

June 2020

# CLUBHOUSE NEWSLETTER

Brought to you by



Canadian Mental  
Health Association  
Shuswap-Revelstoke  
*Mental health for all*

- BIRD'S NEST COOKIES
- COMMUNITY TEACHING GARDEN
- BIRDING GROUP
- SOCIAL REC
- STARTING A NATURE JOURNAL
- CREATIVE CONNECTION
- TIPS FOR FEEDING THE BIRDS
- *and* MORE

Our Culture,  
Our Community,  
Our Programs!

Let me tell ya 'bout the birds  
and the bees  
And the flowers and the trees  
And the moon up above  
And a thing called "Love"





## BIRD'S NEST COOKIES (THUMBPRINT OR THIMBLE COOKIES)

### INGREDIENTS

- 1 1/2 cups **salted** butter (if you use unsalted be sure to add about 1/2 tsp. salt)  
3/4 cup sugar  
1 Tbsp. pure vanilla extract  
3 cups all-purpose flour, sifted  
3 eggs, separated  
jam or jelly of your choice (I used raspberry and strawberry)  
sweetened dried coconut flakes\walnuts, finely chopped

### DIRECTIONS

1. Preheat oven to 350 F.
2. In a large bowl, cream butter with an electric mixer. Add the sugar gradually and mix well. Lightly whisk the egg yolks then add them to the bowl with the vanilla and flour, mixing until thoroughly combined. Shape into walnut-sized balls. 
3. Place egg whites in a shallow bowl and lightly whisk. Place nuts and coconut in separate bowls. First roll the balls of dough in the egg whites and then in either the nuts or coconut to coat. Place on a lightly greased cookie sheet and dent in the center with a thimble or finger.
4. Bake in preheated oven for 10 minutes. Quickly remove from the oven and re-dent the tops of the cookies. Return the cookies to the oven and continue cooking for about 8 minutes, until golden. Remove from the oven to cool on a wire rack. Fill the centers with jam or jelly while still hot. Once cooled, store in an airtight container.

**NOTE:** If using coconut, make sure the oven rack is in the middle of the oven and watch the cookies closely at the end of cooking to prevent the coconut from burning.

Makes 40-60 cookies, depending on size.





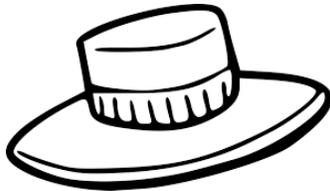
# SOCIAL REC

Wow! Everywhere I look right now I see the beauty of nature. Life is springing up in every nook and cranny and I am so excited to get out there and explore some of the trails near CMHA. Who would like to join me for a weekly walk: around McGuire Lake, along the Foreshore of Shuswap Lake, or through the quaint streets of Salmon Arm?



The group will meet in the CMHA Parking lot on Mondays at 12:30. Please bring a water bottle and wear comfortable walking shoes (a hat and sunscreen would be important for the sunny days I am certain we are going to have). If you have any binoculars bring them along!

There is always so much to see. Maybe you are interested in starting a nature journal.... bring a notebook, a pencil and your curious mind.



Due to the current situation with COVID 19, I will have to limit the number of participants attending to no more than 5 so we can observe the required physical distancing precautions. Please be sure to register ahead of time with Lorrie so that we do not have to turn anyone away. If there is enough interest perhaps, we could start a group for another day of the week.... that would be totally awesome!!

If you are interested in the walking group, please contact Lorrie at 250-804-9617 or email her at [lorrie.campagnolo@cmha.bc.ca](mailto:lorrie.campagnolo@cmha.bc.ca)



**Tuesdays  
at  
1:00pm**

If you have access to the internet you can connect to Drop-In through a Zoom connection. For more information, contact Rachael 250 833 8929 and she will be happy to provide you with more information.



## Community Teaching Garden



Hello Everyone! I am happy to announce CMHA is once again planning to be part of the Shuswap Community Teaching Garden.

We have participated in this venture during the last few years. Come June, our gardening group will be able to dig in the dirt and ripen our green thumbs at the community garden while physically distancing. As the crops mature, you will be able

to take produce home. So, let's get gardening!!!

**We will be meeting weekly at the garden Wednesdays and Fridays 1:00 - 3:00 pm.** Please contact Rachel for more information: 250-833-8929.

Gloves will be provided free of charge thanks to the Shuswap Community Teaching Garden.

