LGBTQ Pride

Since June was Pride month, and Calgary Pride is in August, now is a good time to acknowledge its importance to the local and global LGBTQ communities. The majority of Pride events are held in June to commemorate the anniversary of the Stonewall Rebellion in New York City on June 28, 1969, which most historians consider to be the birth of the modern LGBT movement. At the time, police raids on bars catering to LGBT patrons were common, but that night, the patrons of the Stonewall Inn fought back. While historical accounts of the night vary, the violent response lead by trans activists Sylvia Rivera & Marsha P Johnson, as well as Storme DeLaverie, ignited a national firestorm of activism that brought new visibility to the struggle for LGBT equality.

The Stonewall riots were a tipping point for the Gay Liberation Movement in the United States. In the United States the last Sunday in June was initially celebrated as “Gay Pride Day,” but the actual day was flexible. In major cities across the nation the “day” soon grew to encompass a month-long series of events. Today, celebrations include pride parades, picnics, parties, workshops, symposia and concerts, and LGBT Pride Month events attract millions of participants around the world. Memorials are held during this month for those members of the community who have been lost to hate crimes or HIV/AIDS. The purpose of the commemorative month is to
recognize the impact that lesbian, gay, bisexual, transgender, and queer individuals have had on history locally, nationally, and internationally.

In 1994, a coalition of education-based organizations in the United States designated October as LGBT History Month. In 1995, a resolution passed by the General Assembly of the National Education Association included LGBT History Month within a list of commemorative months.

LGBT History Month is also celebrated with annual month-long observances of lesbian, gay, bisexual and transgender history, along with the history of the gay rights and related civil rights movements. National Coming Out Day (October 11), as well as the first “March on Washington” in 1979, are commemorated in the LGBT community during LGBT History Month.

Frank’s Blog
frank.kelton@potentialplace.org

Frank’s Blog - What is Schizophrenia?

When we consider, “what is schizophrenia?” often, many negative images come to mind. Most violent killers on TV, it seems, have schizophrenia. And the idea schizophrenia means a “split personality” is also prevalent. In fact, schizophrenia is not a split personality nor is schizophrenia a violent illness.

Schizophrenia is a recognized, severe, persistent mental illness that affects thought patterns and beliefs. This brain disorder commonly consists of hallucinations, delusions and impaired information processing and communication skills. Of Potential Place’s 2074 members, nearly 50% have a mental health diagnosis of schizophrenia or schizoaffective disorder. I personally feel as safe here at Potential Place, as I do in my own...
The misperception that people with schizophrenia are somehow harmful, violent or dangerous causes an undeserved stigma on all those suffering from this mental illness. One thing that is known about schizophrenia is that those with the illness are more likely to be victims of violent crime than perpetrators of it.

Schizoaffective disorder is a chronic mental health condition characterized primarily by symptoms of schizophrenia, as well as symptoms of mood disorder, such as mania and depression.

**SCHIZOPHRENIA Defined**

When it comes to the definition of schizophrenia, the word is a broad term given to a cluster of disorders. Schizophrenic disorders are psychotic disorders. Psychotic disorders, like schizophrenia, are defined by a person’s inability to distinguish reality from fantasy. This may take the form of visual or auditory hallucinations, delusions (false beliefs) or other positive-and some negative symptoms. Schizoaffective disorder is a chronic mental health condition characterized primarily by symptoms of schizophrenia, such as hallucinations or delusions, and symptoms of a mood disorder, such as mania and depression.

Each specific schizophrenic disorder has its own definition:
• Catatonic schizophrenia – catatonic schizophrenia involves many physical symptoms. People with catatonic schizophrenia are often rigid, stiff and are either unable, or unwilling, to move. This immobility puts people with catatonic schizophrenia at risk for malnutrition and exhaustion. Odd movements, postures and repeated phrases may also be present in catatonic schizophrenia.

• Disorganized schizophrenia – disorganized schizophrenia often consists of jumbled thoughts, incoherence and confusion. It is known as disorganized because behaviors are often inappropriate for a given situation; this disrupts the ability to do daily activities. Behaviors may be completely flat or even childlike in a person with disorganized schizophrenia.

