



2018

Clubhouse Newsletter

Ride Don't Hide

June is bike month at CMHA and the momentum is building ... Training and preparations are under way for our annual Ride Don't Hide – event.

This will be our 5th time hosting the ride that has now grown to a Canada-wide event. Initially, Ride Don't Hide took place only in British Columbia, but now the rest of our vast nation has gotten on board. Thousands of Canadians across the country will be riding on Sunday, June 24th to raise awareness for mental health and to put an end to the stigma of mental illness. Riders will also be raising funds for programs that address mental health initiatives in our communities. In 2017, Ride Don't Hide raised a whopping \$1.6 million nationwide in support of mental health services. Locally, the funds support programs like Living Life to the Full and the new Wellness Centre for Youth at SAS (high school).

Each year, we've had more and more riders and community members join our event and each year we've brought more awareness to the importance of mental health. Since mental health affects us all, we want our community to acknowledge that and embrace that. Together we can make a difference and build stronger and healthier communities.

Be a part of something bigger. Join Canada's ride for mental health!

Our team, Tour de CMHA, continues accepting new participants who want to ride. If riding is not for you, you can join our team of walkers. As new, we've added a walking component to the event. The walking route will access the Little Mountain trails. And, if neither riding nor walking are for you, you can always join the event as a volunteer. Volunteers are needed for the route as well as the start/end of the event at the Little Mountain Sports complex. Volunteering can be as simple as being a cheerleader for the riders coming back. If you'd like to join the movement, come on in to the Clubhouse and sign up.



Let's Ride Together!

Let's end the stigma of mental illness!

Register Today and Join 2018 Ride Don't Hide
ridedonthide.com



JUNE 24, 2018



Kitty & the Treadmill

A True Story by Laurie H

Several years ago, when I was still living with my Mom in Summerland, my Uncle gave me his treadmill. I had it set up in the basement and would use it for about an hour every other day. The basement was partly underground and partly above ground. The window was at ground level and had an outside brick ledge. The cats in the neighborhood loved to walk along the ledge by the window and the shrubs made a little "tunnel" for them. One day while I was on the treadmill I saw the next door neighbor's cat, named Kitty, appear on the window ledge. She took a couple of steps and started to glance in the window. Then she stopped dead in her tracks and stared at me. I was still on the treadmill and doing a pretty fast walk, enough to work up a good sweat. I could not help but chuckle while looking at the cat watching me. I could see her head move slightly down and her eyes look at my feet, then back up again to my face. She did this several times, stared at my feet, and stared at my head, back to glance at my feet and back again at my head. She decided to sit down and continued watching my feet and my head. I could see that she was confused. Kitty could not figure out how my feet could be walking while I was not moving forward at all. After about 10 minutes of this she must have decided that she would never understand humans and left. That had to be the funniest workout I ever had and one I will never forget!

Fabric and Yarn

The Friday group is back to sewing, crocheting, knitting, etc. You are welcome to join us. For more information, talk to Lonnie.

Interest has been expressed in holding a weaving workshop and possibly forming a drop-in weaving group. A Weaving Workshop will be scheduled for the fall. Watch the newsletter and bulletin board for more details as they become available. For more information contact Lonnie.

Clubhouse Hours

Monday, Wednesday, Thursday
8:30am – 4:30pm.
Tuesday 8:30am – 1:00pm
Friday 8:30am – 3 pm.

Phone & Website

(250) 832 8477 shuswap-revelstoke.cmha.bc.ca



When we hide, mental health stays hidden. When we ride or WALK, we create change.

On June 24th

It is more than the name of an event ... It is also the reason we are riding and walking this year.

For more information about riding talk to Robyn; for walking chat with Nanika. All ages and abilities welcome to participate!



Upcoming events ...

Summer Yard Art

- Interested in creating some outdoor art for your yard or balcony (patio stones, birdhouses, birdbaths, and more ... watch the bulletin board for more information and July dates.

Weaving Workshop

- A weaving workshop will be scheduled for the fall.

CMHA MasterChef Competition

- The competition will be scheduled for October – more details to come.

Art Corner

The 'Global Art Project for Peace' artworks from across the globe are slowly trickling in. Some are coming from a long way off. We are planning to have a show as soon as all the pieces arrive. Watch for a poster to announce the opening.

While we wait for the global art pieces to arrive, come and check out our in-between show. Works of art will be on display on the Clubhouse gallery wall. This show is a collaboration of different artists and projects from this year.

A big thank you to all who helped out during art group and shared your creative talents for the Thrift Shoppe window display. All our efforts resulted in winning the contest. What great teamwork! We are looking forward to what we come up with next year.

