

## Letter from the Director

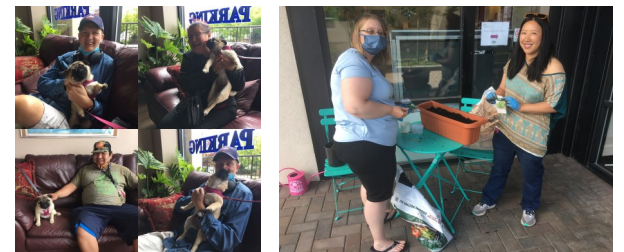
It's hard to believe that summer is already coming to a close. It feels like just yesterday that we re-opened our doors and welcomed back our members into the clubhouse—after a challenging springtime closure. But what a summer it was! Re-opening on June 8th with safety precautions in place, we saw many new and familiar faces come through the door to connect with our clubhouse community, engage in the Work Ordered Day, and take part in our social programs such as Mindful Movement, book club, and our cycling club. Clearly, we've been busy at the clubhouse and it's been great seeing our community grow and thrive. If you haven't been back to Connections Place in awhile, I invite you back to visit—we'll be here waiting to connect with you!



Chris Forester, ED



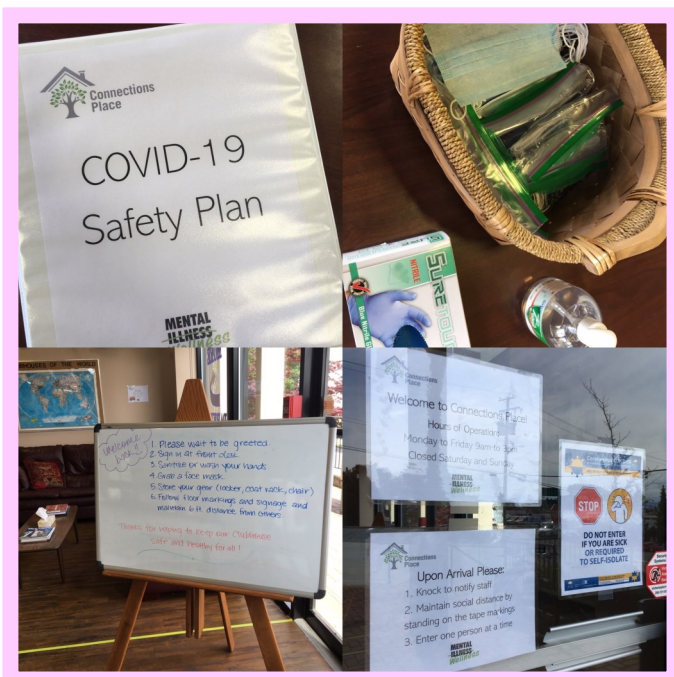
Check out our newly launched private Facebook group for members:  
**Connections Place Private Members Group**



## Staying Safe at the Clubhouse

Here's how we're ensuring the health and safety of our members and staff:

- ◇ 12 people in the clubhouse at a time in order to ensure adequate social distancing
- ◇ Provision of PPE—masks, gloves, sanitizer—for all visitors
- ◇ Regular sanitization throughout the day
- ◇ Scheduled visits—members must book their visits (rather than drop-in) so we can ensure safe numbers in the clubhouse
- ◇ 2 'shifts' a day—morning shift from 9am to 12pm and afternoon shift from 12:45-3pm (both include a lunch)





## Artists' Corner

### Just for Laughs

- ◇ What do you call a fake noodle? An Impasta.
- ◇ Want to hear a joke about paper? Nevermind it's tearable.
- ◇ I went to a seafood disco last week... and pulled a mussel.
- ◇ I bet the person who created the door knocker won a Nobel prize.

### Staff Picks & Tips

- ◇ Self-care Tip: on YouTube look up 'chair yoga' (or better yet, come to the clubhouse Friday afternoon for chair yoga with Chris!)
- ◇ Book: *The Alchemist* by Paulo Coelho
- ◇ Movies: *My Cousin Vinny*, *The Secret Life of Walter Mitty*
- ◇ Music Artist: Sufjan Stevens



### Connect with Us

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### We are Both Friend & Stranger

By William A.J. Bertrand

We are both friend and stranger  
 In this sea of humanity  
 Families of faith  
 Enrich community  
 We are blessed in our differences  
 With flavour to share  
 In this banquet of love  
 From our Creator's care

Bring kindness to strangers  
 Who come by your way  
 Pardon for the sinner  
 Who offends you today  
 Bring guidance for the lost  
 And courage for the meek  
 Tenderness for the wounded  
 And strength for the weak

Bring peace to the conflict  
 Gentle rain for the drought  
 Wisdom for the confused  
 And faith for those who doubt  
 Bring patience for those who struggle  
 With their daily chores  
 Understanding and good deeds  
 As you have done before

The world is full  
 Of beautiful people  
 In mystery with  
 The kaleidoscope of life  
 God who lives  
 In between strangers  
 Bless the courtship of love  
 For husband and wife

### Strays

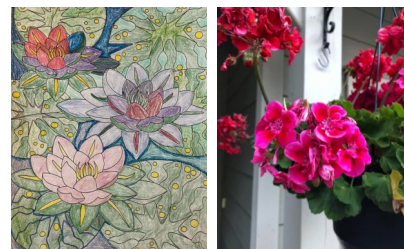
By Leslie House

Fish found the bait and was lost  
 to the world he knew below.  
 No throw-back, no catch and release,  
 for he was not unwanted.