• Paranoid schizophrenia – paranoid schizophrenia is defined by strong delusions (false thoughts) that someone is being persecuted or punished by another. Other thoughts, feelings and speech may remain fairly normal.

• Undifferentiated schizophrenia – undifferentiated schizophrenia is diagnosed when the schizophrenia symptoms do not clearly fall into one of the other above three types.

• Residual schizophrenia – as the name implies, residual schizophrenia is defined by continuing schizophrenia symptoms but of a lesser degree than when first diagnosed.

While all types of schizophrenia contain psychotic symptoms, none are known to be violent or dangerous towards others. In fact, the person most afraid of schizophrenia is often the person with schizophrenia themselves.

ABOUT SCHIZOPHRENA

Schizophrenia is not a rare illness and affects about 1% of the population. It is known to be present in all races and genders equally and often strikes in adolescence. Schizophrenia is known to be a brain illness with several differences known between schizophrenic and non-schizophrenic brains, but science is far from understanding the complexities of the illness.

Health and Wellness - Outdoors

Victor Lo

Summer is here and the weather is nice and sunny until September; this is a great time to get outdoors or play some sports. Some of the sports we can play outdoors are soccer, basketball, for example, or just throwing a Frisbee in one of Calgary’s urban nature reserves. Even going for a walk in a nature reserve is a great
way to spend some time outdoors. Most restaurants have their patio’s open and having a meal outside is quite the treat. Spending time outdoors is great way to improve our health and wellness.

Calgary is blessed to have many outdoor nature reserves such as Fish Creek Park, Edworthy Park, Nose Hill Park, Inglewood Bird Sanctuary, Prince’s Island Park, and many other nature reserves. Going to one of these parks to have a BBQ or picnic is a great way to spend the weekend with friends and family. The nature reserves in Calgary may have a cookhouse shelter where you can prepare food, BBQ and even have a fire pit afterwards. This a great way to enjoy the outdoors and spend the weekend. You can also bring a football or Frisbee to toss around, or go for a walk around the nature reserve. Also parks such as Fish Creek Park are great for biking or hiking and there are many paved and unpaved trails to explore. Or if you live in the south, you can even bike all the way to Prince’s Edward Island; this is a great way to keep fit and should only take you an hour to bike to downtown from the south.

Going out for a bike ride is a great way to keep fit. If you are an avid biker, summer is the time to hit the trails. If you are adventurous, going to Banff or Kananaskis is great for mountain biking and there are many mountain trails to explore; plus the scenery is amazing. Going for a run or walk around your community is a great way to keep fit. If you work from home, getting outside once a day is a great way to keep away cabin fever.

There are many outdoor adventures to explore around Calgary. There are many festivals in places such as Marda Loop, Inglewood and Eau Claire market. Also going to Heritage Park, the Calgary Zoo and Calaway Park are great ways to spend the weekend outdoors. In the summer, it is a great time to spend “fun in the sun.” Especially if you live in Calgary where it is winter for half of the year. In the summer, it is advantageous to spend more time outdoors than indoors; in winter, many people want to do indoor activities like going to a swimming pool - Southland Leisure Center for example.
Since it is now summer in Calgary, many golf courses are open. This is a great way to get outdoors and since summer is short in Calgary, it is good to take advantage of the summer days and get in a few rounds of golf. Going golfing with friends is a great social activity, and can be great for our health and wellness. In Calgary there are many outdoor Farmer Markets that are open. Going to a farmer’s market is a great way to spend time with friends & family. You can find special items and hand-made art at a farmer’s market, plus there is a lot of great, healthy food available there.

Hosting or going to a BBQ party is a great social event and can improve our health and wellness. Having a block party in your community is a great way to get to know your neighbours. You may even meet some people that you do not know and you can even network with people who are in the workforce and land a job or some type of employment. Talking face to face with someone that is working in job field that you are interested in, is a great way to get your foot in the door when that company plans to hire.

