

The Power of Pink

Are you familiar with Pink Shirt Day? Have you ever shown your support for it by wearing a pink shirt, scarf, toque or other pink accessory?

Pink Shirt Day stands for anti-bullying. Bullying is a serious issue affecting our society. It is prevalent in many schools, work places, and even homes, as well as on the Internet.

What is bullying?

Bullying relates to statements or actions that are done, often purposefully, and in a way that hurt someone physically and/or emotionally. The most common forms of bullying include

- Verbal, like name calling
- Physical, like pushing or punching someone
- Social, like excluding someone from an activity or group
- Extortion, like stealing money or possessions
- Cyber bullying that is done on computers, mobile phones and the Internet.

The statistics on bullying in Canada are staggering. In schools, a student is bullied every seven minutes, and nearly half of Canadian parents report having their child as a victim of bullying. Equally, nearly half of Canadian workers experience bullying on weekly basis.



What can we do?

Addressing it is always necessary. If you are bullied, tell someone. If someone you know is being bullied, or if you see someone being bullied, stand beside him/her to show your support and lead him/her away. Tell his/her boss or teacher. Talk about bullying to your friends and family, especially children. You can find more tips on Pink Shirt Day website: www.pinkshirtday.ca.

Why Pink Shirt?

The Pink Shirt Day started in a small town of Nova Scotia in 2007 after a Grade 9 student was bullied for wearing a pink shirt to school. The bullies harassed the boy, called him a homosexual and threatened to beat him up. Two Grade 12 boys took a stand for their fellow student and organized a campaign by encouraging other students to dress in pink. The next day their school stood up against bullying as nearly everyone wore pink. Wearing pink in support of anti-bullying has since spread across borders and oceans to a world-wide participation.

This is a great example of how humanity and individuals can make a difference.

Join us for the 2019 Pink Shirt Day on Wednesday, February 27. We encourage everyone to practice kindness and wear pink to symbolize that you do not tolerate bullying.

The Clubhouse

Recovery from mental illness is about more than treatment – it's about being embraced by your community to connect with others and regain a sense of hope, confidence, opportunity and wellness.

Our Clubhouse program promotes recovery by providing a safe and supportive environment for people experiencing mental illness to enjoy active participation in a balance of healthy and fulfilling activities.

The Clubhouse centers on social, recreational and creative arts activities connecting participants with one another and with our staff. Check out this newsletter and the monthly calendar of events for the activities offered at the Clubhouse.

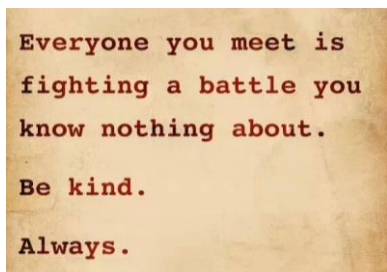
Here's what members have said about our clubhouse:

"I can be myself."

"Nice, friendly atmosphere."

"Clubhouse activities give me a chance to go places I would not go to because of budget and not wanting to go alone. It provides fellowship and gets me out of the house."

"Volunteering here makes me feel productive."



Lonnie is in the craft room on Fridays, 1:00 – 3:00pm; however, if you want to use the room during the week, please feel free to do that. She is around most days to answer any questions or to show how to use the tools.

Our challenge this month is to make crocheted and knitted blocks, which will become blankets. We can teach crocheting and knitting, so it's good time to try it out! Also, we would like to make a quilt the same way. If you want to see and learn how a quilt block is made, please drop by!

From the Kitchen



February can be a long cold month, so how about learning to make your favourite comfort food? Or some food you really like? The kitchen is willing to teach you how to make any dish that you would like (of course within the budget). We can schedule the dish around a time that works for you and the kitchen. See Lonnie if this sounds like something you would want to do. We are always looking for requests from participants to cook and serve, so come and see Lonnie if there is something you would like on the menu!

Thank you to Kim and Sara for preparing and cooking the free lunch on January 22nd – the Mac and Cheese was terrific and enjoyed by all!



Thank you to Iris Dito for facilitating a well-received workshop learning to paint with instant coffee. We enjoyed our time and all walked away with some new skills in painting and creating a composition.