He will be honoured with a pyre, of sorts  
 fried skin down in a pan, with butter,  
 his flesh to be savoured, sustenance  
 for other creatures, like me and cat,

who rubs against me, purring.  
 Hungry as always, hesitant yet hopeful,  
 lost but now found, by me.  
 Fish waits in fragrant and bubbling glory.  
 Cat also waits, afraid to press his need.

And I, hesitant yet hopeful,  
 lost but now found by him,  
 ensure myself of his continued company.  
 I will share fish with cat.



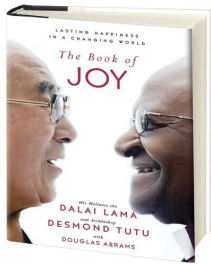
Top photo submitted by Leslie House (caption: staying home, pampering myself). Bottom artwork and photo submitted by Michael Padda.

# Book Review: *The Book of Joy*

By Kevin Dobbs

*The Book of Joy* is based on the life experiences of His Holiness the Dalai Lama and Archbishop Desmond Tutu. Douglas Abrams interviewed these two spiritual leaders and co-wrote this book. Abrams also provided what scientists and others have found to be the Wellsprings of Joy.

I considered the Dalai Lama and Archbishop Desmond Tutu to be insightful and wise regarding how to cultivate and create joy in one's life. I found this book to be informative and inspiring. I recommend this book to anyone interested in understanding the Path to Joy in one's life.



## Donor Appreciation

I'd like to take a moment to thank all of our very generous donors who have given to the clubhouse this year. From our 16 monthly donors and the many single acts of generosity that we've received, to the large donations of food and safety equipment that we received from the Foresters Financial group. It is all incredibly helpful; your contributions are meaningful and we couldn't do this work without you. Thank you!



## Getting Involved!

### Book Club

Currently we are reading *The Great Gatsby* by F. Scott Fitzgerald. We would love for you to join us! Inquire at the Clubhouse for details.

### Cycling Club

Like some exercise outdoors in our beautiful city of Victoria? Why not join the cycling club. We meet every Monday at the clubhouse at 1 pm.

### Music Group

Sign up for Thursday afternoons at the clubhouse to participate in the music group! We now have a ukulele, guitar, and keyboard. All musical levels welcome!

### Walking Group

Would members be interested in a walking group Saturdays or Sundays at 2pm? Let us know at the clubhouse and we'll connect for walks or let Robert know at [turtlecabs@gmail.com](mailto:turtlecabs@gmail.com).



## How I've Coped with COVID-19

By Kevin Dobbs

What has enabled me to recover from my COVID-19 triggered relapses has and continues to be my ongoing practice of Qi Gong. Qi Gong is an eastern based medicine and philosophy. I was and still am rather taken aback by, in my opinion, the remarkable multi-faceted benefits of Qi Gong. Qi Gong positively effects all dimensions of health (physical, emotional, mental, and spiritual).

If anyone is interested in learning about the benefits, history, and philosophy of Qi Gong, I have four CDs, and a DVD that detail said benefits, history, and philosophy. Let me know if you're interested and I could bring to the clubhouse.

# Healthiest Breakfast Cookies

Here is the recipe for the breakfast cookies we are serving at Connections Place. They are a hit—try them on your own or join us the next time we make them so you can learn how! Thank you to *Choosing Chia* food blog for this wonderful recipe!

## Ingredients

1 1/4 cup gluten-free [rolled oats](#)  
1/4 cup [almond flour](#) (can sub any type of flour)  
1/2 cup [raw sunflower seeds](#)  
1/4 cup [pumpkin seeds](#)  
1/4 cup [sliced almonds](#)  
1/4 cup [sesame seeds](#)  
3 tbsp [chia seeds](#)  
1/4 cup dried cranberries  
dark chocolate chips  
1 tsp cinnamon  
1/4 tsp salt  
1/2 cup [maple syrup](#)  
1/3 cup tahini or almond butter (I like to mix both)  
1/2 tsp [vanilla extract](#)  
1 egg (\*or flax egg)

author: [JESS](#) prep time: 10 MINUTES

cook time: 12 MINUTES total time: 22 MINUTES

yield: 16 COOKIES  1X category: BREAKFAST

method: BAKE cuisine: AMERICAN



## Instructions

- 1 Preheat the oven to 350 degrees F and line a baking pan with parchment paper.
- 2 Mix all the dry ingredients together in a bowl.
- 3 Mix all the wet ingredients together in a separate bowl.
- 4 Pour the dry ingredients into the wet and mix together until well combined
- 5 Use a cookie scoop to scoop evenly sized cookies onto the baking sheet. Press down with your hands (these cookies won't spread)
- 6 Bake for 12 to 14 minutes.

## Notes

You can use any type of nuts and seeds you have on hand for these cookies.

Make sure to press the cookies down with your hands after scooping them onto the baking sheet. They won't spread out much on their own.

To make a flax egg mix 1 tbsp ground flax seed with 3 tbsp of water. Let sit to gel for 5 minutes then use as you would an egg.

## Nutrition

serving size: 1 cookie

calories: 155, sugar: 9g, sodium: 20mg, fat: 11g, saturated fat: 2g, carbohydrates: 17g, fiber: 4g, protein: 4g