The Beginning of Potential Place Clubhouse

Laura F, Dave Audley, Bob Michael

Bob Michael:

Our daughter Tasha member #0103 had been diagnosed with schizophrenia in 1992. We met with other parents in a similar situation at the Schizophrenia Society meetings. We were loaned a video of the Fountain House Clubhouse in New York which inspired us to start a Clubhouse in Calgary to give our children a place to go and which could help in their recovery. We formed a committee to establish a Clubhouse and started meeting regularly in the Petro Canada building in Glenda Jones’ offices in about 1994. Our founding members included Glenda Jones, Pat Kirkham, Roy Stewart, Mary Kernohan, Gerald Pulak, Maurice Lukowich, Bob and Claire Campbell, and Bob Michael. Soon after we welcomed Dave Audley, Stan Herdman and Jim Pickard (our first member). We formed and registered a charitable organization called the “Clubhouse Society of Calgary” with the Alberta Government September 20, 1995. We established a Board of Directors which included Bob Michael as Chair, Dave Audley Vice Chair, Stan Herdman Treasurer and Glenda Jones as Secretary.
At one of our early meetings Dave Audley challenged us to start fundraising by throwing $20 on the Board Room table. A number of us contributed and the Campbell’s boosted our morale by contributing a cheque for $1,000. This matched the $1,000 that the Schizophrenia Society donated to us to get going. On a holiday to Vancouver Island, I stopped in to visit the Stepping Stones Clubhouse in Langley, BC. I was very impressed with how members and staff worked alongside each other in running the Clubhouse. Members and staff all seemed to be happy and productive. This is what we wanted and needed in Calgary. I made a couple of presentations at the Schizophrenia Society meetings and recommended we bring in Maureen, the Executive Director of the Langley Clubhouse to speak to us. Potential members started asking us when the Clubhouse would start up in Calgary. This motivated us to greater efforts and resulted in the $1,000 donation from the Schizophrenia Society.

Peter Aubrey was an early supporter and put in a good word for us with his friend Gus Peters of Peter’s Drive-in. Gus donated $20,000 and hired a member on a part time basis to serve ice cream. Tasha’s grandparents from Kelowna donated $10,000. We ran a Casino which enabled us to hire Gord Young as a part time Executive Director. Thanks to Dave, we retained Norm Haines and his company to start and guide us in a major fundraising campaign. Notable donations included $50,000 from Petro Canada (thanks to Glenda Jones for approaching her President) and $175,000 from Clay Riddell over 3 years towards the employment program (thanks to Roy Stewart who worked with Clay at Chevron).
We kept in touch regularly with Betty Schoenhofer, who was Chair of the Provincial Mental Health Advisory Board. Betty was a great help and promoted our cause in government circles. Peter Aubrey helped us again, by challenging us to fax the Minister of Health to try and obtain government funding. We made a joint presentation to the Honorable Halvar Johnson who was instrumental in providing our first and ongoing funding from the Province. Mr. Johnson attended and spoke at our fund raising gala on October 15, 1998 and announced a major annual contribution.

Gord Young was promoted to our full time Executive Director, and he worked extensively with Jim P. (our member #1) and other Directors in setting up the structure and procedures in line with the International Clubhouse standards. We held a number of picnics, outings and meetings to attract members and to explain the benefits of Clubhouse to them. Our parents and directors were all involved with sons and daughters at these early events.

As Dave said, we started or Clubhouse in a church, Knox United Church, basement before moving to the Rehab Society building, 7 11 St NE, in Bridgeland. Some of the staff at our 1120 10 Ave SW site in 2000 were John Mungham, Marsha Bosch, Melanie Marsh, Suzanne Alman, Jimmie-Lou Bourne, Dean Kernohan, and Gord Young.

Clubhouse has helped 2,350 members over the years and we are very pleased with the growth and contributions to our members and society in general. Here’s to continue growth and success of our Clubhouse, named Potential Place by the members!

