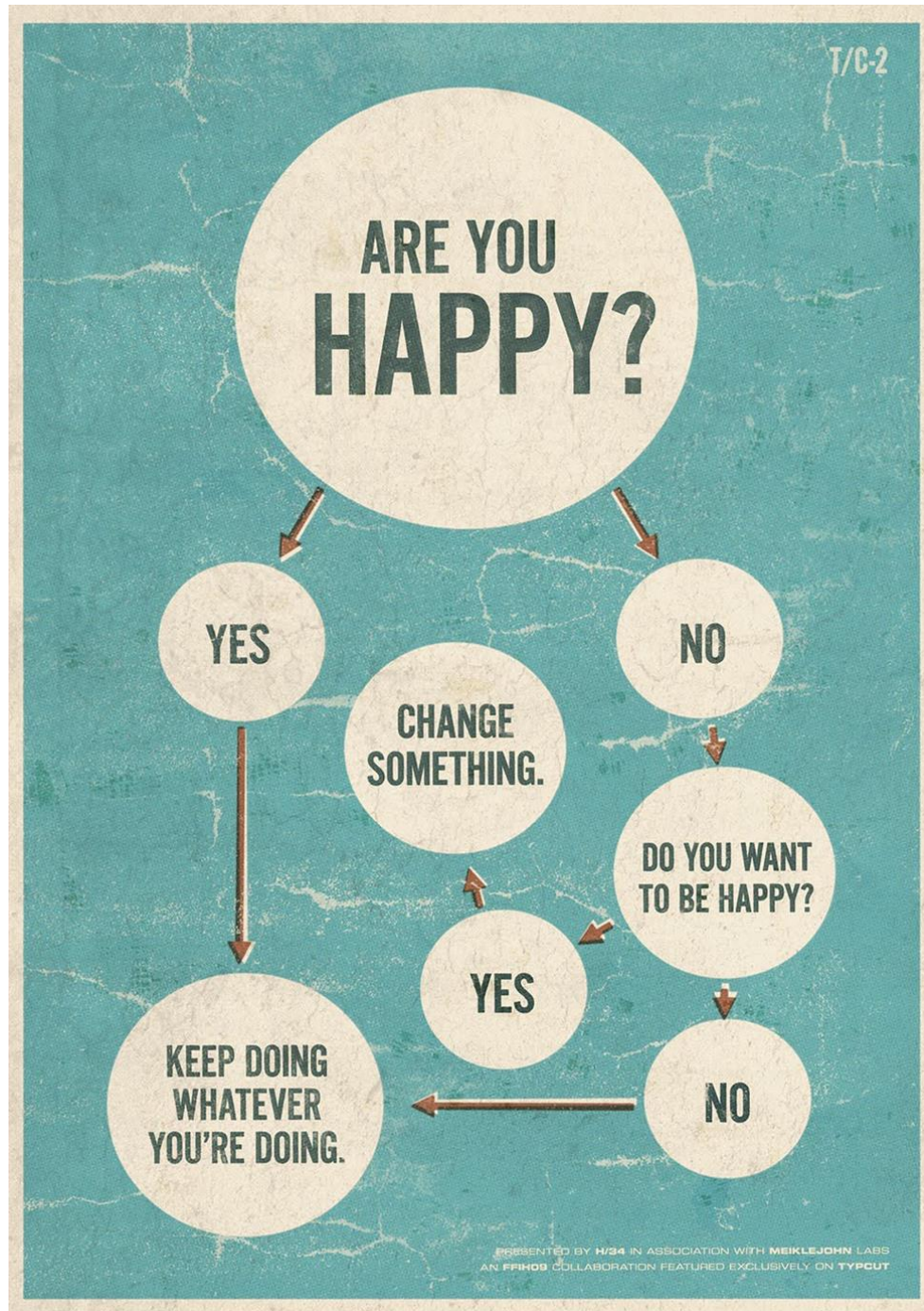


ARROWHEAD CLUBHOUSE SANDWICH



Happiness Edition - July 2022

“If you want to enjoy the rainbow, you gotta put up with the rain”

Disclaimer

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LETTERS FROM THE EDITORS

WHAT IS HAPPINESS TO ME?