We broke in the New Year with a new display of art work by Stephen Kyles. If you have the opportunity, take some time exploring through his notebook sketches and inspiring watercolours.

We have begun the process of learning to Batik together and the results are beautiful! We will continue with Batik throughout the month of February. If you haven't had the chance to do it yet, come on out and give it a try. We are also continuing with our project completing squares for a new cover for the pool table. Please see Nanika to join in. We encourage different styles and mediums for this project to get a unique look as a reflection of our diverse and multi-talented population at CMHA.

Art Studio/Music Jam – Art Studio will be happening in the Activity Room. Participants are invited to come work on their artworks or start a new project. Nanika will be happy to assist you in getting started and set up with available supplies. In the common area there will be an opportunity to get together with your instruments and play some music together, work on songs and/or sing along. We have an electric piano set up, music stands for your music and resources to print out music sheets if there is a particular song you would like to learn or sing along to.

Art Quest. Batik Workshop – In February we will be continuing with Batik. Nanika is available to assist you in getting started with your art piece or help develop your idea. Please bring in your own white cotton material to work on, if you have one. There will also be some provided along with dyes and [wax](#) to work with. We will also be resuming with the pool table cover project, come see Nanika to get involved.

Connections

We stepped out on the wild side for the January Connections dinner and enjoyed a “Black Bean Lasagna”. Like any new recipe some of us were skeptical about this but as always, the meal was delicious.

Black Bean Lasagna

Preparation Time: 30 minutes
Cook Time: 35 minutes
Ready In: 90 minutes

Ingredients:

- 1 T vegetable oil
- 2 onions
- 4 cloves garlic, chopped
- ½ green bell pepper, diced
- ½ red bell pepper, diced
- 1 14.5 ounce can chopped tomatoes
- 1 c salsa
- 2 15 ounce cans black beans, drained and rinsed
- Salt and black pepper to taste
- 2 avocados, peeled, pitted, and mashed
- 12 (6 inch) corn tortillas, quartered
- 2 cups shredded cheddar cheese

Directions:

- Preheat oven to 400 degrees F (200 degrees C)
- Lightly grease a 9” x 13” baking dish
- Warm oil in a large skillet over medium heat
- Stir in onions, 3 chopped garlic cloves (keep remaining chopped garlic clove for guacamole), and green and red bell peppers; cook until the onions are translucent, then stir in tomatoes with juice, salsa, and black beans; season with salt and pepper, bring to a simmer and cook for about 3 minutes
- In a bowl, mash the avocados with the remaining 1 clove of chopped garlic and lemon juice
- Place a layer of tortillas on the bottom of the baking dish; spread 1/3 of the tomato and bean mixture on top
- Spread ½ of the guacamole on top, then sprinkle with 1/3 of cheese; lay out another layer of tortillas, top with half of the remaining tomato and bean mixture; spread the remaining guacamole on top; sprinkle with half the cheese, repeat with remaining ingredients.
Option: Omit the guacamole and have it on the side.
- Bake in preheated oven for 35 minutes or until sauce us bubbly.

Connections is a free monthly dinner followed by games on the Wednesday the week prior to date that Income Assistance Cheques are issued. Come join us and have some fun.

Thanks to our Peer Support Program for hosting this light-hearted event! Be sure to join us for the next Connections on February 13th.

Vision Board



The Vision Board has been growing with ideas of what we, the clubhouse participants, would like to see happen. Some ideas that have come to fruition already are:

- ✓ Batik – January & February Art Groups
- ✓ Movie and Popcorn – February 19th Drop In
- ✓ Skating – January 3, 17, 31
- ✓ Crib games – February 11 and 25th (with tournament to follow)
- ✓ Bingo – 1st Monday of the Month
- ✓ Meditation – Coming in March
- ✓ Each Week write about Something Good that Happened – Join us for Journaling Friday mornings
- ✓ Other ideas are percolating and / or are in the works!!

Keep the ideas coming!



