Valentine’s Day and the Importance of Self-Love

Megan C.

Valentine’s day is a day that is celebrated to share how much you love and care about someone. These days, it can be challenging for those who are isolated or alone without any family or friends to share their love with. That’s why it’s so important to practice self-love.

An important concept that doesn’t receive enough attention — on Valentine’s Day especially — is the concept of self-love. Self-love, according to Dictionary.com is “the instinct by which one’s actions are directed to the promotion of one’s own welfare or well-being.”

There are many different ways to practice self-love. Personally, I love to curl up with a good book and a cup of tea. Spending time on my own and doing something I love is how I practice self-love. Just simply spend the day loving yourself, and don’t worry about the pressure of the holiday. If you celebrate the holiday, please don’t use it as the only day a year to show someone how much you love them; please do it all year round and share the love for others.
Black History Month is an important opportunity for all of us to celebrate and acknowledge Black histories and truths, to hear and find new ways of listening to Black voices and Black leaders, and to highlight work to improve Black health and wellbeing including Black mental health. This means getting intentional and real about combatting racism, and its impacts on Black people and communities. It also means discussing the steps needed to address systemic racism in health and social systems in our province and country. And while these are important conversations highlighted throughout this month, these are important conversations that must continue in the months and years ahead.

This month will also continue to be a month of learning and unlearning for people in Canada who aren’t Black, especially those of us that are white people, with regard to the inequities created by a legacy of slavery and oppression. The historian Marcel Trudel catalogued the existence of about 4,200 slaves in Canada between 1671 and 1834, the year slavery was abolished in the British Empire. About two-thirds of these were Native and one-third were Blacks. Reckoning with facts of inequity and the history of systemic racism and oppression that at their core, is work that goes beyond the bounds of Black History Month. In rural Canada, too, the recognition and acknowledgement of the erasure of Black histories and identities, and the impacts of hidden racism outside of cities, can be a key starting point for imagining and working towards a future of Black health and wellbeing in every community across the country.

While Black History Month is an important time to look back, it’s also a time to have an eye on the future. We encourage our readers to accept invitations to make deeper commitments to learning about Black histories and considering actions on how to support Black futures. Here at Potential Place, we will endeavour to do the same.
Family Day

Megan C.

Family day is a day to celebrate being a family. There are different events that take place across the city and there are also some virtual events as well. It is a great day to celebrate while spending some much-needed time with your family.

You’ll find it interesting to know that the holiday is called different things depending on which province you live in. Each province also celebrates for a different reason. Family Day in Alberta is supposed to reflect the values of family and home that were important to the pioneers who founded the province.

The day gives workers the opportunity to spend more time with their families. The holiday was first introduced in Saskatchewan in 2007 and in Ontario in 2008.

So please spend the day with your family and enjoy the day to the fullest.

Family Day is a statutory holiday in Alberta, which is a paid holiday for eligible employees. Family Day is on the 3rd Monday of February every year.

The Importance of Self Love

Amy O.

What an essential, confusing process to love oneself. We are taught from a very young age to be respectful, courteous, kind, loving to others, but most of us were not taught how to love ourselves. “Don't be selfish,” we are told, but I have learned that I have to be selfish by putting me first, not self-centered, me me me, just me first.

How can we love, support, help the people who we care about if we don't know how to be loving and supportive to ourselves? As a recovering People Pleasing Enabler, I had absolutely no idea where to start, so I started with small things so often remembering after the fact repeatedly until I figured out what's best for me.
What makes you feel loved? As we are all different and feel loved in different ways, in Gary Chapman's book "The Five Love Languages" Including Words of Affirmation, Gifts, Physical Touch, Acts of Service and Quality time. Even though it is written for couples I found it extremely helpful in learning about my own Love Languages and all my close relationships.

When we understand our needs and wants it still takes effort, patience and dedication to give ourselves the support we need and to teach others how we need to be loved. Though it opens up a whole new level of relationship with self and others, developing self-awareness and practices that creates deep and meaningful relationships.

My Personal Favorite Self Love Tips:

1. No is a complete sentence.

2. Spend as much time as possible in nature.

3. Understand not everyone will be happy with your self love but love yourself first anyway!

4. Be yourself, no one is more qualified.

5. Renegotiate commitments as necessary.

6. Pamper yourself regularly with what is supportive for you such as massages, facials, holidays, hiking, fishing.

7. Me-time is essential. Put it in your calendar and refer to #5.

8. Be patient and gentle with yourself.

9. Listen to and develop your intuition.

10. Find the blessing in all situations, if it doesn't make you feel happy it can help you grow.

11. Be aware of how you talk to and about yourself, practice being kind and loving.
Hello everyone! For those of you who have not yet met me, my name is Gabriel. This past January I took over the Grant Writing position. You can find me at the front at my desk, or making regular trips to the bistro to make tea!

