

The Challenger

August 2021

Potential Place

Happy
Pride
Week,
Calgary!



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Back to School

Looking Towards the Future

By Megan C.

I am hoping to continue my education in the Fall to become a journalist or a receptionist, depending upon which one I feel the most comfortable with or is the most possible for me with Bow Valley College after getting my English 30.

I am looking forward to learning and growing more in knowledge as I learn something new. Completing English 30 was a goal I had back in high school - that was 17 years ago. Wow, where did the time go?

Journalism or reception, or being a writer of some type has always been a long-term goal of mine for as long as I can remember. I haven't done much personal writing, except for the Challenger and my personal journal, but I look forward to doing more. I love writing; it is a deep passion of mine. I love to write, and I want to be able to express how I feel through my writing. I can't wait to share that one day!

I would like to thank Jordan and Potential Place for helping me in this opportunity that I otherwise wouldn't have had a chance to do. I am looking forward to going back to school to have an opportunity to build a future for myself.

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School Bells Ring

By Bart Collie

The tolling of the iron bells, make way to the start of the day going to school.

I have a lot of potential. So, get involved at the club and use the grants for classes at school. This will be my fourth year of writing school at the Alexander Writing Society. These courses are done by self-published authors. It is very fascinating to be involved in this style of writing and to learn from these authors. Great success comes when you apply and are confident that learning does happen.

In class it is about progress not perfection, but I take these courses seriously. Because in writing, my goal is that I get a book sold. I hope to buy a gospel ranch in Kananaskis. It would be a non-profit. As the school bells ring, the open door will let me in and now I excel and write a novel called After Earth. Should be good!



Volunteering with the Kinsmen Club of Calgary

Laura P.

I spent three days helping the Kinsman Club of Calgary sell tickets at the Stampede grounds. The first day it was raining so hard, that I was wondering if I would even be able to make it that morning. It stopped raining around eleven, so I headed down to the grounds. The first thing I did was get this year's pin from the Stampede store. I was disappointed to see they were not open but they opened for me because I told them I had to get to work for the Kinsman and it was my birthday. At the door of "The Big Four Building" I phoned the Kinsman to meet me and take me to the BMO centre to work all day. The rest of the day as children went by my booth, I yelled "hee-haw!" and waved my 'Harry the Horse' birthday horse at them as they passed.



The Kinsman announced during the day I was celebrating my birthday of seventy years by representing Potential Place, an agency that they help out. "The Kinsmen Million team and Stampede Lotteries have wonderful volunteers as demonstrated through two great individuals spending their valuable time with us. Both Bryan "Pop" McMullen & Laura Pearce are celebrating their birthday today. Happy Birthday you two!" said Russell Kane, PR at the Kinsmen Club.

Volunteering with the Kinsmen was a great experience, and I look forward to it again next year!



A Huge Thank You to Our Donors!

We are excited to announce that the Kinsmen Club of Calgary has donated \$28 500 to Potential Place this summer! We want to thank the Kinsmen Club of Calgary for once again being an incredible supporter of Potential Place, and the health and wellbeing of our members.

The Kinsmen grant is being used to provide food security to our members in the form of food hampers and to reduce the lunch and dinner meals we make each for our members weekdays.

We want to also thank all the colleagues and & Board members that volunteered during Stampede with the Kinsmen Millions Lottery. We hope to see you all again next year!



From left to right: Gord Winter, John MacInnis, Frank Kelton, Glenn Head, Darryl Robinson, Mark Greenwood



Robin (from the Kinsmen Club of Calgary) and Shauna Rivait (previous PPS Board Member)

Potential Place is a delighted and grateful recipient of KalTire's "Tires for Good" program!

The Tires for Good program supports registered Canadian charities and non-profit organizations in the provinces and territories where KalTire does business. KalTire supports organizations whose work impacts the community-at-large, with priority given to funding the health and wellness of people in need; education and training for disadvantaged youth; environmental sustainability; arts and culture for the young; and animal welfare.

The award includes \$1500 towards a brand-new set of tires as well as a gift basket full of safety and other goodies that Potential Place will use for it's 12-passenger van. Thank you KalTire!!!