The Hudson Thrift Shoppe would like to invite you to join our fun, accepting and enthusiastic volunteer team. We are open Monday to Saturday, 10 am to 4:30 pm. Shifts vary according to your availability, as well as the availability of space at store. Please see Robyn if you are interested, and remember..... *“You make a living by what you get. You make a life by what you give.”* ~ Winston Churchill

Starting March 1, 2019 we have a new format to our sales:

- 2-for-1 Tuesdays are back.
- The \$3 bag sales will shift to the last Tuesday of the month.
- A new sales day is being added..... Super Saturdays with Pop-Up sales. The Pop-Up sales will be on items that we have too much of. Every Saturday will be different, so you have to “pop” in to see what’s for sale.

Thrift Shoppe Closed for changeover February 25 and 26!



Enjoying Nature on Snowshoes

I enjoyed our season opener snowshoeing in the Memorial Trail. The first sight I saw when entering this forest path was all the green leaves lit by sunshine. If I was to colour-pencil this scene, the leaves would be of olive, jade, emerald and some grayed yellow-green. The tree trunks and bark would be the browns of mahogany, warm beige, camel and cocoa. But, how can I get the mythical-light effects glowing from the sunrays through the trees? The forest had a real pine scent that you don't get from the kids 'Scratch & Sniff' scent stickers or the Essential oil mist diffusers.

One part of the forest was heavily laden with moss. It went full-length down the trunks of the trees. We stopped to admire this velvety texture and had a discussion that it must be from their northern exposure.

The trail was just right, nice and easy. The section with open sky had softer snow and the wooded areas were partially icy. We had to take a bit more care on the ice.

Suddenly, two dogs appeared and circled around us. Then I instantly stopped and almost fell head first for one of the dogs stepped on the back of one of my snowshoes. It was youthful and friendly with a massive amount of black curly Newfoundlander fur. Luckily, my one and only ski pole was already solidly in the snow. The second dog was a total opposite – small, wise, older companion-guardian for the elderly (80+) woman. This trail must be close to her home for she walked upright with the sure confident footing of knowing every inch of this path. She dressed for Autumn with no hat, no gloves, no boots, just shoes with a short red coat. This seemed surreal when compared to me feeling cold blooded all bundled up in layers of ski-jacket plus a toque, scarf, gloves and hiking boots with the snowshoes and one ski pole. We had one young peer who was like the 'Autumn Lady'. He had his winter coat wide open and just resting on his shoulders.

The lady's dogs were also familiar with this path for every third tree was claimed by the 'Mark of Yellow Ownerships' stains. Then the woman and her dogs were gone leaving us to focus on the awesome peace and breathing in the crisp, fresh forest air. All we could hear was the clipping of the snowshoes sliding alone. Lorrie (staff), our guide, is planning more trail-outings around town.

I loved and enjoyed this snowshoeing activity in Nature. The quietness of nature is healing and helps my PTSD.

Lynn SC

Groundhog Day

Groundhog Day is celebrated in Canada and the United States every year on the 2nd of February. Legend has it that watching a groundhog emerge from its burrow can determine the weather forecast for the coming weeks. Accordingly, if it is a sunny day and the groundhog sees its shadow, it goes back to sleep for six more weeks of winter. If the weather is cloudy and the groundhog does not see its shadow, it stays outside, meaning that the worst of winter is over and spring will soon arrive.

In Canada, Warton Willie — an albino rodent from Warton, Ontario is the most famous groundhog and has been predicting the weather since 1956. Since it is unlikely that Warton Willie would come out of his burrow on his own before early to mid-March (six to eight weeks after February 2nd), he is awakened from hibernation to make his prediction. Other groundhogs across Canada play meteorologist as well, including Balzac Billy in Alberta, Brandon Bob and Winnipeg Willow in Manitoba, Gary the Groundhog (Kleinburg) and Oil Springs Ollie in Ontario, Fred la marmotte (Val d'Espoir) in Québec, and Two Rivers Tunnel (Cape Breton Island) and Shubenacadie Sam in Nova Scotia. Toronto also has its own furry meteorologist, Dundas Donna, a South American coati (*Nasua nasua*).

Canadian meteorological data prove that the groundhogs' success rate is quite low ... over the past 30 to 40 years groundhogs' predictions were correct only 37 per cent of the time!



