



The AGM was a huge success due to all of you!!

Connections Place Society hosted its first annual AGM October 15, 2019. A special thanks to Jackie Powell, our founder, the Sisters of St. Anne, all our donors, board of directors, guests, staff and members.



A lovely **Thanksgiving celebration** at the Clubhouse. Connections place hosted its first Thanksgiving dinner on October 14, 2019. It was a privilege for staff to work with members to put on this feast. 32 guests, including 22 members, attended. Thanks to everyone, but a special thanks to Louise and Sony who worked so hard to make this happen.



It was a crisp autumn day on October 24th when the clubhouse members at Connections Place decided to go to **Galey Farms** to pick pumpkins and have a nice time on a train ride with spooky attractions. We went in the corn maze, visited the petting zoo, and went on a tractor ride to pick our pumpkins to carve for our Halloween party. They were of different shapes and sizes, some smooth and some ghoulish looking. It was a fun and spooky time with friends!

Thankful Days Off

By Bill B.

I am thankful that I now have Sunday, Monday, and Tuesdays as my days off from work. I had to work Sundays for the past 25 years and will now enjoy the Sabbath for one of my days off. I plan to go to Church on Sunday morning then go to the Esquimalt Recreation Centre in the afternoon. I will buy myself a new bathing suit to go swimming and soak in the hot tub after working out in the fitness room. Sax Point is also near by and I can have a relaxing time by the ocean. There are also some coffee shops and good restaurants in Esquimalt for a treat. My friend also lives in Esquimalt so I can visit with her and invite her to come to Church with me. Mondays and Tuesdays will be reserved for Connection Place visiting and community life. I look forward to connecting with other Club Houses and meeting new friends.

Most Haunted Places in Victoria

By Michael P. & Naomi Beck

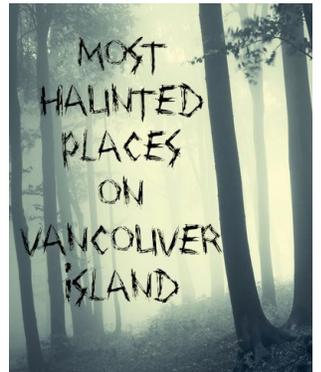
Victoria is known for being the most haunted city in BC, and many businesses fully embrace this title as a draw for tourists. There are ghostly walking tours and ghost bus tours available for your enjoyment. For the sake of this post, let's take a look at a few of the more famous haunted places in Victoria.

#1. Bastion Square and Helmcken Alley

This particular area is said to be Victoria's most haunted. Many years ago there was a jailhouse located on Helmcken Alley. It is said that the area is now home to the ghosts of prisoners who were tossed into the jail and never made it out. There have also been several reports of people hearing rattling chains while walking around the square.

#2. Empress Hotel

Built between 1904 and 1908, the Empress Hotel is not only the most famous structure in Victoria but also the oldest. And with age comes many ghost stories and tales. There are apparently several ghosts who wander the halls of this historical landmark. I haven't heard whether or not the ghosts continued to stay through the most recent renovations. Occupants include an elderly woman in pajamas who knocks on guests doors. The hotel's architect, Sir Francis Rattenbury, who wanders around with his cane.



Just a little chuckle

They say laughter is the best medicine,
so here are a few jokes to give you a little chuckle.

Q: Why do skeletons have low self-esteem?

A: They have no body to love.

Q: Where does a ghost go on vacation? **A:** Mali-boo.

Fun Day and Life Goals

By Michael P.

Happy day to you and welcome fall with open arms! One sunny day I went to Playland in Vancouver to have fun and go on the rides with family and friends. I woke up early to get ready. For breakfast, I had French toast with berries and chai tea. I tried the Beast and Flume log ride with a perfect picture souvenir to take home. I enjoyed spending time with my brother and his friends, we even tried a vending machine game to win a Pikachu plushie. I tried my best to stay positive with my anxiety and emotions I've

been going through at places that are busy and accepting the rainy weather closed Playland an hour early. I'm thankful for the chicken wrap and fries I had for dinner at Nando's with bottomless refills.

Nowadays, I dare to make a positive change in my life with more self-care and just being a friend to those in need like my brother's friends were kind to me that day. Sometimes doing the difficult thing and doing the

right thing... they are the same thing, but it depends on your attitude towards the things you do in life, like finding a job then going to an interview or volunteering time with a good organization. For example, Connections Place where they help guide people with mental illness achieve mental wellness in a friendly environment.



Connecting with the World!!

Letter from the Prime Minister's Office.

On behalf of Prime Minister Justin Trudeau, I would like to acknowledge receipt of your letter of July 31, 2019, regarding trade routes. Please be assured that your comments have been carefully reviewed. The matter you raise falls more directly within the purview of the Honourable James Carr, Minister of International Trade Diversification. I have therefore taken the liberty of forwarding a copy of your letter to Minister Carr so that he may also be made aware of your views.