I wanted to start off by saying thank you to everyone for making me feel so welcomed. I very much look forward to getting to know everyone, so if we haven’t had a chance to chat yet - feel free to come up to me and tell me something interesting about yourself. Here’s a little bit about me - I grew up and went to university in Saskatoon, and moved to Calgary with my partner in the summer of 2020. In my free time I love spending time in the mountains, hiking and snowboarding, or staying at home to catch up on the latest shows. Apart from that, I’ve spent the past year and a half getting to know the City of Calgary in an attempt to learn about all its unique and cool spots. I would love to hear your recommendations or favorite places to eat, visit, and explore! My interests include art, architecture, cinematography, astrology, and food!

As I begin my journey with Potential Place, I look forward to getting to know everyone and making a positive impact.

How Do I Cope with Mental Illness

Mike H.

1. I take my medication religiously. This helps with the symptoms because without it I would be unwell and unhealthy.

2. I talk with my mom and dad every morning. My dad is getting older and I love to check in with them. My dad and mom both love me and it feels good. Both my sister and my nephew also love me and this feels good as well.

3. I use my faith in God and it feels really good to be loved by someone so beautiful. I feel so safe and so loved by a Higher Power.

4. I go to my friends place to watch sports. We bond around sports; my friends treat me like gold. Sometimes my friend’s wife cooks Chinese food for us.

5. I also watch sports. I pick the underdog and cheer for them because this gives me something to focus on other than my mental illness. I also celebrate The Grey Cup.
and Superbowl at my friend’s place. There is a lot of us and we treat ourselves to
pizza, chips and pop - unhealthy but enjoyable. I feel very lucky to have friends like
them.

6. Physically, I stretch every day for 40 minutes. I do squats stretches planks and
twists. I also walk home from Potential Place and it takes me 25 minutes.

7. I go to Potential Place regularly each week. These are some of the things I like to
do there:

- Work in the kitchen and sanitize it
- I sanitize the café
- I do outreach including birthdays and calling members
- I sweep the floors
- I do laundry
- I help with the publication of the daily news
- I am part of the Social Recreation committee
- I write articles for the monthly Challenger

Potential Place is also an organization where we can enjoy a really healthy meal. It’s
good and a half portion is only $2.00. At Potential Place I feel so supported by all my
colleagues.

Education Update

Tom C.

After much thought, I delved into the world of
German.

I started my course on January 10, 2022. I
never realized it could be quite a challenge.
The good thing is that the professor is really
supportive and essentially a cool guy. Whatever
roadblocks there are, I know I will surmount
them.

Auf Wiedersehen (See you later.)
Health & Wellness Update

Brianna N.

We are looking for members who are interested in facilitating or co-facilitating health and wellness meetings. Our health and wellness meetings are held every Wednesday at 1:30pm. We cover a wide variety of health and wellness related topics such as: sleep, boundaries, goal planning, budgeting, exercising, gratitude, drawing, meditation, and discuss community resources. If you are interested or have topic ideas for our meetings, please connect with Brianna.

While each of our health and wellness plans are personalized, we meet together with the common goal of maintaining a healthy lifestyle and attaining our goals.

Housing Update

Brianna N. and Trent A.

We are very happy to welcome our new tenant, Becky, into building two. Welcome Becky! We have a unit available for rent this February. If you are interested, please connect with Trent or Brianna.

Our housing meetings are held on the third Thursday of every month. Our meeting this month will be held on January 17th at 2:00pm. You can attend the meeting either in person at the Clubhouse or via zoom.
Cass B.

The Calgary Flames have not played their best hockey lately but have also had to deal with many games getting postponed and will have a lot of games to make up over the Olympic break. On the bright side they will be sending Johnny Gaudreau who is having a very good season to the all-star game on Feb 05.

The winter Olympics are being held in Beijing China. The winter Olympics start on Feb 4th, 2022 and end on Feb 20th, 2022. NHL players will not be going to the Olympics due to COVID-19 and this was supposed to be their first time back in a few Olympics.

The NFL Playoffs are underway and the Superbowl is to be held on Feb 13 in California. Snoop Dog, Eminem, Dr Dre, and Mary J. Blige will play at the halftime show. We will see what teams make it through to play in the Superbowl.
**Book Review**

The Sword of Shannara By Terry Brooks  
Review by Megan C.