Staffing Changes

While Shannon's Gatekeeper-program came to an end at the end of December, Shannon didn't leave CMHA. She had a little hiatus and is now back as the new Manager of Service Delivery & Program Innovation. Essentially, this is Dianna's old position with some added responsibilities. Dianna is now the Manager of Housing & Operations, which she will handle from her old office in the admin. Congratulations Shannon and Dianna!

You Are invited

Name: **MeMeMeMeMe – To A Wonderful Me**

Event: A One of a kind Valentine's Day Celebration

Date: February 14

Time: 9:30 am

Where: CMHA Clubhouse

- Make a valentine for the most important person in your life ... you!!
- Learn about and practise caring for the one you Love ... You!!
- Enjoy a pleasing treat ... You deserve it!!
- Bonus: Never ending self-hugs available!



Social Rec

- **Snowshoeing.** Come out and enjoy the beautiful winter wonderland at Larch Hills and/or various trails throughout Salmon Arm as the snow conditions allow. Thanks to the CMHA Group Funding we are able to offer this fabulous activity for only \$2.00/ session (payable when you sign up). Transportation provided. Sign up required. February 8th and 22nd.
- **Walking.** Each Monday at 1:30. Weather depending, the walks may be indoors at the local arena or on some of the trails close to the Clubhouse. Transportation provided and no cost. No sign up required
- **Cribbage.** Join us on Monday, February 11th and 25th for cribbage in the Clubhouse at 9:30am. Come out and learn how to play cribbage with your fellow Clubhouse members. If you already know how, **please** come and mentor those of us that are new to the game. Let's plan for a cribbage tournament in March! This is a free event and no sign-up required.
- **Journaling.** Come join our journaling group each Friday morning, 10:30 – 11:00am. "Writing in a journal reminds you of your goals and of your learning in life. It offers a place where you can hold a deliberate, thoughtful conversation with yourself." – Robin S. Sharma
- **Connections.** February 13th 5:00 – 7:30pm. Come and join the Clubhouse for a beautiful home cooked meal and great conversation followed by some lively fun and games. This is a free event with rides home (in town) at the end of the evening.
- **Drop In:**
 - **February 5th** - Silver Star-TUBETOWN!! Make sure to sign up asap! We will also be checking out the snow sculptures in the Silver Star Village. Cost is \$10.00 per person plus money for dinner (you can always bring a bag meal). Transportation is provided and sign up is required (please pay when you sign up. First come first served).
 - **February 19th** - Movie and popcorn night. This is a FREE event with rides home (in town). No sign-up required.



LARCH HILLS
 Tuesday February 26
 Leaving Clubhouse at 10:30am

Participant Funding Opportunities



Have you utilized your participant funding allocation for this fiscal year? Clubhouse participants are eligible for up to \$200, between the months of April and March, for all sorts of activities and programs which will improve your mental and physical health.

Check out the Continuing Studies Brochure for information on Business Courses, Leadership, Communications, Managing Conflict, Office Administration, Computers and Technology, Employment Skills, First Aid and Safety, Distance Education Courses, Leisure and Lifestyle Courses, and more. The Winter Fun Guide Brochure provides information on Fitness and Racquet Courts, Skating, Aqua Fit, Swimming Lessons, and other programs offered at the Recreation Centre. Other activities offered in the community include: Language Classes, Yoga, Gym Passes, Aerobics, Boxing, Golf, Tai Chi, Fitness Classes, First Aid, Radio Skills Course, Cross Country Skiing, Curves, Karate, Singing Lessons, Music Instrument Lessons, Hospice Volunteer Training, Photography, Drawing Classes, Toastmasters, Weaving Lessons, Stain Glass Workshops, Painting Classes ... and more! Have an idea, not sure if it qualifies – talk to Angela or Carol in the Participant Services office or to any staff member.

Participant funding meetings are held the last Wednesday of the month. Applications are due the Wednesday prior to the meeting. Application forms are available in a file folder outside of the Participant Services Office.

