Family; Tip Sheets: Celebrate Holiday Cheer and Financial Education with Your Family and Tips to Keep on Budget During the Holidays.

[7 Common Credit Score Myths](#) is an excellent article to learn about credit score through debunking common myths. Please review [How to Get Your Free Credit Report & Check Your Credit Score](#) and do it once a year. [Monesysense](#) provides some good tips on how to build a credit score for newcomers. You can also estimate your [credit score online](#). If you have debts, then [get debt help](#).

Updated April 2020

Taxes in Kamloops Part 1

Sasha Kondrashov (Photo: Pexels.com)

The Canadian government provides many benefits to families with children



via the taxation system. Every year families need to check the most recent changes to the tax system to see what benefits are available to them. Here are some of the

[Tax Planning Tips for Seniors, Employees, Families and Students](#) from TD. [The Canada Child Benefit and related provincial and territorial programs](#) provide a detailed

overview of what tax credits are available for Canadian families. [Changes to Medical Services Plan Premiums & Premium Assistance](#) give some information that can be helpful for eligible families.

[Tax Tips for the Physician and Physician in Training](#) might be useful.

Overview of the education saving plan created by the Ontario Securities Commission is presented in the [Get the facts about RESPs before you invest](#).

If one left another country to settle in Canada, the following information introduces the [Canadian tax system](#) and help newcomers to complete the first income tax and benefit return as a resident of Canada. It applies only for the first tax year that newcomers are a new resident of Canada for income tax purposes. After the first tax year in Canada, newcomers are no longer considered a newcomer for income tax purposes. [The Video Series: Newcomers to Canada and the Canadian Tax System](#) provides more information on the Canadian Tax System. Throughout this series, authors refer to links where one can find more information about the topic being discussed. One can find all of these links, organized by segment, by referring to the Related links page - open it in a separate tab or window and follow along as you watch each video.

Updated April 2020

Taxes in Kamloops Part 2

Sasha Kondrashov (Photo: Pexels.com)



One can also find a pamphlet on the Canadian Tax System for Newcomers. Please see the most recent one. [Here is the link to the recent version of the booklet](#) that introduces newcomers to the Canadian tax system and helps them to

complete their first income tax and benefit return as a resident of Canada. Margaret Jetelina dispels the [four common tax myths that newcomers have](#) and offer some tips to reduce newcomers' taxes. One can also find many tax tips on [Turbo Tax](#) Canada pages.

TRU has several resources on campus. Check [Campus Map](#) to know the location of all buildings. [Thompson Rivers University Self-Evaluation Report](#) provides a detailed overview of the University and its services. [TRU YearBooks](#) can answer, “where TRU can take you”? [TRU academic calendar](#) and [TRU Open Learning academic calendar](#) provide information on all programs that students can take in the TRU. [Clicklaw](#) site offers legal information, education for British Columbians.

Updated April 2020

Financial Assistance

Tabatta Butler-Smith (Photo: Pexels.com)



In times of crisis, financial assistance is a welcome saviour. In BC, there are several kinds of financial assistants that an individual can utilize to help get themselves back on their feet. If you are in need, it is of great importance that you apply for financial assistance as soon as possible. For more information and to assess your current situation more deeply, visit the government [website](#) to see what kind of support you may qualify.

Updated April 2020

Sales Tax

Tabatta Butler-Smith (Photo: Pexels.com)



Sales tax in British Columbia are consumption taxes levied in the province since the introduction of Provincial Sales Tax (PST). Individuals are required to pay sales tax, as well as PST, motor fuel tax, carbon tax and tobacco tax when purchasing or leasing goods and services in BC, and in some cases, goods brought to BC. Businesses may also be required to be registered to collect some or all of these taxes. For further information on sales taxes, see [here](#).

Updated April 2020

Income Tax

Tabatta Butler-Smith (Photo: Pexels.com)



An income tax is a tax imposed on individuals or entities (taxpayers) that varies with respective income or profits (taxable income). Income tax is generally computed as the product of a tax rate times taxable income. Taxation rates may vary by type or characteristics of the taxpayer. As a resident, it is imperative to do your taxes. The Canadian Revenue Agency (CRA) collects income taxes. Each year, individuals who are Canadian residents for tax purposes complete an income tax return. You can complete your tax return online with sites such as [SimpleTax](#) or you can go into a firm and have it done for you. For more details, visit the [government website](#).

Updated April 2020

Chapter 9: Health Care in Kamloops

- Health Care Tips for Newcomers in Kamloops Part 1
- Health Care Tips for Newcomers in Kamloops Part 2
- Health Resources in Kamloops Part 1
- Health Resources in Kamloops Part 2
- Community Health Services
- Family Doctors
- Hospitals
- Temporary Health Insurance

Health Care Tips for Newcomers in Kamloops Part 1

Sasha Kondrashov

Tip1: Check Health Link BC

[HealthLink BC](#) provides access to non-emergency health information and advice in British Columbia. Information and advice are available by telephone, a website, a mobile app, and a collection of print resources. HealthLink BC brought together some of British Columbia's most trusted and recognized health information services. They include the BC HealthGuide, BC HealthFiles, BC NurseLine, Pharmacist Services, Dial-a-Dietitian, and the Physical Activity Line (PAL). The information is available for online and by-phone navigation services to help you find the health resources and facilities you need, closest to where you live. Please visit the [Resource Order Form](#) page if you would like to order brochures, posters, magnets, and more about HealthLink BC. One can also dial 811 to speak with a registered nurse, dietitian, pharmacist or exercise professionals. The service is available in different languages.

Tip2: Enhance your Health Literacy

Learn about health literacy by completing the [ABC Health Matters Workbook](#). Understanding health literacy is a shared responsibility between the newcomer and their health care provider. Everyone is a partner in this learning journey. Decide what activities you want to do in this workbook. Choose those activities necessary to your life.

Tip3: Know your care options and local resources

Interior Health [Guide to Home & Community Care](#) provides a detailed review of care options. [The Center for Senior Information](#) has its directory for health care services in Kamloops. [Kamloops Community Response Network](#) lists many organizations to improve health for victims of violence. [TRU has a health care assistant program](#) to train health care aids to meet community needs. If you need to learn about the stay in Royal Inland Hospital, check the information [here](#). Please check the [BC Low-cost dental programs for cancer patients](#). A detailed [First Nations BC Health Handbook](#) is also available. [BC elder's guide](#) lists many relevant health care resources. Kamloops Health Care Services are also listed on [relocating to Canada.com](#) website

Updated April 2020

Health Care Tips for Newcomers in Kamloops Part 2

Sasha Kondrashov

Tip 4: Grow your health

The City of Kamloops offers an exciting brochure on [plant health care](#) on how to caring for the health of your gardens. Elaine Sedgman developed a start-up guide on [Public Produce: Growing Food in Public Spaces](#).

Tip5: Check your BC health insurance benefits

Healthcare insurance information when moving to BC is available [here](#) and [here](#). The medical services BC plan brochure is available [online](#) and provides critical information on what is covered under the plan. When you need to refuse health care, please review this [information sheet](#) to know your rights. Access to Trans Surgical Health Care in BC is outlined in [this article](#). Information on immunization using health care workers as examples can be obtained [here](#). BC Palliative care benefits registration can be accessed [here](#). WorkSafe BC provides a detailed overview of health care and social services and injury prevention resources [here](#). The most used health care related services for immigrants are listed [here](#). More migration matters info sheets can be accessed [here](#). Some culturally sensitive health care practices are contained in the following publication: [Providing Diversity Competent Care to People of the Sikh Faith](#) The [brochure](#) provides Questions and Answers about the Privacy of Personal Health Information and E-health in British Columbia. There are multiple health volunteer opportunities listed on the [Volunteer Kamloops](#) website. If you need a family doctor, please check the [Find a Doctor](#) website or [BC Physician search](#). Look for [Kamloops Doctor's directory](#). All you need to know about the [Pharma Care Assistance Levels](#) and [Pharma Care Plans](#). General Information about [Pharma Care](#).

Updated April 2020

Health Resources in Kamloops Part 1

Jeanne Albutra (Photo: Pexels.com and interiorhealth.ca for their logo)

The [Interior Health Authority](#) serves individuals in Kamloops; the following link has information related to health and health care services. Learn more about Kamloops' **Royal Inland Hospital** [here](#).



If you are not sure what to expect regarding walk-in clinics, telemedicine, medical exams, uninsured services, and physician-patient relationship, go to this [link](#). For instructions and relevant contact information on how to look for a family doctor or a nurse practitioner, go to these links: [Link 1](#); [Link 2](#). It may take

a long time to find a family doctor, but there are **walk-in clinics** available in Kamloops (find walk-in clinics using this [link](#). Health and drug coverage, such as the **Medical Services Plan (MSP)** and **PharmaCare program**, ensure that essential health care and pharmacy services are accessible to eligible BC residents. Learn more about health & drug coverage and the BC Services Card [here](#). Individuals with MSP can access [virtual clinics](#). For individuals who are not



eligible for MSP, there may be other health care coverage programs and plans that they may be eligible for, such as the **Interim Federal Health Program (IFHP)**. Some post-secondary institutions may provide health and dental plans for their students.

Updated April 2020

Health Resources in Kamloops Part 2

Jeanne Albutra (Photo: Pexels.com)



There are many helpful phone numbers for accessing health-related information and resources. Call **9-1-1** for life-threatening emergencies. For concerns related to exposure to

poisonous or toxic substances, call **Poison Control at 1-800-567-8911**. 8-1-1 is the number to call if you want to contact British Columbia's **health information and advice phone line** operated by [HealthLink BC](#). Calling this number will allow you to gain information regarding your health concerns and be connected to healthcare professionals and services. Translation services are available for 8-1-1. For more critical emergency numbers, go to this [link](#). The **Canadian Mental Health Association (CMHA)** has a branch in Kamloops, and mental health-related information and services could be found [here](#). For finding other health-related services in BC, explore [HealthLink BC's Directory](#).

