

# The Challenger

## October 2021

# Potential Place



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### Thanks Giving = Giving Thanks

Amy O.

When we are in a state of gratitude, no negative emotion is present - so let's celebrate Thanksgiving every day!

At Thanksgiving dinner, we would go around the table to let everyone share what we were thankful for - from family, to the feast, to even Pokémon, and absolutely anything else that you could be conjured up from the depths of your imagination and beyond! The years have brought many different things to be thankful for, and the table was always open to friends, family and extended family whom graced our lives through the years. So many people who impacted my life and presented me with opportunities for growth, companionship, grief, joy, heartbreak, friendship... this list of contributions is infinite. And in kind I gave others opportunities on their journey.

The feasts were at times spectacular and huge, with homemade smoked turkey and roast beef or lamb or ham, mashed, sweet and roasted potatoes, beets, rutabaga mashed with butter, Brussel sprouts, broccoli, salad, dressing and don't forget the gravy! Pumpkin pudding with whipped cream, cookies, carrot cake... it was said if you go away hungry it's your own fault. What wonderful memories, delightful dishes and traditions to share. And all of those yet to come and then some!

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We have an abundance to be thankful for, whether it's having a safe place to live, a variety of food in the cupboards and the means to preserve and cook, safe running water, abundance of clothing and footwear, entertainment, community, access to health care, or basic human rights. None of these vital necessities are perfect and some are very far from it. At times, it can be downright frustrating! As a society, we can strive to learn and grow beyond the past with acceptance, understanding, introspection, reflection, awareness and cooperation. Starting with each and every one of us.

Thanksgiving is a way of life, when we focus on the good stuff. Even the tough stuff can be acknowledged as lessons learnt. We attract what we focus on, talk about and how we perceive life. We should acknowledge what needs work, but put your attention on how far you've come and show appreciation for everything!

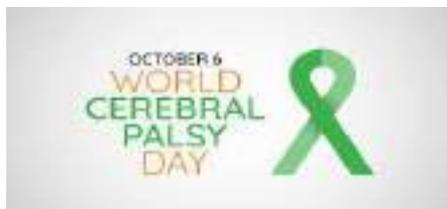
So, what are you bringing to the table this year?

## World Cerebral Palsy Day & Invisible Disabilities Week

Megan C.

### World Cerebral Palsy Day

World Cerebral Palsy Day is a day that celebrates the people around the world who have cerebral palsy such as myself. On October 6th, World CP day is active in over 75 countries, one in 17 million people have cerebral palsy and I am one of them. It is a day where the city buildings, etc. light up in green to celebrate folks with cerebral palsy and to raise more awareness about it. I know that when you meet me that I may not look like I am disabled but surprisingly enough, I am.



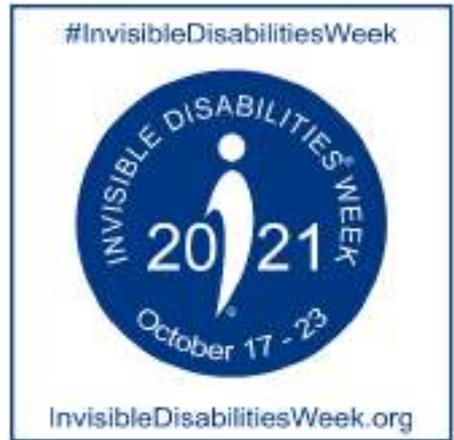
I have dealt with cerebral palsy since the time that I was a wee baby up until the point that I am at now. There is a myth that you can catch cerebral palsy from someone else, well I can 100% state that isn't true at all. People with cerebral palsy are just like everyone else, they just feel and think differently. Cerebral Palsy day is a day to celebrate plus learn more about those who have Cerebral Palsy. If you ever see me around the clubhouse, please don't hesitate to ask me a question or two about it & you are also encouraged to wear green and to talk about others as well. I am open to talk about it so please feel free to contact me at any time.

## Invisible Disabilities Week

Invisible Disabilities Week is a day that celebrates the people around the world who has an invisible disability such as myself. On the week of October 17th through to the 23rd of 2021 is Invisible Disabilities week. I know that when you meet me that I may not look like I am disabled, but surprisingly enough I am. Here is an interesting fact about Invisible Disabilities week:

Many differently disabled people would be considered non-visibly disabled or to have a non-visible long-term health condition. This could include, but would not be limited to:

- intellectually or learning-disabled people.
- neurodivergent people e.g. autistic people, people with sensory processing disabilities, ADHD, Tourette's, dyslexia, dyspraxia.
- people with neurological conditions, e.g. dementia, epilepsy, multiple sclerosis.
- people with mental health issues e.g. depression, bipolar, schizophrenia.
- other non-visibly disabled people / people with long-term health conditions e.g. endometriosis, inflammatory bowel disease, diabetes, chronic pain, rheumatoid arthritis, breathing / heart condition.