Dave Audley:

Back in the early 1990s, my daughter Tracey (member #0002) was still in the Foothills Psych Ward. The Schizophrenia Society was holding once/month Thursday Evening meetings at the Foothills. Tracey and I went to one of those meetings where Bob Michael and another gentleman gave a presentation on the Clubhouse concept. After the meeting, Tracey looked at me and said, “Dad - you need to get these guys moving!” And so - I found out where this small fledgling group was holding meetings (in a Petro Canada boardroom, courtesy of Glenda Jones) and went to my first meeting. By the third meeting, I came to realize we needed to fundraise in order to get this “idea” off the ground.

I took a $20.00 bill out of my pocket and threw that on the table. My intention was to demonstrate that fundraising had to start with the board. In a very short time, going around the table, we found almost $1,100! That included one very generous $1,000.00 donation! And that also doubled the money in our bank account! In a relatively short time, we got Haines/Elliott on board for fund raising and following a very generous donation from Gus Peters (Peter’s Drive In), we hired Gord Young as our part-time Executive Director in 1995.
We then approached Knox United Church, asking for a place for Clubhouse members to meet. The first few meetings were held there before we moved to the Rehab Society Building at 7 - 11 St NE in Bridgeland.

We ordered phone service to be installed, rounded up furniture and office equipment and clubhouse became an official not-for-profit start-up! We registered under “Clubhouse Society of Calgary” with the Alberta Government on September 20th, 1995. That was a cold winter and we used the kitchen facilities to cook a lot of hot lunches - the start of the kitchen unit! The day program started to take hold with Gord’s leadership! New members were starting to walk in the door and the word about clubhouse was starting to get out to the wider Calgary community. Several Board members also volunteered, helping Gord organize.

At the same time, fundraising efforts were taking shape with the assistance of Norm Haines. Norm guided us and after a tremendous amount of work, we raised a lot of money and through Norm’s contacts (Norm was Ralph Klein's boss at one point); we had provincial ongoing support through AHS. There were several donations, most of which are shown with donation plaques on the wall at the front door. These were some of the larger donations and board members also continued to donate with money, time and needed items (food, furniture and office equipment).

The board continued its support, with board members finding more transitional employment jobs, fund raising, and community outreach and helping hire additional staff. The board also re-enforced the idea of staff and member training, sending Gord, two members, and President of Board, Bob to Toronto for the initial training on June 1st, 1998. Through the years, Clubhouse has continued training, utilizing several training clubhouses - a very important aspect!
We eventually outgrew the Rehab Society space, moving to the downtown site 1120 10 Ave SW. The setup took three months and we moved in June 2000. We also added a commercial kitchen in this site to support the kitchen unit, leading to transitional jobs in restaurants. We were well on our way to growing the clubhouse. January 2011, we moved to our next site #110 999 8 St SW just East of the old site. As we grew, staff was added to handle the increased growth.

**Laura F.:**

A group of about 100 members and their families, along with the board, were committed to starting a clubhouse of their own. So they asked Gord Young and two members to go to Clubhouse Training at Progress Place in Toronto. On the third week the president of the board, Bob Michael would join them for training. The two members that went from the group were Jim P. who would be member #0001, and Dean K. who was member #0005. The group was meeting in a Rehab Centre at 7 11 Street NE at the time. This was on June 1st, 1998, when the three people from that group came to Toronto, Progress Place, to learn how to setup a Clubhouse. The training team for Progress Place was: Brenda Singer E.D, Criss Habal-Brosek Program manager, Robyn Evans Training Coordinator, Marla Newman, and Helena Korsman were there for the whole three weeks. I and three other members from Progress Place helped out during this time. Since I was from Calgary, I asked to be put on the training team. On July 8th, 1999 Robyn and Helena came to the group to do a site visit to see how they were doing and made suggestions and further recommendations to setting up a clubhouse. The first accreditation would happen a few years later!

