

# MOA Newsletter

## National Indigenous History Month

June is **National Indigenous History Month** in Canada, a dedicated time to recognize and celebrate the diverse cultures, languages, traditions, and contributions of First Nations, Inuit, and Métis peoples. It is an opportunity for all Canadians to deepen their understanding of Indigenous histories and the rich cultural heritage that has shaped this land for thousands of years.

This month serves as a reminder of the strength, resilience, and enduring presence of Indigenous Peoples—communities who have lived on these lands since time immemorial. Despite generations of colonialism, displacement, and systemic injustice, Indigenous communities continue to uphold and revitalize their traditions, assert their rights, and contribute meaningfully to the evolving story of Canada.

- [Kamloops Celebrates National Indigenous Peoples Day](#)
- [Understanding the National Day for Truth and Reconciliation](#)
- [Indigenous Peoples and lands Map](#)
- [Historic designations related to First Nations, Inuit and Métis](#)



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Submit your suggestions to:  
[almostanything.cw@gmail.com](mailto:almostanything.cw@gmail.com)

Created by Connie Walker  
in Collaboration with the Thompson  
Region Division of Family Practice

# MOA Online Resources



- [Drugs.com](#)
- [Glossary of Pharmacology](#)
- [Medical Terminology \(PDF\) Complete](#)
- [The Best Translation Apps of 2025](#)
- [Health Library](#)

## NEWSLETTER links

Visit **TRDFP** for a full list of past MOA Newsletters

**Healthy Canada** Newsletter  
very Sunday, it delivers 7 key health articles and 1 deep-dive story

**Everyday Health** Newsletter  
Patient Wellness Tips

**Mayo Clinic Newsletter**  
Get the latest from the brightest minds in the medical practice.

**Cleveland Clinic** – Canada  
covers a wide range of topics designed to keep you informed

## medical assistant

[me-di-kel a-sist-ent] noun

1. a person who deals with fussy patients, keeps things running smoothly, all while covering the doctor's gluteus maximus. See also life-saver, superhero.

2. someone who solves problems that you didn't know exist, in ways you do not understand.

NEW MOA Log in for the Doctors of BC Website!

URL:

[www.doctorsofbc.ca/moa](http://www.doctorsofbc.ca/moa)

Username: moadoc

Password:

Doctorsofbcmoalogin



# MOA Feature

## Shawna Ault



As a single mom of three, I made the decision to return to school and pursue a new path. In 2011, I graduated with honors from the MOA program with a specialization in Unit Clerk. Just two weeks into my practicum, I was offered my first temporary position. Over the years, I gained valuable experience working in various doctors' offices through a mix of temporary and part-time roles.

This year, I was thrilled to be offered an incredible opportunity to join the team at Thompson Rivers Medical Clinic.

In my spare time, I enjoy being outdoors with my kids—camping, hiking, and swimming are some of our favourite activities. I also love gardening, painting, and baking, which lets me relax and get creative at home.

After working as a hairdresser for 20 years, a workplace injury led me to make a major life change. In my early 40s—nervous but determined—I returned to school and completed both the Medical Office Assistant (MOA) and Unit Clerk programs. During my practicum at North Shore Primary Care with Chelsey, I was fortunate to be hired on, and nearly seven years later, after gaining experience in several clinics, I'm now proud to serve as the MOA Supervisor at the Urgent Primary Care and Learning Centre downtown. I'm currently managing a fantastic team, with 9 out of 10 MOA positions filled by talented and dedicated professionals.

Outside of work, I enjoy crafting and baking. Every Monday, I bring in a homemade treat to help start the week on a positive note—my latest passion is baking fresh breads!

On a personal note, I have two wonderful children: a daughter who was recently married in September, and a son who is with a truly lovely partner. I also share my life with a very loving and supportive partner who embraces my quirks with good humor!

## Shawn Rielly



# Coach's Corner

## Thompson Region Division of Family Practice

### Division Highlights:

We've had a great spring of engagement and learning and we are so happy to highlight some of these for you all!

