



July 2021 NEWSLETTER

The CMHA Studios

Brought to you by



- *Activities at a Glance*
- *Mindfulness Mondays - Taking a Break for the Summer*
- *Song Club*
- *Music in the Park*
- *Social House*
- *Walking Group*
- *Gardening Group*
- *Take-Out Thursdays*
- *Creative Connection*
- *Journaling*
- *Cloth, Paper, Scissors - Rock Art - Cats, Wine Bottle Art*
- *Travel Journal*
- *Gardening Group*
- *Take Out Thursdays*
- *Creative Connection*
- *Awakening The Spirit Art Show*
- *Birding*
- *Journaling*
- *Hudson Thrift Store*
- *Buddy System*
- *Kitchen Goodies*
- *... and more!*

*Our Culture,
Our Community,
Our Programs!*



Photo By Carol S





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MINDFULNESS MONDAYS Taking a Summer Break Back In the Fall				
THRIFT SHOPPE DONATIONS 9:00am - 3:00pm	THRIFT SHOPPE OPEN TUESDAY - FRIDAY 10:00am - 3:00pm CLOSED JULY 1, 2021			
		WEDNESDAY WALK By Appointment - See Newsletter		JOURNALING 10:30am - 11:30am
		TAKE OUT THURSDAY SIGN UP BEFORE NOON ON WEDNESDAYS	TAKE OUT THURSDAY <i>Pick Up</i> 12:00pm - 12:30pm	
MUSIC IN THE PARK <i>Sunny Days</i> 1:30pm - 3:00pm	SOCIAL HOUSE 1:30pm - 3:00pm	GARDENING GROUP 1:30pm - 3:30pm	CREATIVE CONNECTIONS 1:30pm - 3:00pm	GARDENING GROUP 1:30pm - 3:30pm
SONG CLUB <i>Rainy Days</i> 1:30pm - 2:30pm	BIRDING 1:30pm - 3:30pm		BIRDING 1:30pm - 3:30pm	

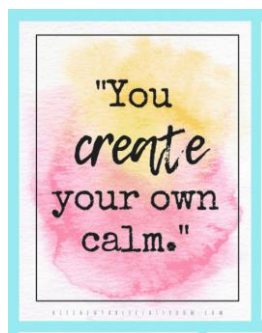
CLOSED THURSDAY JULY 1st, 2021



SOCIAL REC

MONDAY MINDFULNESS

Monday Mindfulness will be taking a break for the months of July and August ... stay tuned for the fall start up date.



I am sending you a song from the heart by Jeremy Dutcher 'Sakomawit' played live at the 2019 Juno Awards. Playing piano and singing along with recorded voices from past recordings from his native ancestry of the Wolastoqiyik (Maliseet) of the Tobique First Nation in North-West New Brunswick. Reminding us the strength in these ties, and so we listen, we find our resilience, our forgiveness and in time we heal and rise together in respect and love for one another.



I wonder how you can find forgiveness in your heart and be part of the healing? Let me know or join 'Song Club' and share your thoughts and songs with me there.

<https://youtu.be/htuSO4RIYbw>



We are reminding you the power of listening to a song is to: brighten your day, comfort you, celebrate, sing out, dream, cry, dance, etc. The list goes on to find a song that matches where you are at or to shift your mood and land you in a new perspective. Wherever you are at you can be sure to find a song to be there with you.

Song Club will be held on rainy days as an online group connection Mondays 1:30-2:30, contact me with your phone and/or e-mail if you are interested so I can keep you up to date of where the group will be happening each week.

Nanika - cell phone: 250 804-5628 or e-mail: nanika.albricht@cmha.bc.ca



Mondays
Marine Park Gazebo
1:30 – 3:00pm

Please note the time and location change! On rainy days "Song Club" will be held via Zoom.

For more information contact Nanika - cell phone: 250 804-5628 or e-mail: nanika.albricht@cmha.bc.ca



SOCIAL HOUSE

Come join in the fun for 'Social House' Tuesdays 1:30-3:00pm on July 6th, 20th and 27th. Social House, formerly known as Drop-In, is a place to connect with others and have some fun. We have been meeting at Blackburn Park this spring for frisbee, art making, pinwheels, baseball, and bocci ball.

We are moving towards meeting out at Canoe Beach for these warm days of summer. Please let me know if you are interested to join, I would be happy to address any barriers you may have for joining and see if we can make it work.

