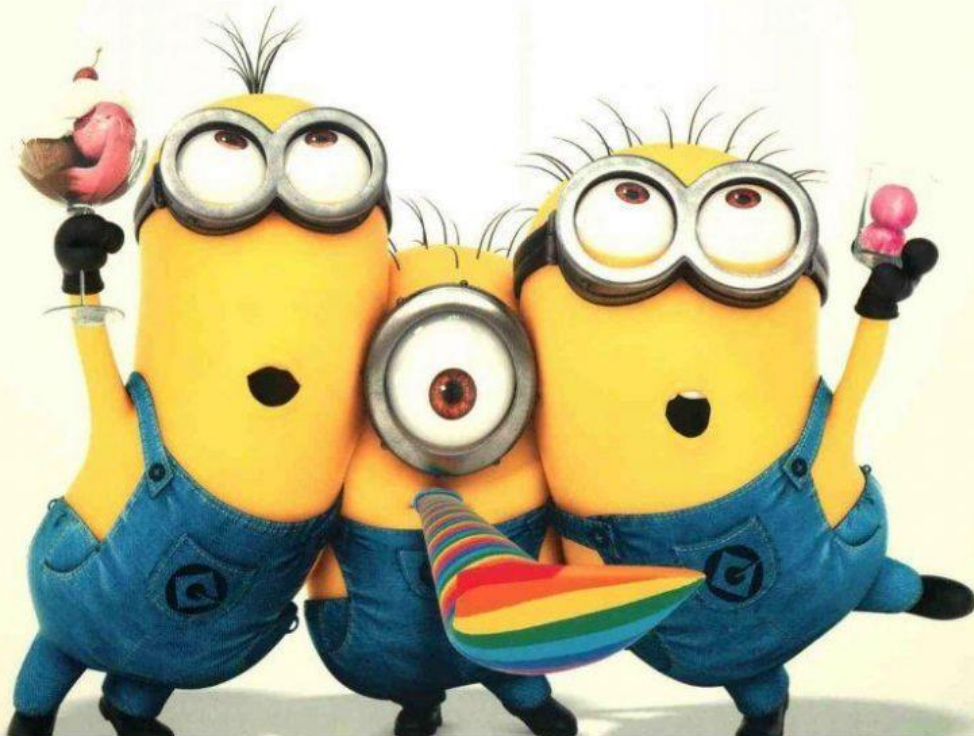


ARROWHEAD CLUBHOUSE SANDWICH

**Never Let Your
Friends Feel Lonely!
Disturb Them
At All Times!**



GeniusQuotes.org

**Friendship
November 2022**

Why Friends Matter In Adulthood

Research shows that after the age of 25, most adult friendships start to dwindle. Of course, some of this has to do with changing jobs, getting married, moving, and even having children.

Forming meaningful relationships may be harder as you get older, but it's well worth the effort. Good friendships have a myriad of benefits, including:²

- Better immune functioning
- Decreased risk of disease, illness, and injury
- Increased longevity
- Reduced stress
- Speedier recovery when sick

WHAT TO LOOK FOR IN A FRIEND:

A quality friend can have these traits:

- Is kind and compassionate
- Accepts you for who you are
- Values your time
- Respects your boundaries
- Supports you during hard times
- Is fun to be around
- Is honest and trustworthy
- Encourages you to grow and improve
- Inspires and uplifts you

Toxic friendships can have the opposite effect, because you are more likely to adopt the habits of your peers.

**A friendship can
weather most things
and thrive in thin soil;
but it needs a little
mulch of letters and
phone calls and small,
silly presents every
so often - just to
save it from drying
out completely.**



PAM BROWN



Clubhouse Recipe of the Month

What is the friendliest recipe? Arrowhead staff did some research and found that the most often brought dish to a potluck (a friendly meal) is potato salad. The following was the most popular version of the dish we could find.

