

ARROWHEAD CLUBHOUSE SANDWICH



**Where Do You Come From? - August 2022
(aka History)**

Where Do You Come From

Where do you come from?
Tell me who you are
Do you come from another world
Or from some distant star?

Tell me more about yourself
Do you feel the way I feel?
Are you just a vision,
Or are you really real?

Where do you come from?
Are you what you seem?
Are you real,
Are you standing there,
Or is it just a dream?

Where do you come from?
Angel won't you say?
Tell me all that there is to know
And tell me that you'll stay.

*Song by Elvis Presley
Songwriters: Bob Roberts / Ruth Batchelor*

Disclaimer

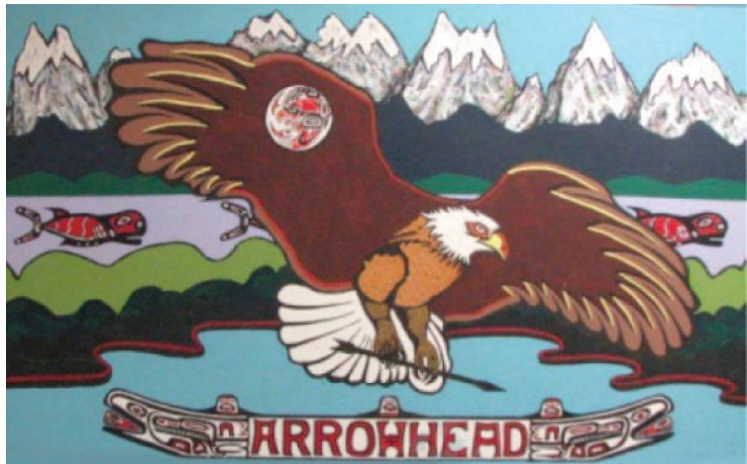
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Arrowhead Clubhouse, one of 36 services run by SCCSS, is a place where people living with mental illness can come to learn skills, get support and build relationships in a safe, stigma-free environment. <https://arrowclub.org/>

ARROWHEAD HISTORY

Since its establishment 30 years ago, the Arrowhead Clubhouse has evolved from humble beginnings to an essential resource for our community. With the passionate and generous support of volunteers, staff and numerous funding partners, those living with mental illness on the Sunshine Coast have found a safe and welcoming space to connect, learn and gain increased confidence in tackling the challenges of today's complex world.



Since this month's Clubhouse Sandwich is about where we come from, or history, we want to share our story.

THE EARLY DAYS

Arrowhead Clubhouse was started by the Sunshine Coast's first mental health outreach employee, Ken Akeson, in 1993. In the beginning, Ken supported four of his clients and they would meet in each other's living room (two of the individuals are still active members today). The group of five applied and received a grant to visit different clubhouses across BC, to learn and formulate an idea of what one on the Sunshine Coast would look like.

With Sunshine Coast Community Services Association (now Society)'s support, the group moved into the Kirkland Centre and the individuals would meet every Friday for four hours. As the number of members grew, participants would share lunch, participate in peer support and enjoy seasonal celebrations.

FINDING OUR OWN SPACE

As the number and needs grew, it became apparent that a larger space was needed. The group rented a three-room office at The Dock on Cowrie Street in downtown Sechelt. A coordinator was hired and the space was open five days a week from 9am to 4pm. Members of the group could receive a hot meal, get support and participate in workshops focused on mental health.

A year later, Arrowhead moved into a handicapped accessible location on Wharf. The clubhouse was open 9am to 9pm and operations were expanded to include a kitchen, laundry facilities and an art program. With the help of BC Schizophrenia Society supplying the gear, yearly camping trips were organized.

Within a few years, the membership had grown to just over 100 members and Arrowhead relocated to a house on Cowrie Street. Staff and volunteers helped to keep the space open 9am to 9pm, seven days a week. The member built a 40-foot greenhouse, participated in peer support and even ran a small catering company.

OLYMPIC LEGACY AFFORDABLE HOUSING PROJECT

For a brief period, the Arrowhead project came to an end due to loss of funding and the sale of their rented space. According to one member, there was “a lot of just walking around the streets” during this time.

Staff member Ted Rowcliff, board member Bob Smith and member Nicki Hansen (along with a few other members) started the long and complicated process of acquiring the old RCMP building in Sechelt as a new home for the Arrowhead project.

