

August 2020

CLUBHOUSE NEWSLETTER

Brought to you by



- *Activities at a Glance*
- *Social Rec*
- *Walking Group*
- *Birding Club*
- *Creative Connections*
- *Song Club*
- *Time Capsule Journaling*
- *4 Great Recipes - 3 by Kennie*
- *Recycling Challenge*
- *Silent Auction - All Things Cat*
- *Buddy System*
- *Participant Funding*
- *and... SO MUCH MORE*

*Our Culture,
Our Community,
Our Programs!*

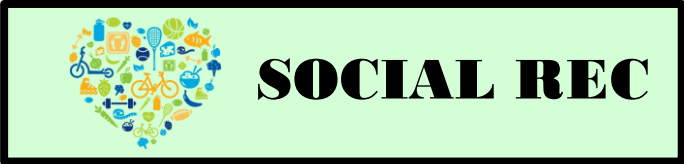




CHECK OUT THE NEWSLETTER FOR MORE INFORMATION ON THESE ACTIVITIES

Check the Newsletter – Some Activities Require Sign Up in Advance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MINDFULNESS MONDAYS <i>Resuming in September</i>				
THRIFT SHOPPE DONATIONS 9:00am - 11:00am	THRIFT SHOPPE OPEN TUESDAY - FRIDAY 10:00am - 3:00pm			
MONDAY MORNING WALK 10:00am - 11:00am				JOURNALING 10:15am - 11:00am
SONG CLUB 11:00am -				
	DROP IN 1:30pm - 3:00pm	GARDENING GROUP 1:30 - 3:30pm	CREATIVE CONNECTIONS 1:30pm - 3:00pm	GARDENING GROUP 1:30 - 3:30pm
	BIRDING CLUB 2:30pm - 4:00pm		BIRDING CLUB 2:30pm - 4:00pm	



Walking Group

Though it may be hard to believe, we haven't missed a single walking group despite the vast amount of liquid sunshine we have been getting. We always seem to catch a sunbeam or two on our outings while enjoying some friendly conversation and gentle exercise.

Did you know that exercising regularly can give you a tremendous sense of well-being? You may feel more energetic throughout the day, sleep better at night, have sharper memories, and feel more relaxed and positive about yourself and your life. It can also reduce the symptoms of many common mental health challenges.

You may be happy to know that you can reap all the physical and mental health benefits of exercise with just 30-minutes of moderate exercise five times a week. Two 15-minute or even three 10-minute exercise sessions can also work just as well.

It's cheap.... It's fun.... It's accessible! Come and join us and take a step forward in your own wellness journey!



Walking Group (continued)



To accommodate the increasing summer temperatures, the **walking group will meet in the CMHA parking lot Mondays on at 10:00 am and finish our walk at 11:00 am.** 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.

Due to the current situation with Covid-19, I will have to limit the number of participants attending to no more than 5. We will be observing the required physical distancing precautions, and a mask will be made available to you if you want one. Please be sure to register ahead of time, so that we do not have to turn anyone away.



If you are interested in the walking group, please contact Lorrie at 250-804-9617 or lorrie.campagnolo@cmha.bc.ca

I Find Myself Enjoying Many Activities
Sara W

I find myself enjoying many activities this summer and I am not letting Covid slow me down. I have had a couple of family Birthday BBQ's in July. We have enjoyed playing bocce and set up archery. We bounce on the trampoline (a little harder than it looks). It is so refreshing to see kids playing outside this summer and finding ways to be together with social distancing.

I love walking on a summer evening with my friends and family. We are so blessed to live in such a beautiful place. Love the Shuswap!!

Let's hope for a warm and sunny August!! Don't forget the beach everybody!!! Enjoy the rest of your summer!!!

Birding Club



Did you know lots of people who rate their depression, stress and anxiety levels as high in the mornings feel happier and more connected with the world around them after several hours of watching birds?

Join the birding club and meet at the Wharf
Tuesdays and Thursdays
2:30 - 4:00

To Join and For More Information

Contact Rachael:
 250-833-8929 or

email: rachael.runge@cmha.bc.ca

You can also join our Facebook page. Look up CMHA Shuswap-Revelstoke branch and ask to join our birding group. You can then post your bird photos and other birding related information.

