

Back in time for Winter Carnival

Caitlin Heinloo

The Vernon Winter Carnival has been a local tradition for more than sixty years. Held every year in February since 1961, its origins go back to the very early days of the city. It was only since 1985 that the carnival has had a yearly theme, and fittingly, the theme for 2025 is 'Back to the 80s'! So let's look back on the history of Vernon's February festivities, as well as the changes and new events for this year's Winter Carnival.

Some events during Winter Carnival speak to their vintage roots. Jam can curling calls back to the olden days of yore, where the carnival would be held on the frozen surface of Kalamalka Lake. Bed Races are a British tradition which became popular in the 1970s but had its roots in Soap Box Derby races from decades prior. The beginning of the festivities has traditionally been marked by the crowning of a new Queen and Princess Silverstar. What was once a beauty pageant has evolved into a scholarship program and a way to acknowledge exceptional young women from the community.

Besides the annual monarchs, the most recognizable icons of the Carnival are the twin clowns Jopo and Jopette, who act as the community mascots and main symbol for the promotion of festivities. Their image is often used on the most traditional promotional item, the Winter Carnival Button. The Vernon Museum and Archives have a complete set of pins from 1961, with nearly all of them featuring the pair of harlequin jesters. Being caught without one of these buttons used to come with the risk of being locked up by the Carnival Cops, who now take part in the "Arrest the Best", where nominees are taken into custody and locked in a mock-jail, which also features as a float in the Carnival's yearly parade. This year, the parade will take a different route than previous years, and will be held on Saturday February 8th.

A carnival tradition which began in the 1980s, was the Snow Sculpting contest held at Silverstar Mountain. Today, it is an event which sees entrants from all over the province and is BC's official Snow Sculpture Competition. With two days for sculpting and awards given out on Sunday the 9th at noon. The sculptures will be on display all week afterwards, weather and temperature permitting. Another weather dependent event, the Balloon Glow is another staple of Vernon Winter Carnival, which began in 1993. This year, the hot air balloons will be taking off from Kal Tire Place's North Parking Lot. Be sure to look to the skies on February 7th!

Newer traditions are starting and coming back this year too. Cotton's Chocolates will be hosting instructional chocolate making events for both kids and adults over the course of the Carnival. There will also be some extravagant events for adults; an Escape Room at the Vernon Science Center, and a Drag Brunch at The Med Restaurant. The fun begins soon, with the Gold Rush Scavenger Hunt in Vernon's downtown for prizes including a real nugget of gold.

There is something for everyone this year, whether you want to dance, eat, get active, get crafty, watch a movie, or just enjoy a show. All events are 80s themed and dressing in the style of the era is encouraged. For the full 2025 calendar for the ten day festival, check out the Vernon Winter Carnival website.



CMHA Vernon and District

recognize, honour, and respect the unceded territory of the Syilx Nation and the people of N'kmaplqs (Head of the Lake) whose traditional and ancestral territory CMHA Vernon and District offices are situated. We respect their connection to the tmx'ula?x'w (land) and honour their history and culture through continuing education.

The Grapevine is an independent newsletter published monthly by CMHA Vernon and District Branch through collaboration of CMHA volunteers, CMHA participants and CMHA staff. (Available in hardcopy, through the CMHA Vernon website or via email)

The Grapevine encourages those living with mental health to submit articles, letters to the editors, cartoons, jokes, poetry or anything you think will be of interest to peers and professionals alike. No recompense is provided for any submissions and they shall be considered as the author's own work unless otherwise indicated.

The Editors 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.

Family Day



**Monday 17th
CMHA CLOSED**

To Contact Us

Main Office
3100 - 28th Avenue, Vernon BC
V1T 1W3
Phone: 250-542-3114
Fax: 250-549-8446
www.cmhavernon.ca
cmha@cmhavernon.ca

Peer Support
250-542-3114 ext. 299
peeroutreach.vernon@cmhavernon.ca

Trans Peer Support
trans.peer@cmhavernon.ca

Pamela Roberts Memorial



It is with great sadness that we announce the passing of Pam Roberts. Pam was one of the original volunteers for Peer Support, taking the very first training sessions. Pam loved being a nurse throughout her career, and her experience as a nurse added valuable insight to her time as a Peer Support Volunteer. She volunteered for more than ten years and helped many of her peers.