The group name that was registered with Alberta Government on September 20th, 1995 was “The Clubhouse Society of Calgary” - this was needed to get our not-for-profit charitable registration. The members themselves wanted it called Potential Place by consensus. This is still what we call ourselves today. The group moved to 1120 10 Ave SW in June of 2000, but took until April to get setup. In January of 2011 we moved into our next location of #110 999 8 St SW. We had no setup time so we used three containers, one for wash, one for vinegar, and last for rinse. We also had crock pot and convection oven before the stove from old place was put in.

I started my mental health recovery journey at Progress Place in December 1984 as a member where Robyn (staff) and others members came to Allen Garden where I was sleeping and asked if I wanted to get an apartment to live in. They would also help me in the clubhouse to get me back on my feet. The members helped me to get confident about handling cameras again after my four years in Queen Street Mental Centre. I continued to be a part of the Progress Place and was on their board as a member, along with going for training for three weeks myself at Independence Centre in St. Louis, Missouri. I left the Toronto clubhouse to return home in Calgary on June 1, 2006. Toronto was having a tornado which shutdown the power to the Toronto Airport thus I had to leave out of Hamilton. When I arrived in Calgary I had to reassemble my electric scooter myself which took two hours to do. I then checked the Kerby Centre, the YWCA, and then ended up at the Drop Inn Centre. I only had one place to stay with my scooter, cpac machine, and a good bed for my back.
problems. The next day I went to Potential Place to ask if they could help me in finding accommodation. I then became a member of the Potential Place Clubhouse. I have helped out since then and have gone on a three week training in Genesis Clubhouse in Worcester, Massachusetts. Like Progress Place, which took me off the street from the park and help me get on my feet, so has Potential Place done the same these 13 years. Both keeping to clubhouse movement of helping people through work to make them feel better. This shows how much Potential Place is still needed to stop isolation and to be able to help find the strengths in their members to reach their goals. This month, I have finally gotten my power chair after over a year of fighting for it! I would again like to thank the board, Potential Place, and Clubhouse for everything!

New Year’s Resolutions

Hannelore W.

Hi, I hope that everyone had a wonderful Christmas and a Happy New year. Here are some wonderful tips to start off 2022:

1. Start to build a better budget, it will help you in the long run.

2. Read more books. They can help you relax.

3. Create a cleaning schedule that you will stick to.

4. Join a club and meet new friends with similar interests.

5. Exercise more. For example, go for walks.

6. Eat veggies regularly whether you are slimming down or just trying to stay healthy.
7. You can also do a weekly meal prep with a grocery list and make yourself healthier lunches.

8. Give one compliment a day that will make you feel good to someone who needs it, also go somewhere that you have never been before like for example the Calgary Zoo or a Garden center.

9. Turn off your phone one night a week, it helps you to sleep.

10. Try to volunteer somewhere like for example the animal shelter. They are always looking for help. Or volunteer to help in a community garden.

News Year’s Resolutions are a great way to stay active and healthy!

New Year’s Resolutions/Goal Setting
Amy O.

I have always had an unconventional approach to New Year's Resolutions as I could never figure out why you would tell everyone what you are trying to quit, lose, shift or accomplish as that increases the pressure on yourself. Then, if you are not successful in your first attempt there is no shaming as a failure but space for you to figure out what to do different next time.

For years when asked what my New Year's Resolution was my reply was not to mow a lawn this year and I have always been successful to this day. Unfortunately, some have not seen the humor in this answer and have taken it personally but as always, we can't predict how/what others will react to as this is shaped by the individuals experiences throughout their lives, as we all are.

Goals are certainly a common way to start the New Year and we often need support, education, accountability and planning to set up for success with the ones that you know will be there for you to move forward. You can ask your accountant about financial goals but they are not as helpful for your health goals.

Showing the world what you have already achieved instead of telling everyone what you are planning to do has always been the most successful path for me on my journey and the importance of being able to renegotiate my own choices with myself and my path is far more valuable than continuing on one that has been outgrown.