Get outside and give it a try! See if you can spot any of the birds in this crossword puzzle. Happy birding everyone.

Stay strong and keep birding on!

Light as a Feather

Find all of the hidden words and the letters that remain spell out a funny saying about our feathered friends.



BLUE JAY
 CANARY
 CRANE
 CROW
 DOVE
 DUCK
 EAGLE
 EGRET
 EMU
 FALCON
 GOOSE
 GULL
 HAWK

HERON
 IBIS
 KINGFISHER
 KIWI
 LARK
 LOON
 MACAW
 MAGPIE
 ORIOLE
 OWL
 PELICAN
 PENGUIN
 PUFFIN

QUAIL
 QUETZAL
 RAVEN
 ROBIN
 STORK
 SWALLOW
 SWAN
 TERN
 TOUCAN
 TURKEY
 WREN

Gardening Group Shuswap Community Teaching Garden

Did you know there are many psychological benefits to gardening? Gardening can improve your mood, help relieve stress and anxiety, prolong attention span and boost self-esteem. People feel happier and more optimistic in surroundings with plenty of plants and nature.



Wednesdays Fridays
1:30 – 3:30pm
Community Teaching Garden

To Join and For More Information

Contact Rachael:

250-833-8929 or

email: rachael.runge@cmha.bc.ca



DROP IN

Tuesdays
1:30 - 3:00pm

Did you know that socializing is good for your mind and body? Socializing can help relieve feelings of loneliness and help increase feelings of happiness and also sharpen memory. Socializing in-person is best but connecting by technology also works.

Have you been experiencing the COVID blues? Are you feeling bored, spending too much time alone and at home in front of the T.V.? Come join us at Drop-In Tuesdays 1:30-3:00. We have various social activities on zoom, the wharf and Canoe beach! Good times to come, so join in the fun!

When in-person, the Drop-In group practices physical distancing.

To Sign Up and For More Information

Contact Rachael:

250-833-8929 or

email: rachael.runge@cmha.bc.ca



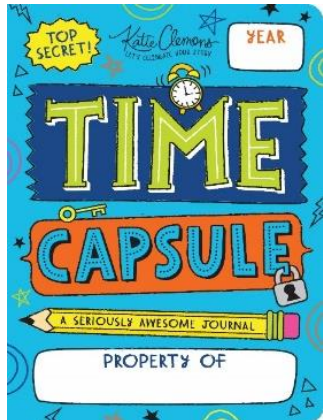
Time Capsule Journal

As we know, a time capsule is basically a collection of objects that represent a certain time period, put together in a container and put aside or buried for someone to find later.

You can do something similar with a journal. Actually, every ordinary "dear diary" journal is basically a time capsule: you record what your life is like at

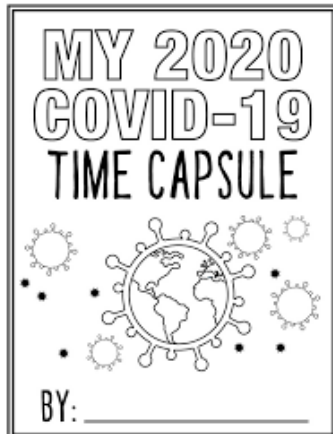
a certain point and then in a few years you may reread it and surprise yourself.

Apart from daily events and your typical musings you can record what you usually don't find very journal worthy. Where do you live? How do you get to work or access CMHA services? What clothes do you usually wear? What do you have for breakfast? How much does a carton of milk cost? You can also put in some photos, receipts, recipes, menus etc. Be creative!!! All of these mundane things may seem very interesting years down the road. I love looking at old sears catalogue pages.... seeing my childhood toys and styles in living color (No they weren't black and white back then...I'm not that old LOL).



Considering that the current events of the world are so very bizarre (nothing we could have imagined, and hopefully nothing we will see again) it would be great to keep newspaper clippings and record the new Covid -19 protocols and procedures required by various agencies and services. Who could have imagined that you would need to line up outside of the Hudson Thrift Shoppe until

there was less than 12 people in there before you could go in to shop? Record how resilient and adaptable our community has been and how together we kept each other safe. And how about that toilet paper Huh? Never in my wildest dreams did I think I would be telling my grandchildren about the time we all ran out of toilet paper. We need to record these things because in 50 years maybe no one will believe it happened.