It was so great to meet so many new faces at the Division Spring into Connection MOA Appreciation event! Next, we kicked off our Lunch time Drop-in Learnings with a rapid-fire style Attachment and PAS session by Thompson Division Attachment Coordinator, Makenzi Irwin. We hosted the team at Switch BC in a lunch time learning and extended this invitation to the MOAs. Our most recent session featured fantastic peer mentoring from Erin Hurley and Katrina Martens, General Internal Medicine MOAs, offering helpful insights on referral processes and MediTech!

PAS Update: Thanks to strong physician engagement, PAS outreach has more than doubled participation across the region, improving data quality and allowing us to better reflect and track capacity in our area. This work supports the broader Attachment Strategy and has helped grow awareness through 1:1 sessions and ultimately enhance patient attachment. This progress simply wouldn't be possible without the continued support and efforts of MOAs. The recent MOA Drop-In PAS learning session created buzz and rich conversation thanks to your engagement! If you'd like to book a 1:1 PAS practice support learning session, reach out to Makenzi Irwin at [mirwin@thompsondivision.ca](mailto:mirwin@thompsondivision.ca).

As we wrap up for the summer, thank you to all who joined in and contributed. Wishing everyone a safe and happy summer—we'll see you in the fall.

Thank you from your team at the Thompson Division!

Marcy Matthew, Project Lead & Makenzi Irwin, Attachment Coordinator

## Doctors of BC

### **AI Scribes – New Developments, Updates, and Reminders**

1. Pre-qualified vendor list released – Last week, Canada Health Info way officially released the list of pre-qualified AI Scribe vendors – [click here to see vendor list.](#)
2. Physician AI Scribe feedback survey now live – To better understand what AI tools and supports would be most valuable to members, a short survey has now been launched by the Digital Health Strategy and Privacy team. [click here to access the survey.](#)



# MOA Appreciation Night



On April 10th, our **Spring into Connection MOA Network Trivia Night** at Bright Eye Brewing brought together 24 Medical Office Assistants (MOAs) for an evening of laughs, learning, and friendly competition. Teams went head-to-head answering questions about the Division organization, Primary Care Networks, PSP, and pop culture, showcasing just how much MOAs know!

The trivia was fierce and fun, coming down to a thrilling tiebreaker between The Munchkins and the Semi-Geniuses, with the Munchkins clinching the win! Thank you to everyone who came out and participated.

You made the night a fantastic success!

Special thank you to *Makenzi Irwin, Kelli Thompson, Chelsey McKinney, Connie Walker, and Marcy Matthew* for their hard work in helping to make this event successful. Special shout out to the team at Bright Eye Brewing for supporting this event at their amazing venue!

Thompson Region Division of Family Practice  
For more information about Thompson Division supports for Medical Office Assistants please reach out to us at: [mmatthew@thompsondivision.ca](mailto:mmatthew@thompsondivision.ca)

PHOTO GALLERY is available [HERE](#)



# Coming, Going and Moving

# DOC TOK

**Dr. Irvine** is departing in June. His replacement, Dr. Alex Corrigan, will start in September. Dr. Davy is retired.

**Dr. Wege** officially closes her family practice at TruCare on June 1, 2025, and will now be focusing solely on prenatal care. Starting in June, she'll be seeing prenatal patients only, on Wednesdays.

## **Dr Sean Lehmann- Podiatrist**

returns to Kamloops  
Patients can book appointments directly online at [www.kamloopspodiatry.com](http://www.kamloopspodiatry.com) or call (250)372-0831 - NO referral required  
101-520 St Paul St  
email: [kamloopspodiatry@gmail.com](mailto:kamloopspodiatry@gmail.com)  
fax: (250)374-8661

## **Champagne Dermatology.**

Dr. Champagne(Derm)  
and  
Dr. Chuang(OBGYN)  
are moving practice on June 30th to:  
438 St. Paul St  
Kamloops, BC V2C- 1Y6  
Online Booking available at  
<https://drtrevorchampagne.com>  
Ph: 236-218-2330  
Fax: 250-434-1328

## **Interior Lung and Sleep Clinic.**

Dr. Jas Kambo Respiriologist  
is now at a New office.  
448 St. Paul Street V2C 2J6  
Phone: 778-721-0934  
Fax: 250-434-1333.