Ingredients

- 2 1/2 pounds of Yukon gold potatoes, cut into bite size pieces and peeled*
- 6 hard-boiled eggs, chopped (optional)
- 1 cup celery, diced
- 1/2 cup radishes, sliced
- 2 green onions, sliced
- Paprika for garnish (optional)

Dressing

- 3/4 cup mayonnaise
- 1/4 cup relish (sweet or dill pickle)
- 2 tbsp cider vinegar
- 1 tbsp Dijon or yellow mustard
- 1 tsp sugar
- Salt and pepper to taste

Instructions

1. Boil the potatoes in salted water until tender (approx. 15 minutes). Cool completely.
2. Mix all dressing ingredients in a large bowl. Add remaining ingredients and toss well. (I slightly mash some of the potatoes while mixing to make it creamy).
3. Refrigerate at least two hours before serving.

Notes

- Red potatoes or Yukon gold potatoes are our top picks for potato salad. They're thin-skinned and tend to hold their shape fairly well. The texture of russet potatoes is more grainy and they fall apart more (so ensure you don't overcook them). Russets will need to be peeled as the skins are thick.
- Cook potatoes just until fork tender but don't overcook them or they can absorb water and get too mushy.
- Thin-skinned potatoes do not have to be peeled or can easily be peeled after boiling.
- Potatoes should be cooled before adding the dressing.
- Dress the salad generously as the potatoes will absorb some of the dressing.
- Be sure to leave time to refrigerate the potato salad before serving, this allows the flavors to blend.

Horoscope - Scorpio

General Horoscope

Scorpios doing business may see a good money flow in November. You may repay the loans you took earlier for business needs. The self-employed could incur heavy expenditure on luxuries. Pay attention to your health. Consult a physician if needed, and follow his advice.

Love and Relationships

Lovers may go on excursions and have a good time. Married couples are likely to experience more love and intimacy. This will boost their marital bond. You may get along well with your children and also the elders in the family.

Finance

Avoid making crucial decisions related to investments in stocks and shares this month, for you may suffer some losses. However, if you invest in cryptocurrency, you may make more profits. Those expecting loans from banks may receive favorable news.

Career

Some who are employed in the private sector may have to move to some outstation location. Their colleagues could also accompany them. Those in the government sector may have a heavy workload. But they will do their work responsibly and complete their tasks on time.

Business

Those who own building construction firms and work on government contracts may sign some new business deals and earn ample profits. People running joint ventures related to the iron and steel industries may make good gains. Internet-related trades may bring new business opportunities, which will boost your finances.

Professionals

Scorpio professionals in government jobs may earn the appreciation of their superiors. Private sector employees will have to manage new responsibilities, and they may work diligently and complete the tasks successfully.

Health

Though your health seems fine, some may suffer from dehydration. Drinking adequate water is important. Those who have blood pressure and cardiac problems should seek medical advice and undergo a check-up.

Students

School students will overcome obstacles and make good progress. Science students pursuing higher education may get suitable job placements in research centers after completing their courses. Research students are likely to encounter some obstacles, but their determination and perseverance may bring success eventually.

Members Say . . .

What's an easy way to do something nice for someone else?

A smile

-- Foye

GIVE THEM A GIFT
CARD FOR THEIR
FAVOURITE STORE.

-- Crystal

*Everything
IMO*

-- Robby

Be kind.

-- Jody

*Punch your card
for their coffee.*

-- Suzy/Sasha

**BE KIND. BE
HELPFUL. GIFT
CARDS ARE
HELPFUL TOO.**

-- Nan

*Give a stranger a
compliment.*

-- Crystal

Listen & validate.

-- Amanda



The One Where We Spot the Differences



Word Search



- | | | |
|------------|----------|---------------|
| Accepts | Helps | Memories |
| Caring | Kindness | Play |
| Cooperates | Laughter | Respect |
| Friendly | Like | Special |
| Friendship | Listens | Understanding |



Quotes on Friendship

“When we honestly ask ourselves which person in our lives mean the most to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares.”