New Year's Resolutions or Goal Setting, whatever you call it and whenever you do it, the most important thing is to give yourself the best opportunity for achieving each objective, find the path and people that have your best interests in mind. Last
month I celebrated quitting smoking 25 years ago, at the time I told my partner and my boss, that was enough for me to successfully quit cold turkey. For me, having access to cigarettes and my chosen support, I quietly, with much determination walked away from a habit that affected so many aspects of my life negatively.

My personal perspective is quietly, steadily and a tailored approach in each intention, what I see as growth, others may see as loss if they were benefiting as I was. With each success or failure we always have the opportunity for achieving growth and if I grow and learn from each experience then was it even truly a failure?

Start with being kind, firm and gentle with yourself and you will be a guiding light in achieving your goals.

Coping with COVID-19

Mike H.

The COVID-19 pandemic has been a very difficult thing to deal with. Personally, it has affected both my mental and physical health. It has at times made me feel lethargic, depressed, and anxious. I believe this is due to isolation and the constant stream of negative alarming news regarding the pandemic. During the past 2 years I have developed strategies and techniques that have helped me cope and recover from the negative effects the pandemic has caused.

The following things have helped me - perhaps they can help you as well!

1. Stretching once a day
2. Shower once a day and taking care of personal hygiene
3. Walking 20 minutes, 4 times a week
4. Calling friends and family
5. Watching sports like hockey, football and basketball
6. Meditation and affirmations
7. Go to Potential Place
8. Treating myself to pizza or Chinese food on occasion
9. Staying away from watching and listening to the news
10. Getting support from Doctors
11. Going to Tim Horton’s for coffee and a bagel
12. Focus on what I can control
13. Cook a meal
14. Watching comedies and dramas

We all have different coping mechanisms; these are the ones that worked for me - I hope they can work for you! Wishing you the very best in the New Year!

New Staff Member!

Hi everyone! My name is Mariah, I’m the new Marketing & Communications Coordinator here at Potential Place. I was born and raised in Calgary and moved to Edmonton to complete my Bachelor of Science in Psychology. Shortly after, I decided to further my passion for mental health and began a program in the field of Addictions and Community Health. As I wrap up my education and start my new journey here at Potential Place, I want to say that I am happy to be starting my new role and have already felt so welcomed here, thank you!

In my spare time, I enjoy reading, watching movies, and have a huge love for food and trying different cuisines. I also love to snowboard, hike, spend time outdoors, and love spending time with my family, friends, and dog!

I am looking forward to getting to know you all and learn more about you and your stories!
Frank’s Blog - New Year’s Resolutions in an Omicron World

Frank K.

It may be challenging to set goals and achieve them in a time when the future seems to shift day to day!

New Year’s resolutions are meant to be about long-term strategic goal-setting. Laying down the yearly foundation for the sort of person you want to be. But after two years of pandemic uncertainty, with lockdowns, chronic stress, and a future that seems to shift by the week, setting distant personal goals doesn’t make too much sense anymore. Nobody knows what January is going to look like - let alone August 2022. Is constant self-improvement a really healthy goal in a world where simply surviving each day feels like a massive achievement?

Most agree that a return to the “normal” world - the pre-pandemic world we used to know - is pretty unlikely. COVID-19 is here to stay. So it makes sense for our annual resolutions to change, too.

Here are some ideas on how to set New Year’s resolutions in a COVID and hopefully post-COVID world.

1. Focus on short-term goals

Instead of structuring the entire year up-front, focus on regular habits and shorter periods of time. What’s something small that you can you achieve every day that will make your life measurably better? Is it more exercise, more walks, maybe more work activity at Potential Place? What’s a goal you can hold for two or three months, and then happily let go? A personal interest course? A good book? Finishing that oil canvas? Living through two years of pandemic uncertainty has likely given many people a pretty good idea of which personal vulnerabilities this constrained life chafes against. These personal points of pain and worry can give people some idea of what resolutions they might make. In other words, if you’re craving nature, set aside some nature time each week. If you’re feeling isolated, make a resolution to reach out to friends more often, or reconnect with your Clubhouse! Think short-term goals for long-term reward.