The Sword of Shannara is a trilogy series that starts with the book that I am reviewing about and there are 3 books in this set to complete this series. However, there are many more that follow it in a different series set and you don’t have to read those in any particular order. Although, you do have to read each book in the series set.

It is a breath-taking, visual series that is a suspenseful but amazing read all at the same time. It has fun characters, a beautiful story line and just an overall awesome book that I can’t recommend enough. I would give it a 10/10 for how amazing and creative it is.

I haven’t finished it yet, but it is an absolutely stunning book that I have enjoyed up until this point. The only reason why I haven’t finished it yet is because you have to be in a quiet space with no interruptions around you or anything like that so you can immerse yourself into it and understand what you are reading better.

It is a book that can be enjoyed by teens and adults. Even if you aren’t an avid reader, it is an easy read and you will enjoy it. It is also a fantasy book, so if you enjoyed the Lord of the Rings then I am certain that you will enjoy this one as well.
If you’re a fan of fried chicken, K Town Fried Chicken is the place to check out!

I’ve been to this restaurant a few times now, and it has easily become one of my favorite, go-to places in Calgary.

They have many different flavors of chicken that caters to all sorts of taste buds like sweet & spicy BBQ, creamy onion, and more! My personal favorite is the spicy chili fried chicken. The spice packed into this flavor is NO JOKE, so if you’re spice intolerant, there are many other flavors to choose from.

Aside from the many flavors of chicken to choose from, they also have a variety of sides and salads. Their asiago kale caesar salad, super salad (which comes with quinoa, couscous, feta, cucumber, tomato, onion), and their truffle fries are absolutely mouthwatering and a great addition to your meal.

You’re probably wondering how one can possibly choose what to order with all of these choices! Well, aside from offering full or half portions for their chicken, they also have a great box deal set where you can get 5 pieces of chicken (your choice of flavor), a side salad, a side of fries, and your choice of beverage all for $14! (I think the price fluctuates depending on what flavor of chicken you order, but still very affordable.) If reading this article doesn’t already make your mouth water, check out the photo which has the spicy chili flavor featured with the truffle fries and caesar salad!
Movie Review

Matrix Resurrections Movie Review by Ryan R.

This movie surprised me. It wasn’t good as the original movies, but the nostalgia factor was there for me. It is a love story with amazing fighting choreography and had a chaotic feel to the movie at first that bends your mind to what is real that grips you for an intense ride from beginning to the end.

Four of the original characters are in it from the matrix trilogy. The visual effects for this are unparalleled, on a side note if you’re into video games, they released a demo called Matrix Awakens for PlayStation 5 and Xbox x series that delves into matrix even more.

Thomas Anderson, a.k.a. Neo (Keanu Reeves) has been having dreams that are visions of the past. When he encounters Trinity (Carrie-Anne Moss) at a coffee shop, they feel as if they know each other. The meeting triggers something in Neo, and after he downs a blue pill, he encounters a person (Yahya Abdul-Mateen II) who has all the answers he’s seeking. Neo and Trinity have returned to the Matrix after seemingly dying after the war with the machines, but must now figure out how and why.
It’s Okay
By Wes Reid.

So difficult to open, afraid what you may see;
you say: It’s okay, you can be yourself with me.

I believe I’m not worthy, I’m a hypocrite and a fake;
you say: It’s okay, just try to give yourself a break.

But I feel I must suffer for all that I have done;
you say: It’s okay, all’s forgiven all is one.

I reach out for your hand crying: please don’t let go;
you say: It’s okay, I’ve been there a thousand times before.

I admit that I am weak, and scared, and insecure;
you say: It’s okay, just allow love to be the cure.

How can I ever thank-you, is there something I can do?
you say: It’s okay, all you need to be is you.

But you’ve loved me so much, I’m forever in your debt;
you say: It’s okay, all you need do is accept.

Can’t you see that I am you, and truly you are me;
and by accepting one another, we set each other free?

By accepting and forgiving ourselves and all our flaws,
love comes pouring in and radiates out to all.

So, love as I have loved you, in every loving way,
and if you ever falter, just remember—It’s Okay.

The only true and lasting currency is kindness.

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)
Thumb Twiddling
By Bart C.

What is up? Hey, I cannot seem to settle down from these symptoms. Is it that I am bored? Twiddle twiddle, keep the ball a rolling why are we in danger from our love being a steadfast continuing is it the essay, our plan a twiddle help me to understand.

The race is on thumb in hand, with thumb my wrists and fingers are getting numb. How many efforts around the bend does the message send? I know when I twindle I have a good friend out in the open or behind closed view. Twiddle de dum twiddle de do.