## Introducing



## **DR. KIRK ROTH**

### **Urologist**

**405-321 Nicola St. Kamloops V2C 6G6**

**Phone - (236) 313-1323**

**Fax - (778) 573-2040**

**MSP J6915**

Dr. Roth is a Urologist with a decade of experience (2012-2024) at Cambridge Memorial Hospital and as an Assistant Clinical Professor (Adjunct) at McMaster University. All of Dr. Roth's medical and undergraduate training, including a Urology Residency, was completed at Queen's University.

An award-winning researcher, Dr. Roth's work covered prostate cancer, kidney stones, urinary incontinence, and the history of urological surgery. Dr. Roth is a member of major medical associations, including the Canadian

Urological Association. [READ MORE](#)





## EMR Skill Building Sessions

EMR Training for Primary Care Teams  
Hone your EMR skills with virtual sessions for **Med Access, OSCAR, and Intrahealth Profile**. Led by peers and PSP coaches, these hour-long sessions offer time-saving tips, live workflow demos, and cover topics like PAS updates, screening, scheduling, digital referrals, and payment model workflows.

**click here to view Past Recordings and Upcoming Sessions**

## Employment

Here is what many MOA's positions are looking for in an MOA. ( *But don't be despair - Experience is a top ASSET to ANY resume*)

- A 5-minute typing test (40+ NWPM) from a recognized institution, completed within the past 48 months
- A Medical Office Assistant Certificate;
- Your Resume outlining two year's recent related experience, Or an equivalent combination of education, training and experience;
- A Cover Letter stating your availability to start in a new position and on-call, casual work (i.e. days of the week).

- Take the typing test at TRU  
[Click Here for info](#)
- [Get free AI-powered help on your resume](#)

Upload it to our free resume helper tool, which will give you professional, personalized feedback instantly.

## Education

### Free Online Courses

[First Aid Courses](#)

[Fire Safety Courses](#)

[Infection Control](#)

[UNIVERSITY OF TORONTO -](#)

[Free and Online Courses](#)

[HARVARD](#)

[Free and Online courses](#)

### *Job Search Enginges*



## Steps Clinic RE-Branding

### **Steps Downtown**

(Formerly – TruCare)  
200– 321 Nicola Street  
Ph: 250–372–5522  
Fax: 250–372–8412

### **Steps VALLEYVIEW**

(Formerly– Orchards Walk Medical  
Clinic) and Women’s and Sexual  
Health Clinic  
103–3200 ValleyView Dr  
Ph: 250–828–8080  
Fax: 250–828–8242

### **Steps SUN PEAKS**

(Formerly Sun Peaks Community  
Health Centre)  
3115 Creekside Way  
Sun Peaks  
Ph: 778–644–0635  
Fax: 250–469–9516

### **Steps COOPER CENTRE**

(New April 1 2025)  
*focus on team-based primary care  
for women, children, Indigenous  
patients, and TTGD Two-Spirit,  
transgender, and gender-diverse  
individuals.*  
202B–780 Windsor Ave  
Ph: 250–312–2127  
Fax: 236–220–2036

# Clinic Updates

## Kamloops Cancer Clinic Still a thought for the future!

The upcoming BC Cancer Centre in Kamloops, slated for completion between 2028 and 2030, is a much-needed development, though its future opening offers little immediate solace to current patients. As a key component of the province's 10-year Cancer Action Plan, this facility will deliver crucial services, including radiation treatment and therapy, diagnostic MRIs, and an outpatient oncology ambulatory care unit. Plans also encompass a 470-stall parkade for staff, patients, and visitors, with the potential for additional diagnostic and treatment equipment and services to be identified during the business planning phase.