With the provision of accessible services such as sensory viewing rooms, there have been some promising changes aiming to make sports matches & other kinds of recreation accessible for all differently disabled peoples, but there is still work to be done.

# Frank's Blog - World Mental Health Day - October 10, 2021

Frank Kelton

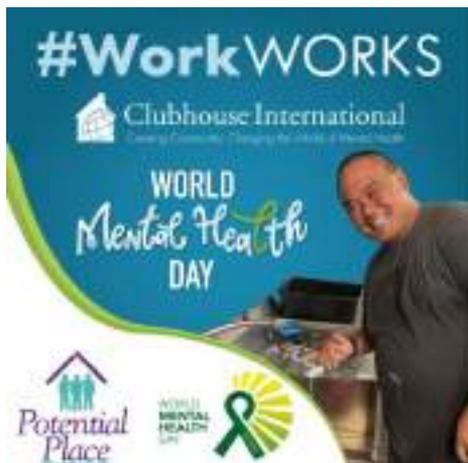


The COVID-19 pandemic has had a major impact on people's mental health. Some groups, including health and other frontline workers, students, people living alone, and those with pre-existing mental health conditions, have been particularly affected. And services for mental, neurological and substance use disorders have been significantly disrupted. The COVID-19 pandemic has disrupted or halted critical mental health services in 93% of countries worldwide while the demand for mental health is increasing, according to a new WHO survey.

Yet there is cause for optimism. During the World Health Assembly in May 2021, governments from around the world recognized the need to scale up quality mental health services at all levels. And some countries have found new ways of providing mental health care to their populations. At our Clubhouse we continue to engage our members in our hybrid model of wellness offering in-person and electronic engagement to all members.

In upcoming issues of our Challenger newsletter, Potential Place will showcase our World Mental Health Day campaign, as well as the efforts made in other countries and that serve as an inspiration to others.

Potential Place will also provide new materials, of how to take care of your own mental health and provide support to others too. We hope you will find them useful. Our focus this year is on working with Clubhouse International on innovative strategies to getting our members back to Transitional Employment opportunities - in our case, in the greater Calgary Community. Thanks to our community partners, and to members who are excited to get back to work, we have six new employment placements - which are the subject of an article later in the Challenger.



# Camping at Sundance Lodges

Mike H.

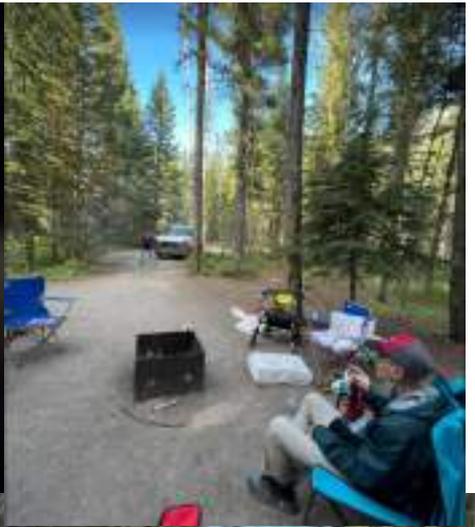
We went camping on Labor Day, Monday to Wednesday, September 8th. We had 13 colleagues and here are some of the things we did:

- We went for a walk in Kananaskis Village
- We played games
- We drove to Barrier Lake
- We sat by the fire and looked at the stars
- We shared and talked a bit about politics and no one got murdered
- We went for a few nice walks around the campsite
- We made delicious meals & had smores for dessert
- We slept well, but it was cold at night. The trapper tents had heaters that kept us warm.
- The weather was awesome, no rain and all sunshine

We had a wonderful time and I hope to do it again next year.

No bears!





The beautiful  
Sundance Lodges in  
Kananaskis!