Each mile that we rotate our thoughts, your size, your shape in my heart does a toss. Give it a try, you will know why; my my my I wonder, what she is thinking about a situation; twindle go searching I guess she knows as nothing slows twindle twindle, there it goes.

Featured Artwork

By Jennifer W.

Jimi Hendrix!
Clubhouse International: Our Beginning

Clubhouse International (formerly known as ICCD - the International Center for Clubhouse Development) was officially launched in June 1994.

Our first newsletter to the larger Clubhouse community described our purpose as follows:

“It has become obvious that the Clubhouse movement needs to establish its own voice in the larger community. We recognize that we need a strong, collective voice to represent us to advocate for us, and to clearly articulate the values and principles of our movement.

The creation of the ICCD is a watershed moment in the growth of the international community of Clubhouses. Finally, we are no longer isolated programs struggling against all odds to be ‘Clubhouses’ in a world of ‘treatment centers.’”

Although much has changed over the 28 years, this has not changed. WE are ALL Clubhouse International; there is no Clubhouse International without the members and staff that make up the Clubhouse community around the world. We are so proud of the hard work of so many Clubhouse members and staff whose efforts have made this mission a reality!
Among its array of services to member Clubhouses, Clubhouse International offers a New Clubhouse Development (NCD) Training for groups interested in starting a Clubhouse. These are often family members, consumer groups or interested mental health professionals who have heard of the Clubhouse Model and want to start one in their respective communities.

The first NCD Training was held in May of 2006 at Alliance House (UT, USA), one of our 12 Training Centers. The need for the training grew out of frequent inquiries we received about starting a Clubhouse. Putting together the infrastructure for starting and sustaining a strong, Accredited Clubhouse became our targeted goal.

We developed the training based on specific components that were similar to many of the best Clubhouses around the world, including: strong Boards of Directors; adequate building and space; funding to fully operate a Standards-based Clubhouse; and we included specific steps needed to effectively collaborate with the local community.

We designed the training to include not only presentations but exercises that each group would do interactively and Mentors for each group to assist them for up to a year to achieve the objectives in their Action Plan.

Since 2006 we have trained 109 groups from Liberia, Japan, Australia, Canada, Sweden, Ghana, Kenya and the USA. The success rate is approximately 80% for these groups to start a Clubhouse after they have completed NCD training.

We welcome those interested to connect further with us! Contact: Chief Operating Officer, Jack Yatsko at jyatsko@clubhouse-intl.org or 808-651-8598.
# February 2022

Join us for Unit Meetings Every Day at 9:30AM & 1:00PM!

Zoom Link: [https://zoom.us/j/9084483817](https://zoom.us/j/9084483817)
Meeting ID: 908 448 3817
Call-In Number: 1 (587) 328-1099

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# Health & Wellness Calendar

## February 2022

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Please Note:

- **H & W Meeting:** 1:30pm at the Clubhouse or via Zoom.
- **Wellness Walks:** Subject to cancellation or time change.
Recipe of the Month

Chosen By: Julia G.

Source: https://thebusybaker.ca/best-ever-banana-nut-muffins/

Ingredients:

- 3 large ripe bananas
- 3/4 cup white sugar
- 1 large egg
- 1/3 cup vegetable oil
- 1 1/2 cups of all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg (optional)
- 3/4 cups chopped walnuts

Instructions:

1. Preheat your oven to 350 degrees Fahrenheit and prepare a 12-cup muffin tin with paper liners (or grease very well with butter or cooking spray if you prefer not to use paper liners).
2. Mash the bananas in a large bowl and mix in the sugar and egg with a wooden spoon until well blended.
3. Add the vegetable oil and mix well.
4. Add the flour, baking powder, baking soda, salt, cinnamon and nutmeg, along with 3/4 cup of the chopped walnuts. Adding the walnuts with the dry ingredients helps prevent over-mixing.
5. Mix everything together just until the flour disappears and the walnuts are distributed evenly throughout the batter.
6. In a small bowl, combine the remaining 3/4 cup walnuts, brown sugar and melted butter and mix until the walnuts are coated.
7. Spoon the muffin batter evenly into the 12 muffin cups and spoon a bit of the coated walnuts onto the top of each one, making sure the topping is well distributed onto the top of each muffin (not in one big clump or it might sink into the muffin as it bakes!).
8. Bake for about 20-23 minutes, or until the muffins are golden brown on top and a toothpick inserted into the center of one of the muffins comes out clean.
9. Let the muffins cool in their tins for a few minutes before removing them to a wire rack to cool completely.
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 [ ] [ ]

Card Holder Name [ ]

Telephone ( )

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

20