Opportunities

Watering and Weeding at Hudson Building – Monday to Friday.

- This contract runs from spring to fall.
- The position includes lifting and carrying watering cans, bending and being outdoors.
- 1 hour – 2 times per week. Spaced approximately 3 – 4 days apart depending on the heat.

Responsibilities:

- Water both gardens by Club lobby, and 2 flower barrels at the rear entrance in the parking lot.
- Weed both gardens by Club lobby, and 2 flower barrels at the rear entrance in the parking lot as needed.
- Maintain a record of dates and times of the watering and weeding.

This position comes with an honorarium. If you are interested please bring a Letter of Intent to Beckie.

Lunch Prices to Increase July 3rd

The Participant Services Office was asked to review the cost of providing clubhouse lunches. The review included:

- A look at what other clubhouses in the area charge
- A review of the actual cost of making the lunches
- Coffee Talk discussions and feedback from participants on the impact of increasing lunch prices.

Based on this review, we felt that there was a need to increase the price of lunch. However, participants felt that that the lunch increase should be such that it would not provide a financial distress. We also agreed that lunch fees should be reviewed annually.

The new prices are as follows:

- \$ 3.25 Individual Lunch
- \$32.50 – 10 Punch Card for Individual Lunches
- \$ 2.50 Individual Frozen Meal
- \$10.00 5 Frozen Meals (purchased at the same time)

Unused lunches on punch cards purchased prior to the end of June will be honoured at the purchased price.



Peer Support

This month I am writing about who I am. I was born in Winnipeg and lived there till I was 20. Then I got brave and moved to Vancouver. Very exciting, found a job, and lived downtown Vancouver for about 3 years. Found it hard so I moved back to Winnipeg. I moved back to Vancouver 3 times. I really liked living in B.C. so I tried again, and again. I ended up having a job for 14 years, but was laid-off. So, I decided to move to Salmon Arm to be in a quieter place. I fell in love with Salmon Arm on my vacations. A friend offered to rent me a house in Tappen. I learned a lot living there as the well didn't work during power outages. So I took the advice of my friend to always have peanut butter and bread in times of no power.

I have lived in Salmon Arm now for, would you believe, 17 years, and as you know, time flies when you're having fun. I discovered CMHA when I was having Mental Health issues. I worked with Ken on the Computers. On Fridays I would come in and help people learn things. Then I took the Peer Mentor-training and have been doing this for about 7 years. I then applied for Consumer Funding (Participants Services) and was in that volunteer position for about 3 years. I then applied for the position of Peer Support Coordinator and have been doing this since last summer.

I have found that being part of CMHA is a great place to hang out. It's a safe place to talk, create and just have fun. I am grateful to be part of CMHA and all they do for us.

Lori - Peer Support Coordinator/Peer Mentor

Angela Says "Thank You"

Yay we won!!! Thank you to all the participants and staff for helping me with the Best Dressed Window Contest and making it so successful. There is plaque up in the Thrift Shoppe by the clock, come and take a look.





Good Food Box

The Kitchen will continue to purchase the Good Food Box and cook the monthly recipes provided with the vegetables and fruit in the box. May's food box was sourced from: DeMille's – potatoes, rhubarb, bananas, oranges; Pedro's – carrots, onions, beets; Askew's – cucumbers, romaine lettuce, tomatoes.

Chilled Romaine Lettuce and Buttermilk Soup

- 3 T butter
- 1 onion chopped
- 2 garlic cloves chopped
- head romaine lettuce, rinsed, dried and chopped into thin strips
- ¼ c chopped fresh parsley
- ¼ c chopped fresh dill
- 2 c buttermilk
- 2 c fat free half-and-half
- 1 c sweet peas, pureed
- salt and pepper, to taste
- chopped fresh dill to garnish

Preparation:

- Pour buttermilk and half-and-half into a large bowl or sauce pan
- In a heavy-bottomed skillet over medium heat, melt 3 tablespoons of butter
- Add onion, increase heat to medium-high and sauté until softened
- Add garlic, stirring, and then lettuce strips. Sauté for about three minutes, stirring until lettuce is wilted
- Stir lettuce strips, parsley, dill and pea puree into buttermilk mixture, then blend with an immersion blender
- Add salt and pepper to taste
- Chill at least three hours or overnight
- To serve, ladle into soup bowls and sprinkle with dill.

Makes 6 generous bowls.