2. Practice gratitude

Do you know why they call it ‘practicing’ gratitude? It’s because gratitude is hard work, and it takes time to master. Gratitude doesn’t happen automatically: our brains tend to naturally find their own equilibrium, and part of that is taking the
status quo for granted. If there has been one tiny silver lining in the COVID-19 pandemic, it’s the overwhelming evidence that, for most of us, we enjoy a very privileged position, and that our suffering is always relative to others. Science shows that those who regularly practice gratitude can significantly boost satisfaction, wellbeing and quality of life. And there are always things to be thankful for, if you look hard enough. Who would have thought, in 2019, that we could be grateful for walking in a park, working with a colleague at Clubhouse, sitting down outside, or being able to leave our own homes?

3. Be prepared for tough times

No-one can predict what will happen in 2022 (these days, it would take a brave person to predict what’s going to happen next week) but we can be pretty sure it’ll involve challenges, surprises and general upheaval. Faced with uncertainty, the best resolution you can make is to simply take control. Take control of your finances by paying down your debt and starting a savings account. Take control of your health by making small dietary changes, or doing 30 minutes of exercise each day. Take control of your career goals by upskilling or enrolling in an online course. Anxiety happens when we’re not prepared, or we don’t feel in control – its what triggered panic buying at the start of the pandemic. With the world moving more and more out of our hands, look for small ways to control your own life.

4. Try and stay connected

Lockdown hurt for several reasons, but the big one was social isolation. We were physically cut-off from loved ones, friends, family, colleagues, and humanity in general, forced to live in ways humans are not designed to live - alone. Staying connected is definitely worth the effort. All you have to do is pick up the phone, join a zoom meeting or talk to a Clubhouse colleague. You can still feel a sense of connection and closeness, even when it’s not face-to-face. The trick is making this resolution about more than your own need for community: figure out ways to reach out to those who are struggling, show them you care, check-in with elderly relatives, make the effort - it’s good for you, and it’s definitely good for others.

5. Do things for joy, not improvement

New Year’s resolutions are often framed around self-improvement. Learning a new skill, a new instrument, a new ability, a new language, not for the joy of the thing itself, but to become better at it. When you think about it, this is an odd way to look at learning, particularly if what you’re learning is meant to be fun. You don’t have to master a new skill to get some benefit from it. During the pandemic, everyone took up and promptly dropped certain hobbies - some of us needed to bake away our troubles. But going into 2022, try and flip the traditional ‘learn something new’ resolution on its head. Instead, find something you enjoy doing, and do it for joy alone. Don’t put too much pressure on yourself to improve or get better. Just enjoy the process of learning. Even learning something small can help you mind grow stronger, despite the pandemic.
Goal Setting

Chester A. & Brianna N.

With the new year, comes new goals and resolutions. A lot of the time, our goals do not make it past February. Failing to meet our goals can leave us feeling discouraged and frustrated. To have the best shot at success, it is important to make goals that are both meaningful and SMART. A SMART goal is simply a goal which is easy to achieve and track progress for, because it’s well-rounded and clearly defined.

SMART goals are:

**Specific:** Be clear and specific so your goals are easier to achieve.

*What exactly needs to be accomplished? Who else needs to be involved? Where will this take place? Why do I want to accomplish the goal? When I complete this goal, where will this achievement take me?*

**Measurable:** Make sure your goal is trackable. A journal is a great way to track your progress and see how you have achieved your goals. It also helps you actively work towards future goals!

*How will I know that I have completed my goal successfully? How much change needs to occur? How many actions will it take? How will I track progress?*

**Attainable:** Ensure that the steps you take towards your goal are within your control. It helps to talk to someone about your goals and/or find someone with a similar goal and support each other!