Updated April 2020

Community Health Services

Tabatta Butler-Smith (Photo: Pexels.com)

In Kamloops, there are numerous community health services accessible through [Interior Health](#). Through Interior Health's home and community care, numerous services are available to individuals in need of support. Some of these services are provided free of charge. Some include a cost based on an individual's after-tax income. These services are accessible to individuals through their home health care providers and community care health professionals. Some of the services provided are:

- Adult Day Services
- Assisted Living
- Caregiver Support
- Care Management
- Community Care Clinic
- Community Care Nursing Services
- Community Nutrition
- Health Services for Community Living
- Home Oxygen Program
- Home Support
- Long Term Care
- Social Work



Updated April 2020

Family Doctors

Tabatta Butler-Smith (Photo: Pexels.com)



Finding a primary care physician can be a challenge, especially in a new country. One of the most efficient ways to find a primary care physician is to visit your local walk-in clinic. Many physicians alternate clinic duties with their own practices and will usually accept new patients. Another efficient way to find a primary care physician is to get recommendations from people that you may know. [Here](#) you can access a directory of doctors and their office hours

to find the right fit for your specific needs.

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Hospitals

Tabatta Butler-Smith (Photo: Pexels.com)



[Royal Inland Hospital](#) in Kamloops is an acute care hospital that commonly runs at 110% capacity. It is one of two tertiary care centres serving three-quarter million of the population of Interior Health and serves as the primary referral centre for the quarter-million residents of the Thompson-Cariboo-Shuswap health service area. Royal Inland Hospital offers a wide variety of medical and surgical services. This hospital is a regional trauma centre that depending on the year, usually ranks second or third busiest in all British Columbia.

Updated April 2020

Temporary Health Insurance

Tabatta Butler-Smith (Photo: Pexels.com)



When first arriving in Kamloops, it is of great importance to make sure that you can access healthcare services. [Temporary Health Insurance](#) plans are mainly for individuals visiting Canada, whether your visit entails working for a certain amount of time, studying or if you are an immigrant waiting to have access to provincial healthcare. The price range of Temporary Health Insurance plans can vary depending on an individual's age, the amount of coverage an individual is receiving and if there is a deductible involved. However, temporary health insurance plans are found to be inexpensive compared to traditional plans due to these plans being purchased for a limited period.

Updated April 2020

Chapter 10: Social Services in Kamloops

- Child and Family Social Services in Kamloops
- Childcare in Kamloops
- Resources for Children Aged 0-5 Years Old and Caregivers
- C&C Resources for Life-Counseling and Consulting in Kamloops
- Social Dance in Kamloops
- Interior Community Services and Immigrants to Kamloops
- Kamloops Immigration Services
- Kamloops Hospice Association
- Ethnic Organizations
- Religion and Places of Worship
- Volunteering

Child and Family Social Services in Kamloops

Sasha Kondrashov

1: Know where to find the right services for children and families in

Kamloops One can find online [KAMLOOPS FAMILY SERVICES](#) Contact Information. [This information sheet](#) by EwayKamloops provides one with details related to local services for children and youth. The following age groups are: Under 6, Children 6 – 12, and Youth. One can also contact [Make Children First](#) (MCF), a community coalition of individuals and organizations who believe that it takes a whole community to raise a child. They work to enhance the ability of our community to support the healthy development of children and their families. An exciting [Shapedown BC](#) program is available for eligible kids in BC. One can also access the online [Child & Youth Mental Health Guide](#) for the region.

2: Know how to protect children in Kamloops

A child in BC is a person under the age of 19. Here is the policy on how to [report a child in need of protection](#). “[If your child is taken](#)” brochure provides an overview of critical rights of the parents when a child is removed under the protection concerns. One can also contact [Secwepemc Child and Family Services](#) or [Metis Commission for Child and Family Services in BC](#) or local [Ministry of Child and Family Development \(MCFD\)](#) for relevant services. [Navigating the Child Protection Process](#) presentation provides an overview of the Ministry of Child and Family Development and legal guidance in navigating the child protection process.

3: Know resources where kids have fun in Kamloops

[Explore Kamloops With Kids](#) website provides a lot of activities that are designed for kids in Kamloops. One can also find [Active Child Care Facilities for the Thompson Cariboo Shuswap](#) region. [Kamloops/Thompson Community Mapping Study](#) also provides a list of resources for kids. One can also access the [BC Wild Life Park Map](#) and [Winter Fun Map](#) to take your kids to different local attractions.

Updated April 2020

Childcare in Kamloops

Tabatta Butler-Smith (Photo: Author)

A variety of childcare services can be found in Kamloops. There are several day-care facilities and after school programs in the area for children of all ages. One of the most popular childcare facilities in Kamloops is the Cariboo Childcare Society. Located on the Thompson Rivers University Campus, it is a non-profit society that has been providing childcare since 1978. However, if you're looking for immediate care, YMCA childcare is another excellent option. YMCA child, youth and family programs offer care for children under the age of five and school-aged children. The YMCA provides a safe space where children can exercise, play and socialize together.



Updated April 2020

Resources for Children Aged 0-5 Years Old and Caregivers

Jennifer A. Blencowe

Kamloops offers a wealth of resources and programs with little to no costs to many children, youth and families'. Some specific programs for children aged 0-5 years old and caregivers are the following:

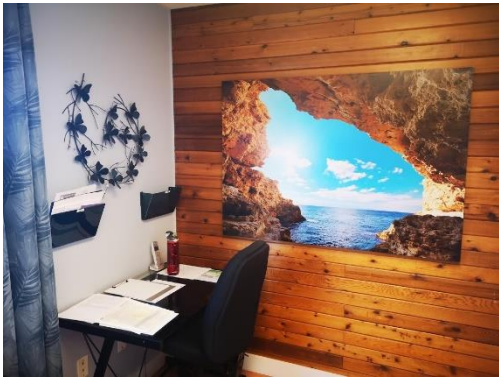
- YMCA-YWCA is located at 400 Battle St. Y Creative Play (2.5-5 years) program is offered Monday – Friday 11:00am-12:00pm and Y Active Play (2.5-5 years) program is offered Monday – Friday 12:00pm-1:00pm. Both programs are drop in and free of charge. Y Creative Play and Y Active Play programs offer interactive play through a variety of activities that help develop fine motor skills, agility, balance and coordination. For additional information, please call 250-372-7725.
- Kamloops Aboriginal Friendship Society (KAFS) is located at 125 Palm St. Parent and Tot Playgroup program offers a weekly drop in for parents and children (0-6 years old). The program provides playtime, peer interactions and socialization, nutritious snacks, field trips, storytime and crafts. To register or for more information, please call 250-376-1296.
- Boys and Girls Club is located at 150 Wood St. Friday Family Night is offered every Friday from 5:30pm – 7:30pm, except for holidays to families and children of all ages. Friday Family Night is a program that offers a homemade meal and a variety of social, recreational activities through developing a positive relationship and support networks. Friday Family Night is free of charge, and you can register through Facebook event page called 'John Tod Club' or by calling 250-554-5437.
- Interior Community Services (ICS) is located at 396 Tranquille Rd. Healthy Beginnings is a program offered to parents/caregivers and children aged (0-6 years). Healthy beginnings provide playing with toys, singing songs and enjoying games, crafts, snack and listening to guest speakers. This program is open drop-in group, and no referral is needed. For additional information please call 250-554-3134.

There are a variety of resources and programs offered to Kamloops residents and newcomers. I would encourage asking for additional programs and services an agency can provide depending on the support you need.

Updated April 2020

C&C Resources for Life-Counseling and Consulting in Kamloops

Aman Madan (Photos: Author)



C&C Resources for Life in Kamloops provide counselling services to people of all ages who are experiencing grief, loss, trauma, depression, addictions and anxiety. The practice and approach they use there is grief and trauma-informed, and client-centred.

They have experienced and trained staff to support clients through the loss and grief crisis people are facing in their life. They offer a variety of services like Individual Counseling, Couples' & Family Counseling, Support Group Facilitation, End of Life Support, Grief Support, Trauma counselling, Addictions counselling and Spiritual Life Coach.



They have altogether ten people in their team to provide all these services to their clients. Every member of their team has its own range of therapeutic skills. They work with their clients to provide the best fit according to one's required needs.

You can get more information on <https://candcresources.com/services>

Their contact phone number is: 250-554-4747

Social Dance in Kamloops

Tabatta Butler-Smith (Photo: Pexels.com)



Social dances are a great way to meet new people and socialize. These dances focus more on the social and recreational aspects of dance rather than the performance aspect. These dances are also a great way to become comfortable with dancing if you lack experience and confidence. In Kamloops, there are many social dance clubs. One of the most popular ones is Lindy in the Loops. Not only do they hold social dances, but they also offer dance classes at an extremely affordable rate. Every dance starts with an hour-long beginner lesson, which is an easy way to learn how to dance or brush up on your skills. Lindy in the Loops also updates their event calendar frequently, so once you become a member, you'll never miss an event.

Updated April 2020

Interior Community Services for Immigrants to Kamloops

Sasha Anzulovich (Photo: Pexels.com)

Found on Interior Community Services (ICS) (2020) [website](#) is an opportunity that Immigrant in Kamloops can access to build skills applicable to an independent lifestyle. It is described as “an educational based program designed to enhance an individuals’ quality of life by increasing and/or maintain independence, enhancing personal development and building life skills” (para. 7). The skill development program supports individual independence through one-on-one coaching and teaching in the areas of advocacy, home and money management, healthy relationships and community connections, employment and/or volunteering, recreation and social services (ICS, 2020, para. 1-3).



Updated April 2020

Kamloops Immigration Services

By Sasha Anzulovich (Photo: Pexels.com)



Kamloops Immigrant Services (KIS) [website](#) gives a brief overview of the goals of the programs they offer to welcome and assist immigrants to their new community, which is as follows: “needs assessment and orientation to the community[;]

information on legal rights and responsibilities for new residents of Canada[;] Access to health and wellness information, including medical, dental, and recreation resources and programs[;] information on banking, budgeting, financial support programs and other social services available[;] information on housing and tenancy agreements[;] referral to federal and provincial programs and services such as: Child Tax Benefit, Medical Service Plan, and Income Assistance[;] assistance filling out paperwork[;] labour market information and employment referral[;] employment standards[;] guide through the education system[;] stress support for things like culture shock[;] permanent residents card renewals[;] citizenship application and preparation for test/review (para. 4). An anonymous employee from KIS also mentioned there are translation services, such as English classes and an interpreter, are available as well to assist new residents enrolling their children in school, finding work, or any other areas in which they require. Each client is assessed. The caseworker first completes an assessment and then works on each area individually based on priorities assessment. Additionally, KIS also finds resources outside of the not-for-profit organization in case a client needs a resource that KIS does not have themselves.