In July, summer is here and it is time to get outside and have “fun in the sun.” Getting outdoors, instead of staying indoors all the time, is great for our health and wellness. There are many opportunities to socialize and network with other people. It is important to work on our relationships with other people, whether it be friends or family. Working on our relationships with other people is also good for our health and wellness. Not all wealth is measured in money, instead friends and family are considered intrinsic wealth, and are good for our health, wellness and mental wellbeing. This summer, let us work on our relationships with each other, get to know other people, get outside and have fun in the summer sun.

The Importance of Accreditation

On May 31st, at the Canadian Clubhouse Conference in Cape Breton, Joey H (Member) and Frank Kelton (ED) presented together on the important topic of Clubhouse Accreditation. They were joined on the panel by Lee Kellogg of Clubhouse International. The following is a condensed version of Joey and Frank’s presentation.

Why is Accreditation important?

- Member Wellness and Recovery – Our evidenced based model assures this!
- We are wed to Clubhouse International’s 37 standards and therefore partners in member recovery
- Meeting and Exceeding the Standards translates into positive and measurable outcomes
- Good Marriage = Accreditation = Longevity = Stakeholder Support
• **Self-Study Process:** colleagues meet weekly for 5 months to evaluate each standard (1 or 2 standards each week). We meet every Wednesday at 1 PM in the 6-month period prior to the accreditation visit.

• A member and staff lead the discussion to evaluate what we are doing well, and to determine where there are gaps (aka areas we can improve). A member and staff take copious notes at each colleague development meeting.

• A Three-year award is awarded to all Clubhouses that substantially adhere to EACH of the categories of the Standards:

  - Membership, Relationships Space. Work-ordered day, Employment, Education Functions of the House, Funding, Governance and Administration

• Our Clubhouse was congratulated on achieving a strong, rehabilitative environment

• We were encouraged to share our accomplishment with the CH, funders, our Board and local media. Most proud, I recall, were colleagues – who did and do the work – with joy, every day. We received a detailed 11-page report that summarized our strengths, and which made suggestions.

What constitutes a successful accreditation?

• Make the process fun and engaging

• Plan early (6 months at least)!

• Get commitment from Board and Stakeholders to a robust Employment Program

• Get colleagues trained every year at an International Training Centre (i.e. Progress Place)

• Send Colleagues to Clubhouse International Seminar every two years

• Engage in Transitional Employment, Young Adult, and other training seminars

Benefits of Accreditation

• We gain improved prospects for employment opportunities

• We are often the first community agency choice for psychiatric discharge from hospital units

• Media alliances are more substantial between accredited Clubhouses and local media
Joey's Young Adult Training & Canadian Conference Experience

I'm Joey and I've had the great opportunity of attending both the young adult training in Worcester, MA and the 6th Canadian Clubhouse Conference in Sydney, NS. Both places provided wonderful learning opportunities to help me on a personal level with social anxiety and taking initiative, while also provided challenges to learn and implement changes for our Clubhouse.

I'll start with Worcester as it's a fabulous town with great people and amazing local restaurants. I went with Cal and Izzy on training. There were also two other Clubhouses that went on the training: one was from Pennsylvania and the other from Norway. The Clubhouse we went to is called Genesis Club and has three floors, an elevator, full-sized kitchen, and seven units. What we mostly did there is have discussions about various topics and how they affect young adults, such as employment, education, work-ordered day, and housing. We had discussions with staff and members of Genesis, along with a few conference calls with Fountain House in New York and Sweden for three discussions. We also visited a few of their TEPs which were at the Worcester Art Museum and the Department of Mental Health as both were filling jobs. We also had a pizza party our first day with the young adults of Genesis and some staff. What I really enjoyed about the whole experience was being able to be assertive and be a leader. More and more I've been able to put myself out in front instead of being a background character, and I feel that I was really able to step up for the training. There's so much that I hope to bring back to improve our Clubhouse and we have already started our action plan.