Please join me each Friday morning, 10:15 – 11:00am, on the Zoom platform to learn more about journaling and its many benefits. We will also practice our new skills in a 15-minute writing session during this time. All you need is a pen/ pencil, some paper, and an internet device to run Zoom on.

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

The Perception of the Transformation of the Time

Eiko U

We all have twenty-four hours a day.
No matter what happens, it never changes.

However, they are not how we perceive our experiences.
The perception of the time depends on how we spend our time.

The saddest pains are engraved timelessly
In the ice of our hearts.
The highest moments are symbolized as fireworks
Which perform then disappear in a moment of brilliance.

Time itself has its own paces and rules
Therefore, is important to learn how to become good friends of time
And discover if we have been living our lives to the full.

The Illusion I See Through My Own Eyes

Eiko U

If I see northern lights in the sky reflecting on the surface of the water,
I recognize the reflected image as a projection-like a mirror image
Because I see it with my own eyes, I am convinced that I am reliable.

To create my view of the world depending on how I perceive it.
The northern lights reflecting on the surface of the water
Are the illusions through which my bias of my world view developed.

While I do not notice it, I repeat the same patterns of perceiving things over and over
Where is the real world I am living in?

It is necessary for me to draw a boundary
Between reality and my perceived world?
Well, am I really willing to draw this boundary?



Although we had a lot of rainy days in July, we found some sunny days to join up together at the park by the wharf to share in some inspiration from each other and our surroundings. We continue to follow safety protocols when meeting in a physical space. On the rainy days we will meet online to engage in connection and our creativity through a facilitated art activity and sharing our ideas and ongoing projects.

**Creative Connection
Thursdays 1:30 – 3:00pm.**

To get connected to the art group or any questions contact Nanika:

250 832-8477 ext.111 or nanika.albricht@cmha.bc.ca

Recycling Challenge



For this month, there will be a focus on using Recycling to create art. Please join us and/or share your ideas. Let's get creative and have some fun together exploring art using recycled materials. I would love to see your creations so if you prefer to work on your own please share a photo of your art piece and e-mail me a photo nanika.albricht@cmha.bc.ca

Awakening the Spirit Art Show and Sale

This show celebrates the creative talents of people living with mental illness. Art has a therapeutic quality that has proven to benefit the mental health of individuals. Artwork on display is from those 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 illness. We encourage everyone to come down and view the amazing work of our local artists.

Two people from the Salmon Arm art group are participating in the art show put on by CMHA Vernon.

**Awakening the Spirit Art Show
Vernon Community Arts Center
July 24th – August 17th**

Music can give us a space to feel and connect to emotions, lift us up when we're feeling down, help us through when we feel alone, and release pent up feelings when we just need to sing out loud. Join others and share your experience with how music affects you. Hearing from others helps us to feel more connected and expands our access to music and songs to add to our playlists.

This fairly new club is growing in popularity. This is an online group. Please e-mail me so I can send you a link and information to join in. Note that there will be no group on August 10 and 17 due to program development.

Song Club is on Mondays 11:00-12:00 via Zoom.
Come join in the journey that music takes us.

To sign up

please call 250 832-8477 ext.111 or e-mail nanika.albricht@cmha.bc.ca

Check Out the Thrift Shoppe



The store is open
10:00am – 3:00pm
Tuesday to Friday
with a good selection of merchandise. We

have clothing, shoes, bags, houseware, jewelry and more. The store is operating according to the provincial health and safety guidelines and we thank you for respecting our safety protocols. If you don't feel comfortable coming to the store in person, know that we have started online sales. The store has its own **Facebook page: Hudson Thrift Shoppe – Canadian Mental Health Association**. Check it out, like us and share with your friends. You can also follow the store on **Instagram: hudsonthriftshoppe**.

Thrift what you love.
LOVE what you thrift.