Frank's Blog - 4 Ways Life Might Change for Us

1. We may change the way we think about our children's education

The pandemic has helped to highlight an important benefit of in-person education: it helps kids interact with their peers and develop confidence in a way that online learning can't.

In a post-pandemic world, we may see school boards begin to prioritize socializing and play alongside academic education since we've been reminded of just how important these activities are for healthy development.

2. We may dine out less than we did before

Takeaway dining may increase substantially as people who weren't comfortable or familiar with food-delivery services pre-pandemic may now continue to lean on these convenient options even after life returns to "normal." Plus, even after restrictions have been lifted, many people may be hesitant to stay in public for long periods of time.

3. We may spend more time outdoors

Now that we've spent more time than ever cooped up at home, many people are craving a return to nature that we might not have prioritized pre-pandemic. As provincial and national parks begin to reopen across the country, more people may begin to venture to these inexpensive and social-distancing friendly options to enjoy a bit of green space or go for a walk, hike or bike ride.

4. We may see an increase in the number of people working from home

Pre-pandemic, many employers were skeptical about the idea of their employees working from home. Will they be as productive? Can virtual software replace in-person meetings without added hassle? Can company morale still be cultivated from afar? But the pandemic has seemed to squash many of these concerns as companies begin to explore the idea of reducing real estate costs without sacrificing productivity. Here at Potential Place, we envision that our hybrid model of in-person engagement and virtual engagement will both continue for the foreseeable future. This not only gives our members options to participate in their clubhouse, but members to can pivot between coming in or alternatively, connecting with us via our media and social media platforms - whether it be for our work-ordered day, education, housing employment or ongoing advocacy!

Hiking Journal - Lesueur Ridge

Writing & Photos by Trevor K.

If you're the type that doesn't like crispy toast or soft toast on your grilled cheese sandwich, then this is your type of hike! It is a moderately difficult mountain hike in the foothills, located near Waiparous Village. The drive is pretty daunting and requires a lot of skill to make it safely. The roads are winding and wavy with points narrowing from a two-way into sporadic one-way sections on bridges. Also, not to mention cliff sides next to the road.



Finding the trail was a challenge, but the secret is once you pull into the campground parking lot, park right next to the campground sign. And next to the sign is a trail that runs along a wire fence. Follow the wire fence trail until it breaks away from the fence. Eventually, there will be a fork in the trail. Going left leads to the steep way up. While going right takes the less steep way up the trail. I went up the trail to the right since my friend is a beginner hiker. The less steep trail however still had some pretty steep bits at a 45-degree incline. The trail is all dirt with little patches of loose rock making it a little tricky. The way up is mostly wide open with some small bits of tree patches.



Also, on the summit you can find an endless number of unique flowers Such as these ones! Tons of deer and other bits of wildlife on this very quiet trail. It's not commonly travelled so it will be very peaceful. With this being said, beware - bears are very common to run into in this area, so keep your wits about you as berry bushes are everywhere!

What you'll need: Hiking Poles, Backpack, Food & Water, First Aid (my friend needed it!), Bear Spray, and a good no grrrrs attitude! Stay safe and have fun!



Grounding in Nature

Amy O.

Have you ever been sitting or standing barefoot flat on the grass to come away peaceful and relaxed? In only 10 minutes we can ground ourselves. Ideally, we would do this daily. All negative energy given to Gia/Mother Earth is transmuted positively? When we sit in the woods, hug a tree, or lay on your back in a field watching the clouds, nature has the negative ions the good ones. After the rain not only does it smell good, but that clean energy is amazing! Running water always helps to clear the mind. I love to go out on a windy day and lift my arms and let everything that has been weighing me down blow away on the wind.

Take your shoes off and connect with our planet, always stop and smell the flowers, dance in the rain or play in the woods - as we all come from nature, allowing it to nurture us.



Photography by
Becky W.

What's Happening this Summer

Mike H. & Cal

Welcome colleagues! It's the dog days of summer. Hopefully you are staying cool! Stampede was very nice, we raised money for the Kinsmen Club of Calgary. And we have a few things happening in August.

Social Recreation has started on Fridays and Saturdays. We are going to Banff on August 13th for a day trip. We are at capacity, but there is a waiting list. We have over 50 people going!