Updated April 2020

Kamloops Hospice Association

By Aman Madan (Photo: Pexels.com)

The Kamloops Hospice Association has been supporting families and their loved ones with the end of life compassionate care since 1981. The hospice house is known as Marjorie Willoghby Snowden Memorial Hospice Home and is located at 72 Whiteshield Crescent South, Kamloops. Their mission is to enhance the quality of life of persons and their families facing death and bereavement through skilled and compassionate physical, emotional, and spiritual care in the setting of the individual's choice. The Kamloops Hospice Association receives 50% of its operating funds from Interior Health Authority, and the other 50% they rely on donations. Support can be done through direct donations, fundraising efforts and even volunteering there. They do have a Flutter Buys Thrift Store where you can donate household items, furniture, clothing, and books. They do accept money at the thrift store. Their thrift store is located at #14-1800 Tranquille Road, Kamloops.



Updated April 2020

Ethnic Organizations

Tabatta Butler-Smith (Photo: Pexels.com)



In recent years, Kamloops has quickly become known for its diverse population of people. Individuals from all over the world come to Kamloops, whether it's to study, work or just settle down. Kamloops has numerous organizations celebrating different cultures and, in recent years, have begun embracing the diverse cultural history and practices of Indigenous Canadians. If you're new to Kamloops and interested in immersing yourself in different cultures, here are a few of the cultural organizations you can look into:

- [Kamloops Japanese Canadian Association](#)
- [Kamloops Caribbean Cultural Society](#)

Updated April 2020

Religion and Places of Worship

Tabatta Butler-Smith (Photo: Pexels.com)



Kamloops is extremely diverse in terms of Religion and Places of worship. Although Kamloops is predominantly Christian, there are also communities of Muslims, Sikhs, Buddhists and Jews. Places of worship in Kamloops are listed below:

- [Kamloops Punjabi Temple](#)
- [Hills of Peace Lutheran Church](#)
- [Kamloops United Church](#)
- [First Baptist Church of Kamloops](#)
- [St. Andrews Lutheran Church](#)
- [Summit Drive Church](#)
- [Kamloops Full Gospel Tabernacle](#)

Updated April 2020

Volunteering

Tabatta Butler-Smith (Photo: Pexels.com)



There are many ways to get involved in the community and make a difference. If this is something that you're interested in, [Volunteer Kamloops](#) has many community programs and are always looking for new individuals passionate about getting involved in their communities. Volunteer Kamloops was founded in 1985 and supports the efforts of organizations to provide high-quality volunteer programs and opportunities. This charity currently offers three main programs:

- Focus Program
- Link Program
- Snow Angels Program

Updated April 2020

Chapter 11: Shopping in Kamloops

- Shopping in Kamloops
- Wineries in Kamloops
- Thrift Shopping Part 1
- Thrift Shopping Part 2
- Affordable Grocery Shopping in Kamloops
- Superstore and Flashfood in Kamloops
- Alcohol and Tobacco in Kamloops
- Farmers Market
- Food Resources

Shopping in Kamloops

Sasha Kondrashov

There are many ways how you can shop in Kamloops. One can shop in several malls in Kamloops [Aberdeen Mall](#), [Sahali Mall](#), and [North Hills Mall](#) are the largest Malls in Kamloops. One can also check the local [thrift stores](#) to find needed items at discounted prices. One can also find a [Directory of all farms](#) within 150 km from Kamloops and the [farm tour guide](#) online. One can also read [A Seat at The Table: A resource guide for local governments to promote food secure communities](#) and apply recommendations to the Kamloops area. More relevant Shopping links: [Downtown Kamloops Guide](#) and [North Shore Business Improvement Association](#) Resource List. If one needs Grad dresses, check [Kijiji](#) or [First Comes Love](#) or [Adopt a Grad](#) program.

Kamloops “buy and sell” has several Facebook Pages that you can inquiry about any local services: [Kamloops Buy and Sell](#), [Kamloops 24 HOUR Bid Wars](#). [As Kamloops](#) is a wonderful group to ask any questions about life in Kamloops. The group description is: Live in Kamloops and have a question? Ask it here! Local answers to local questions. Another group [Kamloops...Ask It/Shout Out/Speak Up](#) that is created for the Kamloops area where you can ask questions, give recommendations/show appreciation and speak out/debate other topics. Remember to keep it honest, polite and refrain from the use of obscenities. It's only libel if it's not true, so if you speak up, be prepared to back it up! [Free in Kamloops](#) If you need something for free or have something you wish to see, go to an individual in need; feel free to post it here!! One can also use the [Flipp App](#) for weekly shopping. The app allows you to search flyer deals and coupons by item, brand, or category to quickly find the best deals on your weekly essentials and make saving money super easy.

If one does not prefer to buy local (highly recommended way to support the local economy), international companies ship to Kamloops. Shop at giants like Amazon, Ebay, Alibaba and ship all the goods in Kamloops via Canada Post, Purolator or DHL.

Updated April 2020

Wineries in Kamloops

Tabatta Butler-Smith (Photo: Pexels.com)



Since 2012, four new wineries have appeared in Kamloops area:

1) Harper's Trail Winery:

Harper's Trail Estate Winery was the first winery to open in Kamloops. This winery was named after the cattle drive "trail" of Pioneer Rancher Thaddeus Harper. This winery

can be found tucked into the city outskirts on the bank of the South Thompson River. The wines at Harper's Trail are Thompson Okanagan grown and made, which reflects the region's environmental conditions.

- 2) **Monte Creek Ranch Winery:** Monte Creek Ranch is located 10 minutes outside of Kamloops city limits in what is described as a history-rich location. The ranch, which straddles the Thompson River, is home to cattle, horses and two estate vineyards. The winery is open to the public year-round.
- 3) **Sagewood Winery:** Sagewood is a family-owned and operated winery that specializes in crafting Batch artisan wines. Their tasting room is located right outside of Kamloops.
- 4) **Privato Winery & Vineyard:** Privato is situated on the banks of the North Thompson River in Kamloops. Privato is a family-owned boutique winery dedicated to the production of premium Burgundian style wine.

These four wineries make up what is called the Kamloops Wine Trail. The Kamloops Wine Trail brings together these four local wineries pioneering a new wine region in the Kamloops, Thompson Valley of BC.

Updated April 2020

Thrift Shopping Part 1

Sara Gillis (Photo: Author)

One of the most cost-effective, environmentally friendly and ethically conscious things that you can do while shopping is spend your money at local thrift shops. Kamloops is home to a huge community of non-profit organizations, and local thrift stores that work to support these organizations by selling donations.



Thrifting gives you the opportunity to find name brand, high price ticket items for an affordable cost. You can use these items to resell, or to expand your wardrobe. Thrifting can expand to the furniture you use to outfit your house, the crafting projects you create, and a way to make an impact on local organizations.

One of the most popular non-profit thrift stores in Kamloops is the SPCA [Second Chances](#) Thrift Store. This store was created to benefit the local SPCA shelter directly and has bounced to a handful of locations throughout its lifetime due to expansions and popular demand. Today, Second Chances can be found at two sites in town: One being a bright space in Valleyview and the other being the previous location of the Kamloops SPCA, which is located on the North Shore. This thrift store has unbeatable prices, and you can often find great deals such as 50% off days.

Updated April 2020

Thrift Shopping Part 2

Sara Gillis

[Thrift Seller](#) is a store that is located downtown on Victoria street. Its location is fairly large, with a collection of very affordable clothing, books, kitchen items, toys and electronics. The prices are incredibly affordable, and they have almost daily sales on their colour-coded price tagging system. This store's proceeds go towards the Royal Inland Hospital.

[Simply the Best](#) Thrift Store is also nearby downtown. They are a friendly shop who's proceeds go to Inclusion Kamloops. Inclusion Kamloops is an organization that works to ensure that people of all needs and abilities are afforded the right to housing.

If you are in the Brock area, [Flutterbys](#) is a nearby thrift shop that benefits a nearby elderly support home called Snowden Memorial Hospice Home. Lastly, the Habitat for Humanity [ReStore](#) is a shop that houses new & used building materials, larger furniture items that may be sought out for renovation or flipping purposes. This shop benefits the Habitat for Humanity, which is also an organization that ensures that families have housing by building homes for local families in need.

Remember when you are spring cleaning or organizing your closet, local thrift stores rely on you to donate your unwanted items that may still be worth value to their locations. This allows your items to avoid going to a dump, and instead, it will benefit a local non-profit organization and be reused by somebody else who will enjoy it for the rest of its life.

Updated April 2020

Affordable Grocery Shopping in Kamloops

Sara Gillis

Buying groceries in Kamloops can be a fun, creative way to engage with locals within the city and contribute to the local economy. In the springtime, you can find [local farmers' markets](#) popping up across the city with locally grown produce at a very affordable price. Some favourites include delicious garlic, onions, and peppers.

When purchasing the basics for your household, one will often find themselves at a box store such as Walmart, Save-On, or Superstore. Each location releases fliers for their weekly grocery sales, which you can find & keep track of using a helpful online app [Flipp](#). Using this app, you can reduce your paper consumption, your grocery costs, and search up specific items you are seeking for the best price in town.

Another resource for affordable groceries is the existence of loyalty programs. While some may be linked to credit cards, others are free to sign up & use. These loyalty programs are efficient in ensuring that you keep returning to your one grocer company to accumulate as many points as you possibly can. In turn, you can spend these points on free & affordable groceries! Each loyalty program accompanies an app, making it very easy for you to reduce your plastic “loyalty card” consumption and maintain all of your loyalty program cards in one place - your phone. Some examples of free loyalty programs are Canadian Tire, PC Optimum and More Rewards. Beyond grocery/department stores, you can find free loyalty programs at other specialty stores you may already shop at, such as Sephora, Starbucks, DAVIDsTEA, Boston Pizza, Milestones, TJX, and Art Knapp.

Having discussed many box grocery stores, one must mention Costco as a family-friendly and affordable icon. There is a cost associated with membership & access to the warehouse, but Costco is the store to go to when you need to buy in larger denominations.