Fun on the camp grounds!  
Photos by Darlene



# Clubhouse International World Seminar



## Clubhouse International World Seminar **MEETING THE CHALLENGE OF CHANGE**

A VIRTUAL EVENT | OCTOBER 4-8, 2021



10 Potential Place Colleagues will be participating in this year's World Seminar and we will also be participating on two panels and facilitating/hosting others! The agenda for this year's seminar includes:

- Decision-Making in the Clubhouse
- What is a Work-Ordered Day?
- The Clubhouse Standards
- How to create a vibrant, collegial, welcoming Clubhouse culture
- Attracting, Welcoming, Engaging New Clubhouse Members
- Employment: Why having a job matters so much to members, and how Clubhouses can best support that goal
- The Post-Pandemic Clubhouse: Rebooting your Work-Ordered Day

- Clubhouse Boards and Advisory Boards
- Making the case for your Clubhouse
- The Dimensions of Wellness, the Clubhouse Way
- The Clubhouse Education Function
- The Clubhouse Recovery Journey
- Why have a Clubhouse in our community? The perspective of a community's mental health administrator
- Clubhouse: our place in the fast-changing global perspective on mental health

*We are looking forward to an exciting virtual seminar and to the in-person world-seminar in 2022!*

## Casino Fundraiser 2021

After two postponements due to COVID-19 protocols, we are proceeding with our Casino Fundraiser October 8th and 9th at Cowboy's Casino. We are delighted with the volunteer turnout of Clubhouse members, as well as Board members and friends and family of both!

Members will be working the Cash, in the Count room, and Chip-running. We are grateful to Cowboys Casino and the AGLC for the opportunity to have another Casino this year.



Potential Place

**CASINO**

**Volunteers Needed**

OCTOBER 8 & 9TH, 2021  
SHIFTS: 11:00AM - 7:30 PM  
6:30 PM - 3:30 AM  
11:00PM - 3:30 AM

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COWBOYS CASINO - 421 12 AVE SE

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Please Kindly Sign Up  
and Support Clubhouse

# Housing Updates

Brianna & Trent

We have a two-bedroom unit available for rent in building one. This unit would be a great fit for two people looking to live together or for someone looking for some extra space. Call Trent if you are interested.

Housing Meetings will continue to occur bi-weekly. This month our meetings will be held on October 14th and 28th at 2:00PM. All tenants are encouraged to attend either in-person at the Clubhouse or via Zoom.



The beautiful  
apartment gardens!

## Transitional Employment Update

Things are going very well at our current TEs!

Joel is enjoying his time at OEB Breakfast in 5<sup>th</sup> Avenue Place, and Ben has started at OEB Breakfast in Bridgeland.

We want to thank OEB for all the incredible support they've given us! We were also able to go for a wonderful Saturday lunch at OEB Breakfast for social recreation - highly recommended!

We also want to shout out one of our newest TE partners, Namo Café & Bistro. Diego has been working there for over a month now, and has been doing great. We look forward to working to Namo for years to come!



Members Trevor, Alex, Alison, and Jessica have been working at the Signal Hill Staples. Signal Hill, Beltline, and Chinook Staples have all been incredible supporters of Potential Place. We appreciate how flexible and understanding they continue to be. Thank you, Staples!



# News from Clubhouse International



## CLUBHOUSE NEWS

a newsletter for the worldwide  
Clubhouse community

### Community Investment Increases Vaccination Rates for People with SMI

A new report published by the Treatment Advocacy Center and Clubhouse International identifies key barriers to, and facilitators of, COVID-19 vaccination among people with severe mental illness through an international survey of more than 100 Clubhouses. Shown here: Journey House Utah Covid Vaccination Clinic! Find the full report here: <https://clubhouse-intl.org/community-investment-increases-vaccination-rates-for-people-with-smi/>

ARLINGTON, Va. - A new survey finds that while people living with severe mental illness face significant barriers to receiving the COVID-19 vaccine, targeted outreach and engagement in community settings leads to significantly higher vaccination rates and increased safety for this population. People with severe mental illness have a high risk of death from COVID-19 and the results of the research shows that community investment led to higher estimated rates of vaccination compared to the general public.



The report, "COVID-19 Vaccination for People with Severe Mental Illness: An International Survey," published today by the Treatment Advocacy Center and Clubhouse International, identifies key barriers to and facilitators of COVID-19 vaccination among people with severe mental illness through an international survey of more than 100 Clubhouses - community facilities created to support individuals living with mental illness through employment, education and wellness programs - conducted between May 18 to June 11, 2021.

The survey found that barriers participants experienced went beyond vaccine hesitancy and included limited access to preventive health services and an overall lack of resources to access vaccines, such as not being able to register for an appointment or travel to a vaccine clinic. While concerns about safety and side

effects of the vaccine are the top two reasons why people with serious mental illness may not get the vaccine, the study also found that the sharing of experiences among peers is one of the most effective tools in changing minds around vaccination.

