

The Clubhouse Connections

Farewell Georgina



Georgina has been an important and crucial part of the Clubhouse. She is always courteous, kind and understanding. She always has a smile on her face. Her years of experience with Clubhouse International and her wealth of knowledge has made Connections Victoria the success that it is today. Although she deserves to move onto her retirement, we will always welcome her back for lunch and social time.

Here are some of Georgina's traits we will miss the most: Her very kind smile, the absolutely gorgeous English accent,

as well as her ability to be fair coupled with her lack of fear to forge ahead and try something new. She has leadership skills foresees many dimensions of multiple situations. This incredible lady will be sorely missed.

"Georgina, it's nice to have known you and all you've done for the Clubhouse in this short time. I hope for all the best in your future and where you are going to will benefit from your services. We will miss you and know that wherever life takes you, Peter will continue to do good work for this Clubhouse's people. Thank-you!!"

"Thank you so much Georgina for your fearless leadership in getting this Clubhouse up and running!! You will be missed by all the members and may your legacy live on :)"

"Georgina is a good hearted person always thinking how to do things better and for the good of the Clubhouse members and staff, she will be missed and hope she comes back for a visit often. It has been a pleasure and a life changing participating on this amazing project."

We would like to welcome Peter Fitzpatrick as the new Executive Director of Connections Place. Wishing you all the success of this International Clubhouse.

Chocolate Zucchini Muffins

Ingredients:

- 1 1/2 cups all purpose flour
- 1/2 cup unsweetened cocoa powder (Dutch process)
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup canola oil
- 1/2 cup milk
- 2 large eggs
- 1 teaspoon vanilla
- 1/2 cup granulated sugar
- 1/4 cup brown sugar, lightly packed
- 1 1/2 cups grated zucchini, drained
- 1/2 cup semi-sweet chocolate chips

Instructions:

1. Preheat the oven to 350 degrees F.
2. Line a muffin tin with paper liners or lightly spray with non-stick cooking spray and set aside.
3. In a large bowl, whisk together the flour, cocoa powder, baking powder, baking soda and salt until well combined.
4. In another bowl, whisk together the oil, milk, eggs, vanilla, sugar and brown sugar until smooth and well combined.
5. Stir in the grated zucchini.
6. Add this mixture to the dried ingredients and stir until just combined.
7. Fold in the chocolate chips.
8. Fill the prepared muffin tin until the cups are 3/4 full and bake for 20-22 minutes, or until a toothpick inserted in the centre of a muffin comes out clean.
9. Cool for 5 minutes in the muffin tin, then remove the muffins to a wire rack to cool completely.
10. Store the muffins at room temperature in an airtight container for 3-5 days, or freeze for up to 3 months.

Notes:

Make these chocolate zucchini muffins healthier by using half whole wheat flour and decreasing the granulated sugar to 1/4 cup. They will still be moist, chocolatey and delicious, but a bit healthier although obviously not as sweet so keep that in mind if you want a bakery style muffin.



der,



there is HOPE,
even when your
brain tells you
there isn't

John Green

THOUGHTS FROM MEMBERS

I AM MEMBER NUMBER 9 AND JUST LEARNING WHAT Connections Place is. I applaud the efforts of the staff and members to form a community of like minded people seeking mental wellness. We are around 85 members and growing.

I am glad I have been able to come to Connections Place during the early days. My hope is that over time a vibrant community of liked minded people will be enabled to work and grow together to achieve mental wellness. I have found that the staff are skilled at helping people and take off my hat to Georgina, Sony and Janine. I look forward to meeting other members.

Sincerely,

Rod Marsh

Life is hard. You already know that but you are not stuck or helpless in your struggle with your emotions. There is every reason to hope. All you have to do is turn the page and begin. Then keep working on it. Keep strong and never give up on your beliefs and dreams. Help make mental wellness possible in your life.

Originally I had no intentions of coming here...at all. I was just fine waking up, going on my computer, and watching YouTube videos that would just be a mini escape of my problems. Over time everyone in my family could see that I wasn't happy and my life was stuck in a rut. It took not only my mom saying that coming here would be a good step for me, my dad I just ignored. But the person who got through to me was my sister of all people. She just started yelling at me out of nowhere always asking "When are you going to come to The Clubhouse/Connections place" and I would always tell her whenever I'm ready and she wasn't having any of that. She retorted "well then you'll never be ready to move on with your life and I'm only looking out for you." And so I finally agreed to come and see what it was that she was talking about, because it had helped her a lot and done nothing but good things for her. While it is a place for people with mental illnesses, it's just a place where it's calm and everyone just goes about their day like normal and not to stigmatize or be judged on anything. Everyone's equal and the helpers around here are here for you. So based on my first day alone, I believe I'm going to enjoy it here.-

Tyler R.

My Opinion on Fruit Stand Owner granted short reprieve

I am responding to the ongoing controversy of Katherine Little not allowed to have her fruit stand on the roadside in Saanich.

I think this is outrageous that there are basically a few "lone wolves" who are complaining about this stand being illegal. These people have no idea what she has been through. She suffers from post-traumatic stress disorder (PTSD), which is a form of depression common to people in the military, police, fire and customs, where Katherine worked for 18 years.

Katherine is trying to raise money from her sales of jam, salsa, etc. for her PTSD. I really think she should fight this further in court with the help of her husband and family. Hiring a lawyer might be the way to go. So how will they handle the lemonade stands that kids will have this summer?

It is sad that we still have discrimination against mentally ill in this era. Something needs to be done.

By Mike Mori (Originally written on June 24, 2019)



Find the following words in the puzzle. Words are hidden and . ACCEPTANCE BELONGING CHEERFUL CLUBHOUSE COMMUNITY COMPASSION CONNECTION DREAM GUIDANCE HAPPY HOPE LOVE MOTIVATION RECOVERY SHARING SOCIAL STABLE UNDERSTANDING WELLNESS

Birthday lunch Celebrations



September 26th

October 31st

November 28th

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