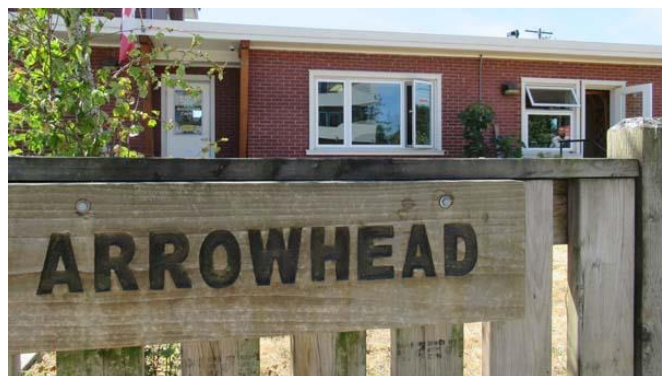
Over the following years, the project became bigger in scope than just a clubhouse. The Arrowhead Clubhouse Society, in acquiring the vacant RCMP building, also sought to manage and operate Legacy Housing, a two-storey building with eight affordable rental apartments for people living with mental illness. The building was built from former modular homes that housed athletes in Vancouver during the 2010 Winter Olympics games.

To do this, Arrowhead Clubhouse Society needed to partner with another organization who was better equipped to manage the supportive services operating agreement with BC Housing, fulfill reporting requirements and negotiate funding. That organization was Sunshine Coast Community Services Association (later Society), and Arrowhead Clubhouse became one of the 36 programs operated by the non-profit organization. It was still largely “member-led” and retained the Arrowhead Clubhouse Society board, who worked tirelessly to raise money, engage stakeholders and guide the direction of the Clubhouse.

ARROWHEAD CLUBHOUSE ON INLET

After moving into the Clubhouse space on Inlet Avenue on November 1, 2010, there were an amazing range of resources available to members. There is a large computer room with seven computers and four printers. The large garden had 10 garden beds, two sheds

and a covered smoking area and 10 off road parking spaces. Our kitchen is full equipped with an industrial dishwasher, two stoves, two fridges and two freezers for making a hot meal each day. There is a shower room and laundry area with three



industrial washers and three industrial dryers. There is office space, resources room, a television room and plenty of storage both upstairs and down.

By 2019, there are four paid staff employees to support the members five days a week, from 9am to 3:30pm. There are weekly art and creative writing workshops, yoga, Tai Chi, hikes, events and outings.

COVID-19 AND THE DISSOLUTION OF THE ARROWHEAD CLUBHOUSE SOCIETY

In 2020, many things changed for Arrowhead Clubhouse and the Sunshine Coast Community. For a brief time, while our community experienced the first wave of COVID-19, Arrowhead Clubhouse closed for the second time in its brief history. The halls and rooms, once bustling with conversation and activity, fell silent. Staff members cooked and delivered hot meals to the homes of members. Face-to-face support and discussions shifted to online video calls and Facebook interactions.



Eventually, the Clubhouse was able re-open their doors to members with new protocols and capacity limits.

In April 2021, the Board of ACS undertook a careful and comprehensive review of how best to sustain the Clubhouse for the long term, both financially and operationally.

To accomplish this, the Sunshine Coast Community Services Society (SCCSS), was approached to expand its role to full administrative oversight. The Arrowhead Clubhouse Society was dissolved with many of its volunteers staying engaged through a new “Friends of Arrowhead” group, continuing to support the Clubhouse in a variety of ways.

Arrowhead Clubhouse is currently open Monday thru Thursday, 9am to 3:30pm. There is always interesting conversation around the giant main table and something cooking in the kitchen. The sounds of music, television and laughter fill the hallway.

And, as it was in the beginning, it remains an incredible resource for our community.

WHY HISTORY ?

Adapted from an Article by Andrew Debell
<https://andrewdebell.com/why-learn-history/>

“Ugh, why do we have to learn about history?” says pretty much every student, ever.

And it makes sense. History can certainly draw yawns in the classroom.

But it’s not the history itself that is lacking. It’s often an absence of personal connection and relevance that sends students into the snooze chamber.

Learners of all ages need connection; an understanding of how historical events relate to their own lives. And they often need a little kickstart from their peers and teachers, to get there.



1. History Has Given Us Millions of Brilliant Ideas



From stone tablets to smartphones, from chariots to self-driving cars, history has provided a sea of brilliant ideas.