Overall, estimated vaccination rates of U.S.-based Clubhouse members are, on average, significantly higher than that of the U.S. population. Of the 105 U.S.-based Clubhouses that participated in the survey, 64 had a higher rate of vaccination than their surrounding county and 24 had the same rate of vaccine uptake as their county.

“As the COVID-19 pandemic continues to have a devastating impact on the world, the successful efforts of Clubhouses to facilitate vaccination should be seen as an example of the benefits that targeted outreach and support programs can have for people living with serious mental illness,” said Elizabeth Sinclair Hancq, director of research for Treatment Advocacy Center. “These individuals are at higher risk for severe illness or death from COVID-19 and deserve to be prioritized. A successful COVID-19 vaccination effort must prioritize people with serious mental illness, make the vaccines accessible and conduct outreach to this population to increase the number of individuals willing to take the vaccine.”

The survey’s findings indicate that community investment in and peer-to-peer engagement with people with serious mental illness can have a tremendous impact on their health and well-being. Hosting physician-led workshops to share the medical facts of the vaccine and encouraging discussions among community members who were vaccinated and those who were not were key ways to reduce vaccine hesitancy.

The creation of vaccination clinics where people with severe mental illness are living was also a successful method to increase vaccination rates among members, further supporting public health experts’ recommendations that trusted community providers’ development of vaccination sites maximizes COVID-19 vaccination among vulnerable populations.

“The results of this important project demonstrate once again the powerful health benefits of belonging to a community in which inclusion and meaningful relationships are the priority,” said Joel Corcoran, executive director and CEO of Clubhouse International. “Clubhouses across the world prioritize wellness and healthy lifestyles as part of a holistic approach to addressing the social and economic isolation so often associated with serious mental illness. It is clear that Clubhouse communities have been effective in assisting their members to get vaccinated during this life threatening pandemic.”

Treatment Advocacy Center continues to push for proper resources and support for people with serious mental illness to ensure that they are no longer ignored, in times of global health crises or otherwise. As the COVID-19 pandemic continues, especially with the emergence of new variants, organizations that follow this community investment model are critical to protect individuals with severe mental illness.

“Research tells us that those with severe mental illness are at among the highest risk for death from COVID-19. Our survey shows that even a small amount of effort to promote life-saving vaccination has a tremendous impact on getting people protected. This achievement reminds us that assumptions that those with severe mental illness cannot be helped are simply wrong,” said Lisa Dailey, executive director of the Treatment Advocacy Center.

The full survey report can be found here (<https://www.treatmentadvocacycenter.org/component/content/article/165-report-overviews/4440-smi-covid-vaccination>). To connect with Treatment Advocacy Center’s subject matter experts in severe mental illness policy or research, please contact: Alexa Lamanna, [alamanna@westendstrategy.com](mailto:alamanna@westendstrategy.com), 202-320-2766. To learn more about Clubhouse International or to connect with Joel Corcoran, please contact Anna Sackett Rountree, [asackett@clubhouse-intl.org](mailto:asackett@clubhouse-intl.org), 212-582-0343 ext. 107.



### World Mental Health Day 2021

Once again, we are pleased to collaborate with the World Federation for Mental Health on making World Mental Health Day 2021 on October 10th a unique and exciting experience. This year’s theme is: Mental Health in an Unequal World.

The purpose of the day is to help expand effective global and community solutions for reversing the effects of mental illness through raising awareness, eliminating stigma, empowering communities, encouraging greater investment by key stakeholders, and celebrating accomplishments.

### How Work WORKS at Clubhouses

**The Challenge:** Inequality for people living with mental illness, and the challenges they face as they seek to obtain and maintain gainful employment and fully integrate with society.

**The Solution:** Clubhouse Transitional, Supported and Independent Employment Programs. These programs are effective strategies for helping Clubhouse members return to paid employment, which is a gateway to recovery.

The Outcomes: Better employment rates – 42% at Accredited Clubhouses annually - double the average rate for people in the public mental health system public mental health system.

A road to permanent employment for Clubhouse Members: Here is one example from Fontenehuset i Oslo in Norway: Mental health problems had made it difficult for Marit to work for 12 years, but, with the help of her local Clubhouse, she got a transitional job and eventually a permanent job in her desired and trained profession as a Pharmacy Technician. She later said, “If someone had said when I entered the Clubhouse that I would end up in a permanent job again, I would not have believed it.”

And positive outcomes for Employers: “Partnering with Potential Place Clubhouse has been amazing on so many levels. We have had great success with the individuals who have joined our team - we have hired Michael on permanently as the associate on my staff couldn’t bear to see him go. He is such a great team member!!!” Arlene Gillespie, General Manager, Staples, AB, Canada



## Creative Corner

### Coming Home

Bart C.