Melanie Peters

What Makes Me Happy

Books. I always want to tell about my books but I don't know anyone who reads like I do. I met one person who had a matching book collection to mine. But I didn't get to know him well enough to discuss our Books.

How can I tell what I am supposed to have confidence about and what's bragging. But I'm going to tell you anyway. Because without Suzy and Morris and Sasha, and all my friends, I wouldn't even know that anything I did was special. But I can do some special things with books that no one else can

I can find a book for anyone. They just materialize somewhere around the coast, little thrift stores, Talewind Books, and little secret book nooks..

And people love the books I get them. And even when I give a wrong one, it always makes a good story, and that's what good books are.

A lot of people have told me how much they hate books, but their only image of a book is a paperback novel, or worse, school. There are millions of types of books.

The best book for a gift?

For Someone You Know Very Well

1) Something Special that won't go to a GARAGE SALE. Something that means something to them or means something about your relationship.

2) A Special Series bought one book at a time symbolizes commitment and longevity. I recommend things like Time-Life collections, Smithsonian, DK. Or a comic series in trade paper back. Also, annuals, say planners, calendars, and inspirational.

For Just Anyone

Coffee Table Books, lots of pictures

Distinct Book related to a topic of interest for your friend

A random selection. Let them pick one.

Jill Stones

As I was helping to put together this magazine, I realized that I was “cheating” in so many ways, talking about happiness through articles I pulled from the internet. I believe they are good articles, but still I was cheating. The truth is I find happiness in so many places. This is a good thing, because like so many of us in the Clubhouse, I struggle with life these days. Two years of COVID and the ramifications of the pandemic have left me feeling both helpless and drained. Because of this I have been making a concerted effort to find happiness somewhere in each and every day. Some days I find it in the sunset from my window, others I find it watching the seagulls play in the creek. More often than

Anyway, there many other Special Powers related to reading that I possess but this is the Happiest One. When I match a book with a person, I feel like I am a Wonderful Being.

not though, it’s in my garden. If it is not raining, and sometimes even when it is, when I get home from work the first thing I do, before I even step foot in the house, is pull some weeds from my flowerbed. I never wear gloves; I love the feel of dirt under my nails. I was offered a job in a nursery once and turned it down because I knew I would not end up with a pay cheque, it would all go to plants! 26 years in, I am still not very good at it. I make rookie mistakes like planting trees too close to a fence, but I don’t care. The garden is still my ultimate happy place and I look forward to each and every summer evening, rain or shine, creating a chaotic mishmash of colors in that happy place.



‘Birds of a feather flock together’ - submissions by Nan

HAPPY PLACES



This is a photo of Matt's happy place, where he sits and watches videos.

THOUGHTS ON HAPPINESS by an ANONYMOUS MEMBER

Happiness. Such a loaded word. We all chase it. We read books and blogs, we listen to podcasts and follow the influencers. We do the things they tell us will bring happiness. We chase it in its many fleeting forms and we work hard so we can buy more happiness. We search for happiness in so many places that we get run down chasing it only to hang onto it for a flash before it's gone. Leaving us searching all over again for that nugget of happiness.

When I was a teenager I thought happiness was in the bottle. My parents found it

there, surely I would too. It made me happy for a little while until I realized that I wasn't happy at all. I got sober leaving me once again searching for happiness.

In my twenties I thought that I would find happiness in someone else. I set out to find a husband so that we could have the babies and raise a family with the white picket fence and all. I drove a nice car and had brunch on Sundays. I was happy for a while, until I was searching for happiness again.

There are so many ways to be happy that you could spend your entire life chasing it. And when you don't find it where you thought you would, you just keep searching. You find it in new relationships, new jobs, drinks on the weekend, trips to Mexico, a new car, a new house, a new addiction, a new distraction. It's always fleeting and we're still left searching.