There will be a memorial to say goodbye.

Please check in with Peer Support for more information.

To contact Peer Support for support reach out via phone at 250-542-3114 ext. 299 or drop by the office 10am - 3pm Monday - Thursday, 10am - 1:30pm Fridays

LLTTF Enjoy Your Baby

LLTTF: Enjoy Your Baby will be piloted at CMHA Vernon in 2025. This 5 week course targets new parents or caregivers and aims to give them tools to cope with mood changes, stress and anxiety as they care for their infants, from newborn to 14 months old. It is based on CBT principles, similar to the LLTTF content.

Session 1: February 6th to March 6th, 10:00am - 12:00pm

Session 2: April 1st - April 29th

If you, or someone you support may be interested in taking this program, contact **Dani** at **250-542-3114 ext. 242** or email **dani.hamilton@cmhavernon.ca**

Enjoy Your Baby
FOR PARENTS OF A NEW BABY



Pathways to Wellness

Pathways to Wellness is CMHA Vernon’s education program. The goal is to eliminate stigma by providing education on mental well-being and mental illness.

It is a supportive learning environment where you are welcome. You may have a mental illness or a mental health problem, or you may be on a personal journey of wellness or be supporting someone who is. All that is required is an openness to learning.

To register call **Dani** at **250-542-3114 ext. 242** or email **workshops@cmhavernon.ca**

When Anxiety and Panic Attack

Mondays February 3rd, 10th, and 24th

10am - 11:30am

Virtual option available

Conquering Loneliness

Fridays February 7th, 14th, 21st, and 28th

10:00am - 11:30am

This 4-week long course gives

participants a look into

loneliness, what they can do

about it and how to cope with

feelings of loneliness.

More Than Feeling Blue:

Understanding Depression

Mondays March 3rd, 10th, 17th, and 24th 10:30am - 12:00pm

Understanding Self-Esteem

Tuesdays March 4th, 11th, and 18th
1:30pm - 3:00pm



Interior Health Lunch and Learn

Wednesday, February 12th at 12pm

Scott Gorman from Interior Health Mental Health and Substance Use to do a Lunch and Learn about the Substance Use Day Program. In this program learn to create a better understanding of substance use, the impacts on our body, and replace them with healthy, coping and social connections within the community. The purpose of this program is to provide you with tools and skills to sustain a healthy and balanced lifestyle in community.

Scott will also be speaking about other Interior Health Mental Health programs available.
Lunch will be provided for free.

Foodanomics!

Tuesdays and Thursdays, February 11th to 27th at 1:30pm

Are you interested in learning basic kitchen skills which include baking, cooking, meal planning, grocery tips and tricks, and the opportunity to get your food safe certificate?

Then Jen has the class for you!

To express interest in this program please sign up at the front desk.

A FREE TAX CLINIC WILL BE AVAILABLE!

February 24th - April 30th

It's that time of the year again: Income Tax Time and CMHA will be holding an Income Tax Workshop to help alleviate any worries you may have about this tax season.

CMHA will be hosting the Community Volunteer Income Tax Program (CVITP) free Tax Clinic from February 24th to April 30th 2025.

Please contact Zoe to book an appointment at (250) 542-3114 ext. 227. Please have all your tax forms ready and bring all relevant forms such as your T4, T4A, T4A(OAS), T4A(P), T5007, T5, T3, TRIF, T4E & T4RSP to your appointment.

If you do not have access to all of your tax forms, accessing them online during your appointment may be possible.

In order to be eligible for the CVITP, individuals must have a modest income and a simple tax situation. In general, a tax situation is simple if an individual has no income or if their income comes from these sources:

- ⇒ Employment
- ⇒ Pension
- ⇒ Benefits such as CPP, OAS, PWD, EI or social assistance
- ⇒ RRSP
- ⇒ Support Payments
- ⇒ Scholarships, fellowships, bursaries or grants
- ⇒ Interest (under \$1000)

You may be eligible for the Disability Tax Credit (DTC), which is a non-refundable tax credit that reduces the amount of income tax a person with disabilities or their family members may have to pay. For more information please contact your doctor, go to Canda.ca/disability-tax-credit or call 1-800-959-8281.