On the 27th of August we have a BBQ picnic at Edworthy Park Site #1. We have almost 50 people signed up already!

And finally, our camp out at Sundance Lodges is going to be a wonderful experience. We go Sept 6th to the 8th. We have 17 colleagues going on the trip.

Lots of exciting things to look forward to this summer!



Last year's camping trip!

Self Care Tips

- Watch funny movies
- Take a walk in nature
- Spend time with positive people
- Express your feelings
- Paint, draw or doodle
- Spend 10 minutes relaxing and collecting your thoughts

Health and Wellness Calendar



August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 H & W @ 1:30PM Stretching with Michael W.	5 Wellness Walk @ 10:00AM	6	7
8	9	10	11 H & W @ 1:30PM Music Appreciation	12 Wellness Walk @ 10:00AM	13	14
15	16	17	18 H & W @ 1:30PM Cartoon Drawing with Chester	19 Wellness Walk @ 10:00AM	20	21
22	23	24	25 H & W @ 1:30PM Movie Appreciation	26 Wellness Walk @ 10:00AM	27	28
29	30	31	1	2	3	4
5	6	Notes: H & W Meetings: 1:30pm at the Clubhouse or via Zoom. Wellness Walks: Subject to cancellation or time change.				

Housing Updates

Brianna & Trent

Housing meeting will continue to occur bi-weekly. Our meeting will be held on August 5th & August 19th. All tenants in buildings 1 and 2 can attend either in person at the Clubhouse or via zoom.

Villa has transitioned out of his position as a full-time housing coordinator and moved into a part-time position with a bottom-line responsibility for database work.

The gardens in both buildings are thriving! Pam brought the Clubhouse some lettuce to use for our café.

We have a two-bedroom unit available for rent in building one. We are aiming to have this rented for September 1st. Please connect with Trent if you are interested!



Housing Vacancy



303 - 1641 21 AVE SW Calgary Building 1

- Balcony
- 2 Bed
- Heat & water Included
- In building laundry

HOME DETAILS

LISTING PRICE: Price is negotiable. Call Trent at
Potential Place: 403
216-9250.

Transitional Employment Updates

Enitan

OEB Breakfast

We are delighted to let everyone know that Potential Place secured dishwashing TE at OEB Breakfast located at 110 222 5 Ave SW. Joel B is the selected member for the TE placement and has started work on Wednesday July 28. His work hours are Thursday -Saturday from 10am -3pm



Congratulations to Joel!

Aurora

Joe has successfully completed his TE placement at Aurora Cleaning Services. Cheryl is the selected candidate that is replacing Joe and has started her placement on Monday July 26.

Congratulations to Cheryl!

GOOD4U

We would like to inform you that, Potential Place lost our two TE's at GOOD4U due to the ongoing pandemic. Good4U store has now closed down indefinitely.

Many thanks to Alex C and Joel B for doing a great job at GOOD4U!

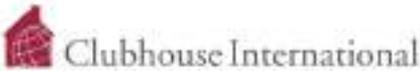
Staples Signal Hill

We are in the process of securing a TE placement at Staples Signal Hill for the position of Sales Representative. Tour of the store is schedule for Monday August 9th at 2pm.

For more information on employment opportunities, please contact Enitan at 403-216-9252.



News from Clubhouse International



CLUBHOUSE NEWS

a newsletter for the worldwide
Clubhouse community

Employer Connections

Clubhouse Employment Programs help address the inequity that many people living with mental illness face by offering members organized, effective strategies for moving into and maintaining gainful employment.

There are many strong Employer Partners at Clubhouses around the world. Today we're highlighting, Staples. Over the past four years, the Staples in Calgary, Canada has hired four members of Potential Place Clubhouse as part-time employees via the Transitional Employment Program and two of whom transitioned to permanent employees.