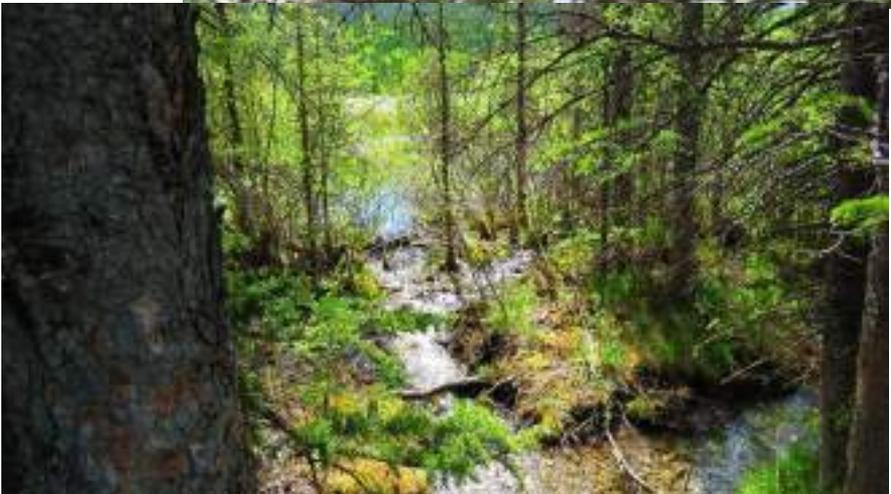
I found a way to relax, put in my time, got my pay, and saved all if it. This is called coming home. Pitch a tent, build a fire and relax in Mother Nature. Up in the morning, put on the cowboy coffee, and fry yourself some bacon and eggs. You're on the way there. Coming home takes effort. Who will you live with? Everything set in place, come over here, I can set a pace. When I labor all day, there comes another treasure for the home. On the way I stumbled and fell, I got up and I was home. To think about time is to relax towards the basic needs of a life of completion. I will be there in every situation.



Photography by  
Alison M.



Photography  
by Becky W.





Artwork by  
Jennifer W



# Health and Wellness: Learning How to Draw Panda's with Chester Pt 2

Chester & Brianna

Our colleague, Chester, is teaching us how to draw once a month. Below are some of the octopus' we drew in our last session. Join us during a health and wellness meeting this month! Health and Wellness meetings run on Wednesday's at 1:30PM.

Thank you, Chester!



# Comfort Zone - Bravery: A Short Story Pt 2.

Becky W.

Another diary entry -

“Oh, but comfort zone, why am I starting to feel so much pain? I have been numb for so long. Internally everything has been erased long ago. I don’t understand all these things which were buried come to the surface. I don’t think these are mine. I don’t recognize things. Have I turned into Alice and gone off to wonderland?”

My body feels so tense and I think I’m getting sick to my stomach here. My head is spinning a million miles an hour and I can’t seem to catch my breath. Am I dying? I can’t seem to calm down and I’m losing my composure. The pain coming up is too much for me to bear? Oh, Comfort zone, why aren’t you helping? I am crying out to you and everything is still. Why can’t you soothe me like you used to, in our own little world of us. I feel like I’m losing control and it’s hard to calm down. Why won’t it stop? Please Comfort zone, help me. I cry out to you in great desperation. What is going on?

I’m unable to relax and this bed is making my back sore. My pillows are soggy with all my tears that I’ve cried, but, where are you? Did you abandon me too? I told you that I loved you and you are my soulmate - we’re supposed to be there for each other. Help me, I’m losing my sanity and I’m too overwhelmed. I can’t live without you still. Oh why won’t you be with me. I’m suffering greatly here. Can’t you hear me calling out to you? Can’t you realize just how distressed I am? Why, why won’t you be with me?

The food won’t go down and I dare not touch it. I’m too sick to eat. I’m too sick to drink. I don’t want to be here any more. Why won’t you respond? Oh please, answer soon. Sleepless and worn down. I have been up for days. Restless agitation. Oh what is going on?

Why are you not helping me in this fight? I’m feeling dark and want to fade out. I can’t go on like this. I want everything to end. The pain is overbearing and heavy. The fuse has blown and my dancing lights are no more. Comfort zone come back? What did I do wrong to you? Please don’t punish me like this. I’ve been good to you. I’m begging you please, please come back to me. We were happy together and we had many great times together. Oh, but you’re not. The dark mists stir and I’m frightened. Is that your comfort zone? Please come through...

