

THE GRAPEVINE

SEPTEMBER 2023

National Day for Truth and Reconciliation 30th September 2023

September 30, 2021, marked the first National Day for Truth and Reconciliation, a day that coincides with Orange Shirt Day. It recognizes the tragic legacy of residential schools, the missing children, the families left behind and the survivors of these institutions.

Orange Shirt Day is a grassroots campaign founded by Phyllis Webstad. Orange Shirt Day grew out of her own experiences and the experiences of other residential school survivors who attended St. Joseph’s Mission near Williams Lake. It’s a day to honour the healing journeys of residential school survivors and their families and a time to engage in meaningful discussions about the history and legacy of the residential school system.

Orange Shirt Day has become an important opportunity to open up dialogue on anti-racism and anti-bullying. This day is meant to also encourage deeper reflection, learning and public dialogue on the relationship between Indigenous and non-Indigenous peoples.

In June 2021, the Government of Canada passed Bill C-5 to make September 30 a federal statutory day. It is observed as the National Day for Truth and Reconciliation. This directly responds to the Truth and Reconciliation Commission’s Call to Action #80, which called upon the federal government, in collaboration with Indigenous Peoples, “to establish, as a statutory holiday, a National Day for Truth and Reconciliation to honour survivors, their families and communities, and ensure that public commemoration of the history and legacy of residential schools remains a vital component of the reconciliation process.”

The images represented in the logo each have a meaning illustrating Indigenous cultures. The circle is at the center, which represents being together in spirit of reconciliation. The orange colour represents truth-telling and healing. The pathway represents the road to reconciliation. First Nations, Inuit and Métis are represented in the image: the eagle to represent First Nations, the narwhal to represent Inuit, the beaded flower to represent Métis.

Canadian Mental Health Association will be closed in recognition of National Day of Truth and Reconciliation on Monday 2nd October.

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National Day
for Truth and
Reconciliation



Government of Canada / Gouvernement du Canada

Canada

The Grapevine:

An independent newsletter published monthly by CMHA members in the Vernon Area. (Available in hardcopy or electronically)

The Grapevine

encourages members of Mental Health services to submit articles, letters to the editors, cartoons, jokes and poetry or anything you think will be of interest to other members. Our deadline is the 15th of each month for the up-coming issue. No recompense is provided for any submissions and they shall be considered as the author’s own work unless otherwise indicated.

The Editorial Committee

will make every effort to publish any material submitted, subject to for length, taste and appropriateness. Ideas or opinions expressed do not necessarily reflect those of Grapevine or of it’s affiliated organizations.

CMHA CLOSED



MONDAY
SEPTEMBER 4

World Suicide Prevention Day September 10th 2023

World Suicide Prevention Day was established in 2003 by the International Association for Suicide Prevention in conjunction with the World Health Organization, and is an internationally-recognized day of awareness. Suicide continues to be a major public health issue requiring urgent action to ensure mortality rates are reduced.

Now in year three of the triennial theme of “Creating Hope Through Action” (2021-2023), this year’s theme will be an opportunity to reflect on the past three years and to evaluate the needs for a hopeful path forward. The theme is intended to serve as a powerful call to action for us all to work together to create a future in which no one ever feels like suicide is the only way out.

For more information on WSPD, please visit: www.suicideprevention.ca

If you or someone you know is in crisis call:

Talk Suicide 1-833-456-4566

Suicide & Crisis Lifeline 988

Interior Crisis Line 1-888-353-2273

Mental Health Support Line 310-6789



To Contact Us

Main Office

3100 - 28th Avenue
Vernon BC, V1T 1W3

Phone: 250-542-3114

Fax: 250-549-8446

cmha@cmhavernon.ca

Peer Support

250-542-6155

peeroutreach.vernon@cmhavernon.ca

Trans Peer Support

trans.peer@cmhavernon.ca

Roger Harris



It is with a heavy heart and deepest sympathies to announce the passing of our dear friend Roger Harris. Roger came to CHMA in 1998 where he began to take on many volunteer roles. His smile and laughter would light up a room. Roger took pride in being present, and helping wherever he was needed. Not a day going by that Roger didn't jump up to offer his seat to someone, or greet a new participant, welcoming them into our community. Roger held a strong love for the community of CMHA, he was proud to be part of the magic, and always wanted to share and invite everyone to come and experience everything CMHA had to offer. Roger made sure that everyone knew there was always a place for them to belong, he was a mentor to all. It saddens us to say goodbye so instead, we will be seeing you later. Roger is now reunited with his wife Anne Marie, and his parents. I welcome you all to join us here at CMHA for a Celebration of Life. BBQ will begin at 12 with speeches to follow.

