

International Women's Day

For ALL women and girls: Rights. Equality. Empowerment.

On 8 March 2025, join us to celebrate International Women's Day under the theme, "For ALL women and girls: Rights. Equality. Empowerment." This year's theme calls for action that can unlock equal rights, power and opportunities for all and a feminist future where no one is left behind. Central to this vision is empowering the next generation—youth, particularly young women and adolescent girls—as catalysts for lasting change. Besides, the year 2025 is a pivotal moment as it marks the 30th anniversary of the Beijing Declaration and Platform for Action. This document is the most progressive and widely endorsed blueprint for women's and girls' rights worldwide that transformed the women's rights agenda in terms of legal protection, access to services, youth engagement, and change in social norms, stereotypes and ideas stuck in the past. Engage media, corporate leaders, governments, community leaders, civil society and youth, and others with influence to take action in your communities. Ask leaders to take action and invest in promoting women's rights and gender equality. Share International Women's Day stories and messages on digital platforms, using the hashtag #ForAllWomenAndGirls to spark dialogue and inspire action.

History of International Women's Day

Officially recognized by the United Nations in 1977, International Women's Day first emerged from the activities of labour movements at the turn of the twentieth century in North America and across Europe. The first National Woman's Day was observed in the United States on 28 February. The Socialist Party of America designated this day in honour of the 1908 garment workers' strike in New York, where women protested against working conditions. But the first milestone in US was much earlier - in 1848. Indignant over women being barred from speaking at an anti-slavery convention, Americans Elizabeth Cady Stanton and Lucretia Mott congregated a few hundred people at their nation's first women's rights convention in New York. Together they demand civil, social, political and religious rights for women in a Declaration of Sentiments and Resolutions. A movement is born. Then the Socialist International, meeting in Copenhagen, Denmark established a Women's Day in 1910 to honour the movement for women's rights and to build support for achieving universal suffrage for women. In 1911, a day for women is celebrated in a number of European countries and in the United States. But this celebration occurs on 19 March, in commemoration of the revolution of 1848 and of the "Commune de Paris". In addition to the right to vote and to hold public office, they demanded women's rights to work, to vocational training and an end to discrimination on the job. International Women's Day also became a mechanism for protesting World War I. As part of the peace movement, Russian women observed their first International Women's Day on the last Sunday in February 1913. Elsewhere in Europe, on or around 8 March of the following year, women held rallies either to protest the war or to express solidarity with other activists. As the First World War rages, a huge gathering of women is held in The Hague (The Netherlands) on 15 April 1915. Participants include over 1,300 women from over 12 countries. Against the backdrop of the war, women in Russia again chose to protest and strike for "Bread and Peace" on the last Sunday in February 1917 (which fell on 8 March on the Gregorian calendar). Four days later, the Czar abdicated and the provisional Government granted women the right to vote. The celebration spreads after World War II. 8 March started to be celebrated in a number of countries. In 1975, during the International Women's Year, the United Nations began celebrating 8 March as International Women's Day. Two years later, in December 1977, the General Assembly adopted a resolution proclaiming a United Nations Day for Women's Rights and International Peace to be observed on any day of the year by Member States, in accordance with their historical and national traditions. Since then, the United Nations and their agencies have worked tirelessly to secure gender equality worldwide with great outcomes achieved: in 1995 the Beijing Declaration and Platform for Action, a historic roadmap signed by 189 governments, focused on 12 critical areas of concern; and the inclusion of Goal 5 "Achieve gender equality and empower all women and girls" in the 2030 Agenda for Sustainable Development.

Why 8 March?

19 March, the last Sunday of February, 15 April, and 23 February are among the key dates for the International Women's Day movement. But where, then, did the 8th of March come from? Ask Julius Caesar and Gregory XIII! Before the Revolution, Russia had not yet adopted the Gregorian calendar, introduced by Pope Gregory XIII in 1582 to mitigate the errors of the Julian calendar, which owes its name to the Roman emperor, who had chosen it 46 years before the birth of Jesus Christ. The Gregorian calendar is used today in the large majority of countries. In 1917, 23 February in Russia thus corresponded to 8 March in the other European countries. It's as simple as that!

For more information visit the United Nations' website at www.un.org/en/observances/womens-day



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' (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 its affiliated organizations.

Daylight Savings March 9th "Spring forward"



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

GREEN BAY CAMP

Tuesday 23rd - Friday 26th September

\$135.00

**DO YOU WISH TO ATTEND GREEN BAY CAMP THIS YEAR?
SIGN UP AND START PAYING NOW!**

You can have 3 relaxing days & nights to enjoy the fresh air, great meals, and accommodations and perhaps take part in some of the fun activities.