Updated April 2020

Superstore and Flashfood in Kamloops

Sara Gillis (Photo: Author)



Superstore - among other larger grocery stores, are resorting to online ordering & delivery or in-store pickup. Using Superstore's "[Click & Collect](#)" program as an example, you can use this website to create a grocery order. While some costs - such as bulk produce are estimated online, this can be a handy tool to prioritize your spending & stay within your budget

regularly. Most of the time, grocery store staff will call you if they do not have a product you ordered, they will offer a replacement, and they will let you know your total bill before arrival.

Something to note if you are using the Superstore Click & Collect program, like other online ordering programs, there will be a cost at pick-up. Depending on the popularity of your selected pick-up time-slot, the price is usually \$3-5 for pickup. If this is not a cost that is possible within your budget (very understandable), this can still be a helpful tool to see an estimate of what your grocery bill will be before shopping so that you will have a firm idea of what you need to buy.

[Flashfood](#) is a very new program within Kamloops that works to keep near-expiry food from landfills. Using this app, you can log-in daily to see what items are on a markdown in stores. Easily reserve the item you want & pick up during your regular grocery shop. This is a great way to try new foods at a very low cost, and preserve our planet at the same time.

Updated April 2020

Alcohol and Tobacco in Kamloops Tabatta Butler-Smith (Photo: Pexels.com)



In the province of BC, the age of alcohol and tobacco consumption is 19. Even at the legal age, the government warns that as we get older , our bodies process these items more slowly and cautions heavily about the consumption of these products at all. For more information on the health complications associated with these products visit the government [website](#)

Updated April 2020

Farmers Market

Tabatta Butler-Smith (Photo: Pexels.com)



If you're looking for fresh produce and want to support local farmers in the area, the Kamloops Farmer's Market is the place for you. The mission of the Kamloops Farmer's market is to strengthen the local food system and to ensure that everyone has access to healthy food produced in an environmentally and socially conscious way for future generations. The market is usually opened on Wednesdays and Saturdays. For more information on service hours, [visit their site](#) for more details.

Updated April 2020

Chapter 12: Eating in Kamloops

- Healthy Eating in Kamloops
- Food Resources
- Ethnic Restaurants in Kamloops: Chinese Cuisine
- Ethnic Restaurants in Kamloops: East Indian and Jamaican Cuisine
- Ethnic Restaurants in Kamloops: Greek and Italian Cuisine
- Ethnic Restaurants in Kamloops: Japanese and Mexican Cuisine
- Restaurants in Kamloops: Local Cuisine

Healthy Eating in Kamloops

Sasha Kondrashov

[Planning Meals Using Eating Well with Canada's Food Guide](#) claims to provide trusted advice from dietitians Canada. Health Canada brochure and healthy eating using [Canada Food Guide](#) provide an excellent visual of current recommendations from Health Canada. There is also an educator resource on Canada Food Guide: [Eating Well with Canada's Food Guide A Resource for Educators and Communicators](#) Health Canada also developed guide [Eating Well with Canada's FoodGuide First Nations, Inuit and Métis](#)

Another resource from dietitians Canada on [Healthy Eating Guidelines for Increasing your Fibre Intake](#) Canadian diabetes association provides tips to [help you until you see a registered dietitian](#). Eat well poster is [here](#). One can also check [A guide to healthy eating for Older Adults](#). Newfoundland and Labrador has also a [healthy eating guide for seniors](#).

[Healthy Eating for Children in Childcare Centres](#) is a booklet to help you understand the Alberta Nutrition Guidelines for Children and Youth. Another Alberta Resource on healthy eating from 1 to years old is [here](#). Exciting toolkit for employees on rethinking healthy eating in the workplace can be found [here](#). Interesting research was done in Manitoba on [Exploring food, and healthy eating with Newcomers in Winnipeg's North End](#) Concordia University also created a [practical guide to healthy eating](#). Kamloops Naturopathic Clinic developed a [Vegan 28 Day Healthy Eating Plan](#)

The list of Vegan & Vegetarian Restaurants in Kamloops, British Columbia, Canada, can be found [here](#).

The list of 252 restaurants in Kamloops can be found on [trip advisor](#) or [yelp](#) claims that there are 18 best healthy food places in Kamloops. You can also check the [Kamloops tourism](#) website for the list of restaurants.

[The Chopper Leaf](#) provides online ordering for healthy food. Kamloops this week offers some [tips for healthy eating on family camping trips](#). [Kamloops immigrant services](#) also list some resources for healthy shopping. One can learn about the History of Agriculture in Kamloops and Region [here](#). You can also find the Directory of Ranches & Farms in the Kamloops Region [here](#) on how to use the directory you can review [here](#).

Updated April 2020

Food Resources

Tabatta Butler-Smith (Photo: Pexels.com)



Food insecurity is one of the most significant issues plaguing the world today. Many individuals within our community suffer from food insecurity. Fortunately, there are numerous resources within Kamloops to combat this growing issue:

1. Kamloops Community Food Bank: Founded in 1981 and began at the Kamloops United Mission Church and was initially started to assist individuals through the effects of high inflation rates in the early 1980s. Through this organization, up to 60 community agencies receive food to support their meal programs. Clients are permitted to access the Food Bank for bread, produce, meat and dairy once per week, and a non-perishable hamper once per calendar month.
2. PIT Stop Outreach Program: This program provides hot, nutritious meals to individuals each Sunday afternoon at the Kamloops United Church.

Updated April 2020

Ethnic Restaurants in Kamloops: Chinese Cuisine

Aman Madan (Photo: Pexels.com)

Chinese Cuisine: There are a variety of Chinese restaurants in Kamloops that offers entrees, main course and variety of ethnic Chinese food. Some of these restaurants are Moon Wok Chinese Restaurant, Lotus Inn Restaurant, Dynasty Garden, Lee's Garden Restaurant, Lu Yuan Chinese Restaurant, YX Restaurant, Dragon Wok and Grill, Gary's House of Kwan, Rice Bowl Rose Garden, Victoria Oriental Restaurant, Wok Box, Tang Court Buffet, Sizzling Wok, Shanghai Mandarin Restaurant, Bamboo Inn, Beijing Restaurant, Wok On Chinese Cuisine, Sunmei Fusion Cuisine & Bubble Tea, Tiger Ramen.



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Ethnic Restaurants in Kamloops: East Indian and Jamaican Cuisine

Aman Madan (Photos: Pexels.com)

East Indian Cuisine: There are traditional East Indian cuisines in Kamloops like Koh-I-Noor Indian Restaurant, Maurya's Rest Bar Banquet, Nandi's Flavours of India, Vyanjan Fine Indian Cuisine Ltd., The Coconut South Indian Cuisine, Zaika Indian Lounge, The Raj Indian Kitchen, Spice Indian Cuisine, Kami Pizza.



Jamaican Kitchen: A slice of Jamaican paradise has authentic Jamaican breakfast, main course, side dishes and dessert options available.



Ethnic Restaurants in Kamloops: Greek and Italian Cuisine

Aman Madan (Photo: Pexels.com)

Greek Cuisine: There are some authentic Greek cuisines in the city such as The Greek Kouzina, Minos Greek Souvlaki Restaurant, Dorian Greek House, Farros, OPA of Greece.



Italian Cuisine: There are plenty of local Italian gems in Kamloops like Sorriso Restaurant & Deli, Peter's Pasta, Syros Pizza Spaghetti & Steak House Ltd., Bold Pizzeria, Di Muzio Ristorante, Farros.



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Ethnic Restaurants in Kamloops: Japanese and Mexican Cuisine

Aman Madan (Photos: Pexels.com)

Japanese Cuisine: There are a number of Japanese restaurants that provide ethnic Japanese food and sushi. Some of these restaurants include Nara Korean & Japanese Restaurant, Sushi Mura, Sushi Royal Tokyo, Arigato Sushi Restaurant, Eden Bento Café, Jacob's Noodle & Cutlet, Edo Japan, Hatsuki Sushi, Oya Sushi, Tiger Ramen, Nishino Sushi, San Maru Sushi, Sushi Valley, Taka Japanese Restaurant, Burger & Cafe Joy, Oriental Gardens Restaurant Ltd., Sushi Plus.



Mexican Restaurants: There are some great Mexican cuisines in Kamloops like Señor Froggy Restaurant, Fiesta Mexicana Restaurant & Cantina and Casa Azul Mexican Restaurant.



Updated April 2020

Restaurants in Kamloops: Local Cuisine

Aman Madan (Photo: Pexels.com)

There are quite a few local restaurants in Kamloops like Red Beard Cafe, Brownstone Restaurant, Mittz Kitchen, Terra Restaurant, Browns Socialhouse, Moxie's Grill & Bar, Frick & Frack Taphouse, The Noble Pig, White Spot, Rock'n Firkin Sports Pub & Grill, Mr. Mikes Steakhouse Casual, Scott's Inn & Restaurant, Denny's, Kelly O'Bryan's Neighborhood Restaurant, Romeo's Kitchen and Spirits, Earls Kitchen + Bar, Chopped Leaf, Hello Toast, Sandbar Grill, Passeks Classics Cafe & Catering, Joey's Seafood Restaurants, Atta Boy Memphis BBQ, Klasske's Bistro, Harold's Family Restaurant, Twisted Olive, Carlos O'Bryans Neighborhood Pub, Pogue Mahone Irish Alehouse, Frenchies Poutinerie, Match Eatery & Public House, On The Rocks Pub & Grill, ahhYaY – Wellness Café, Original Joe's Restaurant & Bar, Boston Pizza, The Cityview Lounge, Citrus Restaurant and Lounge, Commodore Grand Cafe & Lounge, Cora Breakfast and Lunch, Accolades Dining Room, The Stock Pot Café, Shark Club Sports Bar & Grill, Papa G's Café, Amsterdam Restaurant, Franky Coffee And Bistro, Duffy's Neighbourhood Pub, C-Lovers Fish & Chips, Reservoir Coffee, Swiss Pastries Bakery and Cafe, Bright Eye Brewing, Kirstens Hideout Café, Cordo Resto & Bar, Hana's Cafe, Sweet Home Cafe, The Art We Are Cafe.