"The 'Staples' partnership has opened doors for our members, enhanced their self-esteem and - beyond a paycheck, our members enjoy the rewards of meaningful work, team-building, and customer service, all of which assist greatly with our member's integration into the larger Calgary community. We are proud to have Staples as a community partner helping in the recovery of those who struggle with mental illness." - Frank Kelton, Executive Director



"Partnering with Potential Place has been amazing on so many levels. We have had great success with the individuals who have joined our team- and yes we have hired Michael on permanently as the associates on my staff couldn't bear to see him go. He had become such a great team member - and continues to be! The partnering for their training with Potential Place makes this a smooth transition for us, and we appreciate the support you provide for us as well! We look forward to continuing to grow this relationship in any way we can!!"- Arlene Gillespie (General Manager, Staples)

Interested in becoming an Employer Partner? Check out clubhouse-intl.org/get-involved/become-an-employer/ or speak with our Employment Coordinator Enitan at 403 216 9252.

Welcome! New Clubhouses in Papua New Guinea & Wisconsin, USA

We are delighted to welcome Haus Bung, Madang, Papua New Guinea, and Chrysalis House, WI, USA to the global Clubhouse network!

Haus Bung is the 1st Clubhouse in Papua New Guinea and has already become a central component of the community it serves.



Fun fact: Chrysalis Clubhouse Director, Kathy Ziegert, was a former Clubhouse International Faculty Member and was instrumental in getting this new Clubhouse off the ground.

We look forward to working with these two new Clubhouses as they grow!



Clubhouse Expansion

We conducted our first virtual New Clubhouse Development Training July 12,13,15 with ten groups participating. The training assists Startup groups and teaches key essential infrastructure components in order to start and sustain a Clubhouse in their community. The training had 55 participants from Ghana, West Africa, Kenya, East Africa, Delaware, Pennsylvania, California, Louisiana, North Carolina, New Jersey and Florida.

"It was a phenomenal experience, and I can't overemphasize how engaging Clubhouse International made this training by presenting hugely helpful content and using a variety of collaborative learning devices, including the break outs with our teams and the virtual live Clubhouse tour from Fort Wayne, Indiana! I was extremely satisfied and would highly recommend it." - Delaware Startup group participant

We would like to thank the Carriage House in Indiana as well as all of our trainers for helping us to carry out this training. We hope to welcome new Clubhouses from these areas in the future! Clubhouse International has now trained 109 new Startup groups from across the globe with approximately 80% of them successfully starting new Clubhouses!

Registration Opens August! Clubhouse International World Seminar

Are your calendars marked for October 4-8!? DON'T MISS our first-ever virtual World Seminar. We're adapting to the times with new program features!

We look forward to you in October from anywhere in the world!

REGISTRATION OPENS NEXT WEEK!



2021

A VIRTUAL EVENT | OCTOBER 4-8, 2021

Creative Corner

Wash It Up

Bart C.

Absorbing the effect of the kindness, portrayed and realized and not dead, but full of life instead. Unclean speaking that brings us to a halt, it is really nobody's fault. Take the mud and mire, grab the cleanser and soak up that story of which is your demons. Now how are you feeling? The situation could not be worse when you wear your pass on yourselves but to maintain a change. As the sun melts the clay, it hardens the wax, and gives way to an adjacent fact and that you are clean and I should look at a great day ahead.

I think washing it up brings fresh air, the people do not compare. How is your state of mind? Is it what you hoped to find, no one being left behind, washing it up but you only get dirty again. Washing it up, now at the top, you sure have fought.



10

Photography by
Alison M.

Photography by
Becky W.



Red Winged Black Bird



Female Red Winged Black Bird



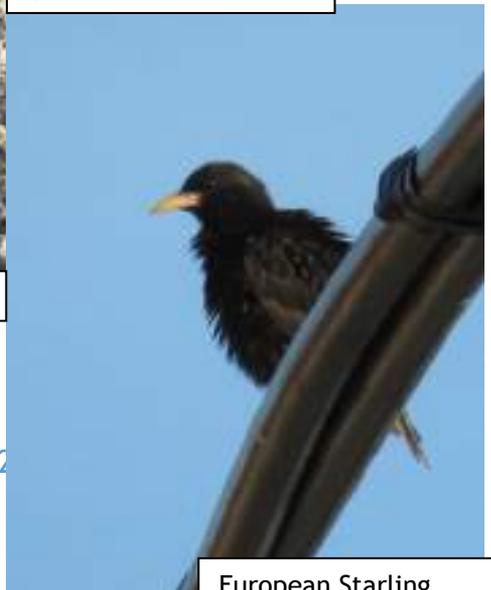
Grackle



Unknown Bird



Collared Dove



European Starling

Artwork by
Jennifer W



Movie Review - Black Widow

Ryan R.