We are a positive based group, inclusive, welcoming, and accepting you wherever you are at. Come be yourself, share, have some laughs, and enjoy a nice afternoon connecting with others.

To sign up for Social House and receive weekly invitations please contact Nanika 250-804-5628 or nanika.albricht@cmha.bc.ca

Walking Group



If you are interested in walking, please contact 250-804-9617

GARDENING GROUP

Wednesdays and Fridays
1:30 – 3:30pm



Gardening has been proven to be beneficial for mental and physical wellbeing. Gardening can improve your mood and increase physical activity and productively as well as increase serotonin levels in the brain which helps you to feel happier.

For More Information please contact 250-804-9617

Participant Funding

Next Participant Funding Meeting
August 25th, 2021

Applications Due 18th – Drop Off Application at the Thrift Shoppe Tuesday to Friday 10:00am – 3:00pm
participant.funding.sr@cmha.bc.ca

TAKE-OUT THURSDAY



Sign up by Noon the Wednesday Before



Call: 250-833-8477 ext. 110
or email:
beckie.cosby@cmha.bc.ca



Leave your name and whether you are paying in cash or on your card

Meals are \$3.50 for participants
\$4.50 for guests or staff



Pick up at Noon!
Please bring your own utensils!



July Menu

July 8th: Chicken Veggie Stir Fry with Rice

July 15th: 3 Bean Salad with Pita/Tzatziki

July 22nd: Chicken Caesar Salad

July 29th: Mushroom Spinach Crepes with Glazed Carrots



*Bring your own cutlery and napkins if you want to take your meal to the park to eat!

If you have menu suggestions or would like additional information about Take-Out Thursdays, please contact Beckie – beckie.cosby@cmha.bc.ca

Please Note

Price Change Effective September 1, 2021

Lunches \$3.75 – Punch Cards (10) \$37.50

*Punch Cards Purchased Prior to September are honoured at the price purchased



Creative
CONNECTION

Give yourself time for you: to relax, have fun, connect with others, and create art. We are a welcoming group, encouraging and open to all levels of art experience or none at all. Allow yourself the space to drift away into the creative world along with others as we venture the creative journey our imaginations take us.

This month there will be a focus on watercolors using paints and watercolor pencils.

Creative Connection (continued)

We will continue to meet outside in small groups at Marine Park weather permitting.

Supplies will be provided as well as chairs so come as you are.

Chairs will be set up and protocols will be followed to help keep everyone feeling safe and comfortable in our group setting.

There will be some led instruction for getting you set up and started in creating your art . You are also welcome to join the group and work on your own project while we share a space to create, have fun and connect.



'Creative Connection' Thursdays 1:30 - 3:00pm

For the online groups, all that is required is pen and paper, additional supplies will be provided in advance for special projects.

To sign up for 'Creative Connection' or 'Make My Day Project'

contact Nanika,
cell phone 250 804-5628 or
e-mail nanika.albricht@cmha.bc.ca

'Make My Day' Project

For those of you who participated in the Make My Day-Project, thank you for all your wonderful art work, poems and encouraging positive messages.

This project is still on, please feel free to get involved. You can create envelopes and letters to be sent out or you can contact me with your mailing address to receive a letter from the Project.



August Newsletter Alert

- What to Expect When We Come Back In To CMHA!
- Fall Programs
- New and Old (well maybe not old, old) Faces at CMHA
- ... and More!

MAKE MY DAY PROJECT

Join our community of giving

Two ways to Participate:

- Make a colorful envelope
- Create a positive message

*please leave envelopes unsealed

Drop off at the entrance of Hudson Thrift Store Tues-Thurs 10-3

We will put them together to help make someone's day

A few ideas are: poetry, small art works, collage, jokes encouraging words, quotes or seeds to plant

Any Questions Contact:

Nanika Albricht
Wellness Program Facilitator
nanika.albricht@cmha.bc.ca
cell: 250 804-5628



Canadian Mental
Health Association
Shuswap-Revelstoke
Mental health for all



Awakening the Spirit Art Show & Sale

September 10th – 17th, 2021
Vernon Community Arts Centre
2704A Hwy 6, Vernon BC V1T 5G5

Canadian Mental Health Association Vernon is hosting their Annual 'Awakening the Spirit Art Show & Sale', celebrating the creative talents of people living with mental illness.