Those we love don't go away,
They walk beside us everyday,
Unseen, unheard, but always near,
So loved so missed so very dear.

Best of the North Okanagan Thrift Store 2023

If you haven't heard yet, The Georgette Thrift Shop has been voted Best Thrift Store in all of the North Okanagan! We have so many talented hard-working volunteers and staff that are involved in making this possible! Please take a minute to pat yourself on the back, as well as your coworkers. All your efforts do not go unnoticed by the shoppers and we hear them constantly say Georgettes is their favourite store! Thank you to everyone for making this happen. Everyday has some challenges but I always see someone step up to fill a void when someone isn't feeling well or can't be there on their scheduled day. Thank you all again for showing kindness and consideration, your concern for quality and your conscientiousness at work.



How to Make a Rope Pumpkin Centerpiece

Rope in those fall feels with this rustic pumpkin centerpiece.

What You'll Need:

- dried bamboo stake, cut to 10"
- natural twisted manila rope
- dinner plate
- floral wire
- hot glue gun and sticks
- farmhouse ribbon
- scissors



Instructions:

1. **Attach Bamboo Sticks together** - Place glue down one side of a stick, press another stick onto glued stick, turn glued sticks over, apply glue along the slit and attach third stick.
2. **Coil Rope** - Use plate for size and lay rope on top. Unfurl one end of rope and coil in circular shape eight times. Cut the end of the rope.
3. **Secure Rope Coils** - Keep circle secure by tightly tying a piece of floral wire around the rope. Repeat the steps to create eight total rope coils.
4. **Attach Rope Coils** - Place each rope coil against the bamboo sticks and secure with floral wire to create a pumpkin shape.
5. **Secure All Coils** - Once all ropes are tied, take an individual piece of rope, and wrap it around the center. Secure one end with glue, wrap and glue again.
6. **Place a Bow on Top** - Tie a ribbon into a bow, and attach to the stem with hot glue.
7. **Decorate!**

Ride Don't Hide!



The annual Ride Don't Hide fundraiser is being held at Vernon's Polson Park on **Saturday 16th September**. This year CMHA Vernon is raising funds for youth in the community.

We know that if help is provided to young people early in their lives, it can prevent small problems from becoming big ones. And yet only one in five children receive appropriate mental health services. Healthy emotional and social development in our early years lays the foundation for mental health and resilience. Did you know only 70 per cent of persons with a mental illness see their symptoms begin before age 18? Mental illness affects 1.2 million of our children and youth. CMHA Vernon helps fill gaps in the system, provide care before a crisis and help keep young people well, taking the pressure off hospitals and doctors in an acute-care system already overburdened by COVID-19.



They provide essential mental health supports programs and services — but demand for services is higher than ever.

By joining CMHA Vernon on September 16th, and participating in CMHA's Ride Don't Hide, you're raising funds for mental health in your community. You are helping us raise essential funds for core services and critical programs that work to keep young people out of crisis and support them with the mental health help they need when they need it.



Please watch our social media (Instagram and Facebook) and CMHA Vernon's Ride Don't Hide website, <https://cmha.donordrive.com/event/vernonbc> to sign up to ride!

Get ready for an uproarious evening of laughter and goodwill with Train Wreck Comedy Cares, an unforgettable comedy event at the Vernon Towne Theatre. Train Wreck Comedy is teaming up with CMHA Vernon & District to raise funds for the new **30YISH**, and there is a headliner who's larger than life—the one and only Bipolar Buddha himself, Big Daddy Tazz! The event is proudly presented by the fantastic folks at Castanet.net Vernon.

Tickets are \$35

Funds raised at this event will go towards the new **North Okanagan Youth Integrated Service Hub!**

Peer Support Open House

**Wednesday September 27th, 2023
from 11-2pm.**

(Snacks provided)

We invite everyone into the peer office to chat with our Peer Volunteers and enjoy some tasty treats!

Peer Support is a social support service and offers an opportunity to build connections. Our trained Peer Volunteers have lived experience with Mental Health and are ready to connect with you.

We hope you will join us on the Sept 27th to say hello and learn more about our program!

Peer Support Volunteer Training

Peer Support will be holding the next volunteer training session this November.