Updated April 2020

Chapter 13: Recycling in Kamloops

- Recycling Tips in Kamloops
- The 3 R's Part 1
- The 3 R's Part 2

Recycling Tips in Kamloops

Paul Hu (Photo: Pexels.com)



Recycling may seem as easy as putting trash in one bin, plastic and paper go to the other, but recycling is not that simply put the trash into those two bins.

B.C. has one of the most efficient recycling programs in Canada, as most recycling centres workers work very hard, dealing with tons of trash in the local recycling centers. According to the newest report from BC Hydro, a lot of that plastic was recyclable, but the number one issue is that some plastic does not get 100% recycled, such as plastic coolers and toys. Moreover, electronics can also pose a severe problem if people do not dispose of correctly; the electronics product can contain harmful components like mercury. Kamloops has electronics recycling depots which allow local citizens to drop off our thermostats to be disposed of properly.

Make sure your stuff goes the right place before throwing them in the trash bin also makes a huge difference. Many communities in BC are participating in Recycle BC's packaging and paper recycling program. The City of Kamloops is part of the Recycle BC. In Kamloops, our local governments have continued to provide recycling guides and nearest depots, Click on the website name below for recycling guides, the nearest depots and a list of FAQs for that area.

<https://www.kamloops.ca/city-services/recycling-garbage/residential-recycling>

<https://www.return-it.ca/beverage/locations/>

You can also download an app, *Waste Wise Kamloops App*, to learn more about recycling.

Updated April 2020

The 3 R's Part 1

Sara Gillis (Photo: Author)

It is your responsibility to be conscious and reflective of the amount of waste you produce, and where your waste goes when you are finished with it. Canada is working towards [banning harmful single-use plastics](#) such as bags, cutlery and plates by early 2021. This is excellent news. Continue reading for a collection of tips for how you can transition into a more environmentally friendly household.



Reduce

Some things you could be more mindful of reducing are your energy bill, your water consumption and your electricity consumption. All of these things contribute to our ever declining environmental wellness and therefore are important that we think of these things.

Try unplugging items that you are not regularly using in your households such as lighting, toasters or chargers. These items all draw energy despite not being in use, often called [Standby power](#). Another example of this is when your computer is placed on Standby rather than powered off, it will continue to draw unnecessary power if still on Standby.

When doing laundry, ensure that your loads of laundry are consistently full so that you are not wasting any water or space in a load. Try only to use hot water for washing when necessary, and consider using a drying rack instead of your dryer to reduce your energy bill at the end of the month.

Updated April 2020

The 3 R's Part 2

Sara Gillis

Reuse

The [Makerspace](#) is a fantastic building in Kamloops that is a workspace for creators to utilize and build projects. They offer a unique opportunity for you to try to repair & reuse any old broken items you may have around your house. The [Repair Cafe](#) is a regularly offered workshop in the community where you bring any broken items you may have into the café. Using the tools, resources, and skills available there, you may be able to fix up something otherwise headed for the trash.

Before you go to the nearest Walmart, consider checking out local thrift shops for what you need first. Items such as household items, cookware, clothing, shoes and more can be found at thrift shops that encourage a more environmentally conscious transaction. In many cases, you may find what you are looking for secondhand at a much more affordable price.

Recycle

Kamloops has an efficient recycling program complete with this community [schedule](#) and a [recycling guide](#). You can download & print the recycling guide to be placed nearby your residential recycling boxes so that you are ensuring your items are going to where they belong. When you bring in recyclables such as cans and bottles, you are given a [refund](#) on the environmental fee you paid at purchase. [Staples](#) & [London Drugs](#) offer more specific recycling programs for items such as printer ink, electronics, small appliances and lighting.

Updated April 2020

Chapter 14: Arts in Kamloops

- Arts in Kamloops Part 1
- Arts in Kamloops Part 2
- Kamloops Art Gallery

Arts in Kamloops Part 1

Sasha Kondrashov

The article by [Hoffman](#) answers some of the arts-related questions about arts in Kamloops: Was there a symphony? Was it perfect? Was there any professional theatre? Did the city have a decent art gallery? Did the schools actively support the arts for children? In short, what was the level of *cultural vitality* in Kamloops?

[Kamloops Photo Arts Club](#) offers photography arts for residents. You can also find their [member handbook](#) online. There is a dedicated Facebook page to [Kamloops Photographers](#). Kamloops also has its [symphony orchestra](#). [The Kamloops Arts Council \(KAC\)](#) is a registered charitable non profit organization that is devoted to the development and enhancement of the arts in the Kamloops area.

Kamloops has a thriving arts and culture scene, encompassing live theatre, music and the visual arts year round. [Tourism Kamloops](#) provides relevant information of all major cultural activities in the city and has a very detailed [arts, culture and heritage in Kamloops map](#). One can also visit [Kamloops Arts Gallery](#) and [Kamloops Festival of Performing Arts](#). [The art we are](#) is a great place to eat, listen to the music and enjoy local arts. [4 Cats arts studio](#) provides a unique experience for local families every week to enjoy different forms of arts. One can also attend the [Kamloops Arts and Crafts](#) club. One can also visit [The Art Knapp Garden Centre](#) and Florist chain was founded over 40 years ago by Art Knapp and Bill Vanderzalm. [Faculty of Arts Visual Arts Program at TRU](#) has a lot of potential to train local artists. One can also send their kids to [Kamloops School of the Arts](#). One can also check the latest information about [arts in Kamloops This Week](#) online edition or [CFJC today](#). If you are downtown you can also visit the [Kamloops Courthouse Library](#). [Arnica Artist Run Centre Society](#) is a not-for-profit gallery that provides a supportive environment for emerging contemporary artists. The list of artists and the Kamloops fine arts partisans can be found [here](#).

Updated April 2020

Arts in Kamloops Part 2

Sasha Kondrashov (Photo: Pexels.com)



You can also visit [Hampton Gallery](#) or [Lynne's Quilting and Fibre Arts Gallery](#) in Kamloops. If you are interested Kamloops [Martial Arts School](#) is also available. [Kamloops parents](#) have many arts-related activities for everyone. You can visit the

following web pages to learn more about arts in Kamloops: [Chimera Theatre Society](#); [Laughing Stock Theatre Society](#); [Kamloops Film Society](#); [Kamloops Interior Summer School of Music](#); [Western Canada Theatre](#); [Thompson Nicola Shuswap Chapter of the Federation of Canadian Artists](#); [Kamloops Museum & Archives](#)

One can also check Facebook Group on recent [news and events in Kamloops](#).

Thanks to Marianna Abutalipova (you can check her art [here](#) and [here](#)) for volunteering her time to share arts resources in Kamloops during our last class. Here are the best eatery places provided by Marianna: "So the best cakes are: Swiss Pastry on Victoria street, Cafe Motivo on Victoria Street and Save on Foods. Amsterdam is for Dutch cuisine while Sushi Mura by TRU is best for sushi and such. [Maurya's Fine Indian Cuisine](#) is my favourite for Indian food. Erwin's is for the best little cakes and buttercream horns, and this is for the chocolates: [Caduceus Chocolates](#) They also sell my Belgian friend's chocolates as well.

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Kamloops Art Gallery

Tabatta Butler-Smith (Photo: Author)

The Kamloops Art Gallery is a public gallery located in Downtown Kamloops in the Kamloops Public Library. This gallery is home to exhibitions, publications and programs that engage



and challenges its audience. Incorporated in 1978, this public gallery serves the population of Kamloops and the surrounding Thompson- Nicola Regional District, as well as national and international audiences. The gallery has become very well respected due to the importance it places on its educational programs, public programs and activities organized and presented within the community and region involving contemporary and historical art. As of December 2019, the Kamloops Art Galleries collection consists of over 3,100 works that reflect the Gallery's national history.

Updated April 2020

Chapter 15: Kamloops Climate

- Kamloops Temperature and Climate
- Kamloops Weather by Season
- Clothing for weather in Kamloops
- Winter Weather in Kamloops

Kamloops Temperature and Climate

Sasha Kondrashov (Photos by Author)



The temperature in Kamloops is measured on the Celsius scale. The average temperatures in Kamloops are not as cold as in many other parts of Canada. One can check the current temperature in Kamloops on the [Government of Canada](#)

[Website](#) or [CBC Weather Center](#). The temperature is measured at Kamloops Airport, so it might be slightly different if you live in the mountainous parts of Kamloops.

[Weather Atlas](#) provides monthly weather forecasts and climate information for Kamloops, Canada. Please check their [website](#) to learn the average temperature, humidity, rainfall, snowfall, daylight and UV index in Kamloops for each month.

[Wikipedia](#) offers the following information about Kamloop's climate: Kamloops has mild winters. The only other two non-coastal cities that have warmer winters also located in BC are Penticton and Kelowna. Kamloops is situated above 50° north latitude, but summers are hot with dry and sunny weather. The dry weather in summer creates an opportunity for thunderstorms to ignite forest fires around the Kamloops area. The highest temperature was recorded in July 1939 and 1941 was around 42°C (107 °F). The coldest temperature was -38.3 °C (-37 °F) on 6 and 8 January 1950.

Updated March 2020



Kamloops Weather by Season

Sasha Kondrashov (Photos: Author)

Kamloops has four distinct seasons. [Tourism Kamloops](#) states that Kamloops is British Columbia's second-sunniest City with over 2,000

hours of sunshine annually.

Spring (March to May) is moderately cold with a mix of sunshine, wind and rain.

Summer (June to mid-September) can reach 30+ degrees (Celsius) with the odd rainstorm and relatively low humidity.

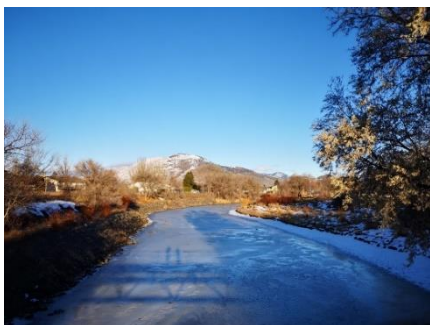
Fall (Mid-September to November) offers beautiful warm sunny days, but colder nights and a more chill wind.

Winter (December to February) in Kamloops can be snowy and cold, yet many days are sunny. Some days the wind is strong. The weather in the valley part of Kamloops is quite mild, with low temperatures -5 to -15 degrees (Celsius) and minimal snowfall. At the same time, the mountainous parts of Kamloops receive heavy snowfall, and the temperature can drop to -30 degrees Celsius.