If you are interested in having your artwork in the show, please contact Nanika to represent the Shuswap area
cell phone 250 804-5628 or
e-mail nanika.albricht@cmha.bc.ca

We have been generously invited to join CMHA Vernon.

Art has a therapeutic quality that has proven to benefit the mental health of individuals. Artwork on display is from those living with mental illness who have used art to positively improve their mental health.

Through art and creativity, we hope to break down some of the barriers and stigma surrounding mental health and mental illness.

To put art out into the world, on display, takes courage. Awakening the Spirit Art Show and Sale is a yearly event hosted by CMHA Vernon, designed to celebrate the creative talents of courageous artists living with mental illness.





**Tuesdays &
Thursdays
1:30 – 3:30pm**

The experience of bird watching focuses on the present moment, being mindful in the here and now.

Research has found spending time in nature helps to regulate moods and behaviors. Getting outside to walk in the fresh air and watch birds can have a powerful impact on your thoughts, feelings, and behaviors.

Birding creates the opportunity for you to be still and allows you time to unwind. Bird watching can help people recognize all life in nature: this has real implications when it comes to well-being and survival and can help bring perspective to life experiences.

Birds are also fascinating to watch. If you think you would be interested in bird watching contact CMHA.

Post your bird photos and / or chat about birding by joining the birding group on our Facebook page!

1. Go to Canadian Mental Health Association Shuswap-Revelstoke
2. On the line starting with "Home" scroll over to "Groups"
3. Click on Canadian Mental Health Association Shuswap-Revelstoke Birding Group

**If you are interested in Birding, please contact
250-804-9617**

Our Journaling Time Fridays 10:30 - 11:30am



Journaling can help you prioritize problems, fears, concerns, and help you to track of your day-to-day thoughts, feelings, and behaviors. Journaling creates an opportunity for you to recognize triggers and learn ways to better control them and provides an opportunity for positive self-talk, creating goals, and constructing plans to reach those goals.

If you think you would be interested in Journaling you can contact a CMHA staff at 250-804-9617.

Goodbye from Rachael

I have been offered the opportunity to expand my work knowledge and experience and have taken a position with a neighbouring organization. I would like to thank all the participants, volunteers, and staff for the past nearly 3 years we have spent working together at CMHA. You are all beautifully and wonderfully made, and I appreciate all of you and the time we have had together.

Thank you Rachael. Congrats to you on your new adventures in employment. Thank you for all your kindness, curiosity, and energy to come alongside those we connect with! All the best to you!



Cloth, Paper, Scissors

Rock Art - Cats

Supply List

- Rocks
- Wire (gauge depends on the size of the rocks)
- Gorilla Glue
- Acrylic paint for the nose (your choice of colour)
- Clear Acrylic Spray Paint (optional) – gives cats the shiney look



Lisa Stout thank you for the great idea!

Instructions

- Glue head and body together and let dry
- Start gluing tail, ears, eyes, whiskers
- Glue small rock on top of whiskers for the nose

Gluing the wire on to the rocks may be a bit tedious as Gorilla Glue takes time to dry. Depending on the rocks you are using you may need to find a way to prop the wire and / or the rock to allow the glue to dry while the wire stays in place.

Not a cat person, try making a dog or another animal!!

Wine Bottle Art

Decoupage these bottles with doilies or lace for a fresh, pretty look.

Supplies

- Wine Bottle or Other Clear Glass Smooth Glass Vessel
- Paper Doilies or Small Crochet Doilies or Lace
- White Glue or Mod Podge
- Acrylic Sealant

Instructions

- First clean the bottles thoroughly to remove any labels or glue.
- Cut doilies or lace into any shapes you wish.
- Apply the doilies or lace to the glass with white glue, or mod podge.
- When glue is dry spray on a layer of acrylic sealant.

Wine Bottle Art (continued)



Ride Don't Hide



Shev F

Travel Journal

Kathryn S.

The cover of my new Travel Journal. I covered a multi-media art book with a spiral binding which is handy to keep the journal flat while I work on it. I love to make collages of many items, even a paper napkin, old music book pages, scrapbook paper leftovers.



The inside "Title Page" and inside cover. The lettering is done free hand and watercolour. My hands are shaky, but, I try my best.



Pressed wildflower samples.