We are looking for people who are good listeners and want to help others cope with their mental health. Lived experience is a great equalizer when you feel totally understood by the person you are talking to.

If you are interested in volunteering or receiving support, please drop into the office for an application/intake form or give us a call at

250-542-6155.

Changes in the Kitchen!

Mondays are now open for coffee only, 9am to 12pm. Take-outs are available after lunch Tuesday through Friday after lunch has been served, and frozen take-outs are still available Friday (first come first serve).



Kitchen Hours of Operation



Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-12:00pm Coffee Only	9:00am-2:30pm Fresh lunch served at 12pm	9:00am-2:30pm Fresh lunch served at 12pm	9:00am-2:30pm Fresh lunch served at 12pm	9:00am-2:30pm Fresh lunch served at 12pm

Lunch is \$2.50 ~ Coffee and Tea is 50 cents.

From Jen's Kitchen to Your Home!

Stuffed Peppers

Ingredients:

Cooking spray

6 bell peppers any color, or a combination of colors

2 teaspoons olive oil

1 1/2 pounds ground beef I use 90% lean

1/2 cup onion finely chopped

2 teaspoons garlic minced

1 1/2 cups cooked white rice do not use raw rice

salt and pepper to taste

15 ounce can tomato sauce

1/2 teaspoon Italian seasoning

1 1/2 cups mozzarella cheese shredded, divided use



Instructions:

1. Preheat the oven to 350 degrees F. Coat a large baking dish with cooking spray.
2. Slice the tops off the peppers and remove the ribs and seeds inside.
3. Place the peppers cut side down in the baking dish. Add 1 1/2 cups of water to the dish.
4. Cover the dish with foil and bake for 25 minutes.
5. While the peppers are cooking, prepare the filling. Heat the olive oil in a large pan over medium heat.
6. Add the ground beef and season with salt and pepper.
7. Cook for 5-6 minutes, breaking up the meat with a spatula, until meat is cooked through.
8. Add the onion to the pan and cook for 3-4 minutes or until softened. Add the garlic and cook for 30 seconds.
9. Add the rice, tomato sauce and Italian seasoning. Stir to combine. Stir in 1/2 cup cheese and salt and pepper to taste.
10. Remove the peppers from the oven and drain off the water. Turn the peppers over and fill each one with the beef mixture.
11. Top each pepper with the remaining cheese. Cover and bake for 20 minutes. Uncover and bake for another 10 minutes or until cheese is melted and browned and peppers are tender.

CMHA and Local ACTIVITIES

Kamloops Wildlife Park

Tuesday, September 12

9am

\$12

Discover some of British Columbia's iconic wildlife and view nearly 200 animals and 65 species. The majority of the animals are rescued: including Clover, the only Kermode Bear in human care in the world.



YOU MUST SIGN UP!
To Sign Up Please Call Hannah:
 (250) 542-3114 Ext 202

Billiards, Snooker, & Pool

at the Halina Activity Centre
3310 37th Ave.

Featuring 3 snooker tables and 1 pool table, the pool room is open for drop in between

8:30am and 4:30pm Monday to Friday.

(Recommend you bring your own cues)

Cost is \$3 for Halina members or \$5 for non members. There is a monthly package for unlimited use of \$15 for members or \$20 for non members.

Want to know how to become a Halina Activity Centre member, contact the office at **250 542 2877** or halinaseniors@telus.net.



Farmer's Market

Monday, September 11
10am

Discover fresh produce, fruit, eggs, meat, cheese, baked goods, plants, flowers, and hand-crafted products and much more. All grown or made by our local venders



YOU MUST SIGN UP!
To Sign Up Please Call Hannah:
 (250) 542-3114 Ext 202

Sundog Festival - Vernon Culture Days

September 22nd – October 15th



The Sundog Festival - Culture Days is an immersive public experience for all ages that elevates and celebrates Arts and Culture in Greater Vernon hosted by the Vernon Community Arts Centre (VCAC).

Join between September 22nd to October 15 for Culture Days – a national celebration of arts, culture, and creative expression! This event is free to the public, so bring the whole family and experience the joy of discovering new artists and supporting local businesses.

Visit www.sundogfest.ca or www.culturedays.ca for information on events!

Heaven Can Wait Boat Ride

Last one of the year!

Wednesday, September 27

10am

\$3

Have a relaxing day on the lake and enjoy good company and the beautiful views.