— **Henri Nouwen, Out of Solitude:**

“Why did you do all this for me?” he asked. ‘I don’t deserve it. I’ve never done anything for you.’ ‘You have been my friend,’ replied Charlotte. ‘That in itself is a tremendous thing.’”

— **E.B. White, Charlotte's Web**

“Friendship is the hardest thing in the world to explain. It’s not something you learn in school. But if you haven’t learned the meaning of friendship, you really haven’t learned anything.”

— **Muhammad Ali**

“Tis the privilege of friendship to talk nonsense, and to have her nonsense respected.”

— **Charles Lamb, The Life, Letters and Writings of Charles Lamb Volume 3**

**Sometimes being
a friend means mastering
the art of timing.
There is a time for
silence. A time to let
go and allow people
to hurl themselves into
their own destiny.
And a time to prepare
to pick up the pieces
when it’s all over.**

✕
OCTAVIA BUTLER



“I think if I’ve learned anything about friendship, it’s to hang in, stay connected, fight for them, and let them fight for you. Don’t walk away, don’t be distracted, don’t be too busy or tired, don’t take them for granted. Friends are part of the glue that holds life and faith together. Powerful stuff.”

- **Jon Katz**

Friendship- my definition- is built on two things. Respect and trust. Both elements have to be there. And it has to be mutual. You can have respect for someone, but if you don’t have trust, the friendship will crumble.”

— **Stieg Larsson, The Girl with the Dragon Tattoo**

Thoughts on Friendship

When I was little, I felt like friendship was an exclusive club that I did not qualify for in membership. At least not for the group that I thought I should be accepted by; other little girls. My childish mind could only deduce that I was unlikable, that something was wrong with me. I found acceptance and belonging running around barefoot in the forest with the boys my age. I was down to play and that was enough for them.

I was enough.

It would be many more years before I began to learn that the only person I needed to validate this truth was myself. My early childhood gave me examples like the little boys I played with to feel the warm embrace of acceptance but I continued into my adult years to search for acceptance and belonging in places it would not be found.

Acceptance says, I don't need you to be like me.

Acceptance says, I'm not scared of your shadow side.

Acceptance embraces both celebration and mourning.

As life goes, so do friends. During times when the miles were many or the time was limited, the definition of friendship took on a new meaning for me. The essence of friendship could happen in a brief exchange and bring the familiar warmth of acceptance. Talking with someone on the bus for 20 minutes about a common joy or interest or the shared struggle of life after loss; finding belonging amongst others who offer connection without the strings of judgement and conditional acceptance.

What is friendship but one soul seeing and hearing another be it for years of shared enjoyment or a collection of brief exchanges.



When I stopped needing others to tell me that I am enough, I no longer needed to search for belonging and forage for friendship. Friendship was no longer contained to the stiff parameters I had set for it. What I know now is that friendship ebbs and flows; it both surprises and disappoints and that is okay. Friendship does not define my worth but it sure does envelop me in warmth and remind me that I am accepted and I do belong.

Staff submission

Art Program Update

Christmas

It's time to be busy, little elves for Christmas. Christmas crafts will be available all month long. Remember you get to keep a large portion of any money earned on selling your Art at the sale on December 9th.

Ink-Jet Printer

The new wide-screen printer is set up. Now we get to learn how to use it. Melanie will be teaching Foye how to use it, and working one-on-one with members who would like to make high-quality, large prints. Anyone who wants prints made needs to put their name on a list with Foye, and pick maximum 3 large prints they would like to make. For ideas, consult Melanie, or put a message on Notice Board for her to meet and discuss your project. It is very expensive to print on an ink-jet and all projects will be set and tested on the laser printer before final print. All details will be explained in person . If you book time please make sure you have at least one hour available to work with Melanie.

Sewing Machine

Are you interested in using a sewing machine at the Clubhouse? Please leave a note on Board.

Have Fun with Art at the Arrowhead Clubhouse!

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/>