Those heavy emotions are getting worse and I feel like dying. There is no refuge from this

Nightmare. Please come back.... I LOVE YOU! Does my love for you mean anything at all? We had a great relationship and now i feel like a huge joke to you. Why aren’t you taking my cries of distress seriously? I’m getting tired of this. What do I need to do for you to come back to me? I’m begging you because I don’t want to live in this dark abyss

called hell. Please tell me what I need to do for you? Please don't fight with me by ignoring me. Save me!

I need you comfort zone!"

Outside was dark with the glow of the moon shining down and dim yellow eyes peering out from the Elm tree. Wisdom emerged and feathers scattered. Athena's great inner turmoil was festering and growing larger than a mountain. The only emotion of it all was trauma and great overwhelm to the point where Athena was frozen in place. A gentle swoosh, Wisdom silently came through the window and landed on Athena's head. Athena startled with a jolt, and wondered just what came in. Wisdom perched down on the table and blinked.

After a few minutes, Wisdom called out, capturing Athena's attention even more. What was Wisdom trying to convey? Attention was solely placed on Wisdom, which created a stirring within...was it a spark of connection there? Wisdom sat with Athena for a while until the deep purples and pinks streaked across the eastern horizon. A tired and weary head hit the pillow and Wisdom fluffed himself and started preening. Sleep came when it was most needed.

Clouds swirled around, reflecting bright pastel colors....an aura appeared in the distance and was walking towards Athena. Vibrant greens surrounded Aura and shot out into the darkness. Aura sat down beside Athena and said a small prayer.

Athena's light came on and she asked Aura where she was.

"You're on the other side of the veil and I'm on a recovery mission here!" Athena looked very puzzled.

"The heavy dark chains that kept you down for a very long time have broken and crumbled to the ground. My Messenger Wisdom had alerted me to this and I had to come quickly." Aura added

"All this deep, ingrained pain had to come to the surface and rusty corroded chains fall apart after a while. It's a temporary hell for a while." Athena queried

"But why? What is the point of all this? I don't get it." Aura sat back and sighed.

"The things that helped you survive and kept you alive for so long, no longer work. How they function now is obsolete. The old ways stir up the pain and another path will come." Aura paused and looked up.

"Wisdom has been sent to you as a guide through all of this. He is a very knowledgeable and intuition energized being."

"Wait! What? Is that what flew through my window?" Asked Athena.

"Yes." said Aura.

“Wisdom’s tool is called Intuition and he will use it to guide you. When the chains broke, it unearthed a lot of buried lost things within you. That’s why it really created great inner turmoil, like a festering wound that needed to be lanced. All the dark, rough and hard chunks need to be moved and then dissolved. The Vile waged a war on you, once they learned of your existence, long before your entry into your realm. They rued the day when you did arrive, but they ignored the Sages around them and were given the choice of surrender. They rebelled and gave the Sages extreme hell. They were deeply mesmerized by lust driven antipathy and the drive to destroy. In you, their greatly hated adversary came to being. They are driven by darker powers that honor and worship inhumanity. They took great joy in participating in the several dark arts of sins. Human life was never a value to them and Asmodeus concocted an elixir that totally took over the Vile.”

Athena looked down with a sad expression. “I never asked for this life. I never asked to be mercilessly put into a never-ending hell. I was not the one responsible for Asmodeus’s elixir. I didn’t tell or make the Viles do what they did.” Cried Athena.

“I can’t figure out what I did to deserve all the trauma I endured. What exactly did I do so wrong? Why did I ever come into being? Why am I the one who is responsible for every single thing that has happened?” Questioned Athena.

Weary Athena said “The Vile have taken everything from me and I have nothing left. I had love for others and they took it away. I cared for the others, only to have my being bashed into the ground and rendered unimportant by others. I aspired to make something and I was eluded from my livelihood. My life turned to nothing. A deep meaningless existence.... I was safe in my comfort zone. Everything was going great up until recently.”

“Your healing has just been initiated and the illusions will dissolve over time as things fall into place. You may have thought they took everything, but, as I had mentioned what seemed to be “lost” has been unearthed because it was buried.” replied Aura.

“You were lost in the illusion and the Vile had played a pretty good trick in drilling into you their projections. You did not do anything Athena. The Vile are just the Vile and that is how they are and how they play. A good thing is that you are no longer in their oppressive grip of terror.” Said Aura.

Little polka dot dancing caterpillars appeared on the ceiling blowing party favors while a Griffin was operating a jackhammer. The whole place started to shake and Athena jumped out of bed. Wisdom was perched in the closet sleeping. Dazed and groggy, unaware and confused about the moment. Wait, what did she dream of and was it really a dream or a symptom of not eating made her hallucinate.