YOU MUST SIGN UP!
To Sign Up Please Call Hannah:
 (250) 542-3114 Ext 202

Self Guided Tours at Caetani Centre

3401 Pleasant Valley Rd

Discover the secrets and rumours inside the 125+ year-old heritage home museum. Learn the fascinating story of the mysterious Caetani family who once lived here: see family heirlooms, exquisite 1920's fashions, and home movies, View Sveva Caetani's incredible Recapitulation painting series that recalls her life's journey.

Tuesday – Thursday: 9:30am to 4:00pm

Friday: 9:30am to 12:00pm

Admission at door: \$10/adult, \$6 youth



The Vernon Rec Centre Pool will be
Closed for Maintenance
August 28 to September 17



The Mood Disorder Group

Drop-in every
Friday 1:30pm - 3pm
in the Peer Support Office.

CREATIVE CORNER

Mother Tucks Me In

by Lola Lyn Panetta

Mother tucks me in at night.
Her voice soft, a gentle breeze.
I am 30 years old.
I forget my truths about life and death.
It is something about eternity, here and infinite.

Now, the nightmares of his disappearance blend into shadows,
the screams display themselves in monochromatic symbols on the walls.

I hurt.
I hurt as I recall the few who acknowledge his death in my presence. Why? What is the point of selfishness?
In a way, I understand.
I think I must have been there too,
to sympathize as well as I do.

Mother's touch completes the image of a yo-yo,
a pull into two worlds of illusion.
Where do I belong?
Why the dichotomy?
Why the etching of new thought patterns?
Why these feelings?
It is on account that I regret those songs we knew,
in all forms, which place themselves on the tip of my tongue.
A blurred mishmash of memory to categorize and make real.
Something to hold onto.

Oh yes, life and death.
Life and death, since the light of dawn embraces with time or is it the void or non-void?
Life without past or future.
Life as honor, for death appears as the interdependent self, as it must.
No. There is nothing to run away from.
I boil down to experience,
This I can accept.
I simmer on subtle, internal sounds that shift like a random, blindfold game of ping-pong in my mind.

Days Of Summer

In Memory of Roger Harris

In days of summer of years long past,
When laughter stayed and smiles could last,
On youthful hills where we stood tall
Against the wind that made us small.
Dreams were broken yet lived again
Like tiny footprints washed clean by the rain.
And for friends I knew for those days of summer
I remember you.

by Don McAllister

The sun that shines in relationship with all eyes.
Yes, we create the sun, in a way.
Death as design, inevitable.
Death without error, harmonious.
Love for small windows, I hold your hand.
Love for spacious unknowns, found right here.
Those vast imaginings with the stars.
Mystery overlaps mysteries without collision
and I find you here with the same sufferings,
the same inquiries,
the same bafflements.
Nothing conclusive in concepts,
but the joy of the breath remains.

He is no longer here, yet the world carries on.
Oh, how the world carries on.
There is no right or wrong way to feel.

I am safe now.
Mother is here.

She is here in the morning light.