It took a life shattering bipolar diagnosis and full mental breakdown to realize that I wasn't as happy as I thought I was and if I had any hope of being happy I would have to make some changes. Turns out the key to finding happiness was finding myself.

My quest wasn't easy. I had to let go of fear and judgment and it meant letting go of a lot of things-almost all of the things I thought would make me happy in the first place. It was in that process of undoing that I found out who I really was and what I really wanted in life. I made myself a priority because I didn't want to live a life searching. I found out what I loved and what I didn't love and swiftly made changes. I looked within myself to find happiness every day, not just on special

occasions. I was no longer trying to prove myself to a man that I was a good wife. To the world that I was a good mother. To my friends that I was strong, brave and put together. I let go of everything that wasn't serving me and I got really curious about who I was under all the layers of who I thought I was.

Now I can be authentic without thinking of how other people might handle it. I let myself be "too much" because I know that makes me happy. I tie the rainbow ribbons in my hair and I wear unicorn t-shirts. I dye my hair pink and I play video games with my kids. I paint glitter on my shoes and I eat without guilt. I embrace my body and my crooked teeth because they make me who I am. I work less because it gives me more time with the people I love and more time doing things I am passionate about. I don't clean my kitchen every night and I find joy in simple things like coffee in the sunshine and ice cream with my kids. I found happiness by finding myself and giving myself permission to fully embrace the real me. Life still gets hard and I still have ups and downs but I am going through life on my own terms and that makes me happy.

CANCER ZODIAC HOROSCOPE

Cancer (June 21 - July 22)

Cancer is a cardinal water sign. Represented by the crab, this oceanic crustacean seamlessly weaves between the sea and shore, representing Cancer's ability to exist in both emotional and material realms. Cancers are highly intuitive and their psychic abilities manifest in tangible spaces: For instance, Cancers can effortlessly pick up the energies in a room. These crabs are highly sensitive to their environments, as well as extremely self-protective. Much like their celestial spirit animal, Cancers are shielded by hard, external shells. At first, these

crabs may be perceived as cold or distant. With time, though, Cancers reveal their gentle nature, genuine compassion, and mystical capabilities. Just don't be surprised if it takes a while to get to know them.

Cancer is ruled by the moon, the celestial body that represents comfort, self-care, and maternal energies. Accordingly, Cancers tend to be domestically oriented. They love to create cozy, safe spaces that serve as their personal sanctuaries, then spend lots of time in them. Cancers care deeply about their families and are quick to adopt caregiver roles. But these crabs must be careful: When Cancers invest in someone emotionally, they risk blurring the line between attentive nurturing and controlling behavior.

Cancers attract friends and lovers through their loyalty, commitment, and emotional depth. These crustaceans make excellent hosts and enjoy entertaining with comfort food and free-flowing libations. (Cancer rules the stomach, so there's nothing these crabs love more than a home-cooked meal.) If you're not a fan of Cancer's attachment to the home, that may be a bit of a problem. Though these celestial crabs avoid direct conflict by walking at an angle, they can inflict a harsh pinch with their distinctive brand of passive-aggressiveness. It may be difficult to convince a Cancer to talk openly about what's bothering them, but if you can do it without making them feel threatened, you'll build long-lasting trust.

This month will be full of challenges for the Cancer natives. There might be troubles related to the job due to the conjunction of Rahu and Venus in the tenth house. However, it will be a profitable month for the businessmen. Students will concentrate on studies wholeheartedly because the lord of the fifth house Mars will conjoin with Jupiter in the ninth house. Due to the full aspect of Saturn on the second house, there will be distress in the family. Similarly, there can be a rift in a love relationship. But, your financial life will be favourable and the conjunction of Sun and Mercury in the eleventh house will benefit you. You will enjoy vigorous health but due to the movement of the lord of the seventh house, Saturn, in the eighth house, your partner's health may deteriorate.