Now as for the Canadian Conference in Sydney, it provided a different learning experience, both personally and business-wise for the Clubhouse as I went with Frank, Kevin, and Trevor. First Sydney is such a beautiful place as Cape Breton Island is breathtaking (and can't forget the fresh, $20 lobster). We had all of our presentations at the Holiday Inn we stayed at, with one day of visiting the Clubhouse in Sydney. Their Clubhouse is called Crossroads and it's in a basement, but they have quite a lot of space there, though they are currently looking for a building somewhere else. There were eight different workshops, with our Clubhouse doing three (Accreditations, Technology, and Transitional Employment Development). I presented on Accreditations with Frank and also Lee Kellogg from Clubhouse.
International, and Technology with Kevin. Both went well. I embraced the challenge of presenting since I don’t like to present in front of people as I get a lot of anxiety, but I looked at it as another growing opportunity. It was also really great hearing from the other Clubhouses since we got to learn about what the other Clubhouses do differently and how we can borrow from each other to improve our own Clubhouse.

I loved both Worcester and Sydney as both provided different, but fun and challenging experiences. I felt the young adult training was great at making myself known and being a leader, while the conference provided more confidence and helped deal with social anxiety. I’ve been lucky to be able to attend both, but I also know how much I earned the opportunity to go. I have come such a long way of being the severely underweight kid who always kept to themselves and wouldn’t make friends with anyone, to someone who is very confident and comfortable with who they are, along with socializing with everyone in the Clubhouse. While it was sad to leave both places, I’m excited to be back to share with everyone and help make our Clubhouse even better.
Colleagues Cal, Joey, and Izzy travelled to Genesis Clubhouse in Worcester, MA to participate in their 2018 Young Adult Training – and have brought back an Action Plan full of ideas to make Potential Place and our growing YAOP (Young Adults of Potential Place) program even better! They will be presenting on their experience, goals, and Action Plan at the Wednesday, July 18th Colleague Development at 1 PM.

A major take-away from the YA Training, was how essential employment, education, and housing are to young adults. These basic components of adult life are what young adults often strive for, and the desire to achieve normalcy in these areas of their lives are major drives for them.
Getting to Know You – Goldie

Oh, hello? Is this thing on? Great, communications working perfectly. My name is Goldie and I’m a new member here at Potential Place with a burning desire to jump into some new untracked territory, learn some skills, and build my network of connections. I would like to cover some of my interests and hobbies and a little bit about what led me to Potential Place in the first place!

The array of my interests spans across the board like a map stuck with tacks - from filmography to longboarding by the bow river, exercising my ability to be empathetic towards others and being a pillar of support to my friends when they’re in need. I’m extroverted by nature but I do enjoy keeping an opinion in reserve and observing others. People are vicariously interesting to me and I think they always will be as not only alone do we change but culturally and societally we continue to go through growth spurts on either the physiological and spiritual plane. I currently keep a vocational blog that helps me define this in both a visual and journalistic reminder of the days that I personally go through, I created it nearly a year ago. Film and Photography truly establishes itself as an important outlet to me as I believe time doesn’t quite give us an appropriate measurable meaning of our brief smaller lives and to map those parts of life that give us meaning makes me feel like an explorer of a different sense.

Before my time here at Potential Place I dedicated my focus to a Day Program where I could learn from my conditional psychosis on an equilibrium with Doctors and Program Coordinators. I learned that I was much too hard on my self-worth, and overwhelmed myself with trivial controversies. I got to tackle those with healthy affirmations in the 8-week program. In the last week of the program I found myself at Potential Place, where I’ve felt that they’ve warmly welcomed me more so as a family member instead of a client or a patient. There’s much I hope to reap here that builds everyone up and generally just enjoy my experience being a member of the team! I look forward to meeting you all.
Employment Update

We would like to congratulate Doug and Diego for beginning new employment at the end of June! Doug is now working at Minuteman Press as an Office Cleaner and Assistant in a Transitional Employment position, and Diego is working in a Kitchen Cleaner role at Minas Brazilian Steakhouse.

Carolyn and Ali have been meeting with other employers recently to build future Transitional Employment opportunities and community collaborations. We also attended Career Fairs on June 19 and June 26 with some members who are seeking Supported or Independent Employment.

Potential Place will be hosting an Employment Breakfast on October 2nd and the theme of this event will be Young Adults and Employment. This breakfast will be for our employer partners, our members and others from the community. If you would like to help us plan this event, please let Carolyn and Ali know.