Kitchen Hours of Operation

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

Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-11:30am Coffee	9:00am-2:00pm Fresh lunch served at 12pm	9:00am-2:00pm Fresh lunch served at 12pm	9:00am-2:00pm Fresh lunch served at 12pm	9:00am-2:00pm Fresh lunch served at 12pm

Fresh lunches available Tuesday through Friday.

This Month's Recipe

Thursday 27th February is 2025's National Chili Day!

Ingredients:

2 Tbsp olive oil
1 yellow onion
2 cloves garlic
1 lb. ground beef
1 15oz. can kidney beans
1 15oz. can black beans
1 15oz. can diced tomatoes
1 6oz. can tomato paste
1 cup water

Chili Seasoning

1 Tbsp chili powder*
1 tsp ground cumin
1/4 tsp cayenne powder
1/4 tsp garlic powder
1/2 tsp onion powder
1/2 Tbsp brown sugar
1 tsp salt
1/2 tsp Freshly cracked black pepper



*The chili powder used is a mild blend of dried chilies and other spices. It is not spicy or hot.

Instructions:

1. Dice the onion and add to a large pot with the olive oil and cook over medium heat until it is soft and translucent.
2. Mince the garlic and add to the pot for 30 seconds or until the smell is strong.
3. Add the ground beef to the pot and continue to sauté until the beef is fully browned.
4. Drain the beans and add them to the pot along with the diced tomatoes, tomato paste, 1 cup water, and all of the ingredients for the chili seasoning. Stir until well combined.
5. Place a lid on the pot and allow it to simmer over a low flame for at least 30 minutes, stirring occasionally (the flavor gets better the longer it simmers).
6. Give the chili one final taste, adjust the salt or seasonings if needed, then serve hot with your favorite toppings.

Ideas for Chili Toppings

Customizing the bowl of chili with fun toppings means eat the chili all week and no two bowls will be the same! Here are some ideas for what to put on top of a bowl of chili:

Cheddar or Monterey Jack Cheese	Diced Avocado	Crushed Saltine Crackers
Sour Cream	Cilantro	Pickled Jalapeños
Green Onions	Crushed Tortilla Chips	Diced Red Onion

Did you know that British people put their chili on top of rice? Try it!

Chili can be kept in the fridge up to 3 days and in the freezer up to 3 months.

CMHA and Local ACTIVITIES

Silver Star Snow Sculptures

**Monday 10th
9:30am**

Dress up nice and warm and enjoy the fantastic snow sculptures created by local artists from the Okanagan and area.

YOU MUST SIGN UP!

To Sign Up Please Contact Hannah
(250) 542-3114 ext 202
Call/text 250-241-6659



Bingo Marathon

**Halina Centre
Friday, Feb.7 - 9am to 9pm**

Adults Only Event 19+ - Free Entry

Get ready for Bingo Madness at the Halina Centre, during Winter Carnival. There will be 12hrs. Of fun, laughter, great food, prizes and the “thrill of the win”.



Digital Support Program at Vernon Library

Saturdays, 10am to 11am

Do you need Tech Help? Volunteers of The Literary Society of Ok. Offer free, one-to-one tutoring to adults and seniors in the study room of the Vernon library.

You can book an appointment by phone at **250-542-7610 Ext 6820**,

in person, or online at

Digital Support Literacy Society.



Valentines Day Dinner

**Friday 14th
4:30pm
\$5 p/p**

pre-pay to reserve your spot

Have a wonderful Valentines Day! Bring a guest and enjoy a great meal and great company.

YOU MUST SIGN UP!

To Sign Up Please Contact Hannah
(250) 542-3114 ext 202
Call/text 250-241-6659



Hot Dog Roast at Kekuli Bay

**Monday 24th
11am
\$3**

Let's get some fresh air and roast some wieners by the fire and maybe even smore and have some fun.

YOU MUST SIGN UP!

To Sign Up Please Contact Hannah
(250) 542-3114 ext 202
Call/text 250-241-6659



Writers' Group at Vernon Library

Saturday, Feb. 8 - 2:30pm to 4:00pm

Writers meet once a month in the Okanagan Room to write and discuss their works in progress. The meeting starts with introductions and discussion, then there is an hour long silent sprint.

All adults are welcome and no experience is necessary to join.