Thank you for writing to the Prime Minister.

Yours Sincerely,

T. Jolicoeur

Executive Correspondence Officer

Feeding the Ducks and the Soul by Bill B.

I went to the duck pond at Beacon Hill Park this past Sunday to feed the ducks and my soul. A mother and daughter came with some bird feed, spread it out on the ground, and about 30 ducks and geese came for the feeding. The young girl told me that she bought the bird feed at the Bulk Barn for three dollars.

The mother had the ducks feeding out of her hand. It is very calming and relaxing to watch the ducks feeding and swimming in the water. I sat on the bench by the waterfall enjoying the sensation and reading from the Bible. If the ducks can be peaceful then so can I. It is very nice to have this quiet time to process the

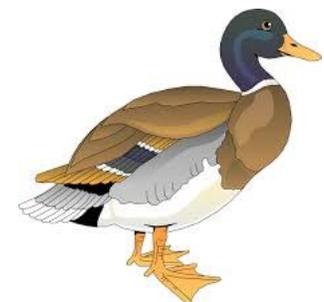
weeks events and to compose poetry and philosophical letters. I stayed there for about two hours then went to the Beacon Drive-In for a deep fried oyster and fries platter and two cups of coffee. I am grateful for this spiritual alone time.

Letter from Russia House

Dear Members of Connections Place House!!!

We were so happy to get a message from one of your members Bill Bertrand. This summer Bill sent us the photo albums of Vancouver with wonderful photos and asked whether it would be possible to start writing letters to each other to exchange our experience, thoughts and ideas. We were very impressed and would be delighted to exchange letters with Bill. We are sending our best wishes to you!

Masha, a member of Russia House.



Pumpkin Soup Recipe



Thank you Naomi!

Prep & cook time

1 h 15 m 8 servings 114 cal

Ingredients

<i>6 cups chicken stock</i>	<i>1</i>
<i>1/2 teaspoons salt</i>	
<i>4 cups pumpkin puree</i>	<i>1 teaspoon chopped fresh parsley</i>
<i>1 cup chopped onion</i>	<i>1/2 teaspoon chopped fresh thyme</i>
<i>2 clove garlic, minced</i>	<i>1/2 cup heavy whipping cream</i>
<i>5 whole black peppercorns</i>	<i>2 tablespoons of cornstarch</i>

Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns.

Bring to a boil, reduce heat to low, and stir in cornstarch. Let simmer for 30 minutes uncovered.

Puree the soup in small batches (1 cup at a time) using a food processor, blender or blend stick.

Return to pan, and bring to a boil again.

Reduce heat to low, and simmer for another 30 minutes, uncovered.

Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

Thanksgiving Traditions by Mike Mori

Thanksgiving for my family is pretty special. Whether I celebrate with my family on the mainland or Victoria, it is a nice time. There are family members of mine that make nice turkey, stuffing, brussel sprouts, yams, etc. This year I will go over to my parents place in Richmond, while my brother and family will be here in Victoria celebrating with my sister-in-law's family. Last year, my sister-in-law's sister's husband, who is a former chef himself, made very nice turkey dinner along with the stuffing and vegetables. It was very sweet of him and one of his friends to give them left overs to the homeless people downtown.

There are many things to be thankful for. These include be stable with my mental illness, having a supporting and loving family, good network of friends. Victoria is such a lovely place to call home. The weather is the warmest climate in Canada, though the weather almost changes by the second.

We have a different time for Thanksgiving as opposed to the US. We have it on the 2nd Mon of Oct while they have it on the last Thurs of Nov. The feasts are different.





Sisters of St. Ann, Members, Staff and Board Members attended Legislature on October 10th to hear Andrew Weaver recognizing Connections Place Clubhouse on the World Mental Health Day!



By Rod Marsh

November 11 is Remembrance Day, time to reflect on the sacrifices made by men and women in the wars fought by Canada.

As the last veterans are lost to us through death, we need to document their stories so that other generations will know what happened. So why not wander down to the cenotaph this November 11th and join some other folks to pay their respects.

Quote from Mya Angelou:

“Remembrance Day, how important it is for us to recognize and celebrate the hero’s and the she-roes that gave us freedom”

-Thank you Louise for sharing this quote-

Homecoming by JD



I appreciate the support and the comfort I get from the Members and staff, who are my peers. And the support I receive every time I come in here. I respect my peers and staff for their dedication and hard work, as well as the professionalism of the staff. I look forward to coming here, and the time spent. I feel uplifted and healthy when I spend time here. I get a sense of spirituality and feel at peace while at Connections Place. I enjoy the work ordered day, which gives me a sense of purpose and well being, I also enjoy the group meals and the sense of community.

I am looking forward to the day I can move to a healthier housing environment. Other activities I enjoy are walking, fishing, spending time with family and friends, and watching aircraft. I am excited to be alive!!

Birthday Lunch Celebrations

October 31st

November 28th

December 19th



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