Our next Career Dinner will be on July 11, where we will talk about employment and education and eat a delicious meal. We hope to see you there!

Have a great July, from Carolyn and Ali! 😊
Job Fair Check-List

Whether you’re a college student new to the job-hunting process or a seasoned professional, these ten career fair strategies for job-seekers will improve your odds of not being screened out and should lead to a deeper level of satisfaction with your efforts and increase your chances of obtaining a second interview.

Keep in mind that career fairs should be just one small part of your entire job search process; however, they can be a successful part. Will these ten strategies guarantee you success? Perhaps, and by following these strategies, you will be in position to strategically place yourself above many of the other job-seekers who are attending the fair.

The Ten Keys to Success at Career and Job Fairs

1. **Pre-register for the Fair.** Some career fairs allow job-seekers to pre-register for the event, which usually includes submitting a resume or summary resume. With more fairs going to the Web, pre-registration will most likely become even more common. The idea behind pre-registering, of course, is that employers get a chance to prescreen applicants and possibly make note of applicants they want to meet at the fair. Does pre-registration guarantee that you will get noticed or that employers will even look at the registrations? No, but why would you not take advantage of such an easy step?

2. **Research Registered Employers.** Many job-seekers go to fairs to “see the sights” and are not prepared to interview. You can get a huge jump on the competition by getting a list of the companies attending the fair and doing some research on each of the companies you want to interview with; don’t waste time with companies that do not interest you. While all of the recruiters will have company literature at their booths at the fair, you often can’t access those until after the interview. With so much information about companies on the Web, there is no excuse not to do your homework.

3. **Take Multiple Copies of Your Resume.** Bring lots of resumes to the fair — at least two for each company for which you have an interest. If you have multiple interests or job
objectives, make sure you bring enough of each version of your resume. For tips on writing a traditional resume, come to Potential Place for help. Bring scannable versions of your resumes - more and more recruiters are simply bringing these collected stacks of resumes back to the corporate office and scanning them into a database.

4. **Consider Bringing Your Portfolio.** More and more career experts are emphasizing the importance of career portfolios. These portfolios should include copies of your resumes, a list of references, and samples of your best work. While most career fair interviews are fairly short, there may be opportunities for discussing your portfolio with a recruiter — either over a short break or meal or during a second interview on-site. It is best to always be prepared no matter what happens.

5. **Wear Appropriate Attire.** Conservative business attire is essential, even for those Spring Break beach side career fairs because image and first impressions are critical. Know what the expected attire of your profession is and dress accordingly. It is always better to be overdressed than under-dressed.

6. **Develop Fair Strategy.** You need to devise a strategy or plan of attack for the fair. You’ve already done the first step by researching the companies you are interested in. The second step is seeing if any new companies have registered when you arrive at the fair. The third step is surveying the layout of the fair and determining an order of interviewing. Some experts suggest meeting with your top choices first thing in the morning, interviewing with your other choices in the middle of the day, and returning to your top choices at the end of the day to thank them again for their time. But remember to stay flexible as your top choices may be the top choices of many, creating long lines that you may wish to avoid.

7. **Prepare for Interviews.** You may only have two to five minutes to market yourself and protect yourself from being screened out, thus you need to make the most of your time. Many experts suggest that you develop a one-minute “commercial” that highlights the key benefits that you can offer the organization — and then use it at the beginning of the interview – practice this with colleagues at Potential Place! Also remember the three keys to all interviews: make eye contact, offer a firm handshake, and show enthusiasm. You should also prepare answers to interview questions just as you would any employment interview. The most common question you will face is something along the lines of “what are you here for today?” Seems like an easy question to answer, especially if you’ve done your homework and can tailor your answer to your interests and the company’s interests, thereby marketing yourself. Make sure you also have some questions ready to ask the interviewer. A great concluding question for you to ask is, “What do I need to do to obtain a second interview with your firm?” Finally, make sure to avoid poor communication bad habits, such as fidgeting, rocking, chewing gum, etc. Remember, nearly 70% of communication is non-verbal!