Natasha Romanoff a.k.a. Black Widow (Scarlett Johansson) has lived a lot of lives before her time as an Avenger. Following the events in Captain America: Civil War, Natasha is still on the run for helping Steve Rogers, a.k.a. Captain America (Chris Evans), escape from the U.S. government.

Struggling with her past mistakes of choosing between who the world wants her to be and who she really is, Natasha's dark history as an operative for the KGB finally catches up to her. Now being hunted down by the government that turned her into the Black Widow, Natasha decides to stop running from her past, and heads to Budapest, where she reconnects with her "sisters," fellow Widows Yelena (Florence Pugh), Melina (Rachel Weisz), and their father figure, Red Guardian (David Harbour). While revisiting her past and fixing broken relationships, Natasha's former bosses send a new agent, Taskmaster, to pursue her and bring her back "home."

What I took from this movie is this is the last time we will see Scarlett Johansson on screen for her role as Black Widow. It doesn't mean someone won't take the mantle of that role in the future. But if not, it is the end of 11 years of Natasha Romanoff on-screen.

The new characters in this film are dysfunctional ragtag group of misfits. I enjoyed the movie a lot but it doesn't have the highest standing for me within the MCU movies. It's worth a watch and in true Marvel fashion, wait till the end of credits but be warned that if you didn't watch Falcon and the Winter Soldier you won't understand post-credit scene. Ryan Raimondi signing off as your friendly movie reviewer!!!

Getting to Know You - Alexander

Hi, my name is Alexander!!

I am new to Potential Place, and I am looking to make new friends and become a positive influence on this community. So far, I am really enjoying my experience here. I am hoping that this place will help me find a good job that I can fit in well into.

I am a huge Nintendo fan and I'm a huge fan of Jennifer Lopez. I own a whole bunch of Nintendo consoles. I am also particularly good with technology. My dream is to make it big as a singer. If you want to check out my song covers, please follow my Instagram account: @shuffleplaysinging

If you ever see me in the building, feel free to say hi to me! I am always willing to make new friends.

I enjoy going on bike rides, gaming on my Nintendo consoles, hanging out with my cats, hosting my very own talk show on Instagram and working with technology.



In Memoriam - Crystal Big Wolf

Crystal Big Wolf passed away peacefully in Calgary, AB on April 1, 2020 at the age of 39 years. Crystal grew up in Omak, Washington where most of her family still resides. She is survived by her children Suzanne, Javier, and Jessica; her sisters, Baby Judy and Theresa Anne; and numerous aunties and uncles. Crystal is predeceased by her mother, Caroline Big Wolf; her great grandmother, Louise Big Wolf; her grandpa Sonny Big Wolf; and her great aunties, Agnes and Odile Big Wolf.

Crystal became a member of Potential Place in 2010. She was loved and appreciated by many friends and colleagues here at Clubhouse. We will miss her.



We Will Remember You, Crystal Big Wolf

Bart C.

“Hi Crystal, how are you doing?”

“I am at the drop-in centre and I am doing very well. I have a bed and food.”

She was actually struggling a lot. She was a friendly girl, who cared more for others than herself. Have you ever lived at the DI? Crystal preferred that life of the streets rather than having her own place. She said it was fun, she got to know a lot of people. She just tried to be nice to everyone, because people everywhere are not well.

“Would you like a coffee?”

“Yes, I do, I will pay you back.”

She had no money, but she would run a tab. You know what? She paid me, in her way, always a smile on her face, of knowing the street life, thankful for Potential Place and all the staff. “Can I use the computer, to look for a job? I want to work” she would ask. Everyday was a different day, but it always started off with a big “Hi Bart.”

She was a great and kind person. We will miss her.