## The Birding Group



Our birding group is ready to start outings. We will meet at the entrance to the wharf (right by the lake) **Tuesdays and Thursdays from 2:30 - 4:00** and reflect on the diverse bird species and other ecological interests.

Please dress for the weather and make sure to bring a hat and put on sunscreen. Remember to bring your birding book/journal, pen, and binoculars if you have them. Don't forget to pack a snack and a water bottle!

For more info, connect with Rachael: 250-833-8929.





## Journaling - Starting a Nature Journal

### Capturing the beauty of "The Birds and the Bees, the Flowers and the Trees"

I think that it is common knowledge that spending time in the outdoors can do wonders for relieving anxiety, stress, and depression. There have been many studies that have proven that nature has a positive effect on your mental health. What you see, hear, and experience in nature can improve your mood in a heartbeat.

But what if I told you that we could expand the already fabulous benefits of spending time in nature by taking it one step further and create a Nature Journal, recording the thoughts, ideas and experiences we generate during our nature encounters.

We reap so many benefits through our intentional exposure to nature, but what if we used our journals to help us discover something new, even in a familiar object. Nature presents us with an endless source of wonder. What if we were to intentionally record our questions and press further into what we do not know instead of simply acknowledging what we do know. When we engage with our curiosity and our observations (I notice....I wonder?...Could this be related to that?), we literally rewire our brain as we lay down new neurons with each new discovery or revelation. This simple activity is quite literally food for the brain.

But what is nature journaling? It is quite simply the recording of what we observe in nature. A nature journal may include simple notes, sketches/ photos of plants, animals or insects, pressed flowers, nature inspired poetry or notes copied from another source. There are absolutely no rules and it can be as creative as you want it to be!

So, slip on your walking shoes and head outside. All you need is a notebook, pencil, some tape, and a bag to collect items in (a camera could be helpful). Look for something that interests you or read in a book about something you hope to see before you go out and see if you can find it. Once you locate your object of interest, begin your observations.... notice everything you can about it, using as many of your 5 senses as you can. You can record them in your journal right then and there or you can take pictures, samples, and notes so that you can complete your entry later at home. You may even want to do a little research to answer some of those burning questions you might have and record the information in your journal entry.

Don't forget to enjoy the moment! Nature journaling must be one of the best mindfulness activities I can think of. It helps us to slow down our hurried pace, and when we focus on the beauty of nature and observe the intricate workings of the natural world, (even the smallest insect is truly amazing) we can temporarily suspend our busy thoughts, giving our mind and body a much needed rest.

Please join me each Friday morning, 10:30-11:15 am, on the Zoom platform to learn more about journaling and its many benefits. We will also practice our new skills in a 20-minute writing session during this time. All you need is; a pen/ pencil, some paper, and an internet device to run Zoom on.

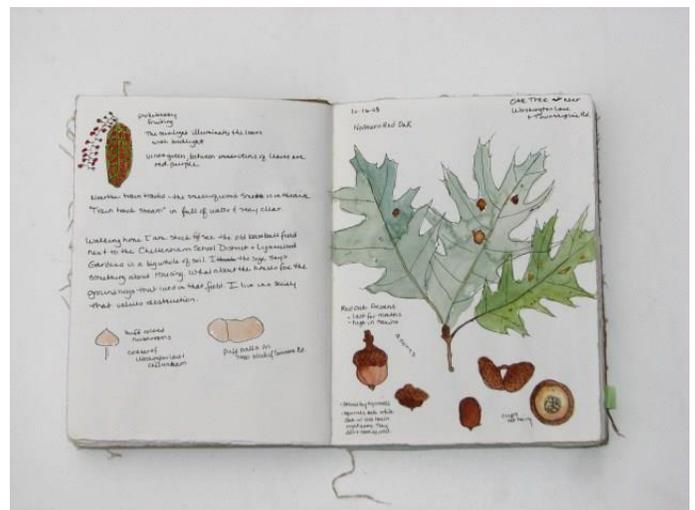
**PLEASE NOTE THAT THERE IS NO JOURNALING ON FRIDAY, JUNE 5<sup>th</sup>**

Contact Lorrie for more information or an email invitation for the Zoom session.