Ideas like ‘domesticating plants’ and ‘using machines to manufacture shirts’ have propelled human societies into a rapid phase of developmental expansion. And right now, we’re only in the beginning of that phase of growth.

Analyzing these ideas helps us understand where we’ve been and make predictions about where we’re going.

Let’s not get the wrong idea: not every idea in history has been brilliant. The poor decisions in history provide us with perhaps the most insights and value in today’s world. By analyzing poor decisions and their ramifications, we know how to avoid similar situations in the future. Plus, all of those poor ideas eventually led us to the sea of brilliant ones.

2. History Helps Us Understand Trends About Ourselves



In the short, 78.8 year lifespan of a homo sapiens, it's hard for us to fully grasp the concept of time. Our sense of time is so skewed to the few years we've been alive, that even 200 years seems like a long time to us.

But on the grand scheme of things, 200 years is nothing. With the earth being around for 4.6 billion years, 200 years is a blink of an eye in comparison.

And although we've only had written recorded history as a tool for the past 6,000 years, it's still provided us with incredible insights. Over these 6,000 years, we've been able to build models to understand the macro trends of our species.

On a personal level, understanding historical trends can provide many practical benefits. By zooming out and seeing the bigger picture, historical trends can help us reduce personal anxiety and allows us to appreciate what is important in our lives. They can also help propel us into personal meaning, pushing us to start a movement within our community or a larger change within our government.

3. History Gives Us Inspiration and Motivation



Need a mentor? Need a few sparks of inspiration for your next project? History is filled with them.

At your Googling-abled fingertips, you have access to an entire library of history's greatest mentors. People who have stood up for what they believe in. People who have risked their lives to make monumental changes for our world.

By diving into the past, we can learn more about these individuals, the world they were living in, and the decisions they were required to make. These insights can provide us modern humans with inspiration and motivation to continue making our world a better place.

Figures of history, such as Edison, can help inspire and motivate you in your own personal or community's challenges.

4. History Helps Us Empathize with Past Generations



Your grandparents have been through a lot. And we often don't appreciate them enough.

In one lifetime, they've seen the world change more dramatically than any previous generation. From a devastating depression to ordering toothpaste from talking robots.

With the growth in modern technology, it's crazy to think how quickly the world has changed. Not only do history books show us these changes, but our grandparents show us as well.

You can learn a lot from having a conversation with your grandparents. Where did they come from? What was life like when they were growing up? What do they think of the modern world today?

Practicing empathy doesn't just benefit your relationship with your grandparents. It can also serve as a valuable tool for your professional career. Google recently shared that "having empathy toward one's colleagues" is one of their top eight skills for workplace success.

Empathy is a valuable social intelligence tool to better understand yourself and improve relationships with others.

5. History Reminds Us That We're Human



We have brilliant ideas. We have terrible ideas. We make amazing decisions. We make mistakes. And every single one of these ideas, decisions, and mistakes help to shape the future of our species.

History is a humbling reminder that you only have a short time on this earth. And the only reason you are alive today is that every single one of your ancestors survived. They made it through wars. Plagues. Natural disasters. Rude kings. The fact that you are here at all is a historical miracle.

In school, we often only learn about history through wars and prominent figures. But history is much more than that. The deepest understanding of history comes from the lives of everyday people. The farmers. The peasants. The factory workers. What was life like for them? How did historical events impact these people?

The best look at a historical time period is examining the lives of these everyday people. Check out books that are less focused on the big names, and more on the intricacies of common life during a time period.

The benefits of learning history are countless. Human history is significant.

HISTORICAL JOKES FOR AUGUST

Why were the early days of history called the "Dark Ages"?

Because there were so many "knights"

If April showers bring May flowers, what do May flowers bring?
Pilgrams!