If you are a tourist newcomer to the Kamloops [Champion Traveler](#) website, suggests the best time to visit Kamloops, BC, Canada are from May 21st to October 7th based on average temperature and humidity from NOAA (the National Oceanic and Atmospheric Administration). The website also provides a brief overview of the monthly *weather* forecast, temperature, perceived

temperature, rain and snow, humidity and wind and overall travel experience by the time of year. One can also learn about the average cost of the trip to Kamloops from [Champion Traveler](#)

Updated April 2020



Clothing for weather in Kamloops

Sasha Kondrashov (Photo: Author)

Tourism Kamloops

offers the following clothing tips to enjoy the four seasons in Kamloops.

In spring, long pants, a waterproof jacket, sweater, hat/umbrella and close-toed shoes are appropriate.



For summer one

needs shorts, t-shirts, sandals, a hat, and a light sweater or jacket. Make sure you have a bathing gear as there is a lot of places near Kamloops where you can swim in pristine, clear waters. Please use sunscreen and sunglasses as Kamloops has many hot sunny days.

More clothing is needed to enjoy a fall in Kamloops. Early fall is still warm, but some days can be chilly, so please have pants/long shorts, t-shirts, sweaters, jackets and different types of shoes. The temperature can range from 25 degrees (Celsius) at the beginning of the fall season, to 0 to 5 degrees (Celsius) closer to November. The freezing temperatures are also a possibility, so keep layering your clothing when necessary.

The layered clothing is a must to enjoy winter in Kamloops. Warm jackets/vests, gloves/scarfs and close-toed shoes and boots are appropriate. Depending on one's activities, sunglasses and snow-gear (i.e. snow pants and thermal underclothes) are also necessary.

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Winter Weather in Kamloops

Sasha Kondrashov (Photos: Author)

Wind Chill and Cold Weather Safety

A few days during the year in Kamloops, when the temperature is cold, the wind can make it feel even colder. This is called the wind chill factor. Be extra careful on those days as the cold and wind can give

you frostbite if your skin is exposed for too long. If you get frostbite, go to the hospital.

Snow Storm and Road Cleaning

When the snow falls in Kamloops be extra careful on the roads. The City clears roads and select sidewalks in priority order by dividing the roads into (1) Arterial Roads

that are cleared within 4 hours of the completion of a snow event (2)

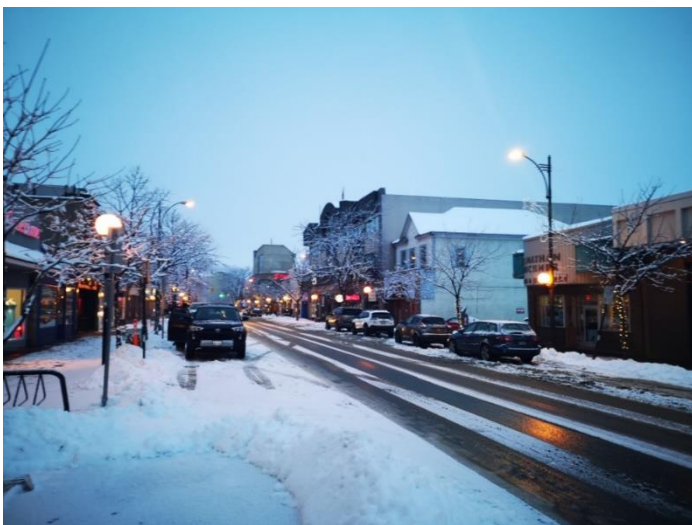
Collectors and Residential Bus Routes within 16 hours of the end of a storm

and (3) Residential Streets within 36 Hours. Priority is given to hills over level



streets. You can check the [Kamloops Snow Cleaning Priorities Map](#) to know when your street will be plowed after the snowstorm

Updated March 2020



Chapter 16: Kamloops Outdoors

- Recreation in Kamloops
- Tourism Kamloops
- Paul Lake
- Lakes in Kamloops
- Wildlife Park
- Trails in Kamloops
- Bird Watching Areas in Kamloops
- Kamloops Outdoor clubs
- Snowshoeing in Kamloops Part 1
- Snowshoeing in Kamloops Part 2

Recreation in Kamloops

Sasha Kondrashov

You can access all information about recreations in the city of Kamloops from [here](#). The 2017 parks and recreation summer activity guide for Kamloops you can access [here](#) and 2016 fall guide is [here](#). Kamloops Community [YMCA](#) offers a lot of local recreational programming. Kamloops is considered Canada's Tournament Capital (CTC). Information on all CTC events and facilities is [here](#). The history on how Kamloops became CTC you can read [here](#).

The City of Kamloops understands that recreation is an important part of healthy living. Our goal is to improve the health and wellness of all people in our community. [ARCH](#) is a subsidy program that makes it possible for people with a limited income to participate in a variety of recreational activities. Overview of accessible recreation in Kamloops you can find [here](#). An overview of all city parks with maps can be found [here](#).

Tk'emlúps te Secwepemc promotes & ensures the physical, mental, emotional & spiritual well-being of our First Nations individuals, families & communities. You can access the recreation Tk'emlúps te Secwepemc events from [here](#). To obtain information about all BC recreation sites and trails, please click [here](#). TRU has a number of recreation classes. For more information, click [here](#). Facebook also lists all the recreation resources that have [Facebook pages](#). If you want to know what comes next to recreation facilities in Kamloops, listen to the [CBC radio](#).

[Venture Kamloops](#) lists several recreational opportunities in Kamloops, including skiing and snowboarding, hiking, golf, water sports, and mountain biking. [This page](#) contains an online directory of Sports & Recreation businesses and services located in and around the Greater Thompson-Nicola region, or those of interest to people in the region. If you want to consider joining the running club and be part of the boogie the bridge movement here is information about [running clinic](#) and boogie the bridge promotional [video](#)

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Tourism Kamloops

Sasha Kondrashov

[Tourism Kamloops](#) website provides a detailed overview of key attractions in the city. One can read the [Tourism Kamloops strategic plan](#) for 2017-2022 to know what new developments are planned for the city. 2015 Kamloops vacation planner is [here](#) and [here](#). Visit Kamloops' factsheet is [here](#). Geotour guide of Kamloops is [here](#).

One can also review the [British Columbia 2010 Circle Routes Scenic Driving Guide](#) and learn what can be explored in the province. Multi-Day Circle Tours Mapbook that covers KAMLOOPS, CARIBOO, CHILCOTIN AND THOMPSON REGIONS can be found [here](#). More road trips in BC can be found in this [article](#) and on this [webpage](#). BC sport tourism guide is [here](#). The essential guide to developing, managing and marketing mountain bike tourism products in BC can be found [here](#). Self-Guided Circle Farm Tour brochure you can access [here](#). Kamloops winery trail is [here](#). Shuswap Motor Touring Guide is [here](#). The North Thompson Valley Driving Tour is [here](#). Kamloops heritage railway also offer local [tours](#).

You can access Theresa the Traveller blog [here](#) and the top 10 lists [here](#). More day trips from Kamloops can be found [here](#) and [here](#) and [here](#). 25 unique dates ideas in Kamloops are discussed [here](#). You can also take a tour of [40 million Cascades Casino in Kamloops](#).

The list of things to do in Kamloops with kids is [here](#). There are more than 1200 articles that explore Kamloops trails, roads, trips [here](#). Cultural Walks tour and locations of all murals in Kamloops can be found [here](#). One can take a [Virtual Tour of Royal Inland Hospital Maternity Services](#).

Kamloops This Week has a good [travel section achieve](#) with many articles on local travel.

The playlist for Kamloops tourism videos you can access [here](#). You also can access it through the official tourism Kamloops [youtube channel](#). Enjoy exploring Kamloops!

Updated April 2020

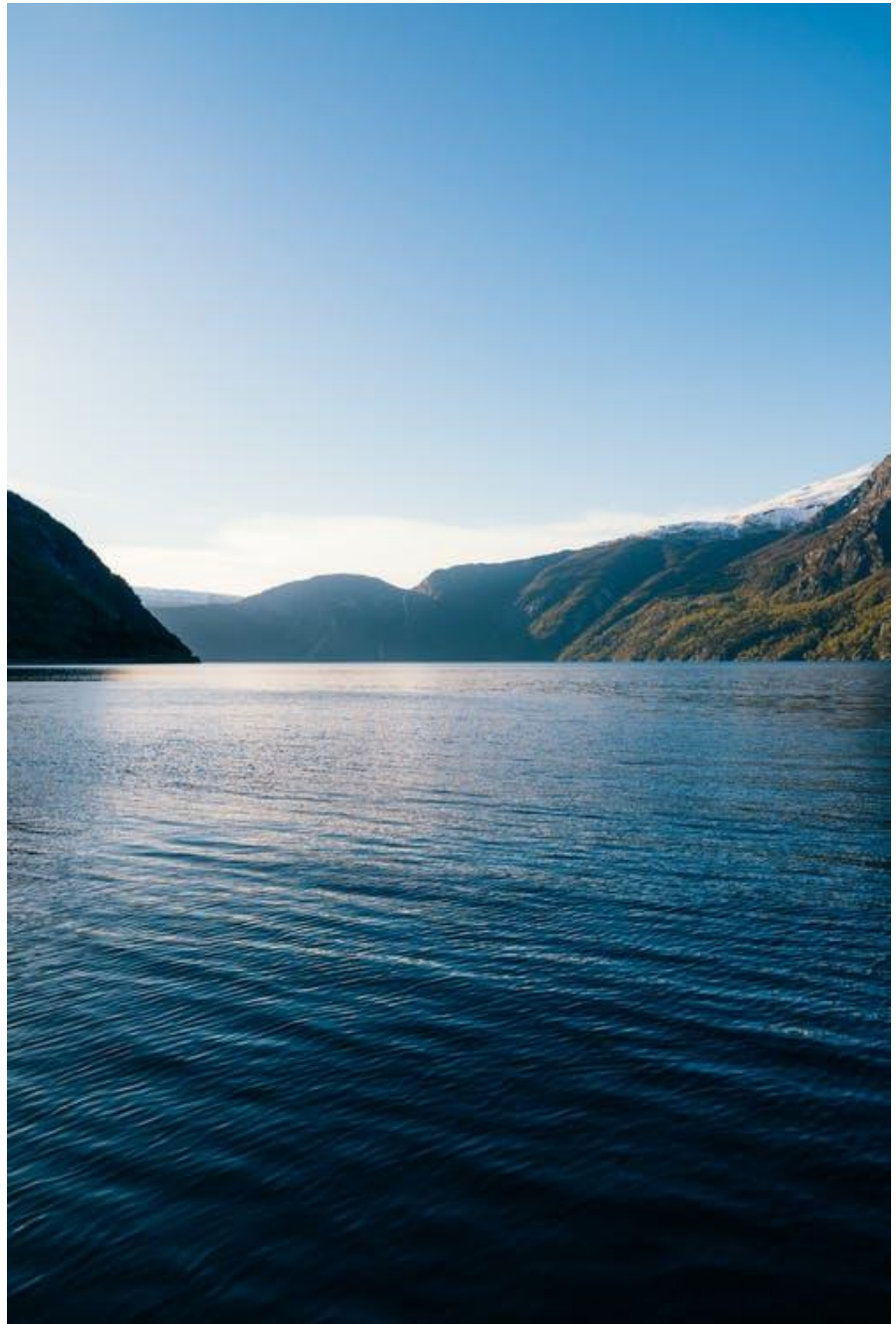
Paul Lake

Tabatta Butler-Smith (Photo: Pexels.com)