Due to the safety guidelines, we can only have a limited number of volunteers each day. As always, we are proud of our volunteers and appreciate our volunteers' dedication and talents. If you are interested in volunteering, let Jackie know. Phone 250-832-8477 ext. 107 or email: jacqueline.chanda@cmha.bc.ca

PS. If you are a cat lover, you might want to come and see our

**Silent Auction
'All Things Cat'**





**Balsamic BBQ
Chicken or Steak**

Carol S

Ingredients for the Sauce:

- 1 cup balsamic vinegar
- 3/4 cup ketchup
- 1/3 cup brown sugar

- 1 garlic clove, minced
- 1 tablespoon Worcestershire sauce
- 1 tablespoon Dijon mustard
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper

For the Chicken or Steak:

- 4 pieces Chicken (any combination of breast, leg, and or thigh pieces) or 4 pieces of New York Strip Steak or Club Steak
- Salt and freshly ground pepper

Directions:

- For the BBQ sauce: Combine all the ingredients in a small saucepan and stir until all the ingredients are incorporated and the mixture is smooth. Simmer over medium heat until reduced by 1/3, about 15 to 20 minutes.
- For the chicken or steak:
 - Place a grill pan over medium heat or preheat a gas or charcoal grill. Season the meat with salt and pepper. Lightly coat with some of the BBQ sauce using a pastry brush. Place the meat on the grill. Place the remaining BBQ sauce, still in the small saucepan, over low heat or on the edge of a gas or charcoal grill and allow to gently simmer while the meat cooks.
 - Cook the chicken about 8 minutes per side. Cook the steaks starting at about 4 minutes per side until a meat thermometer reads the desired temperature, 120 degrees F for medium rare, 135 degrees F for medium (about 6 minutes per side), 155 degrees F for well done (about 9 minutes per side). Continually brush the meat with BBQ sauce every few minutes. Remove the meat from the grill and let rest for at least 5 minutes. Serve with the heated BBQ sauce alongside.

Alternately, the chicken can be baked in the oven. Preheat the oven to 375 degrees F. Place the chicken skin side up in a baking dish and bake for 25 minutes. Remove the baking dish from the oven and spoon the BBQ sauce all over the top of the chicken. Return the baking dish to the oven and bake for another 15 minutes. Plate and enjoy!

Ingredients

- 1/4 c honey
- 1/4 c soy sauce
- 1/4 c oyster sauce
- 2 tbsp brown sugar
- 4 tsp minced fresh ginger root
- 1 tbsp ketchup
- 1 tbsp minced garlic
- 1 tbsp chopped fresh parsley
- 1/4 tsp onion powder
- 1/4 tsp cayenne pepper
- 1/4 tsp ground cinnamon
- 1/2 to 1 c of plum sauce
- 2 (12 ounce) pork tenderloins



Directions

1. Whisk honey, soy sauce, oyster sauce, plum sauce, brown sugar, ginger, ketchup, garlic, parsley, onion powder, cayenne pepper and cinnamon in a bowl. Pour into a resealable plastic bag. Add pork, coat with marinate, squeeze out excess air, and seal the bag. Marinate in the refrigerator for up to 24 hours. Tastes best when marinated for 24 hours and using a grilling stone.
2. Place tenderloins on a preheated grilling stone or on a grill at a medium/high heat. While grilling continue to baste with the remaining marinade.
3. Cook the pork tenderloins 20 – 30 minutes, turning occasionally. A thermometer in the centre should read at least 145 degrees F (63 degrees C).



Journey of Life

Dawn K

Life is a journey of steps, erasing fearful and hurtful emotions from your mind and your thoughts. Then clearing your mind and finding peace within yourself. With the courage to find oneself. From within your heart and your own self for a destination of pure happiness. Follow your own path and passions throughout your life to find your true joyfulness.

JOLLYO'S CHICKEN & RIB SAUCE

Ken W

Ingredients

- 5 cups (1.5 to 2 litre) bottle ketchup
- 1/2 cup pancake syrup
- 1/4 cup Minced Onion (dehydrated)
- 1/2 cup Chinese cooking wine
- 1 1/2 Tsp garlic powder or fresh 2 cloves crushed
- 1 tbsp. sriracha sauce
- 1/2 cup sweet Thai chili sauce
- 1 Tbsp. Worcestershire Sauce
- 1/2 cup vinegar
- 3 Tbsp. molasses
- 1/4 cup Sugar
- 2 Tbsp. soy sauce, lemon juice
- 1 to 2 small cans of tomato paste
- 1/2 - 1 cup Horseradish (to taste)
- 1 tsp. ground black pepper
- 1/2 tsp. salt
- 1 tsp. anchovy paste
- 1 Tbsp. Dry mustard



Mix together all ingredients, simmer for 45 – 60 minutes stirring occasionally. Cool and bottle.