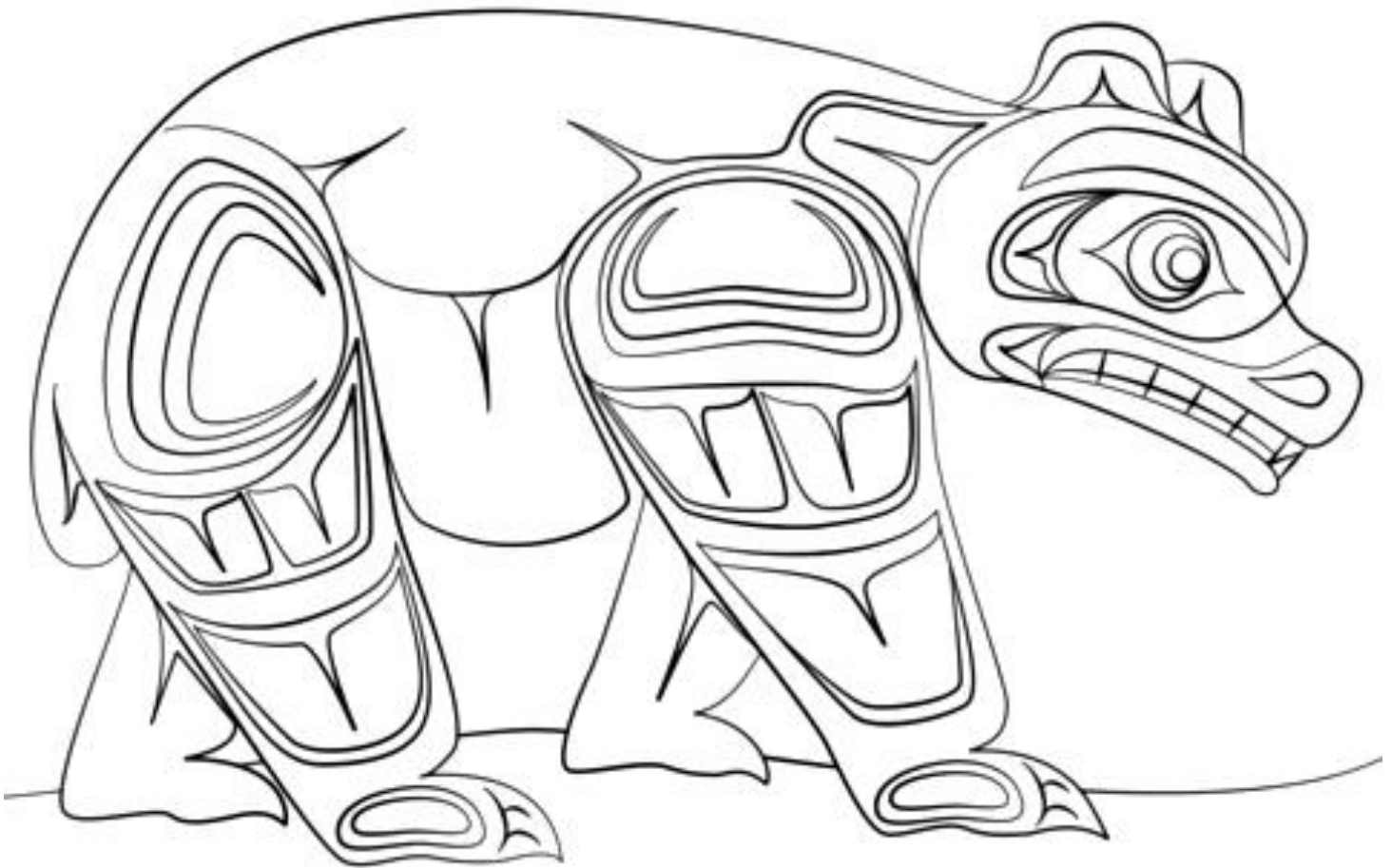
**Do You Enjoy Creative Writing?
Creative Writing Benefits The Brain!
Try this creative writing prompt by Janice.**

I smiled as I remembered the time I.....

**Feeling Creative? We Always Welcome New
Poems and Stories For Our Grapevine!
Creative But Not A Writer? We Take
Submissions For Art Work Or Cartoons For
The Grapevine Also!**

ADULT COLOURING PAGE

“COLOURING RELAXES THE MIND”



National Day for Truth and Reconciliation
Saturday 30th September

Sudoku

The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box. The difficulty lies in that each vertical nine-square column, or horizontal nine-square line across, within the larger square, must also contain the numbers 1-9, without repetition or omission. Every puzzle has just one correct solution.

EASY

3		1		2	6	5		
8			5				7	
		9		7		2		8
9	6		4		2	1	3	
			9	8				4
	2	3					8	
2				8	5			
		7	1			4	6	
1		6			7	8		3

MEDIUM

2	1			6			4	5
3				9				6
			2		3			
		8					9	
6	9						7	2
		5					1	
			7		1			
9				4				1
7	4			5			2	3



FALL EQUINOX WORDSEARCH

ACORN

APPLES

AUTUMN

BIRDS

BONFIRE

CHANGING

COLORS

FALL

FOOTBALL

FROST

HARVEST

JACKET

Z E G A J S D M Y F U N I Q W B
 P K R N C X T S E V R A H L S O
 L O D I B Y R A Z T S W K E R J
 S C V T F O E P J Q K O E A E M
 D X F E L N Z L U A G R S V D T
 R P H O G W O I L C T C U E I G
 I L C S V E R B D O Y E J S P N
 B F Q J M R T X G R W R E D S I
 H N A R E O S A K N Q A X T F G
 Y M Z L H E O V B P J C H O L N
 C U S X L U T R F L I S O R K A
 N T J P Z D E G H M E T I A Y H
 Q U P U M P K I N S B S L N E C
 F A B H S I C W R A U D Y G X Q
 G N I K A R A F L X H M P E C V
 A R W E D H J L T S O R F B U K

LEAVES

MUSROOMS

ORANGE

PUMPKINS

RAKING

RED

SCARECROW

SPIDERS

SQUIRRELS

TREES

VEGETABLES

YELLOW



Walk-in Medical Clinics

Vernon Urgent and Primary Care Clinic:

Limited harm reduction supplies.