For more information and to sign up call Hannah at 250-542-3114 ext. 202 or text/call (250) 241-6659



Town Hall

Located in the Conference Room at CMHA

Wednesday 5th March

12:00pm

Free Lunch Provided

Learn about new programming that is coming up, current programs and a space where you can ask questions to the Rehab and Wellness Staff.

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

More Than Feeling Blue:

Understanding Depression (4 weeks)

Mondays March 3rd, 10th, 17th, and 24th

10:00am - 11:30am

LLTTF Enjoy Your Baby - VIRTUAL (5 weeks)

Tuesdays April 1st, 8th, 15th, 22nd, and 29th

2:00pm - 4:00pm

Understanding Self-Esteem (3 weeks)

Tuesdays March 4th, 11th, and 18th

1:00pm - 2:30pm

Building Better Boundaries (6 weeks)

Thursdays April 17th. and 24th, May 1st, 8th, 15th, and 22nd

10:30am - 12:00pm



Social Recreation

Our Recreation Program offers meaningful activities to resident and community participants alike. This program can help participants regain their emotional footing and help them make connections again; builds the bridge from isolation to physical activity, good nutrition, affordable entertainment, and most importantly, a community of peers.

For more information on Social Recreation Programs, please call Hannah, Recreational Coordinator 250-542-3114 ext. 202

Participants enjoyed the fresh air of Silver Star Tube Town and Sovereign Lake Snowshoeing. Coming together with peers and staff to enjoy all the wonders snow has to offer.

"Snow provokes responses that reach right back to childhood." — Andy Goldsworthy



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
<p>9:00am-11:30am</p> <p>Coffee</p>	<p>9:00am-12:30pm</p> <p>Fresh lunch served at 12pm</p>	<p>9:00am-2:00pm</p> <p>Fresh lunch served at 12pm</p>	<p>9:00am-12:30pm</p> <p>Fresh lunch served at 12pm</p>	<p>9:00am-2:00pm</p> <p>Fresh lunch served at 12pm</p>

Fresh lunches available Tuesday through Friday.

This Month's Recipe

March 9th is National Meatball Day

Loaded Mashed Potato and Meatball Casserole

Ingredients:

Loaded mash potatoes ingredients:

- 3 cups mashed potatoes (about 5 russet potatoes)
- 1 tablespoon fresh parsley, minced
- 6 slices bacon, cooked and chopped
- 1 teaspoon garlic, minced
- 2 large eggs
- ½ cup shredded cheddar cheese
- 1 teaspoon salt
- ½ teaspoon pepper

- Frozen Meatballs**
- Marinara Sauce**
- 12 Slices mozzarella cheese**



Directions:

1. Spray a 9×13 pan with nonstick spray. Set aside.
2. In a large mixing bowl, combine all the loaded mashed potato ingredients, and mix well.
3. Using a large ice cream scoop, scoop 12 large balls of mashed potato mixture, and line them up in the baking dish in rows of 3.
4. Using a small scoop or spoon, create a dip in the center of each potato ball for the meatball to sit on top.
5. Place the baked meatballs in the hole on top of the potato balls.
6. Place a scoop of sauce on top of each meatball, and top each mound with a slice of mozzarella cheese.
7. Place the pan in the oven and bake for 10 minutes.
8. Turn on the broiler to 500°F, and move the casserole to the top rack. Broil until the cheese is lightly browned, about 3 – 5 minutes.
9. Remove and serve with your favorite side dish.

Storage:

To store leftovers place in an airtight container and store in the refrigerator for up to 3 days, and 3 months in the freezer.

CMHA and Local ACTIVITIES

**Shenanigans Market
New Time!
10am in the Conference Room**



Thursday March 20

Come down to CMHA and browse your Peer's creations.

**Art from the Heart
Vernon Regional Library
Wednesday March 5 6:30pm - 8:30pm**

All artists creating art from the heart - including choreographers, dancers, designers, dramatists, handicrafters, including knitters and beaders, poets, story-tellers, videographers, visual artists and writers are invited to connect with this "working group" to explore their ideas and projects together.



This program is **free** and art supplies are provided. You can also bring your own art supplies.

**Dinner and a Movie
Friday March 14
5pm**

HAPPINESS IS ...

... having seen
a great movie.