### **Articles:**

[BC Cancer Agency](#)  
[BC Gov't News](#)  
[Interior Health](#)



# New Parent Resources

## Support Groups & Programs:

**Postpartum Connections** : Peer support for postpartum mood challenges with childcare. Phone: 250-554-3134 ext. 327 [WEBSITE](#)

**Empowering Moms** (Pregnancy Care Centre): Weekly program for young mothers with meals, childcare, and workshops. , contact via website. : [WEBSITE](#)

**The Tree Kamloops Family Resources Society**): Drop-in center with peer support, resources and a "Mothers for Recovery" group. Phone (General Inquiries): 250-320-4794. Phone (Healthy Care Pregnancy Program): 250-377-6890. [WEBSITE](#)

**Baby's Head Start** Outreach for pregnant to 6-month postnatal women, especially first-time parents, offering support, learning lunches, and resources. Phone: 778-470-8171. [WEBSITE](#)

**Healthy Beginnings** (Kamloops Aboriginal Friendship Society): Prenatal and postnatal support groups for Indigenous families. Phone: 250-376-1296. [WEBSITE](#)

**Family Social** Free drop-in for families with babies/toddlers for connection and support. Phone: 778-220-7346 (Jaimie). [WEBSITE](#)

**Perinatal Counselling Services** Mental health and substance use support for pregnant/postpartum individuals. Phone: 310-MHSU (6478). [WEBSITE](#)

**Kamloops Breastfeeding Services**: Clinic and virtual lactation consultant appointments. [WEBSITE](#)

## Social Media Support Groups on Facebook

- New Parents -Newborn, Baby and Toddler Support Group
- The Fussy / High Needs baby
- Premature baby Support Group
- mammas for Mamas-Kamloops
- Clearwater Mamas for Mamas
- Logan Lake Mamas

## Daycare Services

Noah's Ark Daycare:  
Phone: +1 250-554-8347  
[WEBSITE](#)

**Between Friends Daycare**  
Phone: +1 250-828-0038  
[WEBSITE](#)

Big Adventures Daycare:Phone:  
+1 250-554-0650

Sunnyside Daycare:Phone:  
+1 250-374-8686

Children's Circle Daycare Society:  
Phone: +1 250-372-5278

Kids & Company Kamloops:  
Phone: +1 778-471-3200  
[WEBSITE](#)

# Emergency Preparedness



## WildFire Prevention Program

The BC Wildfire Service (BCWS) Prevention Program aims to lessen the negative effects of wildfires on people, property, the environment, and the economy. It achieves this by using the seven FireSmart disciplines. British Columbia is experiencing a significant rise in extreme wildfire behavior, especially in areas where human development meets forests. This increase in activity near forested areas, combined with the impacts of climate change, is leading to larger, more severe, and longer fire seasons, posing greater risks to public safety and the economy. The FireSmart program emphasizes that wildfire prevention is a shared responsibility, requiring integrated and collaborative efforts from all partners and stakeholders beyond just stopping new human-caused fires.

[BE Wildfire PREPARED](#)

Visit : [BC Prevention Site](#) for:

- Funding For Wildfire Prevention
- Campfire Restrictions
- Fire Smart Info



## Important Links

[In Case of An Emergency CONTACTS](#)

[Emergency evacuation and recovery information](#)

[First Aid Tips](#)

[First Aid App](#)

[First Aid and Resuscitation and Guidelines \(VIDEO\)](#)

## Printable Self Help

[Home Emergency Plan \(PDF\)](#)

[Build a Survival Kit \(PDF\)](#)

[First Aid Kit \(PDF\)](#)

[Workplace and Community Resources \(Posters\)](#)

# News Flash

## The Canadian Dental Care Plan

is now available for ALL  
Canadians of ALL ages ,  
who qualify

Visit : [canada.ca/dental](https://canada.ca/dental)  
to see if you qualify and to  
register

## STRIKE Updates

### **LIFE LABS**

Three-Year Collective  
Agreement Finalized  
Between LifeLabs and  
BCGEU

### **CANADA POST**

Read the latest updates  
on negotiations

## Kamloops, B.C., exploring city-owned and operated medical clinic

Kamloops city counsel has proposed to adopt a city-run medical clinic model to address its doctor shortage. This provincial Health Ministry-approved strategy will have the city directly employ doctors, managing all administrative tasks and providing benefits. Physicians, still paid via MSP, will be free to focus solely on patient care. The city council recently approved a business case for this innovative clinic, aiming to replicate the successful Colwood model and recruit doctors by highlighting Kamloops' appeal, potentially targeting out-of-province physicians. This proactive step seeks to attract and retain vital healthcare professionals.