Rhubarb Banana Muffins

- 2/3 c sugar
- ½ c softened butter
- 2 eggs
- 2/3 c mashed ripe bananas (about 2 medium)
- 1 t vanilla
- 1 2/3 c flour
- 1 t baking soda
- 1 t cinnamon
- ½ t salt
- 1 c finely chopped fresh rhubarb

Preparation:

- Preheat oven to 375 degrees
- Line a 12 cup muffin pan with paper liners or grease cups
- In medium bowl, whisk sugar, butter, eggs, bananas and vanilla until well blended and set aside
- In large bowl stir together flour, baking soda, salt and cinnamon

Rhubarb Banana Muffins (continued)

- Stir banana mixture into dry ingredients
- Gently fold in rhubarb
- Add batter to muffin cups
- Bake for 17 to 20 minutes or until golden brown and toothpick inserted in centre comes out clean
- Move muffins to wire rack to cool
- Serve warm or cool

Makes 12 muffins.

Sign Up for lunch on the 3rd Friday of the Month and try out the recipe(s) that come with the monthly food box.

Hudson Thrift Shoppe

Congratulations go out to Angela and all of the creative geniuses that are responsible for creating the over the top fabulous window display that took **first place** in “**The Best Dressed Window**” contest held by Downtown Salmon Arm. The display was judged according to the following criteria: Creativity, Use of Window Space, Theme, Lighting, Use of Recycled Material and Overall Impact of the display. You guys ROCKED it! To fully appreciate the window you must see it both in the daylight and in the evening so please take a stroll by and check it out while it lasts.

Our theme was “Saving our world - Reuse, Repurpose, Recycle.” A very fitting theme for the Thrift Shoppe, and the theme was beautifully incorporated into every single piece of this display. Truly the work we do here in the thrift store is making a difference in our community and the world at large!

Your hard work and creativity has been noticed throughout the community and all can feel very proud of the innovative and thoughtful work of art that you helped to create. Customers and community members have come in to express their compliments and appreciation for its beauty and attention to detail. They are captivated by all of the unique features and the creative process behind each tiny flower & creature. In addition to the creativity, I am so impressed by the collaboration and team work that went into this display. Isn't it amazing what we can do when we work together!!

In celebration of our CMHA community's great accomplishment, we are holding a free picnic lunch at the wharf immediately following the thrift store meeting on June the 6th. Please join us at 12:00 in Clubhouse and we can walk down together. Everyone is welcome!! Clubhouse and the store will be closed from 12:00pm – 1:00pm.

Check out the “What Am I” contest on the next page.



HUDSON'S THRIFT SHOPPE

1st PLACE BEST DRESSED WINDOW

Congratulations go out to all of the creative geniuses that are responsible for creating the over the top fabulous window display.

Let's Celebrate – Free

Picnic at the Wharf

June 6th – 12:00pm

HUDSON'S THRIFT SHOPPE

"WHAT AM I"?



Enter your June guess along with your name and contact info into the "What Am I" box in the clubhouse for a chance to win a small prize.

The correct answer for May was: **An Automatic Shirt Collar Iron.** Congratulations go to Aaronn Kaminski who entered the only correct answer. Aaronn wins one free item at the coffee bar!



JOIN US FOR A TRIP to ENDERBY

Find Treasures at the Flea Market & Walk along the River

FRIDAY – JUNE 1st

Leaving Clubhouse at 1:30pm

Sign Up Required

Bring money for flea market treasures and possibly an ice cream stop!



**TUESDAYS &
WEDNESDAYS
9:00 – 9:30AM
CLUBHOUSE**

Chance to talk about what's on your mind
Suggestions and ideas for the Activities
Find out what's happening in the Clubhouse
Occasional Guest Speakers

NICE SHADY NATURE HIKE in CANOE FRIDAY – JUNE 8th



Leaving Clubhouse at
10:00am

- Shady Nature Hike in Canoe
- Lunch at Canoe Beach
- Possible Swim after Lunch
- Bring a Picnic Lunch or Sign Up for one from the Kitchen
- Talk to Sanne for more information
- **Sign Up Required**

CHECK OUT THE CALENDAR FOR THESE EVENTS

Art 101. Live Music/Artist Studio. The music and open art studio continues on Thursday afternoons with artists working on a variety of art pieces as well as musicians coming out and sharing their music. Feel free to join in, bring your instrument, sing along, dance or come out and enjoy the music and some creative time.

Art Quest. 100 Painted Rocks. Starting in June we will be starting the process of collecting rocks with the plan to paint them and then share them out in the community. We will be painting 100 rocks with messages and images to celebrate CMHA in its 100th year anniversary. Come join the fun. This will include an outing to collect the rocks. Look for a posting in Clubhouse for the time and date.