Paul Lake Provincial Park is one of the most scenic places in the Thompson-Nicola area. It was designated as a park in 1961 with 402 hectares, an additional 268 hectares were added in 1996. This provincial park protects the habitat of the falcon, white-throated swift, bald eagle, coyote, mule and deer. This provincial park is a popular destination for:

1. Bird Watching
2. Kayaking/Canoeing
3. Swimming
4. Cycling
5. Hiking
6. Fishing
7. Wildlife Viewing
8. Winter Recreational Sports

Paul Lake is a great retreat for outdoor and family activities. There is something interesting there for everyone.



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Lakes in Kamloops

Tabatta Butler-Smith (Photo: Pexels.com)



One of the many outdoor wonders of Kamloops is their lakes. Many of the lakes in the Kamloops area are perfect for swimming and water sports such as Fly Fishing, Kayaking and White-Water Rafting. The areas surrounding these lakes are also a great place for camping in the summertime.

Updated April 2020

Wildlife Park

Tabatta Butler-Smith (Photo: Pexels.com)



The BC Wildlife Park is a non-profit organization dedicated to the rescue and rehabilitation of wildlife. At this wildlife park, you'll have the opportunity to discover some of BC's iconic wildlife and view nearly 200 animals along with 65 animal species such as bears, elk, bobcats, arctic wolves, cougars. There are many activities available such as:

1. Feed Talks
2. Animal Encounters
3. Bird of Prey Flight demonstration
4. Splash Park
5. Wildlife Express miniature train

The Wildlife Park has activities for family members of all ages and is a great way to learn about the endangered wildlife indigenous to Kamloops.

Updated April 2020

Trails in Kamloops

Paul Hu

In Kamloops, summer is the perfect time to get outside and get active! Lucky for Kamloops citizens, Kamloops and the surrounding areas are home to a ton of fun hikes. Whether you are a seasoned hiking veteran or just a beginner, there is a trail for you! Take a bottle bug spray, enough water and maybe even a picnic packed to make a day out of a beautiful hike!

The city of Kamloops lies at the junction of North and South Thompson rivers and valleys; the hills rise to the Interior Plateau. The semi-arid climate surrounds the valleys and supports grasslands and open forest slopes. Above those slopes, forest covers the higher elevations of the Interior Plateau. Hikers can pick from dozens of trails that explore the grasslands hills, mountainous slopes, or upland forests. Some of the Kamloops' best hikes are featured here. If you are new to Kamloops, you may be curious about the trails around Kamloops areas, you need to check the trail's map before you prepare the gear and call your friends.

Here is some website that can give you the trails' information:

<https://www.tourismkamloops.com/thingstodo/outdooradventure/hiking/>

<https://www.kamloopstrails.net/>

Normally, people look forward to hiking in the spring and summer, but winter hiking can reveal new views and scenes as snow covers the mountains, lakes and forests.

From the beginning of December to the end of March, the hills in Kamloops are blanketed in snow that provides dozens of trailheads to snowshoe uplands forests and open spaces. Pack a thermos of hot chocolate and make a day out of it or break a snowy trail in an afternoon under bluebird skies. Trust us. There are plenty of areas to trek through! Here is the website for winter snowshoeing trails in Kamloops areas:

<https://www.tourismkamloops.com/thingstodo/winteradventure/snowshoeing/>

Updated April 2020

Bird Watching Areas in Kamloops

Paul Hu

Here's a list of some excellent birding spots in Kamloops:

1. Cooney Bay, Tranquille Farm Fresh (Out past the airport) - 4600 Tranquille Rd
2. Airport River Trail
3. Albert McGowan Park - 2025 Summit Dr in Upper Sahali
4. McArthur Island - 1580 Island Parkway on North Shore
5. Tranquille Marsh - on the way to Tranquille Farm Fresh
6. Deep Lake in Westsyde (accessible by bus or car to trailhead, and then short hike in to lake)
7. Pineview ponds (by Snowberry Cres and Lodgepole Dr)
8. Lac du Bois Grasslands (going up Lac du Bois Rd)
9. McQueen Lake (at the end of Lac du Bois Rd)
10. Riverside park downtown
11. Kenna Cartwright Park for birds of the pine and fir forests
12. The marsh at City of Kamloops Water Plant on River Street

These sites are further afield but well worth the drive for keen birders:

1. Hwy 5 south to Merritt. Many lakes, ponds and productive side roads. A stop at Beaver Ranch Flats just north of Nicola Lake is a must in the spring, summer and fall.
2. Goose Lake Road departing from the Knutsford Hall along Hwy 5 South
3. Separation Lake at Knutsford along Hwy 5 south
4. Paul Lake Road from Hwy 5 north to Pinantan
5. Greenstone Mountain Road from the bottom to the top.
6. The Douglas Lake Road from Hwy 5 south through to Chapperon Lake or Westwold if you are keen
7. East Shuswap Road from Hwy. 5 east to Chase for a variety of upland and river birds, especially in the winter for swans and other waterfowl.
8. The area around Tunkwa and Leighton Lakes is also a great area to explore with lots of variety, spring, summer and fall.

The greatest variety of birds you can see by visiting many different habitat types and different [biogeoclimatic zones](https://bcnatureguide.ca/).

Updated April 2020

Kamloops Outdoor clubs

Paul Hu

There are hundreds of trails to explore in the Kamloops area. Hikers can take to the trails in all four seasons. If you are new arrive Kamloops, you might be the beginner of outdoor activities, you might not have accessible transportation. But you still love going outside on your own or with friends and family members. Here is some Kamloops outdoor clubs' information for you.

If you are a full-time university student, taking the first semester, love outdoor activity, you are fortunate, Thompson Rivers University (TRU) has student-run AdventureU Outdoor Club and TRU world run LEAP. They offer al TRU students' outdoor activities. If you are interested in AdventureU Outdoor Club, please check their website and book your first outdoor trip on <https://www.truadventureu.com/>. Or Contact LEAP leader Jillian at TRULeap@gmail.com.

There are two registered hiking clubs in Kamloops. Both have their websites; you can check: <http://www.kamloopsoutdoorclub.ca/> or <https://www.kamloopshikingclub.net/>

Those clues have experienced and professional leaders to lead the group events, they like hiking with friends and going out all year round. For students and newcomers who want to get out more, those clubs may offer more outdoor opportunities.

I hope the newcomers can use those links to discover a trail network that encompasses golden grasslands, fragrant sagebrush, and chiselled hoodoos around the Kamloops area.

Updated April 2020

Snowshoeing in Kamloops Part 1

Sara Gillis

If you are an avid hiker or an adventure seeker, snowshoeing is a popular activity among Kamloops community members simply because we are graced with beautiful snow for many months in most years - especially in higher elevation areas such as Lac Le Jeune or Sun Peaks. Snowshoes are available at most sports shops in town such as Sport Chek or Canadian Tire and are found at a variety of prices depending on quality. Sometimes Costco sold snowshoe sets for roughly \$70, so keep your eyes peeled for a great deal. Many trails offer snowshoe rentals as well for a price of around \$5-10 for the day.

While much of the history of snowshoes lead back to around 4,000-6,000 years ago originating from Central Asia, this was also a concept popular among local indigenous peoples in North America. These were historically made out of [ash wood, caribou, deer and moose hide](#).

Inspired by animals such as the snowshoe hare, the benefit of snowshoeing is that your overall footprint is larger, making it easier for you to stand and walk through deep snow. Your shoes are snugly strapped to each snowshoe, giving you a little bounce with each step.

Almost any hiking trail in Kamloops could be travelled via snowshoe, which makes the possibilities endless for winter hiking. Some areas such as Stake Lake, nearby Lac Le Jeune, hand curate snowshoe trails each year for its patrons.

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Snowshoeing in Kamloops Part 2

Sara Gillis (Photo: Author)

[Stake Lake & the Overlanders Club](#) is a beautiful nearby location to begin your snowshoeing adventures. This facility does offer snowshoe rentals. They have a beautiful trail with a little viewpoint. [Harper Mountain](#) also offers snowshoeing trails with rentals available. If you travel beyond Harper Mountain, you will find [Sun Peaks Ski Resort](#), which is scattered with many trails for you to access via a snowshoe trail pass. Here you can also rent equipment. There is one snowshoe trail in particular at the Sun Peaks Resort that has a small tent with a bar inside so do not forget your ID while on your adventure.

Clearwater is roughly 1.5 hours away and is home to some of the most incredible viewpoints in the world. [Helmcken Falls](#) and [Maul Falls](#) are two waterfalls that have trails that allow visitors to hike to them. Keep in mind that this location does not offer snowshoe rentals, and the snowshoe trails are considered to be more intermediate. Hiking to Helmcken falls a roughly three-hour-long hike, 9 kilometres but the top is breathtaking.