## Measles, on the uprise

Measles and rubella weekly  
monitoring report (*Gov't of  
Canada*)

BC Won't Require Measles  
Vaccination for Schools  
(*The Tyee*)

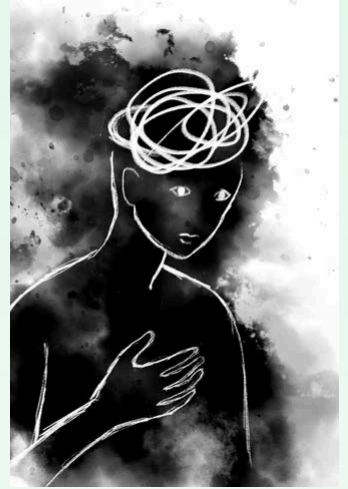
Measles vaccination a  
'ticket' for kids to stay in  
summer camps (*Global  
News*)



# Health Awareness

## Post-traumatic stress disorder (PTSD)

Post-Traumatic Stress Disorder (PTSD) is a mental health condition triggered by experiencing or witnessing a terrifying event. Its causes range from the severity of the trauma itself, such as combat or sexual violence, to individual vulnerabilities like a history of mental health issues, lack of social support, or genetic predispositions. Symptoms, typically appearing within three months, fall into four categories: intrusive memories (flashbacks, nightmares), avoidance of reminders, negative changes in thinking and mood (guilt, detachment), and changes in arousal and reactivity (hypervigilance, irritability). These symptoms can profoundly impact an individual's mental health, relationships, daily functioning, and overall quality of life.



**Symptoms and Treatment Vary between Adults and Children and each individual needs**

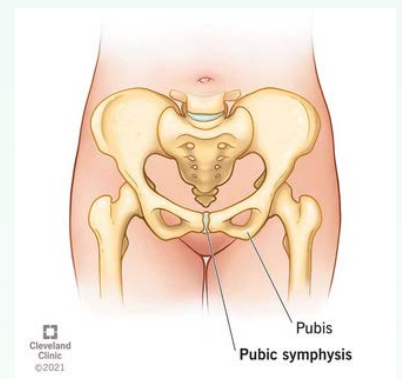
**Adult Information**

**Parent/Child Information**

## Symphysis pubis dysfunction

The pubic symphysis is the joint where the left and right pelvic bones meet. Normally, it allows only slight movement to help the pelvis absorb weight from the upper body. However, during pregnancy, hormone changes loosen the ligaments that support this joint, making it more flexible. This increased flexibility helps the pelvic bones spread during childbirth. These changes can sometimes lead to pain and discomfort, known as symphysis pubis dysfunction (SPD). SPD is a term used to describe the symptoms—usually pelvic pain—caused by the shifting and increased mobility of the pubic symphysis during pregnancy. The condition isn't harmful to your baby, but it could be extremely painful for you. In some, the pain may be so severe that it affects mobility.

Symphysis pubic dysfunction can also occur in men!



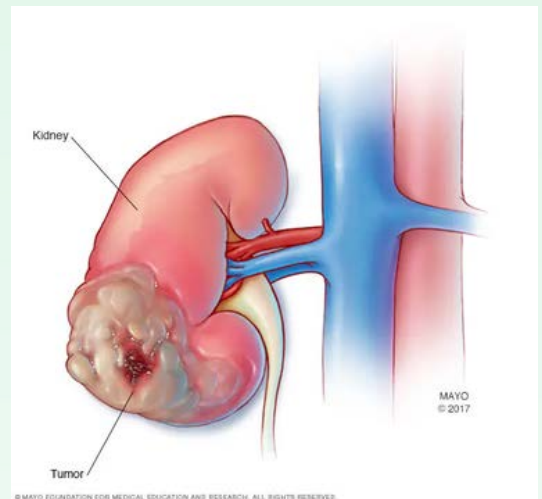
### READ MORE

- **Cleveland Clinic**
- **Healthline**
- **Bauerfiend Medical Canada**

# Health Awareness

## Kidney Cancer

Kidney cancer develops when cells in your kidneys change and grow out of control. People with kidney cancer may notice flank pain, high blood pressure, blood in their pee and other symptoms. Kidney cancer treatments include surgery, chemotherapy and radiation therapy. As with all cancers, early detection is key for successful treatment.