Birthday Celebrations. June birthday celebrations take place on Friday the 29th. If your birthday falls for June you get a free piece of birthday cake, otherwise it's \$0.75.

CMHA AGM. Thursday, June 21 at 6:30pm at the School District Education Centre. Details to follow. Everyone welcome.

Community Teaching Garden. Thursday mornings for the whole gardening season. Meet at Clubhouse at 10:00am to get a ride. Talk to Robyn about this exciting adventure to grow your own food!

Connections. Join us for a free dinner on Wednesday, June 20th. Our peer coordinators Sara & Lori will lead you through fun activities and games after dinner. Rides home available.

Good Food Box Lunch. The Kitchen will be purchasing a Good Food Box each month and cooking the recipe(s) provided with the box on the 3rd Friday of the month – sign up for lunch and try something new! May's recipes are included in this newsletter!

Drop-In. We are gearing up for a Ride Don't Hide so there will be no drop-in before the big event. Join us on Tuesday, June 26 to catch up and hang out with your peers, fun, and games.

Enderby Flea Market and River Walk. Join us for a trip to Enderby to find treasures at the Flea Market and a walk along the river on Friday, June 1. Bring money for the treasure hunt and a possible ice cream stop! Leave Clubhouse at 1:30pm. Sign up required.

Fabric and Yarn Fridays. The Quilts & Crafts group continues meeting on Friday afternoons. Come see what all we have to offer!

Gym & Swim. FRIDAYS. Meet at Clubhouse 1:45pm for a ride. If you don't have an access pass, please talk to Robyn.

Hike. The woods are calling us on Friday, June 8! Come join us in nature for nice shady hike in Canoe. We will stop at Canoe Beach for lunch and a possible swim afterwards. Bring a picnic lunch or sign up for a bag lunch with the kitchen. Talk to Sanne for more info. Leave Clubhouse at 10 am. Sign up required.

Journaling. Journaling continues on Friday mornings. This is an effective self-care tool that can profoundly improve both your physical and mental well-being.

Leadership Workshop. This workshop is for Peer Mentors and Volunteer Coordinators from Participant Services Office. Thursday June 7th from 10am – 4:30pm. Snacks and lunch provided. *Clubhouse will be closed all day on this day.*

Participant Funding Meeting. The next participant funding meeting is scheduled for 12:45pm Wednesday June 27th. Funding applications are available in a folder in front of the participant services office and are to be completed and returned with supporting information by Wednesday June 20th. For more information talk to Angela or Carol. This is the last meeting before August so get your applications in!

Ride Don't Hide Training. Meet Robyn and the Tour de CMHA-team at 4th Ave on Saturday mornings, 10:30am – 11:30am, to continue training. For more information talk to Robyn.

Stretching. Get your Thursday started with some gentle stretching and mindfulness at 9:15am.

Women's Group. The next meeting will be held on Wednesday June 6th – 1:30pm at the Wharf. All women are welcome!

Woodshop. Are you a seasoned woodshop person but don't have any tools or are you a beginner or somewhere in between? Come out to Clubhouse Monday mornings – the woodshop is open from 10:30am to 12:00pm and Stewart is there to help!

JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUN
May 28	May 29	May 30	May 31	1	2/3
May 28th to June 3rd is Bike to Work - School Week Register at www.biketowork.ca to Win Prizes					
Walk - 9:15am Woodshop - 10:30am - 12:00pm Burritos - 12:00pm Art Quest - 1:30pm 100 Painted Rocks	Coffee Talk - 9:00am Greek Salad and Turkey Meatballs - 12:00pm Clubhouse Closes 1:00pm	Coffee Talk - 9:00am Apricot Glazed Pork and Asian Slaw - 12:00pm Food Skills Group - 1:00pm - 4:00pm - Clubhouse Clubhouse Activities in Activity Room	Stretching - 9:30am Community Garden - Meet at Clubhouse at 10:00am BBQ at Ross Street Plaza - See Sign Up Sheet 12:00pm Art 101 - 1:30pm Live Music / Artist Studio	Good News Fridays - 9:00am Journaling - 10:30 - 11:00am Activity Room Beef Dip- 12:00pm Fabric and Yarn - 1:30pm Flea Market and River Walk - 1:30pm - Sign Up Required Swim or Gym - Meet at Clubhouse at 1:45pm Clubhouse Closes at 3pm Fabulous Friday Sale at the Thrift Shoppe	Saturday Ride Don't Hide Training 10:30am Meet at 4th Ave
4 Wellness Bingo - 9:15am Woodshop - 10:30am - 12:00pm Chicken Caesar Salad - 12:00pm Art Quest - 1:30pm 100 Painted Rocks	5 Coffee Talk - 9:00am Spanakopita - 12:00pm Clubhouse Closes 1:00pm No Drop-In	6 Coffee Talk - 9:00am Thrift Shoppe Meeting - 10:30am Clubhouse Open in Activity Room Picnic Lunch at the Wharf - 12:00pm Food Skills Group - 1:00pm - 4:00pm - Clubhouse Clubhouse Activities in Activity Room Women's' Group - 1:30 - 3:00pm - at the Wharf	7 CLUBHOUSE CLOSED ALL DAY Leadership Workshop 10:00am - 4:30pm Peer Mentors & Volunteer Coordinators Participant Services Office	8 Good News Fridays - 9:00am Hike - Park Hill & Canoe Beach 10:00am - Sign Up Required Journaling - 10:30 - 11:00am Activity Room BBQ Chicken- 12:00pm Fabric and Yarn - 1:30pm Swim or Gym - Meet at Clubhouse at 1:45pm Clubhouse Closes at 3pm Fabulous Friday Sale at the Thrift Shoppe	9/10 Saturday Ride Don't Hide Training 10:30am Meet at 4th Ave
11 Walk - 9:15am Woodshop - 10:30am - 12:00pm Glory Bowl - 12:00pm Art Quest - 1:30pm 100 Painted Rocks	12 Coffee Talk - 9:00am Twice Baked Potatoes - 12:00pm Clubhouse Closes 1:00pm No Drop-In	13 Coffee Talk - 9:00am Curry Coconut Chicken - 12:00pm	14 Stretching - 9:30am Community Garden - Meet at Clubhouse at 10:00am Waffles and Strawberries - 12:00pm Art 101 - 1:30pm Live Music / Artist Studio	15 Good News Fridays - 9:00am Journaling - 10:30 - 11:00am Activity Room Good Food Box Recipes - 12:00pm Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm Fabulous Friday Sale at the Thrift Shoppe	16/17 Ride Don't Hide Training - 10:30am Meet at 4th Ave Sunday June 17 Father's Day
18 Walk - 9:15am Woodshop - 10:30am - 12:00pm Reuben Sandwich and Salad - 12:00pm Art Quest - 1:30pm 100 Painted Rocks	19 Coffee Talk - 9:00am - Chicken Cashew Lettuce Wraps - 12:00pm Clubhouse Closes 1:00pm No Drop-In	20 Participant Funding Applications Due Coffee Talk - 9:00am Fruit Salad & Cottage Cheese with Biscuit - 12:00pm	21 Summer Solstice Stretching - 9:30am Community Garden - Meet at Clubhouse at 10:00am Chilli and Bun - 12:00pm Art 101 - 1:30pm Live Music / Artist Studio CMHA AGM - 6:30pm at the School District Education Centre	22 Good News Fridays - 9:00am Journaling - 10:30 - 11:00am Activity Room Pizza - 12:00pm Fabric and Yarn - 1:30pm Swim or Gym - Meet at Clubhouse at 1:45pm Clubhouse Closes at 3pm Fabulous Friday Sale at the Thrift Shoppe	23/24 Sunday June 24 Ride / Walk Don't Hide
25 CLUBHOUSE CLOSED ALL DAY	26 Coffee Talk - 9:00am - Fish Tacos - 12:00pm Clubhouse Closes 1:00pm Drop-In - 4:00 - 7:00pm Rides Home Available	27 Coffee Talk - 9:00am Chicken Ceaser Wraps - 12:00pm Participant Funding Meeting - 12:30 pm	28 Stretching - 9:30am Community Garden - Meet at Clubhouse at 10:00am Beef Stir Fry with Rice - 12:00pm Art 101 - 1:30pm Live Music / Artist Studio	29 TVP Timesheets Due (Friday / Saturday) Good News Fridays - 9:00am Journaling - 10:30 - 11:00am Activity Room BBQ and Birthday Cake - 12:00pm Fabric and Yarn - 1:30pm Swim or Gym - Meet at Clubhouse at 1:45pm Clubhouse Closes at 3pm Fabulous Friday Sale at the Thrift Shoppe	30/July 1 Sunday July 1st CANADA DAY
A reminder that lunch is served at 12 noon - Please call 250 832 0655 before 10:00am to let the kitchen know you are coming for lunch					