Be sure to practice safety and awareness of your surroundings while snowshoeing. Snow is unpredictable at times, slippery, and very cold, creating a dangerous climate to find yourself stuck or lost. Some tips for keeping safe while snowshoeing is to wear sufficient layers, bring an emergency first aid kit, inform a friend of where you plan to be going and when you intend on being home so that they can ensure you return home safely.

Updated April 2020

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Appendices

Appendix A: Welcome to Kamloops: Lessons learnt

Appendix B: TRU article

Appendix C: Kamloops This Week articles

Appendix D: CFJC Article

Appendix A: Welcome to Kamloops: Lessons learnt

This talk will highlight the presenter's observations from designing and delivering a course that explores the challenges and opportunities experienced by newcomers to Kamloops, BC. Throughout January-March 2017, fourteen members of the Kamloops community and in March 2018 and 2019 another 10 course participants expressed interest and attended selected lectures while three participants actively attended every class in 2017 and two in 2018 and 2019. The range of themes covered in the course was structured around finding resources to meet everyday needs and learning how to actualize oneself while living in Kamloops, BC. The topics covered included the history of the City of Kamloops, Housing, Banking, Shopping, Healthcare and Child and Family Services, Taxes, Recreation and Tourism in Kamloops. At the end of each lecture, the instructor has compiled a guide with relevant resources to answer questions that were raised in each class.

During the talk, top 10 useful tips that can help newcomers in Kamloops are shared with attendees. The tips were collected from course participants on what works best to support their adaptation. Once the course is complete the new resource guide for newcomers to Kamloops is updated to help newcomers adapt to life in Kamloops. Ideas for future research on newcomer's adaptation will be discussed, and implications for social work practice highlighted. The course participants already commented on the benefits of having the course in the University setting as a way to strengthen the connection between the university and the wider community to address newcomers' needs.

Biography:

Oleksandr (Sasha) was born and raised in Lviv, Ukraine. He completed his PhD at the University of Manitoba in 2016. Sasha loves teaching and has more than ten years of extensive teaching experience in



Canada. Before coming to TRU, he designed and delivered more than 20 unique Bachelor of Social Work and Family Social Sciences undergraduate and graduate degree courses at the University of Manitoba and Dalhousie University. Many courses have been developed and taught through distance education and in small communities in Northern and Rural Manitoba. His research interests and teaching focus includes social work distance education, Canadian and comparative social policy, history and development of social work profession, community and social development, social work in Northern, rural

and remote communities and international social work practice.

Appendix B: TRU article



Posted on: **January 25, 2017**

<http://inside.tru.ca/2017/01/25/kondrashov-offers-welcome-to-kamloops-course/>

Looking East into Kamloops across the Thompson River and Hoodoos.

Dr. Oleksandr (Sasha) Kondrashov, Assistant Professor in the School of Social Work and Human Service (Faculty of Education and Social Work), has created a unique learning opportunity for new Kamloopsians. A recent newcomer to Kamloops himself – he arrived in the city to take up his position at TRU in the summer of 2016 – Kondrashov has designed and is delivering a free course called Kamloops 101: Welcome to Kamloops. Intended to help newcomers to the city find resources to meet everyday needs and learn

to fully actualize themselves while living in Kamloops, the course covers a range of topics, including history of the city, housing, banking, shopping, healthy eating, arts, social services, TRU recreation, tourism, health care, and child and family services. Open to all newcomers – immigrants, refugees, international students, or anyone new to the city who would like to learn more about Kamloops – the course is currently running every Tuesday evening from 7:00 – 8:00 pm in AE 263, and covers a new topic each week. For more information, contact Kondrashov at okondrashov@tru.ca or 250-377-6192.

Appendix C: Kamloops This Week articles

Welcome to Kamloops — the course

By **Kamloops This Week** January 22, 2017 <https://www.kamloopsthisweek.com/welcome-kamloops-course/>



Newcomers to Kamloops have a fresh option to consider as they set out to learn more about their new home.

Sasha Kondrashov, an assistant professor at Thompson Rivers University, is offering Welcome to Kamloops, a free series of classes designed to help people “acquire the knowledge and skills that are needed for active living in Kamloops using available community resources.”

Attendance for all Tuesday sessions is not required. People can pick which ones they want to take, although classes are limited to 20 people and registration is required.

Topics include health care, banking, children and family, social services, shopping, the arts, recreation, healthy eating and tourism. Classes are held every Tuesday from 7 p.m. to 8 p.m. in the Arts and Education Building, room 263. The course runs to April 4.

Kondrashov said he takes an adult education approach to learning, with participants responsible for the pace and amount of reading and extra research they do, as well as attendance at all scheduled classes. “Course participants are further responsible for raising with me issues or problems with their progress in the class,” Kondrashov said. “Course participants are also expected to participate in the course activities so that knowledge is shared, reflected, questioned and debated respectfully individually and in groups.” To register, email Kondrashov, who teaches in the Faculty of Education and Social Work, at okondrashov@tru.ca.

New to Kamloops? This course is for you (2018)

<https://www.kamloopsthisweek.com/new-kamloops-course/>

This year’s Welcome to Kamloops course is now being offered for free to immigrants, refugees, new Canadians, international students and those who have moved to Kamloops and want to learn more about the city.

The course has started, but continues throughout March at the Smorgasbord Deli, downtown at Victoria Street and Seventh Avenue (4 p.m.) and at Thompson Rivers University in room 312 of the Arts and Education Building (7 p.m.).

It’s not mandatory to attend all sessions, which take place on March 19, March 22, March 23, March 26 and March 29.

For more information, contact the organizer, Oleksandr Kondrashov, by email to okondrashov@tru.ca.



[Home](#) » [Community](#)

Welcome to Kamloops — here is all the info you need

The fourth annual Welcome to Kamloops course is for immigrants, refugees, new Canadians, international students and any other recent arrivals who want to know more about the city and how to engage in community

Kamloops This Week
MARCH 4, 2020 02:24 PM



A course for new arrivals to Kamloops will begin this weekend.

The fourth annual Welcome to Kamloops course is for immigrants, refugees, new Canadians, international students and any other recent arrivals who want to know more about the city and how to engage in community.

The course is scheduled to run on successive Sundays — March 8, March 15, March 22, March 29 and April 5 — from 4 p.m. to 6 p.m. at Hills of Peace Lutheran Church, 695 Robson Dr. in Upper Sahali.

In addition, the first edition of the Welcome to Kamloops e-book will be launched on April 5 at 4 p.m. at Hills of Peace.

Oleksandr (Sasha) Kondrashov, assistant professor at TRU's School of Social Work and Human Services, said everyone is welcome to contribute one-page articles on a variety of topics related to living in Kamloops. Submissions will be accepted until March 22.

For more information on how to register for the course or contribute to the e-book, contact Kondrashov by email at okondrashov@tru.ca.

It's time. Support your local media.

In response to the COVID-19 crisis, Kamloops This Week is now soliciting donations from readers. This program is designed to support our local journalism in a time where our advertisers are unable to due to their own economic constraints. Kamloops This Week has always been a free product and will continue to be free. This is a means for those who can afford to support local media to help ensure those who can't afford to can get access to trusted local information. You can make a one-time or a monthly donation of any amount and cancel at any time.

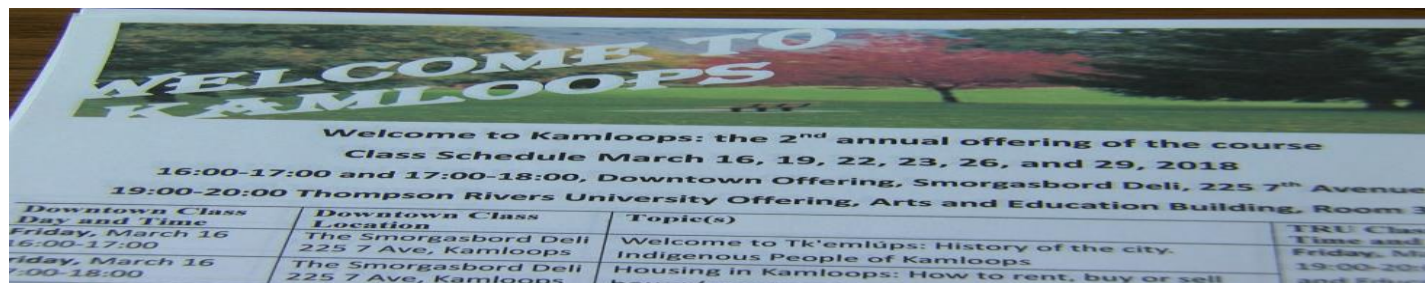
Click on <https://support.kamloopsthisweek.com> for more information or to make your donation.

Thank you in advance for your support.



Appendix D: CFJC Article

By [Chad Klassen](http://www.cfjctoday.com/article/612819/tru-professor-offering-another-course-help-immigrants-adjust-kamloops) Retrieved from <http://www.cfjctoday.com/article/612819/tru-professor-offering-another-course-help-immigrants-adjust-kamloops>



March 15, 2018 - 3:52pm Updated: March 15, 2018 - 5:24pm

Image Credit: CFJC Today

KAMLOOPS — It's a course designed to help new immigrants and refugees to Kamloops navigate the system and learn the basics of the city, and it's back for another offering starting Friday.

TRU Assistant Professor Sasha Kondrashov runs the Welcome To Kamloops course and is bringing it back, hoping to build on what he did last year. The course is open to anyone and will go through basic skills immigrants need to succeed in a new place.

"It's primarily what immigrants need in terms of housing, banking, health care, employment, how to do all the forms, how to ensure you know where the arts are, where to travel, destinations in Kamloops, where to relax, where to have recreation. Any needs, anyone who is new to Kamloops," said Kondrashov.

The course starts on Friday, March 16, the first of six sessions. Each session will be held twice, first from 4-6 p.m. at the Smorgasbord Deli downtown on 7th Avenue, and then again from 7-8 p.m. in the Arts and Education building at TRU. Kondrashov hopes to make immigrants feel welcome like he was when he came to Canada from the Ukraine two years ago.

"It is challenging because every country has different ways of organizing things," he said. "When I was doing last year's course, I had to remind students that tap water is drinkable, because in a number of countries people cannot and it takes a lot of money and resources to buy every time when you realize you can actually drink it. Kamloops has one of the best water treatment plant, where newcomers do not know that."