Kidney cancer is most common in people between the ages of 65 and 74. Men are twice as likely as women to develop the disease.

[The Cleveland Clinic Explains symptoms, diagnosis and treatments](#)

## Thyroid Disorders

Problems with the thyroid include a variety of disorders that can result in the gland producing too little thyroid hormone (hypothyroidism) or too much (hyperthyroidism). Thyroid disorders can affect heart rate, mood, energy level, metabolism, bone health, pregnancy and many other functions.

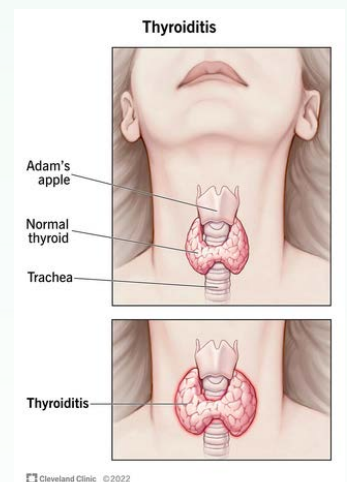
### Types of Thyroid Disorders

- Hyperthyroidism
- Hypothyroidism
- Hashimoto's Thyroiditis
- Thyroid Tumors
- Thyroid Cancer
- Thyroid Disorders in Women
- Thyroid Hormone Replacement Therapy
- Hypothyroidism and Pregnancy
- Postpartum Thyroiditis

Learn The Sign,  
Symptoms and  
Treatment

[John Hopkins Clinic](#)

[Mayo Clinic](#)



# Billing Basics

## Setting up a NEW Physicians ? ( *one can dream* ) Check out these Billing Links

- [Registration and Billing Setup in BC](#)
- [Step-by-Step: How to Start Billing in BC\( Dr Bill\)](#)
- [Getting Help with Fees](#) (Doc of BC)
- Practitioner & Professional [Resources](#)

### Additional Fees and Charges

Permitted and  
Not Permitted Extra fees

### Uninsured Services 2025

- [Full Version](#)
- [Common Fees Quick reference Guide](#)

### LFP Billing Schedule ( Update May 1<sup>st</sup> 2025)

Driver medical fitness  
information for medical  
professionals

ICBC and WorkSafeBC  
Updates for physicians

June							July						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	29	30	1	2	3	4	5
8	9	10	11	12	13	14	6	7	8	9	10	11	12
15	16	17	18	19	20	21	13	14	15	16	17	18	19
22	23	24	25	26	27	28	20	21	22	23	24	25	26
29	30	1	2	3	4	5	27	28	29	30	31	1	2
August							September						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
27	28	29	30	31	1	2	31	1	2	3	4	5	6
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30	1	2	3	4
31	1	2	3	4	5	6							

Close Off Date\* ☐ Load Remittance ☐



# VIRTUAL CLINICS

- **Walk In:** This platform provides online doctor appointments for residents of Metro Vancouver and other BC cities. Virtual care visits are covered by MSP.
- **Viva Care Telehealth:** Viva Care offers free telehealth services for BC residents with a valid Personal Health Number. You can speak to a doctor online via video or phone call.
- **TELUS Health MyCare:** This app allows you to video chat with a doctor or nurse practitioner. Consultations are available at no cost for BC residents covered under MSP.
- **Rocket Doctor:** Rocket Doctor connects you with licensed physicians in BC, and online consultations are covered by the provincial government's healthcare plan (MSP).
- **Tia Health** : offers online appointments with healthcare providers, including family doctors and nurse practitioners, that are free for BC residents with a valid health card (MSP).
- **Access Virtual (Maple)** : Access Virtual is a telemedicine service specifically for British Columbia, offered under MSP, where you can connect with a Care Coordinator to schedule a video appointment with a physician.
- **Online SICK NOTE** : With about one million British Columbia residents lacking a family physician and walk-in clinics often overcrowded, getting a doctor's note can be a hassle. Your Doctors Online offers a faster solution by virtually connecting you to licensed Canadian doctors so you can get a valid sick note within 5 minutes.