*Can I work towards my goal every day? Do I have, or can I get, the resources needed to achieve the goal?*

**Realistic:** Frustration holds you back from achieving your goals. Avoid overwhelming and unnecessary stress and frustration by making the goal realistic.

*Is this a realistic goal to complete in a week or month? Is this goal meaningful to me—or is it something that others think I should do?*

**Time-Bound:** Timelines help us stay focused and motivated, inspiring us with a date to work towards. If we wait for ‘right time’, the right time will never come.

*What is the timeline for reaching this goal? What action should I take today?*
SMART Goal Examples

I want to lose weight vs. I want to lose 10 pounds in the next four months. I want to wake up early every morning vs. I will wake up 30 minutes earlier every morning this week.

I want to walk more vs. I will walk outside for 15 minutes every Monday, Wednesday, and Friday.

I want to volunteer vs. I will update my resume with relevant qualifications this week, so I can apply for two open volunteer position in hospice care.

Education Update

Megan C.

Well, if you guys had read my last update about how I was going to be going to school in the fall, then you know that I would already be in class. However due to some time crunches in getting the grant in time and of course applying in time for the start of the year, I was unable to get started in the fall season. However, I’m hoping to start this winter; it all depend on the grant if I get it or not. I am definitely optimistic that I will get it, plus am looking forward to starting school. I am looking forward to continuing my education to get both my English 20 and 30. I shall be starting English 20 in January 2022, then continue English 30 in the spring of 2022. I will then take the summer off and start school at SAIT to become a journalist. I am hopeful for being able to get the grant so that way I can start my career path, if not, then I will figure something else out with the help of the staff here at Potential Place.

On a side note, I want to wish all the readers, along with the staff and fellow members and with everyone else who I forgot to mention a blessed New Year.
Housing Update

Brianna N. & Trent A.

We are very happy to welcome our new tenant, Bart, into building one. Welcome Bart!

We have now completed two months of wellness and upkeeping checks for tenants in our two buildings. To reduce the number of visits, we are combining the pest control with upkeeping every other month.

Our housing meetings are now held on the third Thursday of every month. Our meeting this month will be held on January 20th at 2:00pm. You can attend the meeting either in person at the Clubhouse or via zoom.

Artwork by: Jennifer W.
Meanwhile... Back at The Café!

Wes R.

Have you ever wondered how it happens that you come to Clubhouse for lunch and there always seems to be a big plate of food there waiting for you? Well, wonder no further! For now, I shall give you a tiny glimpse into those who are responsible for all the wonderful food magic!

So, without further ado, here is our motley crew of characters.

Motley Crue? Excellent!!!

So, first off, there is our dedicated and hardworking Andrea. She is the all-seeing eyes of the Clubhouse. If you think she is not looking at you here - think again! But seriously, Andrea has a whole lot of responsibility around here and works very hard everyday to make sure everything is being looked after and also making sure all of us are doing ok and are keeping well. Thank you very kindly, Andrea!!!
Then there is Maria! She has the heart of an angel and the patience of a saint! Her infectious laugh can be heard all throughout the Clubhouse. She runs the Café Unit working side by side with members and is always there for us when we run into any challenges — and, like any great leader, she runs it best by stepping back just enough to allow it to run itself.

Next up is our Head Chef Summer! The greatest chef in the universe! She is our little hidden gem! Only, be careful not to come into her kitchen uninvited or, just like me right here, she will yell at you to—Get Out!!!
And, of course, there is our Cheri! She keeps the whole Café Unit grounded with her quiet, gentle, kind and lighthearted ways and great sense of humor! Here she is striking a pose in between dishwashing cycles!

Let us not forget our expert dish man, Fernand! He even sings while he works! He sounds just like Cat Stevens too! Although his all-time favorite song is Come Sail Away by Styx!
And last but definitely not least are a couple of good fellows from our after lunch clean-up crew! Mike H is our most veteran Café Unit member! He is a very kind soul who always makes everyone feel very welcome and appreciated! Bhupinder is our newest addition. He is always so willing to lend us all a hand anytime we need one!