**KFC ORIGINAL CHICKEN RECIPE
(Kennie's Fried Chicken)**

Ken W

CHICKEN

- 1 chicken, cutup

BRINE (Important)

- 8 cups cold water
- 2 tablespoons salt
- 2 teaspoons Accent seasoning

BASE MIXTURE

- 2 tbsp non-fat dry milk powder
- 1 1/2 tablespoons fine sea salt
- 2 tbsp cornstarch



- 1 teaspoon Accent seasoning
- 1 cup Flour

11 SECRET HERBS AND SPICES

(Combine with base mix)

- 1 1/2 tbsp black pepper
- 2 teaspoons ground sage
- 1 1/2 teaspoons paprika
- 1 teaspoon garlic powder
- 1 teaspoon ground coriander
- 1 teaspoon ground ginger
- 1 teaspoon ground savory
- 1/2 teaspoon celery salt
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon ground parsley

Rinse and blot chicken; MIX 2 quarts (8 cups) cold water with 2 tbsp Salt, and 2 tsp Accent seasoning in a large container with a lid, dissolved; ADD chicken pieces; COVER and transfer to refrigerator; at least 4 hours in refrigerator.

Measure the BASE MIXTURE and add the 11 SECRET HERBS AND SPICES into a large resealable container. Thoroughly combine.

Remove Chicken from the brine, place one piece of chicken at time into the breading mixture, seal container and shake chicken gently in all motions to thoroughly coat chicken evenly and generously. Place breaded chicken piece onto a rack to rest. Repeat with remaining chicken pieces. Allow chicken to absorb the breading for a few minutes before frying.

Preheat fryer to 315 F or preheat enough fat to immerse chicken completely in deep heavy stovetop pot between 315 F to 325°F, using a thermometer. Drop each piece of chicken one at a time, gently into the deep fryer basket without crowding.

(if stovetop frying, gently place breaded chicken pieces into hot oil using tongs, turning once halfway through frying duration).

FRY chicken between 18 - 30 minutes until golden brown and fully cooked. Cooking time depends on chicken portions / sizes. PLACE cooked chicken onto a mesh cookie rack.

*Lightly sprinkle with HY's Seasoning Salt and cover with tin foil. *The steam will soften the breading for that added Original Recipe texture. If you prefer crisp breading, skip this part.*

UPCOMING TVP & CHEQUE DATES


Time Sheets Due	Cheque Date
July 31	August 6
August 28	September 3
September 25	October 1
October 1	October 30

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

Lorrie Campagnolo
250-832-8477 ext 111 (please leave a message)
lorrie.campagnolo@cmha.bc.ca

The Buddy System

Stay Connected

Physical distancing does not have to mean social isolation!



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!

We currently have 7 Buddies interacting with 11 individuals that have reached out seeking social connection with other participants and or community members.

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 the participants who generously 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

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

Surviving Accidents and Pandemics, a personal story

Kathryn S

The theme for August at CMHA is Summer Fun....I was debating on whether to share my unique experience this past spring and summer, so far. I am hoping that my story might help others who find themselves in a similar situation. It was a unique challenge I found myself having to deal with, all best made plans were put on hold. On April 24th I had a bad fall and ended up with some fractures; nose, ribs, and shattering the bones in my left hand. The weeks that followed involved a series of x-rays, hand specialist surgeon appointments, two reconstructive surgeries on my hand, ongoing special physio appointments, all of which were out of town. Those of you that know me, know that I use my hands to make dozens of things, from Jewellery to Watercolour painting and nearly everything in between. I was trying not to panic. Trying not to think: "NOW WHAT DO I DO?"

After having my left hand put out of commission, I needed to rethink what I was going to do in my favourite season for being outside and exploring nature around Salmon Arm and a bit further afield. I wasn't allowed to drive, so that was the first thing to block my plans. Where was the fun in that? I am not one to linger on physical problems, but this one was definitely going to be my ultimate challenge.