Read the horoscope in detail to know what the month of July has in store for you in terms of family life, career, health, love and married life, etc.

MEMBER SURVEY:

WHERE IS YOUR HAPPY PLACE?

Phil and Nan: Arrowhead, Their new home.

Marty: Sechelt Legion. Batch 44.

Debbie B: Arrowhead

Foye: Arrowhead, Beach, England.

Ron M: My camp.

Andrew B: The beach.

Jill: Arrowhead, My Garden, Mexico.

Misha: The beach, with my kids.

Derek B: Still thinking about it!

Rob M: Skateboarding with friends.

Jake: The Kitchen

Corwin: The oil-patches.

Matt: The Beach.

Monica: Arrowhead.

Cassidy: Arrowhead, The Beach, the Kitchen.

Niki: Home, The park.

Happy place photos, since the beach and the garden got so many answers!



WORD PUZZLE

2020 Hits

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

SECRETS
LONELY
DIAMONDS
FAKE FRIENDS
LASTING LOVER
ADORE YOU
GIANTS
MIDNIGHT SKY
MOOD
POSITIONS
ROCKSTAR
LEVITATING
SWEET MELODY
RAIN ON ME
PARADISE
TOOSIE SLIDE
CARDIGAN
LEMONADE
THE BOX
TEQUILA
ROSES
WAP

Play this puzzle online at : <https://thewordsearch.com/puzzle/1773251/>

PAUSE FOR THOUGHT

Happiness is more than
Always getting what you want.
Pleasure has come to mean
Physical sensations,
Yet, Joy comes from my Soul.

Ethical Hedonism

The words ethical and hedonism, as commonly defined in North American culture, do not seem to have any relation to each other.

One on one peer support
every Thursday

PEER SUPPORT COMING TO ARROWHEAD

sign up below



Peer support with Rachel
Experience with mental illness,
childhood abuse, PTSD, trauma,
domestic abuse and addiction.

Thursdays - 1pm to 3pm

THE FORMS OF HAPPINESS

Joy

The feeling of joy comes from losing yourself in the present moment and appreciating what you have. It's fleeting in that it can sneak up on you and sometimes can disappear if you try to analyze it too much. It can also be found in many things if you have the right attitude and perspective, so it's a relatively accessible form of happiness to seek.

The easiest way to find joy is to engage in activities you know usually bring you joy. This can be anything from yoga to amusement parks to your favorite music. It's also important to try some new things to find novel avenues of joy.

Excitement

Though it can last longer than joy, this emotion is still somewhat fleeting—it dissipates rather quickly and can turn into ennui. However, it can be a motivating factor. Excitement about a new job, for example, can motivate you to work harder, and excitement about a new relationship can motivate you to put more effort into working through difficulties.

Excitement can also help you to get through jitters.

If you tell yourself you are excited rather than anxious or nervous, studies have found, you can channel that potentially uncomfortable energy into more constructive activity.

Excitement can also extend the positive feelings you get from an activity. If you focus on your excited feelings of anticipation, the fun of a vacation can extend into the days and weeks before you even leave. Excitement isn't too difficult to come by, either, so this is an easy one to

pursue. Take on new challenges. Keep a bucket list. Let yourself revel in anticipation when you have something big coming up.

Gratitude

Gratitude can disappear if you don't actively focus on it, but it's also an important form of happiness. Those who feel gratitude on a regular basis tend to be happier and healthier than those who are less prone to these feelings, according to research.²

Further, gratitude is very simple to cultivate. You can use a gratitude journal, loving-kindness meditation, or even simply tell people in your life that you appreciate them, and do it often. Cultivating these feelings of gratitude has been shown to ward off feelings of depression, among other things. It may be less obvious, but this type of happiness can be brought to mind again and again.

Pride

While smug or competitive pride can be a negative thing, feelings of pride in your accomplishments can be a form of gratitude turned inward and are a great form of happiness to indulge in. You can take pride in your work and your family, your home and your self, and in anything you put effort, care, and love into.