Call or text 250-804-9617

Call 250-832-8477 ext. 111- leave a message

Email: [lorrie.campagnolo@cmha.bc.ca](mailto:lorrie.campagnolo@cmha.bc.ca)



## What a Wonderful World

Louis Armstrong

I see trees of green, red roses too  
I see them bloom, for me and you  
And I think to myself  
What a wonderful world

I see skies of blue, and clouds of white  
The bright blessed day, dark sacred night  
And I think to myself  
What a wonderful world

The colors of the rainbow, so pretty in the sky  
Are also on the faces, of people going by  
I see friends shaking hands, sayin', "How do you do?"  
They're really sayin', "I love you"



## Awakening the Spirit Art Show

Once again, we are welcome to join CMHA Vernon's 16th Annual Art Show 'Awakening the Spirit.' Please let me know if you're interested so we can make sure all artwork meets requirements for size and framing. Submissions need to be in by June 21st through our clubhouse. Contact Nanika for more details.

## Creative Connection

It is great to see all the interpretations of peoples comforts in the form of a favorite mug with a favorite drink along with all that brings comfort on those rainy days, metaphorically or actual rainy day. This was one of our group drawing activities in May. Thanks for all who joined in and shared their artwork with us.

'Creative Connection' continues every Thursday at 1:00-2:30pm on Zoom. You will have an opportunity to share about your creative endeavours and hear from others. Each week Nanika will lead a new Art Activity using supplies from home. All you need is paper and pen to make it happen.



New this month is 'Song Club' Mondays at 11:00. This is an online group for sharing and discussing songs brought forward by you. Each week a new song will be presented by a group member and the song will be shared ahead of time for people to listen to.

Nanika will be hosting these online groups through Zoom meetings. To sign up please call 250 832-8477 ext. 111 or e-mail at [nanika.albricht@cmha.bc.ca](mailto:nanika.albricht@cmha.bc.ca) Please provide your name and e-mail and which program, art group or song club or both! Nanika will then send you a link to join.



## Exciting News!

The store is getting ready to re-open in the month of June.

For health and safety purposes, we are setting up cleaning protocols and also developing plans to resume operations.

We will be phasing in the operations regarding store hours, volunteers and donations.

Follow the store on

- Facebook – Hudson Thrift Shoppe-Canadian Mental Health Association and
- Instagram – [hudsonthriftshoppe](https://www.instagram.com/hudsonthriftshoppe) for updates.



We are looking forward to seeing you soon!



## You don't need to feel alone

I am missing my CMHA community and I don't know how to contact my peers. What can I do to connect with people from the clubhouse?

I am worried about my mental health. Is there anyone who could check in with me to make sure I am safe?

I live alone and physical distancing is taking it's toll .....I am feeling lonely! Is there anyone I can talk to?



If you, or someone you know, would appreciate additional support, the

## Buddy System

is here to help people feel safe and connected.

Ready when  
you are!

### Who Are We?

We are CMHA peers that want to help other peers! Our own lived experiences will help us to connect with you in a real and empathetic way.

### What Do We Do?

- Through friendly conversations we create meaningful connections via phone, text, email or mail
- Facilitate the exchange of contact information amongst peers when mutually requested
- Provide check-ins for your peace of mind

To be matched with a Buddy or to volunteer

### Contact

Sara Woods

250-832-8477 ext 110 (please leave a message)  
email: [peersupport.salmonarm@cmha.bc.ca](mailto:peersupport.salmonarm@cmha.bc.ca)

Lorrie Campagnolo

250-832-8477 ext 111 (please leave a message)  
[lorrie.campagnolo@cmha.bc.ca](mailto:lorrie.campagnolo@cmha.bc.ca)

## Wellness Program News

Due to COVID-19 pandemic and everyone's need to slow the spread of the virus, we have changed how we deliver our wellness programs. In keeping with the provincial and national safety measures, staff continue to be available to offer support and virtual programming. In June, we will have in-person activities outdoors or out in the community and follow guidelines to reduce the risk. We will also continue our virtual programming.

Participant and staff safety and wellbeing is in the forefront of our services and programs. At this point, we are making plans to return to our wellness space in September.

**UPDATE**

## The Buddy System

Stay Connected- Physical distancing does not have to mean social isolation!

Wow! What a fabulous response we have had for the Buddy System.

I congratulate each one that has reached out for the support of a Buddy, for making your mental health a priority and for taking action to break down the walls of isolation that can create loneliness.

I also want to thank all of the participants that have come forward to volunteer to support other participants during this unique situation we find ourselves in. What a fabulous community we have created together! Your kindness and generosity are so appreciated!

Please spread the word..... we are currently seeking participants that are interested in volunteering to be a Buddy, as well as individuals that feel that they might benefit from creating a connection with another participant from CMHA.