101, 3105 28th Ave,
(250) 541-1097

Provides primary medical care from
9:30am - 8:30pm 7 days a week

Sterling Centre Medical Clinic:

Sterling Medical Building
#101 3210 25th Ave.

Phone (250) -778-475-8311

12:00pm to 7:00pm -Monday to Friday

9:00am to 1:00pm -Saturday and Sunday & Holidays

Options For Sexual Health Clinic:

1440 14th Ave.

Phone (250)-241-3154

Opens from 6:00pm to 9:00pm - Tuesdays and Thursdays

Vernon Downtown Mental Health and Substance Use :

Overdose Prevention Site

3306A 32nd Ave.

Phone (250)-503-3737

Opens 9:00am to 3:00pm - Monday to Friday

Closed from 12:00 noon to 1:00pm

Saturday Lunch Program

All Saints Anglican Church
2601 43rd Street

Phone (250)-542-3179

Saturdays from 11:00am to 2:00pm

Free for those in need

The Upper Room Mission

A Warm Place and Meals for those in need.

3403 27th Ave.

Monday to Friday, 9am to 4pm,

Saturday and Sunday, 2pm to 6pm

Breakfast 9:30-10:30 am / Dinner 2:30– 3:30 pm

Common Threads (The Arbour)

Vernon Alliance Church, 2601-43rd Ave.

Phone: 250-545-7105

Mondays 2pm - 4pm and Thursdays 9am - 11am

FREE hot meal, clothing for all ages, bread, and haircuts (when volunteers available).

Emergency Services

Ambulance/Police/Fire----- 911

Community Response Team-----250-260-7893

Interior Crisis Line----- 1-888-353-2273

Suicide Hotline-----1-800-SUICIDE

1-800-784-2433

Vernon Hospital ----- 250-545-2211

Poison Control----- 1-800-567-8911

Food Bank----- 250-549-4111

COVID-19 Hotline----1-888-COVID19 (1 -888-268-4319)

Shelter

Archway Transition House ----- 250-542-1122

Our Place----- 250-542-4041

Turning Points ----- 250-542-3555

Community Services

CMHA-Vernon-----250-542-3114

Legal Aid-----250-545-3666

Mental Health & Substance Use----- 250-549-5737

CMHA Family Support ----- 250-260-3233

Neighborhood Link----- 250-558-5527

Peer Support Services----- 250-542-6155

Social Assistance----- 1-866-866-0800

Upper Room Mission ----- 250-549-1231

Friendship Centre -----250-542-5311

Okanagan Indian Band Community Services

& Development ----- 250-542-5094

Hope Outreach ----- 250-258-7897

Nexus BC Connect Program ----- 250-545-0585

Independent Living Vernon ----- 250-545-9292

John Rudy Health Resource Centre ----- 250-938-8092

If you are feeling sick please call the Health Link BC Hotline at 8-1-1, visit <https://bc.thrive.health/>, or call your primary care provider, and follow their instructions.

COVID-19 Hotline is a non-medical information line about COVID-19.

It is available 7:30am—8:00pm, 7 days a week.

1 - 888 - COVID19 (1 - 888 - 268 - 4319)



September 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>CMHA IS LOCATED @ 3100 28th Ave Vernon, BC</p> <p>(250) 542-3114 www.cmhavernon.ca</p>	<p>ALL PROGRAMS REQUIRE MANDATORY SIGN-UP</p>	<p>TO SIGN UP PLEASE CALL HANNAH: 250-542-3114 ext. 202 Or (250) 241-6659</p>			1	2
3	<p>4 CMHA</p>  <p>CLOSED</p>	5	6	7 1pm Club Social	8 10am Chair Yoga	9
10	11 10am Farmers Market	12 9am Kamloops Wildlife Park \$12	13	14 12pm Roger Harris Celebration of Life	15 10am Chair Yoga	16
17	18	19 Green Bay Camp	20 Green Bay Camp	21 Green Bay Camp	22 Green Bay Camp	23
24	25 1pm BINGO !	26 1pm Paddle Boarding	27 10am Last Boat Ride of the Season! \$3	28 1pm Club Social	29 10am Chair Yoga	30 National Day for Truth and Reconciliation