Mood Disorder Group

Drop-in on Fridays 1:30 - 3:00

Located in the Peer Support Office

The Mood Disorder Association BC peer-led support group is a safe place to share your story, your struggles and accomplishments, and to listen to others as they share similar concerns. You can get a sense of belonging, informal education about your mental health challenges, and the support of others who have ‘been there’.

The support group is facilitated by trained volunteers with lived experience of mental health concerns. Please note: support groups are not intended to provide counselling or therapy and are not affiliated with CMHA



MOOD DISORDERS ASSOCIATION
OF BRITISH COLUMBIA

A BRANCH OF **Lookout**
Housing + Health Society

Club Socials 1pm

Thursday 6th Wheel of Fortune

Come on down to CMHA and have some fun and play the Wheel.



Thursday 13th Card Making

Let's Make some Valentines cards for our loved ones.



Thursday 27th Bingo

Stamp to your heart's content.



CREATIVE CORNER

Valentines Day Bracelets

Make them for yourself for festive cheer, or make them to share with your friends and loved ones!

Supplies:

Clay Beads (6mm) in assorted shades of red, pink, and white
Elastic Beading Cord
Washi Tape (Scotch Magic Tape also works well!)
Assorted Gold Spacer Beads (you could also opt to use white gold, rose gold, or sterling silver if you prefer)

Alphabet Letter Beads
Heart Beads
Enamel Heart Charms
Super Glue Gel or GS Hypo Cement



How to Make Bracelets:

- To begin, cut a length of stretchy cord that is approximately 10" long. Grip the ends of the cord and pull to stretch. Pre-stretching the cord will allow you to tie tighter knots at the end! Add a small piece of washi tape to the end of the elastic cording, and fold the tape back on itself. This will create a barrier so that your beads don't slip off the end of the cord.
- Following the patterns below, add beads to the bracelet string until it reaches the desired length.
- Tie the clay bead bracelets is with a surgeon's knot:
 - Cross the loose ends.
 - with the side that sits on top wrap it around the lower side 2 times.
 - Pull the two ends so that the bracelet ends come together.
 - Tie another knot in the same fashion, going through once or twice if the cover beads will fit over the knot.
 - Pull the knot snug against the other knot.
 - Cut the loose ends leaving about 1/8 inch so that it doesn't slip back through the knot.

Bracelet 1 – "LOVE"

Use 46 white clay beads, 40 red clay beads, 10 gold spacer beads, 2 jeweled gold spacer beads, two heart beads, and "L-O-V-E" alphabet letter beads.

String the beads as follows:
8 White Clay Beads
Gold Spacer Bead
10 Red Clay Beads
Gold Spacer Bead
15 White Clay Beads

Gold Spacer Bead
10 Red Clay Beads
Gold Spacer Bead, Jeweled Gold Spacer, Gold Spacer Bead
Heart Bead, "LOVE" Alphabet Beads, Heart Bead



Bracelet 2 – "Heart Charm"

Use 72 white clay beads, 24 colored clay beads in shades of pink and red, 24 gold spacers, and an enamel heart charm with a jump ring.

String the beads as follows:
Gold Spacer Bead
2 Colored Clay Beads (I worked in a light pink, medium pink, dark pink, red pattern around the bracelet)
Gold Spacer Bead
6 White Clay Beads

Repeat the colored/white pattern 12 times
After tying the bracelet, add the jump ring to the heart charm and add it to your bracelet in the desired location.



Bracelet 3 – "XOXO"

Use 92 speckled red and white clay beads, 4 gold round beads, 2 gold heart beads, and "XOXO" alphabet letter beads.

String the beads as follows:
46 Red/White Clay Beads
Gold Round Bead, Heart Bead, Gold Round Bead
XOXO Letter Beads

Repeat the pattern for the opposite side of the bracelet.



Bracelet 4 – "BE MINE"

Use 18 clay beads each in six different shades of pink, 8 gold spacers, and "BE MINE" alphabet beads.

String the beads as follows:
3 Clay Beads of Each Color, arranged light to dark
Gold Spacer Bead
Repeat two more times
"BE MINE" Letter Beads with a Flat

Gold Spacer in between the words
Gold Spacer Bead
Repeat the gradient-color pattern three more times



Bracelet 5 – "Stripes & Hearts"

Use 50 pink clay beads, 50 red clay beads, 10 flat gold spacer beads, and 5 heart beads.