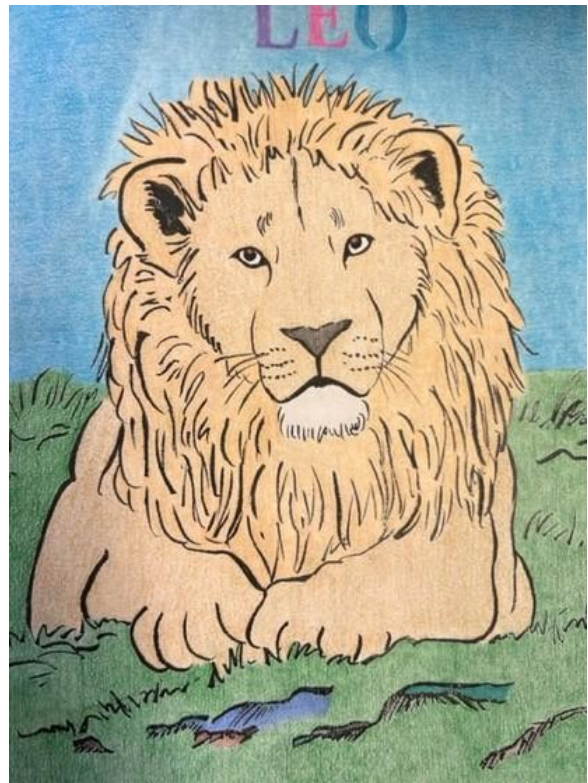
August 2022 Leo Horoscope

Leo's Horoscope adapted from Refinery29.com

This Month's Horoscope drawing courtesy of Debbie B ☺

Starting on 22nd July, the Sun officially moved into the sign of the lion, meaning one thing and one thing only — Leo season (or, better yet, main character season) is here. From now until 22nd August, all our lives are a stage.

Leo is the only sign ruled by the Sun, which means that this season is the one where the biggest star in our sky can shine the brightest — literally and figuratively. "It is a time in which the solar concepts of creativity and vitality are at their highest point of the year," says Narayana Montúfar, senior astrologer for Astrology.com and author of *Moon Signs: Unlock Your Inner Luminary Power*. "We tend to feel full of energy and courage to lead and enjoy the heat of summer — this is especially true as we come out of Cancer season and four weeks of intense emotions."



We'll experience a surge of energy, making now the perfect time to connect with our inner child and embrace our unique selves.

If you take risks, say yes, and embrace being the star this season, you may just find yourself luckier than usual.

On July 31, the Sun will form a gentle connection with Jupiter, the Planet of Luck and, which astrologer Stephanie Campos says will bring us expansive energy. "Leo season, and especially this transit, want to remind you that it's safe for you to take up space — so don't be afraid to shine bright!"

Throw yourself and your friends a congrats-to-us dinner (or brunch, whatever floats your boat) to celebrate all you've accomplished in the year 2022. Whether you got a promotion, a new job, or just deep cleaned your bathroom for the first time, it's worth having a fun get-together.

For the rest of Leo season, Campos advises us to check in with our authentic sense of self and desires. If it's not up to your Leo season standards, then take action to change the course of the next month. Your inner lion is waiting.

WHERE DO YOU COME FROM?

We asked and you answered. Members and staff talk about where they are from and what brought them to the Sunshine Coast:

Pam

From: Nova Scotia

Reason for Coming to the Coast: Family

How long have you been here? 38 years

Would you leave? No

Jessica

From: Ontario

Reason for Coming to the Coast: Family

How long have you been here? 1 year

Would you leave? No

Jodi

From: Burnaby

Reason for Coming to the Coast: Family

How long have you been here? 12 years

Would you leave? No

Linda

From: New Zealand

Reason for Coming to the Coast:

Because I wanted to; it is beautiful

How long have you been here? 10 years

Would you leave? No

Debbie

From: Prince Rupert

Reason for Coming to Coast: Work

How long have you been here? 16 years

Would you leave? No

Nicki

From: Vancouver

Reason for Coming to the Coast:

Cheaper expenses and family

Would you leave? If I could afford to, yes.

Aaron

From: Whitehorse/Yellowknife

Reason for Coming to Coast: Family, search for birth family

How long have you been here? On and off all my life

Would you leave? Yes

Bradley

From: Victoria

Reason for Coming to Coast: Family

How long have you been here? 3 years

Would you leave? Yes

Foye

From: Nottingham, England

Reason for Coming to Coast: Desire to connect with nature/perfect piece of land

Would you leave? No

Binger

From: Lethbridge, Alberta

Reason for Coming to the Coast: Work

How long have you been here? 26 years

Would you leave? No way!