8. **Manage Intangibles.** There are several other things you can do to help make your career fair experience a success. First, don’t waste your time interviewing with companies you have no desire to work for; do make sure
to interview with all the companies you do want to work for. Second, if you did not prepare for a company you want to interview for, try to get some company literature from the booth before getting in line so you can read about the company while waiting; don’t just stand in line doing nothing. Third, if your ideal company is hiring computer technicians and you want to work in accounting, do still interview with the company at the fair, being sure to leave the interview with the contact information of the person responsible for hiring in that area; don’t be discouraged and walk away.

9. **Network with Everyone at the Fair.** Career fairs are all about networking. Of course, you are building a network with the recruiters — this task is your most vital. However, you can also network with your fellow job-seekers in terms of sharing information about job leads, companies, and their recruiting strategies and styles. There may also be professional organizations or employment agencies on hand at the fair, which are also good sources for networking.

10. **Follow-up with All Key Recruiters.** You would be surprised at how few job-seekers actually take the time to follow-up their career fair interviews. When you do it, you will get an edge over the many others who do not. There are two main methods of follow-up. Some experts suggest actually calling the recruiter the evening of the fair and leaving a voicemail message thanking the recruiter again for his/her time that day. A more concrete and traditional method is to write a thank you note and mail or email it the next day to the address on the recruiter’s business card. In the letter, thank the recruiter for his/her time, restate your interest and qualifications for the position, reiterate your interest in a second interview, and make a promise to follow-up the letter with a phone call (and then make sure you do in fact call). You can also enclose another copy of your resume to be sure.
Goodbye to our Amazing OT Students!

It’s time to say goodbye to our OT practicum students, Alex & Linda. A huge thanks from all the colleagues at Potential Place for all the amazing and hard work you’ve done in your time here, as well as for your enthusiasm and spirit. We’re sad to see you go – we’ll miss you! Good luck with everything, you’re both going to do great things!

Thank You to James G.

For so many of our special events, James has used his own vehicle in order to help other members, and/or staff to get there and back. James has done this numerous times, and expects nothing in return. Many times his help has been required last minute, and he always comes through. We, the entire Clubhouse, appreciate his kindness and charisma James. Thank you James for being such an amazing person!
The book was written by zoologist and ethologist (animal behavior science) Desmond Morris who finds remarkable similarities with captive zoo animals and the aggressive, sexual and parental behavior of the city dwellers under the stress and pressures of urban living. The book also presents the city as a human zoo which could offer protection though inside the borders.

Animals do not normally exhibit stress, random violence or erratic behavior; until they are confined. The author suggests how city life can change the way we act towards the increasing of violence and anxiety in our world and argues many of the social instabilities we face are largely a product of the artificial, impersonal confines of our urban surroundings and our behaviors often resembles of a captive animal.

Morris argues that we are biologically still tribal and not very well equipped to thrive in the impersonal urban sprawl.

This book warns and provides unexpected insight into our increasingly complex lives.
Recipe of the Month

SWEET & SOUR CHICKEN BOWL

Active Time
20 Mins

Total Time
3 Hours 20 Mins

Yield
Serves 6 (serving size: about 1 1/2 chicken thighs, 1/2 cup rice, 1/2 cup coleslaw mixture, and 3 tbsp. sauce)

Bone-in chicken thighs are pan-seared before being basted with sticky-sweet sauce and slow cooked to fork-tender perfection. Sear the chicken thighs in batches to avoid over-crowding the pan and hindering browning. Though we swoon over the superiorly moist meat, the real magic lies within the sauce, which masters the balance of savory and sweet. For a burst of freshness, we add a simple cabbage slaw that rounds out the meal with a satisfying crunch. For an extra dose of veggies, pair it with sugar snap or snow peas. Our recipe requires little legwork and saves 300 calories and 250mg of sodium over the classic.