String the beads as follows:
Alternate 10 pink beads and 10 red beads
Gold Spacer Bead
Heart Bead
Gold Spacer Bead

Repeat the pattern four more times or until the desired length is reached



ADULT COLOURING PAGE

colouring relaxes the mind



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

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

MEDIUM

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

February Word Search

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

- ARROW
- CHILI DAY
- CHINESE NEW YEAR
- CHOCOLATE
- CUPID
- FEBRUARY
- FLOWERS
- FRIENDS
- GROUNDHOG DAY
- KINDNESS
- LEAP YEAR
- LOVE
- MARDI GRAS
- NUTELLA
- PARTY
- PRESIDENTS DAY
- SUPER BOWL
- SWEETHEART
- VALENTINES
- WINTER

MEDICAL SUPPORTS

CareConnect I.D.A Pharmacy

Walk-in services

provided by Dr. Morgan Campbell
 CareConnect I.D.A Pharmacy
 120-5301 25th Ave
 9 am to 1 pm, Monday to Thursday

Vernon Urgent and Primary Care Clinic

Urgent care and limited harm reduction supplies

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

Provides primary medical care
 9:30am to 8:30pm, 7 days a week, 365 days a year

Options For Sexual Health Clinic

1440 14th Ave
 (250) 241-3154

6:00pm to 9:00pm, Tuesdays and Thursdays

Vernon Downtown Mental Health and Substance Use

Overdose Prevention Site

3306A 32nd Ave
 (250) 503-3737

9:00am to 3:00pm, Monday to Friday
 Closed from 12:00pm to 1:00pm

NUTRITION PROGRAMS

Saturday Lunch Program

All Saints Anglican Church
 2601 43rd Street
 (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)

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

Vernon Alliance Church
 2601 43rd Ave
 (250) 545-7105

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

EMERGENCY SERVICES

Ambulance/Police/Fire	911
Suicide Crisis Helpline	988
Non-Emergency Police	250-545-7171
Community Response Team	250-260-7893
Interior Crisis Line	1-888-353-2273
Mental Health Support Line	310-6789
Vernon Hospital	250-545-2211
Poison Control	1-800-567-8911
Food Bank	250-549-4111

SHELTER

Archway Transition House	250-542-1122
Our Place	250-542-4041
Turning Points	250-542-3555





COMMUNITY SERVICES

CMHA Vernon	250-542-3114
Peer Support Services	250-542-6155
Mental Illness Family Support	250-260-3233
Mental Health & Substance Use	250-549-5737
Family Resource Center	250-545-3390
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
Nexus BC Connect Program	250-545-0585
Independent Living Vernon	250-545-9292
John Rudy Health Resource Centre	250-938-8092
Legal Aid	250-545-3666
Neighborhood Link	250-558-5527



February 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>CMHA IS LOCATED at 3100 28th Ave Vernon, BC (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 Call or text (250) 241-6659</p>				1
<p>2 Groundhog Day </p>	<p>3 12:15 pm Snow Shoeing \$2</p>	<p>4 10:30am Walk </p>	<p>5 10:30am Soak and Swim (Leave CMHA 10:10am)</p>	<p>6 1pm Club Social Wheel Of Fortune</p>	<p>7 1pm Yoga</p>	8
<p>9</p>	<p>10</p>	<p>11 9:30am Silver Star Snow Sculptures</p>	<p>12 10:30am Soak and Swim (Leave CMHA 10:10am)</p>	<p>13 1pm Club Social Card Making</p>	<p>14  Valentines Dinner \$5/pp 4:30pm</p>	15
<p>16</p>	<p>17 Family Day CMHA Closed</p>	<p>18 9am Free Pancake Breakfast 10:30am Walk</p>	<p>19 10:30am Soak and Swim (Leave CMHA 10:10am)</p>	<p>20 1pm Shenanigans Market 3pm Tube Town \$10 Dinner Included</p>	<p>21 1pm Yoga</p>	22
<p>23</p>	<p>24 11am Hot Dog Roast \$3 </p>	<p>25 10:30am Walk</p>	<p>26 CMHA Closed</p>	<p>27 1pm Club Social Bingo</p>	<p>28 1pm Yoga</p>	