Matt

From: UK

Reason for Coming to the Coast: Better housing

How long have you been here? 20 years

Would you leave? Maybe

Jill

From: North Vancouver (moved from Squamish though)

Reason for Coming to the Coast: The friendly people; affordable housing

How long have you been here? 26 years

Would you leave? Maybe

Theresa

From: Germany

Reason for Coming to the Coast: Just liked it here

How long have you been here? 15 years

Would you leave? No

Marty

From: Born in Vancouver but lived on the Sunshine Coast my whole life

How long have you been here? My whole life

Would you leave? No way!

John

From: Denmark

Reason for Coming to the Coast: Family

How long have you been here? Most of my life.

Would you leave? Nope

Suzy

From: Edmonton Alberta

Reason for Coming to the Coast:

Leaving a bad home situation

How long have you been here? 7 years

Would you leave? No

Sasha

From: New Westminster

Reason for Coming to the Coast: A new life

How long have you been here? 4 years

Would you leave? Only if Suzy left



WHERE ARE YOU FROM? VS WHERE DO YOU COME FROM?

"Where are you from" is more common (at least in U.S. English). In my opinion, this is the preferred option when meeting someone new.

The difference is a bit more emphasis on the verb "to be/are" instead of the action of "coming/being from" somewhere as is common in other languages. The meaning is identical though.

1) "Where are you from?" implies that you want to know what city/state/country they consider "home," and that you assume it's someplace other than where you are right now. This may be confusing, since where someone is "from" isn't necessarily where they live. It also can be embarrassing to assume, for example, that a person of a certain ethnic background must "come from" some other place. It might be a good idea to separate the idea of "what is your family/ethnic background?" from "where do you live right now?"

"Where are you from?"

"I'm originally from Oslo, Norway, but I live in Chicago."

2) "Where do you come from" sounds kind of awkward and outdated. I think this is because it includes the present-tense verb "do" in a question about a past-tense action (coming from somewhere). This is perfectly understandable and you can say this if you prefer - I'd still suggest the other way though.

"Where do you come from?"

"I come from a land beyond the sea, overrun by trolls and dragons!"

3) "Where *did* you come from" would be correct if you want to know "where were you immediately before you came to this location we're at right now?" This can also be used to express surprise at the person's sudden arrival or unexpected actions.

"Where did *you* come from?"

"I was next door, but now I'm here to rescue you!"

SPOT THE DIFFERENCE

Here's a historical version dedicated to Foye and Pam Pam.



**PLEASE FILL OUT THE SURVEY ON ACTIVITIES IN OUR CLUBHOUSE *
FOUND AT THE RECEPTION DESK AND LUNCH TABLE***

ARTS, CRAFTS, EVENTS, AND OTHER ACTIVITIES

Have Some Great Ideas? Wonder if we are Ever Going to Do an Event we keep talking about? Looking to get more out of Arrowhead? Are You New and looking for ways to get to know more people? Need Help finding things to do when Arrowhead is closed? Do You miss some things that stopped during Covid? Help Us plan for our future by getting your input heard. Fill out our survey about Arrowhead Events, we need Your Voice!

AUGUST'S EDITION'S WORD SEARCH

In honour of our creative director, Melanie Peters!

The Tudor Period

N	O	D	N	O	L	F	O	R	E	W	O	T	H
A	A	N	N	E	O	F	C	L	E	V	E	S	E
H	E	E	X	E	C	U	T	I	O	N	E	H	N
R	I	C	H	A	R	D	R	I	C	H	E	O	R
C	A	R	D	I	N	A	L	W	O	L	S	E	Y
B	O	U	L	O	G	N	E	S	E	I	G	E	V
M	O	N	A	S	T	E	R	I	E	S	X	S	I
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L	N	L	A	D	Y	J	A	N	E	G	R	E	Y
T	N	Y	E	L	O	B	E	N	N	A	T	D	E
L	H	H	S	E	L	I	Z	A	B	E	T	H	I
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HENRY VIII
MARY TUDOR
JANE SEYMOUR
LADY JANE GREY
BOULOGNE SEIGE
ANNE BOLEYN
ELIZABETH I
WINDSOR CASTLE
MONASTERIES
CARDINAL WOLSEY
RICHARD RICH
TOWER OF LONDON
ANNE OF CLEVES
EXECUTION
ARCHBISHOP

Play this puzzle online at : <https://thewordsearch.com/puzzle/103201/>

LETTERS FROM THE EDITORS

Where did I come from, how did I get here? by Jill Stones.