You can cultivate a healthy sense of pride by including personal accomplishments in your gratitude journal or keeping a list of "wins" at the end of each day. This isn't the same as bragging or being "full of yourself"—you're not saying that you're better than others because of your accomplishments, but that you're a better form of yourself, and you're appreciating this fact.

Optimism

Studies also connect optimism with greater outcomes in life.³ Optimists tend to focus on possibilities and have a combination of gratitude and pride. They're grateful for all of the possibilities life presents, proud of their abilities to harness these resources, and have a strong belief in themselves and their ability to make their attempts at whatever goals they pursue success.

Optimists, when faced with disappointment, tend to minimize it, pinpoint how they can do better next time, and see mitigating factors that led to their negative outcomes. When they succeed, they give themselves credit and take it as a sign of better things to come. Optimism tends to be an overall way of being, so it's less fleeting than other forms of happiness.

Contentment

Contentment means being happy with what you have. Those who are content are less disappointed by life's drawbacks and feel lucky to have what they have in their lives already.

People strive to feel this form of happiness, and it can come with a focus of gratitude on what you have as well as a

feeling that you have climbed high and deserve to enjoy the rewards that come with the effort. Reveling in your accomplishments and in everything you have can bring contentment, so focusing on what you have is a great way to stay content.

Love

Love and happiness are sometimes said to be interchangeable, that love is an infinite source of happiness, and happiness itself is a form of love. However you look at it, both are vital to have in your life.

True love is fabled to be extremely difficult to come by, but in actuality, love can be found all around you. Family, friends, romantic partners, and even pets can all be sources of love, and focusing on all of these relationships can greatly enrich your life. This is a form of happiness that can come in endless supply.

Even though stressful relationships can sap us of happiness, healthy and supportive relationships can bring great and lasting happiness. Focusing on relationship skills, spending time with loved ones, and in other ways cultivating these relationships can help you to keep this form of happiness in your life.

CREATIVE WRITING

Creative Writing Group

Since we are so busy and already have a lot of scheduled activities we have decided to run the Creative Writing Group through the newsletter. Each month there will be a page of Suggested writing activities, followed by a Showcase of submitted writings.

The Theme of the August Newsletter is Where We Come From. The suggested writing exercises can be used with this theme or on their own. Remember we accept Art and Writing, even if you don't use the exercises and have your own ideas.

Warm-up Exercises

These are writing prompts to get you in the mood for writing. There are 8 ideas for two a week. Pick and choose. These are 5-10 minute exercises, use words or phrases, you do not have to write complete sentences, or make a finished product.

1. Point of View, Setting Describe your bedroom through the eyes of an FBI agent who believes you have committed a crime.
2. Describe the same room through the eyes of someone who has a passionate crush on you.
3. Remember a place you have lived that has emotional significance. In the voice of a tour guide, introduce someone to this place.
4. Share important "historical events" from your life.
5. Your character is on a road trip when they discover an unusual museum, such as the Museum of Junk Food or the Museum of Unfulfilled Longings. Describe the museum.
6. Poetry - Write a list of words that include the "oo" sound: blue, smooth, tooth, tune, etc. Write a poem using as many of those words as you can.
7. Describe three very different places you have been.
8. Describe three different people from your past.

Skills Exercises

Any work of Art has a starting place. A story can start with a character, a setting, a plot, or a message. We will be exploring all of these aspects of writing over the next year.

This month we are working on Character.

On the following page are 4 pictures of people and one picture of an animal. Pick one (at a time) and brainstorm descriptive phrases.

Start with physical. Describe their hair, eye colour, facial expression, clothing, body language, and anything else you see. Use a thesaurus if you need to find the right word. Do another picture if you want to practise more. Try to do a comparison between the two peddlars.

Taking it Further: Now it's time to write a finished piece of work (hopefully to publish in The Clubhouse Sandwich).

Remember the theme is Where you come from. But don't worry you can submit any of your own writing that you think is something you'd like to see in Upcoming Issues of The Clubhouse Sandwich.