Another diary entry -

Comfort, where are you? My heart hurts. I need you. I called you, but you didn’t come.

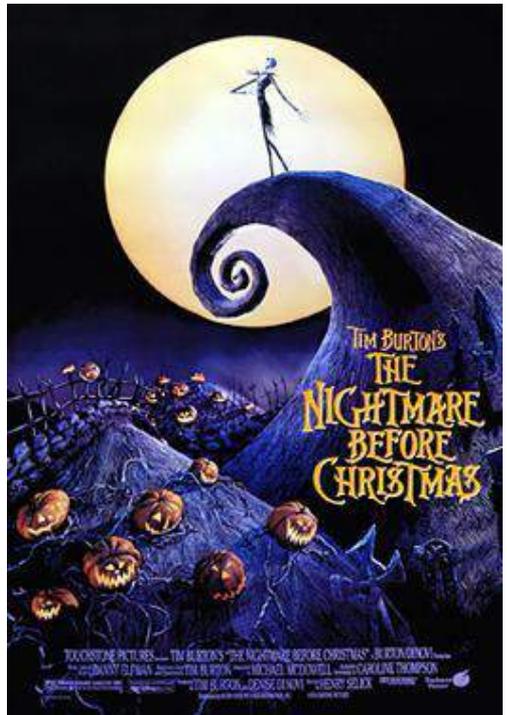
# Movie Review - The Nightmare Before Christmas

Megan C.

Running Time: 76 minutes

In Disney's 1993 film, "The Nightmare Before Christmas," the audience takes a step inside the mind of the creator, Tim Burton. "The Nightmare Before Christmas" not only embodies the spirit of Halloween but also the holiday season as a whole. With this film's symbolism, musical score, character development and holiday visuals, it is universal for Halloween, Christmas or year-round. Mixing a misfit who only means well and a hopeless romantic in "The Nightmare Before Christmas," leads to a friend falling for a friend... There has been a debate since this movie came out in 1996, if it is a Christmas movie or is a Halloween movie, in my person view it is a Halloween movie, but you would have to watch it to see what you think. Trust me it is a movie that you can't watch just once, it is such an enjoyable and fun movie for the family. Tim Burton has really out done himself with this magical, musical and all-around fun movie. Definitely do recommend giving it a watch. I give it a 10/10 and it is a movie that can be watched more then once.

"The Nightmare Before Christmas" is available to stream on Disney Plus or can be ordered through Amazon.



# Sports Update

Mike H.

This time of year, there is a lot of sports to watch. It is an exciting time of the year for me. The CFL has started their season. They have played 7 games. The Stampeders have started slowly. Calgary currently has two wins. Hopefully, they can turn it around.

The Calgary Flames will start their season in October. It is a tough call but everybody is tired at the start of the season so we just don't know. I do feel like they have a chance. We are not in the same division this year. We are in the pacific division.

As far as the Blue Jays are concerned, we are finishing the season quit well. They are coming down the stretch and have won 80% of their games. If they keep it up, they may make it as a wild card team and into the playoffs.

Say a prayer. Always lots to watch. Hopefully, your team wins!



# Volunteering is Important!

Hannelore W.

Hi my name is Hannelore Wilson. I would just like to say to all members to encourage them to volunteer anywhere. It helps you get experience in any job and it is good on your resume when you volunteer.

I have volunteered at the Lougheed House in the gardens for a year now and I love it. Any volunteer job that you do can eventually turn into a job. So never give up! A lot of places are looking for volunteers. Even when volunteering, it shows that you are motivated which is really good for an employer to see on your resume!



LOUGHEED HOUSE

# Recipe of the Month - Thanksgiving Edition: Cast Iron Thanksgiving Dinner

Chosen by Megan C.

If you want the flavors of Thanksgiving but don't want to cook a whole turkey, this one-pan Thanksgiving strata is ideal. It has all of the flavors, texture and "wow factor" of a traditional Thanksgiving dinner, but will leave you with time to enjoy the holiday with family and friends. Don't forget the cranberry sauce.