\$2.50

YOU MUST SIGN UP!
To Sign Up Please Contact Hannah
(250) 542-3114 ext 202
Call/text 250-241-6659

Join the
Schubert Centre Spring Market
at 3505 30th Avenue
on Saturday March 29
10:00am - 3:00pm

Discover a vibrant selection of local artisans and small businesses showcasing unique crafts, delicious food, and handmade goods.

Enjoy a colouring contest for kids, door prizes and a delicious barbeque while supporting the community.



Free entry, donations accepted.



**Club Social
Thursdays 1pm**

March 13th - Craft
March 20th - Bingo
March 27th - Trivia



**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

CREATIVE CORNER

Graphic String Art

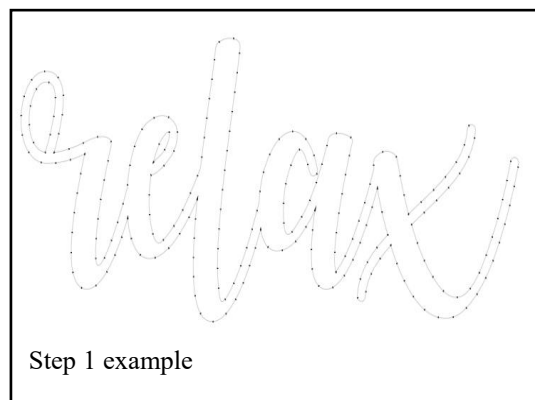
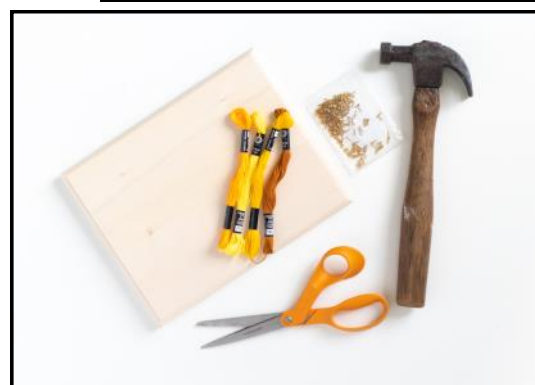
Supplies:

- String art template on classic paper
- Wood slab (8 x 10 in)
- Mini nails, choice of colour
- Hammer
- Embroidery thread, in ombre colors or colours of choice
- Scissors



Steps

1. Write word of choice in bubble letters across the sheet of paper, making dots at small intervals along the outline.
2. Place the template on top of your wooden slab. Make sure it is printed to the proper size. Hold in place or use tape to prevent slipping.
3. Hammer a nail at each dot on the template. Each nail should only hammer into the wood about halfway. They should be secure but allow enough space for wrapping the thread to make the graphic string art. Don't worry if they aren't completely straight.
4. Then hammer all the nails needed and carefully tear away the paper string art template. It's important to be gentle so as not to rip out any nails.
5. Starting on one end of the text design, knot the end of embroidery thread several times around a nail.
6. Then begin wrapping the embroidery thread from one nail to the next, creating a web. Make sure to leave openings in the letters where appropriate. When about 1/4 or 1/3 of the way across the word, add the second color by knotting the thread to a nail. Overlap the two colors before tying off the first one. Continue until you're satisfied with the appearance of the graphic string art.



ADULT COLOURING PAGE

colouring relaxes the mind



Hello Spring

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

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

MEDIUM

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

St. Patrick's Day Wordsearch

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



- LEPRECHAUN
- SHAMROCK
- IRELAND
- LUCK
- CLOVER
- LIMERICK
- RAINBOW
- GAELIC
- EMERALD
- IRISH
- JIG
- DUBLIN
- CELTIC
- PARADE
- GREEN



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
North Okanagan Legal/Tenancy Advocate	1-778-475-0808
	1-800-665-1185

March 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>				
2	3	4 10am Outdoor Walk	5 10:30 Soak and Swim 12pm Town Hall Meeting	6	7 1pm Chair Yoga	8
9	10 12:15 Snowshoeing \$2	11 10am Outdoor Walk	12 10:30 Soak and Swim 12pm Interior Health Presentation (free lunch)	13 1pm Club Social Craft	14 1pm Chair Yoga 5pm Dinner and a Movie \$2.50	15
16	17 Happy St. Patrick's Day	18 9am Free Pancake Breakfast! 10am Outdoor Walk	19  20 March Spring Equinox	20 10am Shenanigans Market 1pm Club Social Bingo	21 1pm Chair Yoga	22
23	24 12:15 Snowshoeing \$2	25 10am Outdoor Walk	26	27 1pm Club Social Trivia	28 1pm Chair Yoga	29
30	31 12:15 Snowshoeing \$2					