1. Look over the exercises you practised with and see if there is something that you want to use for a story, or a poem, or an essay, or even a play.

Or

2. Go your own way and write something for submission based on the theme. Here are some suggestions: A) Write a descriptive poem about a place from your past. B) Tell a story you were told when you were under 20 that you still remember. C) Make a list of some things to know about your culture. This can be your ethnicity, your religion, your nationality, your age group, or even your style or fashion genre (like punk culture, hippy, biker, or New Age). Some final tips: 1. Keep all your writing in the same place. If you prefer to write by hand get a notebook or journal. (We have lots if you need one). Or if you use a tablet, or computer, make a file. 2. Develop a way to make work you want to come back to easy to find. You could use stickers or post-its in a journal, and a separate folder or a symbol on the Title of your work is in digital format. (We also have lots of stickers) 3. Don't worry about submitting hand

written work. It can be scanned and typed for you. 4. If your mind is blank, don't force it. Stop trying so hard and come back later and try again.

What about making a video? The Clubhouse Sandwich now has digital content. maybe you don't enjoy writing but you would like to try story telling or video making with some of the prompts and exercises, if this seems like something you would like to try, talk to Jake. This is a especially good way to get your voice out if you have difficulty putting words to paper. Also, in the modern world, a video can reach a much wider audience. 6. Learn, Enjoy Your Creative Side, Learn to Enjoy Life, Enjoy Learning.

5 Creative Writing Images





MORNING QUESTION (of the month)

Who were you in a previous life?

Answers - Robin Hood, a tree, a witch (burnt at the state), Foye, Also Robin Hood, or howard Hughes, Goldilocks, and Popabawa.

GUEST ARTICLE OF THE MONTH



By Thilini Silva

Project Manager at ISM APAC

Most people want to be happy. But they also want to be successful. And, while each person might have an individualized definition of just what each of those things means to them specifically, the overall desire to lead a life that's free of stress, worry, anxiety and fear, while being replete with happiness and success, is constant.

Still, although we might want to be happy and successful in life, that's often far from the case. Usually, we spend more of our time steeped in negative emotions than we do in the positive ones. From our relationships, to our finances, our careers, our health, and our goals, we often can't seem to overcome the stress associated with everyday concerns.

Couple all of that with our hopes and our dreams for the future, and the constant failures that we face along the way while trying to achieve anything notable, and it's no wonder we spend much of our time unhappy and feeling unsuccessful. So how do we go about doing the opposite? What are the keys to happiness and success? And is that something that's *actually* attainable in life?

There are 7 essential keys to happiness and success that will help to materialize both those things in your life.

1 – Gratitude

Happiness and success are preceded by gratitude. We need to happily succeed rather than try to succeed to be happy. Success should not breed happiness. Happiness should breed success. Once we're happy, and we're doing something we love in life, success becomes a byproduct. However, when our happiness hinges on our success, good things never come.

It's also a matter of focus. What are we focused on in life? What do we want the most? And what are the reasons for focusing on and wanting those things? When we focus on what we don't have, we live in a state of lack. We realize just how much we're missing out on or how much we lack the resources to do the things that we really want.

2 – Be Present

There's nothing like getting caught up in the past or constantly worrying about the future that more than ruins the present moment. But, then again, many of us have trouble simply being present. We're unable to appreciate the here-and-now. Usually, we're more worried about what will happen tomorrow or what happened yesterday rather than stopping and being present.

But what does it mean to be present? And why is this one of the keys to happiness and success? Well, similar to the simple act of gratitude, being present grounds us in the moment. We stop to appreciate the miracles that exist in every direction we look, the beauty of all the things around us, and the journey that we call life. It helps us transcend the fears of tomorrow and the regrets of yesterday.

3 – Manage Time Effectively

One habit that will influence both your happiness and your overall success in life, is the ability to manage time effectively. Effective time managers have a handle on their obligations in life, and know just how to juggle things in order to get ahead. They focus on their long-term goals and prioritize the activities that will help move them forward instead of leaving them behind.