When accidents happen like that, I found we can go in one of two directions, down the Rabbit Hole of Depression and self pity, or think about what other things can be done instead. Essentially, I needed to try to take my mind off the problem and refocus. Explore what CAN BE DONE, not what can't be done. I do like a challenge, admittedly under normal circumstances. Everyone was doing their best to physically distance, stay home, and communicate the best way they could during this Pandemic. I knew that I was not alone. Friends were in touch via email and phone calls, helping me with rides and picking up my groceries. So, I thought I owed it to them and especially to myself to do what I could to get through such an ordeal, the best way I could.



Heavens knows I have the market cornered on Craft Supplies, Art Supplies, Jewellery Supplies, books of instruction and ideas, and my computer with multitudes of DIY and How To Videos online. I made up a list of what I could do, making a

few little plans on what I could learn that was new-to-me each week. Even though I couldn't physically do some of those craft ideas, I could still watch, make notes, and learn, which I love.

Simple pleasures like having tea outside on my tiny patio, with a good book, enjoying the fresh air, bird song in the trees surrounding where I live, sewing by hand little projects, playing with my kittie, enjoying my potted plants, became all the more important. We don't have to do all those "Big Things" to have fun. We can just "BE" in the present, regardless of Pandemic restrictions and physical restrictions. Big Plans don't always turn out the way we want them, but there is always tomorrow to look forward to.

Be safe Be Well Be Kind

Creative Bags and Quilts

Original Art Work Designed and Created by Susan J

Front and back of a "Cat" Bag



Two Delightful Baby Quilts



Washi Tape Paper Flower

Original Art Work
Designed and Created
by Kathryn S

Art Work

by Eiko U



What Does It Take to Change the World?

Nan D

It wouldn't be an exaggeration to state that our world is in deep trouble.

It has been in serious trouble for quite a while, but some of the hidden underbelly of our planet is now blatantly being exposed, partially due to the COVID-19 pandemic.

There are countless devastating stories about victims of the pandemic — those people who have experienced the disease itself, and those who are part of its unexpected consequences. The military, the media, watchdog groups, activists and individual citizens have brought these stories, these sad realities, to our attention. We must be grateful to them.

Each substantiated story brings up in each of us widespread emotions — from discomfort to anger, disgust to deep compassion.

One thing is sure: we can no longer deny we have had long-standing social, economic, mental health and other serious issues and inequities for decades. Bright lights are now shining on those weak, hidden and vulnerable sectors of society, those areas which have, to date, been largely under-addressed in concrete, positive, enduring ways.

This exposure is, perhaps, a positive, unexpected consequence of the pandemic, alongside the now blue skies over China.

We ask ourselves, what can be done about what we now know?

The first step is to acknowledge that these problems do exist and will not go away on their own.

The groundswell of social unrest, and the media coverage of it, is providing necessary pressure to governments that are finally admitting to the seriousness of the issues. They say they are accountable, that the buck stops with them.

What will ensure that this acknowledgment and intention to act will continue after the pandemic is over, when we and our governments focus on some new normal way of living and operating? Will there be political will then to carry through with healing the many societal ills?

All our societal problems need to be understood in their entirety, which is difficult when there are so many “players” involved, including governments, policy analysts, social agencies, health authorities, charitable organizations, educational and other institutions and more.

Add to this mix the fact that many issues overlap – for instance racism, mental health issues, policing, inequity and poverty. Many layers, many structures, many systems.

Being faced with this harsh, current reality is very overwhelming, and one wonders where to turn.

What does it take to change the world?

Rosa Parks claimed that one person can change the world. She certainly did. And so have countless other courageous souls throughout history.

Perhaps it's more feasible for the rest of us to know that “one and one and one add up.”

One good place to start would be to conscientiously explore and address our own personal values, attitudes, beliefs, preconceived notions. And proceed outwardly from there.

PARTICIPANT FUNDING



NEXT MEETING
WEDNESDAY
AUGUST 26

Time / Location TBA

Applications Due August 19

Application Forms Available from
The Hudson Thrift Shoppe on Wednesday
August 5th, 12th and 19th between
10am and 3pm or Email
participant.funding.sr@cmha.bc.ca

Return Applications to
Thrift Shoppe on Wednesday August 5th, 12th or 19th
or Email to
participant.funding.sr@cmha.bc.ca