How to Make It

Ingredients

- 2 1/2 pounds bone-in chicken thighs, skinned
- 1/4 cup cornstarch
- 1 tablespoon canola oil
- 2 green onions
- 1/4 cup unsalted ketchup
- 1/4 cup honey
- 2 tablespoons reduced-sodium soy sauce
- 2 teaspoons grated fresh ginger
- 2 teaspoons minced garlic (about 2 cloves)
- 3/4 teaspoon kosher salt
- 1/2 cup plus 1 Tbsp. rice vinegar, divided
- 2 (8.8-oz.) pouches precooked whole-grain brown rice (such as Uncle Ben’s Ready Rice)
- 3 cups packaged cabbage-and-carrot coleslaw
- 3/4 cup thinly sliced radishes
- 1 tablespoon toasted sesame oil
Step 1
Place chicken thighs in a large ziplock plastic freezer bag; sprinkle with cornstarch, and seal. Shake bag until chicken is evenly coated. Remove chicken; shake off excess cornstarch.

Step 2
Heat canola oil in a large nonstick skillet over medium-high. Add chicken, and cook 3 minutes on each side or until browned. Place in a 5- to 6-quart slow cooker.

Step 3
Thinly slice green parts of green onions; set aside. Finely chop white parts of green onions; stir together with ketchup, honey, soy sauce, ginger, garlic, salt, and 1/2 cup vinegar in a medium bowl. Pour sauce over chicken in slow cooker. Cover and cook on HIGH for 3 hours, or on LOW for 7 hours and 30 minutes, until chicken is tender and cooked through. Remove chicken from slow cooker; cool slightly. Carefully remove bones from each thigh; discard bones.

Step 4
Heat rice according to package directions. Stir together coleslaw, radishes, sesame oil, and remaining 1 tablespoon vinegar.

Step 5
Divide cooked rice evenly among 6 bowls. Top evenly with coleslaw mixture and chicken. Drizzle with sauce from slow cooker; sprinkle with green onion slices.
Movie Review - Incredibles 2

Ryan R.

This is family movie, no doubt, but for all ages in mind - from little kid to grandma and grandpa. It is very comedic, though it gets slightly dark in parts of the movie. This great family movie has already made 1.6 billion dollars in the first week of being out in the theatre! I give this movie 5 out of 5 stars.

Synopsis

A private company launches a campaign to bring superheroes back into the sunlight in order to change people's perceptions about superheroes. It's decided that Helen Parr (voice of Holly Hunter), a.k.a. Elastigirl, will be their best option. Her promotion means the family gets to move to a beautiful new home, but it also means that Bob Parr (voice of Craig T. Nelson) has to stay at home and run the household, including taking care of the kids—Violet (voice of Sarah Vowell), Dash (voice of Huck Milner) and baby Jack-Jack—whose super powers are about to be discovered.

Bob struggles as he has to help the children with their homework, keep them fed and most importantly—make sure Jack-Jack doesn’t destroy anything with his new abilities. Their friend Lucius Best, a.k.a. Frozone (voice of Samuel L. Jackson) is also in the picture to give Bob some support. When a new villain emerges, the entire Parr family, along with Frozone, jump back into action alongside Helen to save the world.
Yes It Was

Learning to walk around the neighborhood was my most eventful journey at 3 years old. Learning to talk a theological based language. Oh yeah, yes it was. As I think about it, it comes with the memory of a life-style of a much needed purpose. Walking the streets of downtown at age 15 showed me to work, live, and keep my character.

It must have been a lesson to learn towards growing up to a man of a guy with vision. Having a mental illness seemed not to be in the plan. No one deserves a mental illness. Get involved with a crew for work, or a good fitting enterprise.

Now Potential Place comes into my life. Come full time, involved full time. Now, after a long time, I became a morning person, and that was it, man. In need of a double cure. Did it come? Rang my bell, now back full time. Great work ordered day, recreation, lunch times, too - wow thank you!

I am back, everyone is so great.

Bart Collie
Spiritual Connection

People are often unreasonable, irrational, and self-centered. Forgive them anyway.
If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway.
If you are successful, you will win some unfaithful friends and some genuine enemies. Succeed anyway.
If you are honest and sincere people may deceive you. Be honest and sincere anyway.
What you spend years creating, others could destroy overnight. Create anyway.
If you find serenity and happiness, some may be jealous. Be happy anyway.
The good you do today, will often be forgotten. Do good anyway. Give the best you have, and it will never be enough. Give your best anyway.
In the final analysis, it is between you and God. It was never between you and them anyway.