When we don't effectively manage our time, we increase our likelihood for stress, anxiety, fear, and worry. We get so caught up in the day-to-day act of responding to life's stressors, that we're unable to preemptively tackle the things that will help to avoid crises and emergencies in the future. We miss bill payments, forget about meetings, and fail to organize our activities to pursue our long-term goals.

4 – Set SMARTER Goals

Often, what holds us back from achieving success in life, whatever we might define that as, is our inability to set goals the right way. In a [recent study](#), it was determined that only 8% of people who set goals on New Year's Eve actually achieve them. But beyond just those New Year's goals, we all know that many people often set goals but don't achieve them.

Surely, you've set a goal in the past and you gave up on it. All of us have. But, it's the goal-setting process that got in the way. When we set passive goals, in that we don't actually set the goals on paper and don't define them out in detail, nor create a plan for their attainment, we tend to either fail or give up on it. But for people who set goals the right way, the SMARTER way, success is far more attainable.

5 – Embody an Empowering Morning Routine

Everything begins and ends with an empowering morning routine. What you do in the morning, sets the pace for the rest of the day. In turn, it dictates the outcome of your life. If you want to be happy and successful, create a set of habits in the morning to help foster that in your life. The right combination of habits executed day-in and day-out can make all the difference.

We're such creatures of habit, that we forget to do the things that will benefit of our lives because we get caught up doing the things that we're so used to. We're steeped in habit and routine, and not necessarily ones that serve us. Usually, we're too busy responding to life and its overwhelming demands on us, in order to take the bulls by the horn, so to speak.

6 – Tackle the MITs

MITs, also known as the most important tasks of the day, are an integral part of success. They offer one of the most crucial keys to achieving our goals in life over the long term. It's not always easy to go after the MITs, especially when we feel so stressed out or overwhelmed by life. But it's a necessary act if we're going to get where we need to go.

7 – Focus on Health and Wellbeing

Health and well being are an important part of the happiness-and-success formula, and one of the biggest keys to achieving them both. When we do things to harm ourselves by overeating, over-drinking alcohol, taking recreational drugs, and the like, not only does it have an adverse effect on our bodies, but also on our minds.

Source - <https://www.wanderlustworker.com/7-keys-to-happiness-and-success-in-lif>

HAPPINESS AND SOCIAL CAPITAL by Foye

Above the kitchen window at Arrowhead there is a sign that states, “Happy Place”. Many staff, members and volunteers refer to Arrowhead as their ‘happy place’. But what makes it so, and for so many people? For me, it’s about community. In many different parts of our modern world community is something that is now missing. Gone, for many, are the extended families, the jobs for life, and the neighbourhood potlucks. But at Arrowhead the sense of community is very strong, and I think that is because we build what is known as ‘social capital’.