Recipe of the Month - Healthy Piña Colada Smoothie

Chosen by Rhonda

Instructions

- 1 Cup Unsweetened Pineapple Juice
- 2 Cups Frozen Pineapple Chunks
- 1/3 Cup Canned Coconut Cream
- 1 Tablespoon of Protein Powder & Chia Seeds
- Stevia to Sweeten (as needed)
- Fresh Pineapple to Garnish

Directions

1. Combine all ingredients together in a blender, and blend until silky smooth
2. Pour into a glass and garnish with the pineapple. Enjoy!

This is a tropical treat to quench your thirst on a hot summer day!



Sports Update

Tom C.

Jokingly, the NFL is called the No Fun League. I tend to agree. The CFL apparently has a higher-octane offence and more room to throw the football. The season kicks off August 5th with Winnipeg hosting the Hamilton Tiger Cats. The Tiger Cats are still fuming after getting beaten by the Bombers in the Grey Cup final in 2019. Other teams on the slate include BC visiting Saskatchewan. Calgary is hosting the Argos. Ottawa is traveling to Edmonton. Montreal is on 2-by week. It will be an exciting season! Stay tuned for more updates.



The Summer Olympics are well on their way and the Canadian women are doing a stellar job with the medal count bringing in almost all of Canada's medals. Currently they have 2 gold medals, 3 silver and 4 bronze. We need the men to step up too, but are thrilled to see Canada doing the best they have in any summer Olympics. All in all, it's a herculean effort by the Canadians.



July Social Recreation!



Young Adult
Dessert &
Movie Night





Heritage
Day at
Olympic
Plaza



Art
Workshop:
Jewelry
Making

Are you feeling... Depressed? Lonely? Isolated? Need a friendly chat? Want to speak with a peer support worker? Try the Warm Line!

The Warm Line is a service that is available for individuals who have a mental health issue and need support.

WE'RE HERE 365 DAYS OF THE YEAR.

PHONE 

Between 3pm - 7pm EST: 1-888-768-2488



ONLINE CHAT
www.warmline.ca

Do you
need
support?

TEXT

647-557-5882



Try the
Warm Line!

Remember no matter how you contact us our service is **CONFIDENTIAL AND ANONYMOUS** for individuals 18 and older.

The Warm Line is a service provided by Progress Place.



A great resource provided by our sister Clubhouse in Toronto, Progress Place!

August Calendar

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 (587) 328-1099

August 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Heritage Day Festival at Olympic Plaza 10AM-3PM *CLUBHOUSE CLOSED TODAY*	2 Community Meeting at 1PM	3 Health & Wellness Meeting at 1:30PM	4 Housing Meeting for Tenants at 2PM World Mental Health Day Planning at 3PM	5 BUMP Festival Nurul Walk 4PM-8:30PM	6 Art Workshops: Sculpting 10 AM - 3 PM Cost: \$5
8	9 Café Meeting at 1:30PM	10 Community Meeting at 1PM Marketing Meeting at 2:30PM	11 Health & Wellness Meeting at 1:30PM Cancer Dinner 4PM-6:30PM	12 Art Committee at 2:30PM	13 Barff Day Trip 9AM-2PM Cost: \$20	14 In-House Movie & Lunch 10 AM - 3 PM
15	16 Café Meeting at 1:30PM	17 Community Meeting at 1PM	18 Health & Wellness Meeting at 1:30PM	19 Housing Meeting for Tenants at 2PM	20 YADP Night: Spa Party!! 4PM-8:30PM	21 Exploring 17 th Avenue & Lunch at Tully's Dog 10 AM - 3 PM
22	23 Café Meeting at 1:30PM	24 Community Meeting at 1PM	25 Health & Wellness Meeting at 1:30PM Operations Meeting at 2:30PM	26 Camping Trip Meeting at 2:30PM	27 Annual Potential Place BBQ Picnic at Edworthy Park Site #1 9AM-2:30PM *CLUBHOUSE CLOSED TODAY*	28 In-House Card Games: Cribbage, UNO, and more! 10 AM - 3 PM
29	30 Café Meeting at 1:30PM	31 Community Meeting at 1PM				

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>Please Check One</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 navi.schota@potentialplace.org Address - 210, 308 - 8 th Street SE Calgary, Alberta T2G 0Y2			