Everyone is welcome to participate - all you need is a phone, a computer or a stamped envelope! For those who choose to volunteer to be a Buddy, you will have the opportunity to give back to your community in a meaningful way.

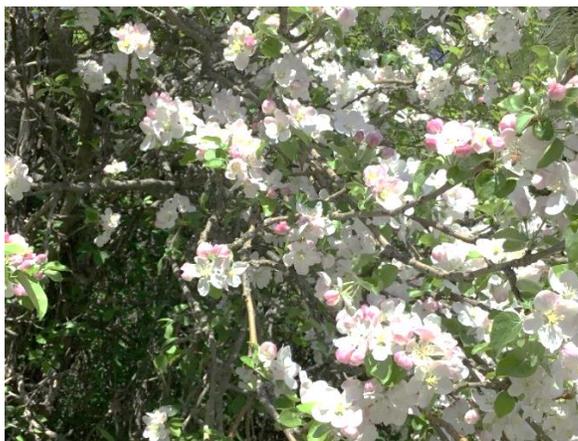
If you are interested in the Buddy System, please contact:

**Sara** at 250-832-8477 ext. #110 (leave a message) or email [peersupport.salmonarm@cmha.bc.ca](mailto:peersupport.salmonarm@cmha.bc.ca)

**Lorrie** at 250-832-8477 ext. #111 (leave a message) or email [lorrie.campagnolo@cmha.bc.ca](mailto:lorrie.campagnolo@cmha.bc.ca)



The South Shuswap Branch of the Okanagan Regional Library held an Earth Day Challenge and Eiko U was the winner! Here are her pieces:



**The Adult Challenge** by Eiko U

1. Make an acronym for EARTH

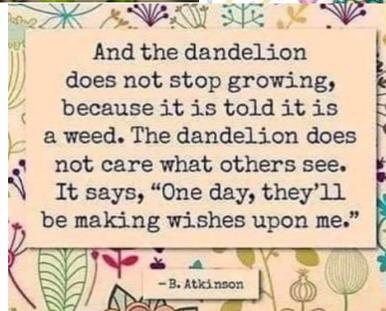
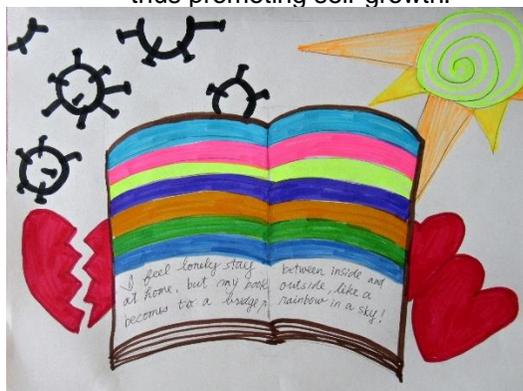
**E**nergetic  
**A**ttuned  
**R**hythmic  
**T**olerant  
**H**eritage



2. Write a poem or short story that must contain these words: quarantine, outside, inside, kindness, curve, together, apart, global, social, book, sunshine

**Books Bridge the Gap Between The Inside and Outside Of Our Lives** by Eiko U

With COVID-19 infections increasing  
 There is a quarantine keeping us apart.  
 Inside our houses we have learned to show our  
 kindness  
 While dealing with frustrations and anxieties  
 However, look outside!  
 Sunshine is a symbol of hope that we'll soon be  
 together again,  
 Until then books have become our social bridge  
 While staying at home looking forward to the future.  
 Reading books nurtures our curiosity and knowledge  
 thus promoting self-growth.



## TIPS FOR FEEDING WILD BIRDS

### 1) Locate bird feeders at different levels

- To avoid crowding and to attract the greatest variety of species, provide table-like feeders for ground-feeding birds (sparrows, juncos), hopper or tube feeders for shrub and treetop feeders (finches), and suet feeders (woodpeckers, nuthatches, and chickadees).



### 2) Offer a variety of seeds in separate feeders

- A diverse mix of seeds will attract the greatest variety of birds. To avoid waste, offer different seeds in different feeders. Black oil sunflower seed appeals to the greatest number of birds. Offer sunflower seeds, nyjer (thistle) seeds, and peanuts in separate feeders. When using blends, choose mixtures containing sunflower seeds, millet, and cracked corn — the three most popular types of birdseed. Birds that are sunflower specialists will readily eat the sunflower seed and toss the millet and corn to the ground, to be eaten by ground-feeding birds such as sparrows and juncos. Mixtures of peanuts, nuts, and dried fruit attract woodpeckers, nuthatches, and titmice.