~Mother Teresa
June at Potential Place!

Annual Banff Day Trip

June YAOP Outings!
Potential Place Invites You To:

JULY CLUBHOUSE MEETINGS

August Challenger Meeting: July 9th at 11 AM
Colleague Development: July 4th & 18th at 1 PM
Operations Meeting: July 5th at 2:30 PM
YAOP Planning Meeting: July 18th at 4 PM
Health & Wellness: Every Monday at 1:30 PM
Community Meetings: Every Tuesday at 1 PM

FOR MORE INFO PLEASE CALL (403) 216 9250
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<td>STAT HOLIDAY 10AM-3PM</td>
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<td>Stampede Parade 7AM-12PM No Cost Stampede Grounds 1:30PM-8:30PM $9 Cost</td>
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<td>Canada Day at Prince’s Island Free</td>
<td>4PM-8PM</td>
<td>17th Ave &amp; Pokémon Go Hunt</td>
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<tr>
<td></td>
<td>SOCIAL REC 10AM – 3PM</td>
<td>CAREER DINNER 4PM-8:30PM</td>
<td>SOCIAL REC 4PM-8:30PM Water Pong In-House Free</td>
<td>SOCIAL REC 4PM-8:30PM Loose Moose Comedy Max $15</td>
<td>SOCIAL REC 10AM – 3PM Calaway Park Max $25</td>
<td>SOCIAL REC 10AM – 3PM Fish Creek Walk Free</td>
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<tr>
<td></td>
<td>Bowness Park &amp; Frisbee Golf Free</td>
<td>Dinner: $4</td>
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<td>MOVIE/ARTS &amp; CRAFTS NIGHT 4PM-8PM</td>
<td></td>
<td>MOVIE/ARTS &amp; CRAFTS NIGHT 4PM-8PM</td>
<td>SOCIAL REC 4PM-8:30PM Loose Moose Comedy Max $15</td>
<td>SOCIAL REC 10AM – 3PM Calaway Park Max $25</td>
<td>SOCIAL REC 10AM – 3PM Fish Creek Walk Free</td>
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<td>YAOE EVENT 4PM – 7:00PM</td>
<td>Metal Galaxy Board Game Cafe</td>
<td>SOCIAL REC 4PM-8:30PM Loose Moose Comedy Max $15</td>
<td>SOCIAL REC 10AM – 3PM Calaway Park Max $25</td>
<td>SOCIAL REC 10AM – 3PM Fish Creek Walk Free</td>
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<td>SOCIAL REC 9AM-4PM Annual BBQ at Edworthy Park Free</td>
<td>SOCIAL REC 10AM – 3PM Chestermere Lake Beach Free</td>
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## Donation Form

Charitable # 895282358RR0001

Your Donation Will Support

<table>
<thead>
<tr>
<th>Please Check One</th>
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<tbody>
<tr>
<td>Non-Restricted Funds – Can be applied to any one of our current programs</td>
</tr>
<tr>
<td>Program Supports – Community Connection – Café/Bistro - Marketing</td>
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<tr>
<td>Continuing Education Supports</td>
</tr>
<tr>
<td>Transitional Employment Program</td>
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<tr>
<td>Social Recreation Supports</td>
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<tr>
<td>YAOP Supports – Young Adults of Potential</td>
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<td>Housing Supports</td>
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### Donation Amount

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<th>One - Time</th>
<th>Monthly – Until MM / DD / YYYY</th>
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<td>Enter the Amount</td>
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### Message/Instructions for Potential Place Society

### Payment Information

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<thead>
<tr>
<th>Credit Card Type</th>
<th>Card Number</th>
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</table>

<table>
<thead>
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<th>Expiry Date</th>
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<tbody>
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<td>Month</td>
<td>Telephone</td>
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<tr>
<td>Year</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Address</th>
<th>City</th>
<th>Province</th>
<th>Postal Code</th>
</tr>
</thead>
</table>

Please Print and fax to 403-216-9251 or scan and e-mail to: navisahota@potentialplace.org

Address – 110, 999 – 8th Street SW | Calgary, Alberta | T2R 1J5