Becoming A Mentor

I became a peer support mentor many years ago. I feel that while the peer enjoys getting out, so does the mentor. Here is a fine example of this; I hadn't seen a movie at the theatre for many, many years but as a mentor I was given the opportunity to attend a movie with my peer. Now I look forward to seeing what movies are on at the theatre and of course, CMHA has tickets at \$5.00, which are good for any show time. In the summer the peers that I have helped enjoy walking on the pier, or listening to the music at Wednesdays on the Wharf. In conclusion, I feel that the peer support program itself is beneficial for both peers and mentors. If you feel this is something that you would like to be a part of, come in and talk to one of the Peer Support Coordinators, Sara or Lori R.

Computers

Did you know that we have computers available for you to use? Come check it out.



Join Us Tuesday and Wednesday Mornings

9:00 – 10:00am

to chat about ideas and suggestions for the Clubhouse

what is happening in the community

occasional guest speakers

visit with clubhouse participants and staff

FEBRUARY'S WHAT IS IT?



Enter your February guess along with your name and contact information into the "What Am I Box" in the Clubhouse to win a small prize.

January's "What is It" was the top of a Sweater / Lint Defuzzer. 12 guesses - no correct answers! Ken drew a name and the lucky winner was Mary-Anne. Thanks for playing!

peer Support



PEERS WANTED

Looking To
Have a Conversation
Go Out for a Coffee, a Walk, a Movie

Peer Mentors want to meet you!

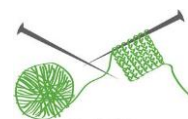
For More Information Talk to Sara or Lori.

MARK YOUR CALENDAR
UPCOMING DATES FOR
RAINBOW CAFE



The GreenSpace in the
First United Church
450 Okanagan Ave SE
Salmon Arm

Tuesdays at 6pm
January 15 and 29, February 5 and 19, March 5 and 19



Looking for Crocheters, Knitters, Quilters & Wanna Be's

Do you crochet, knit or quilt? Would you like to learn? Come down to the Clubhouse anytime in February and create an 8" x 8" square. For every square you contribute, your name will go in to a draw for one of the completed quilts – complete one square get 1 entry ... complete 3 squares get 3 entries, etc. Squares can be completed at the Clubhouse or at home. Clubhouse participants and staff are welcome to participate!

All supplies provided or provide your own.

MeMeMeMeMeMeMe
Happy Valentine's Day



To Wonderful Me

In honour of self-love join us in
the clubhouse on
February 14th at 9:30
for a truly one of a kind
Valentine's Day Celebration!

FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUN
	29 Clubhouse Closed All Day	30 Coffee Talk - 9:00am Swedish Meatballs - 12 noon Participant Funding Meeting - 12:30pm Cards, Colouring & Crocheting, Knitting and Quilting - 1:30pm	31 Stretching - 9:30am Tomato Basil Cheddar Soup - 12 noon Art 101 - 1:30pm Skating - 2:30pm	February 1 Good News Fridays - 9:00am Journaling - 10:30 - 11:00am Spanakopita & Greek Salad - 12 noon Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm Fabulous Friday Sale at the Thrift Shoppe	2/3 Feb 2 Groundhog Day Saturday Woodshop - 10:00am - 12:00pm
4 Wellness Bingo - 9:30am Woodshop - 10:30am - 12:00pm Lentil Soup - 12 noon Art Quest - 1:30pm	5 Coffee Talk - 9:00am Cranberry Chicken and Rice - 12 noon Clubhouse Closes 1:00pm Silver Star - Tube Town Tubing, Skating Leave Clubhouse at 2:00pm - Sign Up Required	6 Coffee Talk - 9:00am Reuben Sandwich - 12 noon Cards, Colouring & Crocheting, Knitting and Quilting - 1:30pm	7 Stretching - 9:30am Waffles and Fruit - 12 noon Art 101 - 1:30pm	8 Good News Fridays - 9:00am Journaling - 10:30 - 11:00am Pizza - 12 noon Snowshoeing - 1:00pm Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm Fabulous Friday Sale at the Thrift Shoppe	9/10 Saturday Woodshop - 10:00am - 12:00pm
11 Cribbage - 9:30am Woodshop - 10:30am - 12:00pm Pork Wonton Soup - 12 noon Art Quest - 1:30pm	12 Coffee Talk - 9:00am African Nut Stew - 12 noon Clubhouse Closes 1:00pm	13 Coffee Talk - 9:00am Beef Dip - 12 noon Cards, Colouring & Crocheting, Knitting and Quilting - 1:30pm	14 Valentine's Day MeMeMeMe - To A Wonderful Me - 9:30am Lasagna, Salad and Garlic Toast - 12 noon Art 101 - 1:30pm	15 Good News Fridays - 9:00am Journaling - 10:30 - 11:00am Chicken Cashew Lettuce Wraps - 12 noon Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm Fabulous Friday Sale at the Thrift Shoppe	16/17 Saturday Woodshop - 10:00am - 12:00pm
18 Clubhouse Closed FAMILY DAY	19 Coffee Talk - 9:00am Fish Tacos - 12 noon Clubhouse Closes 1:00pm Drop In - 4:00pm - 7:30pm - Rides Home Available	20 Participant Funding Applications Due Glory Bowl - 12 noon Cards, Colouring & Crocheting, Knitting and Quilting - 1:30pm	21 Stretching - 9:30am Twice Baked Potatoes and Salad - 12 noon Art 101 - 1:30pm	22 TVP Timesheets Due (Fri / Sat) BBQ & Birthday Cake - 12 noon Snowshoeing - 1:00pm Clubhouse Closes at 3pm Fabulous Friday Sale at the Thrift Shoppe	23/24 Saturday Woodshop - 10:00am - 12:00pm
25 Thrift Shoppe Closed for Changeover Cribbage - 9:30am Woodshop - 10:30am - 12:00pm Mac & Cheese - 12 noon Art Quest - 1:30pm	26 Coffee Talk - 9:00am Snow Day at Larch Hills Clubhouse Closes 10:30am	27 Pink Shirt Day Coffee Talk - 9:00am Chicken Fingers - 12 noon Participant Funding Meeting - 12:30pm Cards, Colouring & Crocheting, Knitting and Quilting - 1:30pm	28 Stretching - 9:30am Meat Loaf - 12 noon Art 101 - 1:30pm	March 1 Good News Fridays - 9:00am Journaling - 10:30 - 11:00am Lunch - 12 noon Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm	2/3 Saturday Woodshop - 10:00am - 12:00pm

A reminder that Lunch is at 12 noon – Please call 250 832 0655 before 10:00am to reserve your lunch

Lunch Menu Subject to Change Due to the
First Annual Great CMHA Team Building Cook Off
Interested Participants and Staff have volunteered to cook lunch in February
Teams of 3 will be given a new recipe and ingredients to cook and show off their collective skills
Come Out And Support The Teams On Their Cooking Days

AT A GLANCE



SNOWSHOEING



Friday Feb 8 and 22
1:00 – 3:30pm

WELLNESS



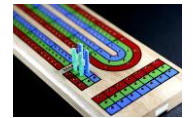
Monday February 4
9:30am

SILVER STAR TUBE TOWN & SKATING



Tuesday February 5
Leave Clubhouse at 2:00pm
Sign Up Required

CRIBBAGE



Monday February 11 and 25

CONNECTIONS



Wednesday Feb 13
5:00pm
Join Us for a Free Dinner & Games

HAPPY VALENTINE'S DAY MeMeMe – TO A WONDERFUL ME

February 14
9:30am

CLUBHOUSE & THRIFT SHOPPE CLOSED



Monday February 18

SNOW DAY at LARCH HILLS



Tuesday February 26
Leaving Clubhouse at 10:30am

PINK SHIRT DAY Wear A Pink Shirt



Wednesday Feb 27

CLUBHOUSE WORLD CAFE

Moved to March 19th
10:00am



Woodworking



Join Jonathan Saturday mornings for Woodworking between 10:00am and 12 noon. Enter through the parking lot door near the garbage bins. Stewart will continue his Woodshop sessions Monday mornings between 10:30am and noon. Everyone welcome.

Opportunities – Reception

We currently have incentive opportunities in Reception. Are you looking to learn skills in an office environment? For more information, talk to Lorrie.

“Treat everyone with politeness and kindness, not because they are nice, but because you are.”

– Roy T. Bennett. The Light in the Heart