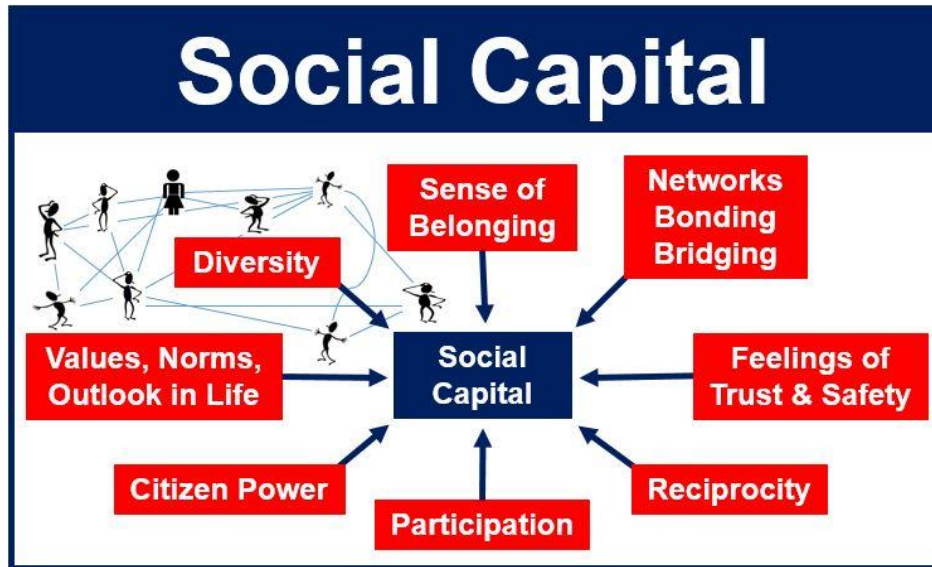
When I was back at university in London, I spent a few years studying people’s perceptions of ‘the Good Life’. I even moved into an eco-village, called ‘Brithdir Mawr’, to explore how they were redefining the Good Life in relation to climate change. It was a beautiful place - a 100-acre farm in countryside, off grid power, 16 adults, 6 kids, chickens, duck, goats, cows, horses, and lots of wood stoves and organic gardening. Residents rejected mainstream consumer society’s idea of the Good Life as the ‘individualised pursuit of personal satisfaction, measured in terms of material success and status’. Instead, they created a redefined idea of the good life, that included rebuilding

community, simple living, re-connecting with the natural world and embracing self-sufficiency, and emphasising the role of ‘interacting’ and ‘doing’ rather than ‘having’ in creating that good life.

There were many ways in which this eco-village created their shared community and their good life; Collective Living (communal meals and daily shared work), Rituals and Ceremonies (morning coffee and dancing among many others), a Shared History, a Group Identity, and the building of Trust and Social Capital. This lifestyle, for the individuals who chose it, provided them with happiness in spades, and at the centre of that, appeared to be a loving community.

Fast forward 15 years and I find myself 7,000kms across the world, spending my days in another intentional community, Arrowhead Clubhouse. And once again I find this community filled with happiness - and that’s despite many of our members (and staff) struggling with such challenges as poverty, mental illness, addiction, homelessness, and trauma. Like the eco-village, while we may struggle to secure economic capital there is no shortage of social capital.

The World Bank defines social capital as “not just the sum of the institutions which underpin a society - it is the glue that holds them together.” In my head, social capital is like social glue. We create that glue here at Arrowhead through our communal activities, shared work, community feasts, rituals, history and a huge amount of trust. In turn, these collective components bind staff and members together and create the social capital that allow us to have a grounded, resilient, loving community.



Our community is what brings so much joy and happiness to so many here at Arrowhead (especially as many here have been rejected by the wider community due to stigma regarding mental illness and addiction). Community gives us the strength not only to support each other through the sad moments that occur weekly at Arrowhead (let's not pretend life isn't tough) but also, to fully embrace the moments of joy and beauty that occur here every single day.

By Foye

RECIPE OF THE MONTH

Jack's (Jill's) Hash.

Ingredients: 10 lbs Potatoes

3 Red peppers

3 Green peppers

1 Red onion

1 Yellow onion

1 jar salsa(your choice of heat)

1 ½ cup shredded cheddar cheese.

Par boil (Partial cook) potatoes till ¾ cooked, then dice into bite size pieces. Chop peppers and onions into pieces. Mix together potatoes, peppers and onions. Stir in salsa and mix all

together. Top with shredded cheese. Bake in preheated (350 f) oven for 30 minutes. Serve with your choice of protein, scrambled eggs, or as dinner with chicken or pork chops.

Serves 6

4 Submission on the theme of Happiness by Phil and Nan.



JOKES OF THE MONTH

How many tickles does it take to make an octopus laugh? Ten tickles! 😊

Why are frogs always so happy? Because they eat what “bugs” them.



“My Clubhouse Sandwich” by Chef Cassidy

Next month’s theme is ... ‘Where You Come From’

Get involved (submit an article, joke, recipe, photo, drawing, video) -
talk to Melanie or Jill.



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/>