Oh yeah... I suppose that leaves me. I’m not really sure what my job is to be honest! I just copy what everybody else is doing and hope nobody notices I haven’t got a clue! Oh wait! Forget I said that part!
Anyway, this is me getting reprimanded by Cheri for not wearing my oven mitts again! Busted!!!

Well, there you have it, folks! That’s the magic! That is how that plate of food makes its way to your table on any given day. There’s certainly a ton of fun that happens back here in the Café Unit. And I suppose that’s the best kind of magic of all! And I have no doubt all that good fun we have ends up making the food taste all the better!!!

Have a happy day everybody and keep on smiling!!!

**Sporting Events in January 2022!**

Tom C. & Mike H.

The world Junior Hockey Tournament has started. Canada is undefeated after two games and have a really good chance to win the gold. The Americans had to forfeit a game because of COVID-19. Hopefully the tournament can continue. Unfortunately, we don’t know because of the uncertainty of the virus.

The Flames were shut down until January because of COVID-19. Up until then, they had played very well as one of the best teams in the league. Hopefully they can play soon.

College football playoffs are on the 31st of December. There are four teams in the tournament and the teams are:

- Alabama vs. Cincinnati
Georgia vs. Michigan

The Super Bowl is on February 13th which is on a Sunday. There will be 14 teams in the playoffs. It should be quite exciting.

John Madden, the Hall of Fame coach, has died. He was 85 years old and had quite a successful life. He was a color commentator during football games for 20 years. He was very successful with his video games as well. He also has had anxiety and wasn’t able to travel by plane, but had to travel by bus. It’s amazing how many people in the world suffer from mental illness; despite this, he was very successful.

Finally, the Olympics are going to be playing from February 4th to February 20th in Beijing, China.

Unfortunately, professional Hockey players will not be going to the Olympics.

Go Canada Go!

Compassion, Empathy and Forgiveness

Jessica W.

It is not always up to us how other people treat us and it is a great skill to learn how not to take things personal. But when someone else hurts us, whether intentional or not, it’s easy to get angry, to get upset and retaliate, but why? It seems we still have the fight or flight mechanism within us in certain situations which was helpful a long time ago when faced with real danger, such as being chased by an animal. Yes, this is a useful mechanism, but I think we have grown as a species a lot since then.

I envision a world where instead of fighting and turning against each other, we turn toward each other, embrace peace, love and human connection. That’s not to say we put up with other people’s disrespect and just brush it off without standing up for ourselves. It’s more about being the grown up in the situation. What’s the saying, an eye for an eye makes the whole world blind?

How about a handshake or hug, makes the whole world feel connected. When we see someone who is hurt or suffering, their anger can be a reach out for love and support. When we walk past that homeless person it’s easy to say, “wow look at them”, and judge them. But that could have been us. Empathy is in seeing that, and realizing what the person had to endure to get to that point. Hopefully we are blessed to have a good life, to learn from our mistakes but we never know how hard someone else has had it.
When you point a finger, there is four pointing back at you. We also never know what the future holds. So, let's help create a world that’s beautiful, inclusive, and non-judgmental.

To be honest, the Potential Place community does a pretty good job at this and that's why I keep coming back, that's why our doors are still open after many years. It’s why people come to clubhouse.

So I want to say thank you. Thanks for creating an environment of love, kindness and a sense of what we can call "The Clubhouse Family". Be well friends and keep up the good work!

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**Creative Corner**

**Harbor of Help**

**Bart C.**

Misery wants to beckon like a welcome mat at life’s front door. Fighting back of rights that man hopelessly holds will bring more I prayerfully listen for a still small voice saying, “for you alone I did die for; lord your people are precious and are a harbor of help being there of a great accord”.