### 3) Provide suet during cool weather only



- Suet (beef fat) attracts insect-eating birds such as woodpeckers, wrens, chickadees, and nuthatches. Place the suet in special feeders or net onion bags at

least five feet from the ground to keep it out of the reach of dogs. Do not put out suet during hot weather as it can turn rancid; also, dripping fat can damage natural waterproofing on bird feathers.

### 4) Mix peanut butter and corn meal

- Peanut butter is a good substitute for suet in the summer. Mix one part peanut butter with five parts corn meal and stuff the mixture into holes drilled in a hanging log or into the crevices of a large pinecone. This all-season mixture attracts woodpeckers, chickadees, titmice, and occasionally warblers.



### 5) Provide fruit for berry-eating birds

- Fruit specialists such as robins and waxwings rarely eat bird seed. To attract these birds, soak raisins and currants in water overnight, then place them on a table feeder, or purchase blends with a dried fruit mixture. To attract orioles and tanagers, skewer halved oranges onto a spike near other feeders, or supply nectar feeders.



### 6) Provide nectar for hummingbirds



- Make a sugar solution of one part white sugar to four parts water. Boil briefly to sterilize and dissolve sugar crystals; do not add red food coloring. Feeders must be washed every few days with very hot water and kept scrupulously clean to prevent the growth of mold.

### 7) Store seed in secure metal containers

- Store seed in metal garbage cans with secure lids to protect it from squirrels and mice. Keep the cans in a cool, dry location; avoid storing in the heat. Damp seeds may grow mold that can be fatal to birds. Overheating can destroy the nutrition and taste of sunflower seeds. For these reasons, it's best not to keep seed from one winter to the next.

### 8) Discourage squirrels from consuming feeder foods

- Squirrels are best excluded by placing feeders on a pole in an open area. Pole-mounted feeders should be about five feet off the ground and protected by a cone-shaped baffle (at least 17 inches diameter) or similar obstacle below the feeder. Locate pole-mounted feeders at least 10 feet from the nearest shrub, tree, or other tall structure.

### 9) Locate feeders to reduce window collisions

- Protect birds from collisions by placing feeders within three feet of windows, if possible. Mobiles and opaque decorations hanging outside windows also help to prevent bird strikes. Or attach fruit tree netting outside windows to deflect birds from the glass.

### 10) Clean feeders and rake up spilled grain and hulls

- Uneaten seed can become soggy and grow deadly mold. Empty and clean feeders twice a year (spring and fall), or more often if feeders are used during humid summers. Using a long-handled bottlebrush, scrub with dish detergent and rinse with a powerful hose; then soak in a bucket of 10 percent non-chlorine bleach solution, rinse well, and dry in the sun. Rake up spilled grain and sunflower hulls.

## What We Are Now Experiencing Is Grief

We are all now, in the midst of this pandemic, focussed almost full time on keeping ourselves and our families safe and secure.

And so, we should. That's how we're going to get through this challenging time – together and separated.

Between shopping carefully, staying in contact with friends and family, keeping abreast of what we must do and not do, and what our government and public health authorities are doing on our behalf at this time, we are, of necessity, living fully in the present moment.

Of course, we look to the future with hope. It won't be the future that we had surmised a couple of months ago, yet we look towards it with revised and no doubt tentative plans.

We are nervous. We are worried. But we are more than that. We are each experiencing individual grief. Not only that, communities, nations and the globe are all grieving now.

We may still be going through the first stage of grief, that of shock. The reality of the pandemic left us feeling numb, perhaps even paralyzed for a while, and certainly overwhelmed.

We couldn't spend much time in the denial stage of grief, as we were forced suddenly to adapt and adjust our lives to keeping ourselves and others safe.

The next stage of grieving is anger, and there is not much to be gained by engaging in this emotion at this time. There is no one to be angry at, other than those who spread baseless fears, and those who do not take necessary precautions.

There is also no point in trying to bargain, the next stage of grieving, during this phase of the pandemic. Many people will find it necessary to apply for government financial assistance. We won't be able to quibble about the amount we receive. In this global plight, there's not much at all we can bargain for.

The next stage of grief is depression. We may or may not have reached this stage yet as we are totally involved in putting one foot in front of the other on a daily basis. Certainly, we are now experiencing depression's close cousin, anxiety.