# Medical Assistance in Dying

## PATIENT INFORMATION

- [MAID BROCHURE](#)
- [A SHARED JOURNEY: A RESOURCE FOR INDIVIDUALS, FAMILIES AND LOVED ONES ABOUT MEDICAL ASSISTANCE IN DYING](#)
- [CARING FOR YOUR INFORMATION](#)

## REQUESTOR FORMS

- REQUEST FOR [MEDICAL ASSISTANCE IN DYING](#)
- [INSTRUCTION FOR COMPLETION](#) -REQUEST FOR MAID
- [WAIVER OF FINAL CONSENT](#)
- INSTRUCTIONS FOR COMPLETION -[WAIVER OF FINAL CONSENT](#)

## PRACTITIONER FORMS

- [ASSESSMENT RECORD](#)(ASSESSOR)
- INSTRUCTION FOR COMPLETION -
- [ASSESSMENT RECORD](#) (ASSESSOR)
- [ASSESSMENT RECORD](#) (PRESCRIBER)
- [INSTRUCTIONS FOR COMPLETION - ASSESSMENT RECORD \(PRESCRIBER\)](#)
- [CONSULTANT'S ASSESSMENT OF PATIENT'S INFORMED CONSENT DECISION CAPABILITY](#)
- [INSTRUCTION FOR COMPLETION \(CONSULTANT ASSESSMENT\)](#)

[More Information](#)

# Classifieds

## The 39th Annual RIH Foundation Craft-A-Fair

### Sell Your Wares

Apply to be a RIH Foundation  
Craft-A-Fair vendor today!

Applications open

April 1st, 2025 – September 5th, 2025

### Craft Fair

On Sunday, November 2nd, 2025|

10:00 am – 4:00 pm

at the Sandman Centre, 300 Lorne St.,  
Kamloops BC

directly supporting priority healthcare  
needs at **Royal Inland Hospital**.

If you would like to inquire about becoming  
a vendor or have questions about your  
application, call our office at 250-314-2325  
or email: [craftafair@interiorhealth.ca](mailto:craftafair@interiorhealth.ca).  
or [Apply HERE](#)

## FOR SALE

- 4 and 5 drawer filing cabinets FREE
- Ricoh Printer Scanner \$300.00
- 3-22 inch Computer Monitors \$25.00 OBO
- Bookshelf 72 " x 37" \$75.00 OBO
- Physician Scale \$75.00 OBO
- Various Framed Prints \$25.00 Each
- Metal Garbage cans (small) \$5.00 each
- Wall Mirrors \$20.00 each

Please call (250) 377-4949 for pickup.



More info contact

[almostanything.cw@gmail.com](mailto:almostanything.cw@gmail.com)



# Just Stuff

## The Long and Short of it



Here's a great logic puzzle for kids: Six neighborhood children (Leisha, Benito, Delia, Charlotte, Weldon, and Zina) were measured yesterday.

- Weldon is taller than Delia but shorter than Zina.
- Leisha is taller than Benito but shorter than Delia and Weldon.
- Benito is not the shortest.

Can you put them in order of height from tallest to shortest? [Answer HERE](#)

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

[Answers HERE](#)



## NOBODY CARES

Go Ahead and GOOGLE it!

- The fear of long words is called Hippopotomonstrosesquippedaliophobia.
- One in 18 people have a third nipple.
- You travel 2.5 million km a day around the Sun without realising
- Your nails grow faster in hot summer
- You remember more dreams when you sleep badly.
- A lightning bolt is five times hotter than the surface of the Sun
- People who eat whatever they want and stay slim have a slow metabolism, not fast
- You inhale 50 potentially harmful bacteria every time you breathe.

## RIDDLE ME THIS

- 1.You enter a dark room that contains a match, kerosene lamp, candle, and fireplace. What should you light first?
- 2.A man goes out in heavy rain with nothing to protect him from it. His hair doesn't get wet. How does he do that?
- 3.Throw away the outside and cook the inside, then eat the outside and throw away the inside. What is it?

[Answers HERE](#)