In 1974, when I was 10 years old ,(I think I just gave away my age!), my mother was offered a job working in a place called “Corner House”. It was a big old house on the corner of 4th and St Andrews street in North Vancouver. “Corner house” was a new concept. It was a drop in center put in place under the umbrella of the Canadian Mental Health Association, meant specifically to support people that struggle with Mental health issues. Back in those days the importance of Mental Health was virtually non existant, and the concept of the drop in center was along the lines of “let’s just see where this goes”.

I did not really understand what exactly my mom did. I only knew that she was serving an undermet need. Mom was very upfront about the people that used Corner House” she would talk about the challenges and biases that people that people who struggle with their mental health endured. I was in elementary school at the time, and daycare was off the table so I would often wander down to Corner House after school till mom was done work and hang out there till closing time. Once I was 17 I started to volunteer at Corner House, and I did so for 3 years, till work took over my life. Fast forward 35 years, my children are grown(ish), and after years spent working in the hospitality industry, I decided it was time for a career change. There was an add in the paper for Arrowhead Clubhouse, and I thought “This is it! The universe is putting this in my path for a reason!” I applied with great anticipation got an interview and.... Nothing. I was disappointed, but determined. I spent the next few years volunteering, taking courses, and everytime the add for a position with Arrowhead appeared, I applied. Eventually tenacity payed off and I was finally offered a casual/on call position, 1 day a week. It was the foot in the door I needed, and the rest is history! I feel honoured that I am able to carry on in my mom’s footsteps, and feel her presence with me everyday in the Clubhouse.

The following, although rather difficult to read(It is almost 50 years old!) is the intake form for Corner house, circa 1974. I believe that much of this form can still be applied to our intake form today.

THE CANADIAN MENTAL HEALTH ASSOCIATION
NORTH AND WEST VANCOUVER BRANCH

1204 Marine Drive,
North Vancouver, B.C.
YV6N 7-2L11

SOCIAL CLUB MEMBERSHIP APPLICATION

Date _____

Name _____ Age _____

Address _____ Phone _____

Date of Discharge _____ Hospital _____

Present living arrangements -- With Family _____ Alone _____

Other _____

Working -- Yes _____ No _____

Where _____ Phone _____

Married _____ Single _____

Children _____ Ages _____

Education -- Grade _____ University _____

Special Training _____

Mark your interests with X

Do you like:

- ___ Reading
- ___ Listening to music
- ___ Playing records
- ___ Ballroom dancing
- ___ Square Dancing
- ___ Singing - alone
- ___ Singing - in group
- ___ Do you play any instrument?

Do you like:

- ___ Card games
- ___ Bridge
- ___ Table games
- ___ Checkers
- ___ Bingo
- ___ Ping Pong
- ___ Bowling
- ___ Group games
- ___ Charades

Do you like:

- ___ Taking part in dramatics
- ___ Discussion groups
- ___ Friendly conversation
- ___ Listening to a speaker
- ___ Watching films on interesting subjects

Do you like:

- ___ Parties
- ___ Picnics
- ___ Visits to places of interest

Do you have any hobbies? _____

Do you like making things? _____

___ Sewing _____

___ Handicrafts _____

Do you type? _____

Robin Hood – a Creative Writing piece by Foye Hatton

Robin silently drew the arrow from the quiver on his back and placed it in the bow. He slowly drew back the string and lined up the crudely constructed sight. 100 feet away the stag cautiously moved out of the trees and into the glade, the dappled sun dancing across his back.

Robin exhaled to steady himself, the stag sensing that smallest of movements raised his head to smell the air. Robin remained motionless and the deer returned to grazing.

Across the glade, Maid Marion watched the magnificent beast dig at the turf with its hoof. She had visited the glade since childhood but today something was different, she sensed that they were both being watched. She felt danger in the air and panic pounded in her heart. Something tied her to this beautiful creature, something beyond being together in this magical place, something beyond space and time.

Robin silently drew back the bow string.

Marion could hear the blood rushing in her ears. Her heart felt as if it was about to explode. Something was wrong. Something wrong was about to happen. She looked to her left and right, she could see no one but the deer. Why was she feeling this panic? She wanted to scream, to run, to curl up in a ball on the ground and at the same time throw her arms to the sky. She looked towards the deer and he looked back at her. Her mouth opened and she left out a scream that caused him to turn and run.

At that very second, Robin released the string and the arrow sped silently through the air. For some reason, the deer he had in his sight had been startled. It had turned at the second his arrow should have struck its chest. The arrow continued across the glade.