Pressed leaves with a fascinating pattern.



A quick freehand watercolour of the view from my picnic table at Sunnybrae one cooler day.

Travel Journal (continued)



Sunnybrae Provincial Park, the place was empty that day and so I had the choice of several picnic tables.

The view of high water at Marine Park, (The Wharf). I loved the numerous shades of green and tried to capture that.



Wildflower meadow in town, showing mostly Lupins, their scent is like pepper.



Another wildflower area along the train tracks near Lakeside Manor, showing mostly Phlox. Their scent is amazing.



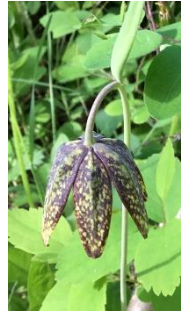
Wild Rose, one of my favourite of all

wildflowers. Found along the Deep Creek Road, but, also found in many areas around town.

Arnica, found at Skimikin Lake in early Spring.



Fritillaria imperialis, also commonly known as Chocolate Lily. A rare find at Skimikin Lake a few weeks ago. I was extremely excited to find this as they are quite rare.



View of Skimikin Lake



Skimikin Lake Campground which offers many spots to camp or for a picnic/day trip. They have outdoor toilets (thank heavens!) and spots in the shade for those hot days of summer.



Pillar Lake



Joyce Lake

Otter Lake



Otter Lake is quite close and offers a quiet spot year round for a rest stop and a time to spend in Nature.

Travel Journal (continued)

I hope these examples of my Travel Journal have given you some ideas. In BC we do not have to go far to find remarkable beauty which we all can share. This journal started as a way of getting through a difficult time for me last year and has since been expanded to include my "Day Trips" in our area. I will be including many photos of wildflowers as well as my detailed watercolours. Notes included with the spotting of the flowers, time, date, location, and proper names. I do not pick any that are rare and only press one example if there is an abundance of the same flower in that location. If you are not sure if the flower you have found is rare, then a good rule of thumb is, do not pick any. Take a photo or do a drawing instead. There is a great App available "British Columbia Wildflowers" that is most useful for identifying all wild flowers, trees, shrubs, fern, moss, and even seaweed.

As always, ENJOY YOURSELF! as you try to make your own Travel Journal.

Hudson Thrift Shoppe



The store is open
Tuesday to Friday
10:00am – 3:00pm

Donations accepted
Mondays 9:00am – 3:00pm
from the lower parking lot off 4th Street

Follow us on
Instagram @ hudsonthriftshoppe
Facebook @ Hudson thrift shoppe- Canadian Mental
Health Association.

For inquiries about the Thrift Shoppe contact
Jackie at 250-932-8477 ext. 107 or
email jacqueline.chanda@cmha.bc.ca



Rhubarb Custard Bars

Beckie C.

Ingredients

Crust

- 2 cups all-purpose flour
- ¼ cup sugar
- 1 cup cold butter

Filling

- 2 cups sugar
- 7 tablespoons all-purpose flour
- 1 cup whipping cream
- 3 eggs, beaten
- 5 cups finely copped fresh or frozen rhubarb (thawed and drained)

Topping

- 2 packages (3 oz each) cream cheese, softened
- ½ cup sugar
- ½ teaspoon vanilla extract
- 1 cup whipping cream, whipped

Instructions

In a bowl, combine the flour and sugar, cut in butter until the mixture resembles coarse crumbs. Press into a greased 9" x 12" baking pan. Bake at 350F for 10 minutes. Meanwhile, for filling, combine sugar and flour in a bowl. Whisk in cream and eggs. Stir in the rhubarb. Pour over crust. Bake at 350F for 40 – 45 minutes or until custard is set. Let cool. For topping, beat cream cheese, sugar, and vanilla until smooth. Fold in whipped cream. Spread over cooled top. Cover and chill. Cut into bars. Store in the refrigerator.



The Buddy System

Are you feeling lonely and want someone to talk to, someone to text with or maybe even a good old-fashioned pen pal? Or perhaps you have a bit of free time and the ability to reach out to someone who is feeling disconnected from their regular community? The Buddy System could be a great fit for you!



Everyone is welcome to participate.
If you are interested in the Buddy System or for more information
please contact
Paivi at 250-832-8477 ext. 103
or email paivi.sarre@cmha.bc.ca