What can we do about our grief? Firstly, we need to accept we are experiencing it, as unsavoury as that may seem. If we don't, we are only fooling ourselves. Secondly, we need to let go of what we cannot control and take control of what we can and must. And thirdly, we need to have compassion for others and ourselves. If we do these things, the heavy weight of this time will lessen, if only slightly.

Isn't that something to aim for?

<https://www.griefhealingblog.com/>

## EXPERIENCE GROWTH & CONNECTION

**Free online courses** are for *anyone* and *everyone* who wants to gain the confidence to face life's challenges. Courses are created to support your well-being through learning. You will experience an empowering learning environment where genuine people share knowledge and practical tools.

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<https://recoverycollegecalgary.ca/courses>

CANADIAN MENTAL HEALTH ASSOCIATION  
**recovery college**  
Wood Buffalo

[www.recoverycollegewoodbuffalo.ca](http://www.recoverycollegewoodbuffalo.ca)

CANADIAN MENTAL HEALTH ASSOCIATION  
**recovery college**  
LETHBRIDGE

<https://recoverycollegelethbridge.ca/courses/?filter=online>



**Mental Health  
Resource Guide**  
Winnipeg Edition

<https://mbwpg.cmha.ca/programs-services/learning-centre/>

## **A message for the Clubhouse**

With courage, motivation and determination!

We all need a kind word, a smile, a listening ear, encouragement, understanding, a shoulder to lean on in hard times.

If needed, a hand to hold.

If we feel lonely, lost in our life and thoughts, we need to connect with a friend who has traveled the same road and walked past it. It gives us hope and helps so much. I know, not their fault and not yours.

Dinners, lunch, walks, art classes, the beach, outings, a ride home if needed, volunteering; they all help.

And your own amazing life goes on.

Thanks so very much.

Dawn K

## **Time and space take on new meaning amid pandemic**

by Nan Dickie

These days, time and space don't mean the same as they did a short two months ago.

In fact, many aspects of our lives have taken on new meaning, and this makes our heads spin.

Time has taken on several new qualities during this pandemic.

Many people may find they have too much time on their very clean hands these days.

Some of us have, by now, have run out of new ideas of how to fill all those hours in solitude.

Time seems to go in slow motion. Each day seems much longer than two months ago, as we fill our time with things that may be very different than our norm.

We have more than enough time to take things in stride. We have had enough time to settle into a new pace and rhythm that may be way out of sync with how we used to do things.

There's certainly no reason to multi-task these days.

Some people are trying to rush through this pandemic, to get to the other side of it. This is understandable. Sadly, we cannot speed up time. We have to live inside it as it is, all the time.

One wonderful feature of time these days is that it is spring time, which expands greatly what we are able to do with each day, with early sunrises and longer evenings.

Space has seemed to both contract and expand during the pandemic. Suddenly, our homes may seem smaller than before, with many of them cramped with family members 24/7. Students are returning from university; young people are having to move home because their jobs evaporated almost overnight; a cousin has been stranded in our home because she has been unable to return to her home country.

There's definitely a shortage of elbow room in our homes.

We go outdoors. Downtown streets are quiet, stores are shut down. It feels very eerie. Parks are empty, play areas are wrapped in yellow tape, picnic tables unoccupied. One can feel deep sadness while roaming downtown, looking at all the "Closed" signs, wondering when we might be able to go out for a meal, get our hair cut, take books out of the library, have our teeth cleaned. We walk down deserted streets in pairs, one of us on the sidewalk, the other safely on the roadside. The streets seem lonely for cars and foot traffic. And sometimes we are lonely, because we are more frequently spending time by ourselves.

Time and space have now taken on new, unusual dimensions, and we must adapt to them.

This is a stretch for many of us, but somehow we are managing.



**ride don't hide**

### **Message from CMHA Shuswap-Revelstoke about Ride Don't Hide 2020:**

The health of our community is incredibly important. We are all doing our part to stay home and keep ourselves and those we cherish safe. We will get through this and CMHA Shuswap-Revelstoke has made the difficult decision to cancel The Shuswap-Revelstoke Ride for 2020.

At a time when so many people are worried about their future, their health, and their financial stability, going forward with this fundraiser just does not feel right. We are confident that when we get through this - CMHA Shuswap-Revelstoke and our community can once again come together to ride and walk in 2021.

If you have any questions, please connect with us! 250 832 8477.