Prep time: 30 min | Cook time 1hr and 20 min | Serves: 8 to 10

## Ingredients:

- 2 mild Italian Sausage, casings removed
- 1 cup (250mL) local butter, divided up
- 4 large onions, thinly sliced
- 1 large or 2 small sweet potatoes (about 1 lb/454g) peeled and cubed
- 4 cups (1L) cubed crusty bread (about 1inch/2.5cm pieces)
- 2 cups (500 ml) chopped or pulled cooked turkey or chicken
- 1 cup (250 ml) baby spinach, coarsely chopped
- 2 tbsp. (230ml) each fresh thyme and sage
- ¼ (60 mL) cup Brandy, optional
- 4 large eggs
- 1 ¼ cup (310 mL) Milk
- Pinch of salt and pepper

## Directions:

1. In a large cast-iron skillet, cook sausages over medium heat until browned and no longer pink inside. Scrape into a large bowl and discard excess fat (not down the drain). Return skillet to medium heat and add ½ cup (125 mL) of the butter. Add onions, salt plus pepper, cook stirring occasionally for about 25 minutes or until caramelized and very soft. Add it to the sausage.

2. Return skillet to medium heat and add sweet potatoes; cook, stirring about 15 minutes or until tender plus golden. Add to the bowl. Stir in the bread, turkey, spinach, thyme and sage. Spread mixture into same cast iron skillet.

3. Preheat oven to 350F (180C) in a small microwavable bowl, melt remaining butter and stir in brandy if using and drizzle over bread mixture.

4. In another bowl, whisk eggs, then whisk in milk, salt and pepper, until combined. Drizzle over bread mixture. Bake for about 45 minutes or until golden and knife insert comes out clean. Let cool slightly before serving.

Tips:

No turkey? No problem- substitute turkey with a rotisserie chicken.

No skillet pans? No problem- this recipe can also be baked in a 13x9 inch (3L) baking dish or baked and served in individual 1 cup (250 ML) ramekins.



## Getting to Know You - Cass

My name is Cass. I was born and raised in Calgary. I used to love roller-skating it has been my passion ever since I was a little a little girl growing up. My family and my daughter Victoria mean everything to me. I love going to the mountains and I love being around my family and friends.

I am also a recovering addict and I am five years clean! I am all about my recovery!

My goals at Potential Place are to learn new skills, and to be able to have an opportunity to pursue my dreams and go back to school for Addictions and Mental Health. I also love spending time with my nanas dog Penny.



# Welcome to Potential Place!

## September Social Recreation!



Lunch at OEB  
Breakfast!

# October 2021

Join us for Unit Meetings Every Day at 9:30AM & 1PM

Zoom Link: <https://zoom.us/j/9084483817>

Meeting ID: 908 448 3817

Call-In Number: 1 (567) 328-1099

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Cafe Meeting at 1:30PM	Community Meeting at 1PM	Health & Wellness Meeting at 1:30PM			
3	Cafe Meeting at 1:30PM	Community Meeting at 1PM	Health & Wellness Meeting at 1:30PM	Housing Meeting for Tenants at 2PM		
10	*CLUBHOUSE CLOSED TODAY*	Community Meeting at 1PM Marketing Meeting at 2:30PM	Health & Wellness Meeting at 1:30PM Career Dinner 4PM-6:30PM			
17	Cafe Meeting at 1:30PM	Community Meeting at 1PM	Health & Wellness Meeting at 1:30PM	Housing Meeting for Tenants at 2PM		
24	Cafe Meeting at 1:30PM	Community Meeting at 1PM	Health & Wellness Meeting at 1:30PM Operations Meeting at 2:30PM			

## Please Donate to Potential Place

Charitable # 895282358RR0001			
Your Donation Will Support			
<p>Non-Restricted Funds - Can be applied to any one of our current programs</p> <p>Program Supports - Community Connection - Cafe/Bistro - Marketing</p> <p>Continuing Education Supports</p> <p>Transitional Employment Program</p> <p>Social Recreation Supports</p> <p>YAOP Supports - Young Adults of Potential</p> <p>Housing Supports</p>			<p><b>Please Check One</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
Donation Amount			
One - Time		Monthly - Until MM / DD / YYYY	
Enter the Amount	<input type="text"/>	<input type="text"/>	<input type="text"/>
Message/Instructions for Potential Place Society			
Payment Information			
			Credit Card Type <input type="text"/>
Card Number	<input type="text"/>	<input type="text"/>	<input type="text"/>
Expiry Date	Month <input type="text"/>	Year <input type="text"/>	
Card Holder Name	<input type="text"/>		Telephone <input type="text"/>
Address	City	Province	Postal Code
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Please Print and fax to 403-216-9251 or scan and e-mail to <a href="mailto:navi.schota@potentialplace.org">navi.schota@potentialplace.org</a> Address - 210, 308 - 8 <sup>th</sup> Street SE   Calgary, Alberta   T2G 0Y2			