Bridges that help an earthen vessel over rushing water can you relate as a child because it is what we are to our heavenly father. I see the main stream of events are bent of no reason has made men to falter. We can turn the other cheek and sail to a harbor of help to settle all matter.

Sail on to a harbor of help it is there for you burdens, it will bear, remember you he did choose sail on to a harbor of help be part of his crew.

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**Purify**

**Wes R.**

May we take all of our fears: all that awakens us in the middle of the night; the ghost's devils that run around screaming in the attics of mind; which make us run and hide time after time, life after life—that which steals away our courage and leaves us thinking we are but what it tells us and never a thing more. May we take all of our fears: leading them silently down into our heart's furnace; gently placing each one within its sacred fire; watching all that enter be purified in its loving flames of
compassion that we may then bear witness to the unspeakable and ineffable beauty each has been holding out for us since the beginning of time.

*From: Peeking Out from the Cloakroom: -a poetry collection-by Wesley Earl Reid*

*Available from Amazon.ca in paperback (9.99) or as a Kindle book ($4.99)*

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**Featured Artwork!**

Jennifer W.
In Memory of Jessica A.

Brianna N.

We are saddened to announce the passing of Jessica Amandiere. Jessica was one of the first 100 members of Potential Place, and a tenant in our community housing. Jessica is lovingly remembered and sadly missed by our community.

A funeral will be held for Jessica at St.Paul’s Anglican Church.

Address: 7 Sunmills Green SE

Time: 1:00PM

Date: January 8th, 2022.
News from Clubhouse International

Clubhouse International will be having their 2-week Training on April 24 - May 6, 2022!

Location: Progress Place
Toronto, ON

DATE: APRIL 24- MAY 6, 2022
2 WEEK TRAINING

To apply and for more information, contact Andrea at either:
andrea.taylor@potentialplace.org
or (403)216-9253
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Join us for Unit Meetings Every Day at 9:30AM & 1:00PM!
Zoom Link: https://zoom.us/j/9084483817
Meeting ID: 908 448 3817
Call-In Number: 1 (587) 328-1099
# January 2022

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**Please Note**

**H & W Meetings:** 1:30pm at the Clubhouse or via Zoom.

**Wellness Walks:** Subject to cancellation or time change.
Recipe of the Month: Oatmeal Chocolate Chip Cookies

Chosen by: Julia G.
Source: https://www.foodnetwork.ca/recipe/oatmeal-chocolate-chip-cookies/10470/

Ingredients:

- 1 stick of butter
- 1 cup sugar
- 1 tbsp molasses
- 1 cup flour
- 1 cup oats
- 1 tsp baking powder
- ½ tsp salt
- 1 egg
- 1 tbsp vanilla
- 1 cup chocolate chips

Directions:

1. Preheat your oven to 375°F.

2. Cream the butter, sugar and molasses together in a stand mixer. Beat until well combined and ‘creamy’. If you don’t have a stand mixer beat vigorously by hand in a large mixing bowl. Meanwhile whisk the flour, oats, salt, baking powder and salt together in a separate bowl.

3. Add the egg and vanilla to the butter mixture and continue beating until well combined. Scrape down the bowl and gradually add the flour mix, beating just until combined. Stir in the chocolate chips by hand. You may try using ground oats if you prefer a smoother cookie texture.

4. Using a tablespoon scoop out a ball of the dough and drop onto a lightly greased cookie tray. Flatten slightly. Repeat leaving lots of room in between the balls for the cookies to expand. Bake for twelve to fifteen minutes. Cool for two minutes then remove from the tray and try to eat only one!
Please Donate to Potential Place

Charitable # 895282358RR0001

Your Donation Will Support

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Message/Instructions for Potential Place Society

Payment Information

Credit Card Type

Card Number

Expiry Date

Month

Year

Card Holder Name

Telephone

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Address

City

Province

Postal Code

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

Address - 210, 308 - 8th Street SE | Calgary, Alberta | T2G 0Y2