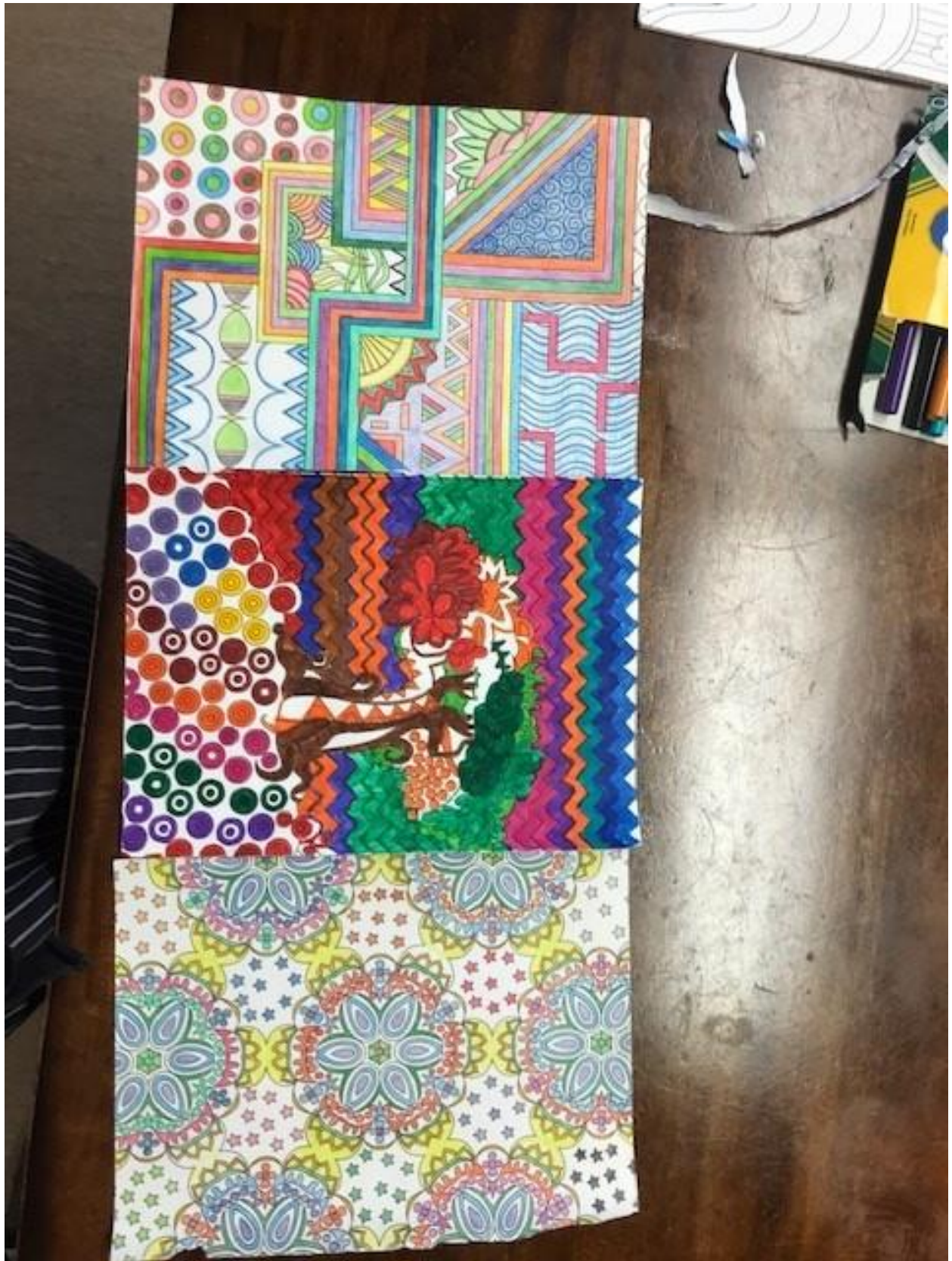
Marion felt the strangest sensation as the deer bounded into the darkness of the tress. A stabbing sensation deep in her chest. Her panic gone but so had a something, or someone, else.

She felt alone, a sensation of being out of sync, disjointed, somehow in the right place but the wrong time.

ARTWORK FROM ARROWHEAD'S PAST



Submitted by Cassidy



Creations by Phil & Nan