

Reaching Out

January 2012

Frosty the Snowman

And Tips for Kicking off the New Year Right



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Frosty the snowman was a jolly happy soul,
With a corn cob pipe and a button nose
And two eyes made out of coal.

Frosty the snowman is a fairy tale, they say,
He was made of snow but the children
Know how he came to life one day.

There must have been some magic in that
Old silk hat they found.

For when they placed it on his head
He began to dance around.

O, Frosty the snowman
Was alive as he could be,

And the children say he could laugh
And play just the same as you and me.

Thumpetty thump thump,
Thumpetty thump thump,

Look at Frosty go.

Thumpetty thump thump,
Thumpetty thump thump,

Over the hills of snow.

The CMHA Gazette caught up with the Frolicking Frosty just several days ago and he offered these sage words of wisdom to help kick off your New Year

Ya have to come up with something that will stick, like wet snow.

* *Instead of looking at what you can't do, see what you can do (positives). I have my limitations. I can't stand the heat of the kitchen so I let someone else cook. What I do well is bring joy to the children in my neighborhood.*

* *Whatever is true, noble, right, pure, lovely, admirable, excellent or praiseworthy - think about those things.*

* *Every day, resolve to make at least one person happy. A simple phone call to say hi, a smile and nod as I hurry by.*

* *Learn from yesterday, **live in today**, and hold loosely your plans for tomorrow. I never know what that groundhog is going to come up with next.*

Frosty the snowman knew
The sun was hot that day,
So he said, "Let's run and
We'll have some fun
Now before I melt away."

Down to the village,
With a broomstick in his hand,
Running here and there all
Around the square saying,
Catch me if you can.

He led them down the streets of town
Right to the traffic cop.

And he only paused a moment when
He heard him holler "Stop!"

For Frosty the snow man
Had to hurry on his way,

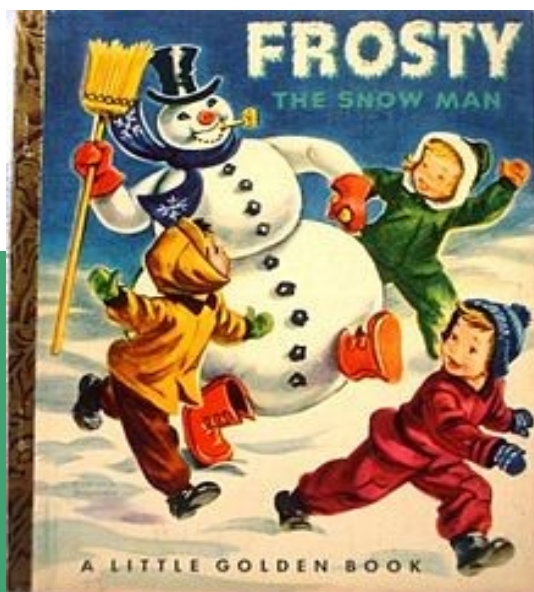
But he waved goodbye saying,
"Don't you cry,

I'll be back again some day."
Thumpetty thump thump,

Thumpetty thump thump,
Look at Frosty go.

Thumpetty thump thump,
Thumpetty thump thump,

Over the hills of snow



If you would like to submit an article, poem or notice in the REACH Centre's monthly newsletter, please contact Melinda LeBoutillier at 741-1266

261 George St.
Suite 208

Reach 4 Recovery Life Skills

Now Playing in Your centre (aka Reach@Charlotte), all your favourite
Movies—Every Friday 2-4 p.m.

Monthly Adventure— *Canadian Automotive Museum* Wednesday the 11th - from 9am to 3pm
Cost: \$5 + (spending \$)

Photovoice - Photoshop Tutorial—
Join us out in the community using expressive arts to tell your own personal story!
Every Wednesday 10am to 11am

Photovoice Trip— *Windy Ridge Conservation Area*
Monday, January 23rd, from 12:00pm to 4:00pm

Dining Etiquette @ Pizza Hut Buffet - Wednesday the 25th, from 11am-3pm

COMING IN JANUARY AT BOTH REACH
CENTRES
THREE WEEK BUDGETING WORKSHOP



KLR4R

Kawartha Lakes Reach for Recovery

Don't forget to check your calendars for all the other
great regular occurring events!

Meal Programs - \$2 Lunch Fridays 11:30-1pm and \$1 Breakfast club Tuesdays 10 –11:30am

Photovoice – expressive arts program using photography!

Living with Addiction – this is a workshop to help create awareness around addiction. Anyone is welcome to attend; each week will cover a different topic from coping strategies to goal setting. This is replacing the Addiction Awareness workshop.

Dining Out – Great opportunity to go out and enjoy a lunch with friends as well as learn some restaurant etiquette! This month—[Jane's Country Kitchen](#). Cost is \$10 plus a drink and please register one week in advance!

Rock at R4R – A music jam session for any that want to come out and sing along or bring an instrument!

Bowling – at Bowlaway lanes and enjoy the friends and shoes! Cost is \$8 to play, Please sign up in the centre so we know how many are coming.

...Weekly REACH on the Road...

Lakefield: *Fridays 9:30 a.m.-11:30 a.m.*
At St. John's Anglican Church on 81 Queen St

Cambellford: *Tuesdays 1 p.m.-4 p.m.*
At Cambellford Mental Health Centre
(Hospital 2nd Floor) 146 Olivier Rd.

*Check your
Calendar for the
Lakefield and
Cambellford
happenings*



- *Ask about WRAP (Wellness Recovery Action Plan)!!!*

REACH for Recovery On the Road Omemee

Come join us Wednesdays 1-3pm at the Omemee Curling Club 15 James St.

January 2012

4th — Craft and Social Time
11th — Games and Social Time

18th — Goal setting
25th — Social Time and Walk

Coffee, tea and snacks are provided!

(dress for the weather)



Reach for Recovery on the Road!

Come join us Tuesday Afternoons from 1-3pm at
Knox Presbyterian Church in Bobcaygeon

January 2012

3rd- Craft and Social Time
10th- Games and Social Time

17th- Movie afternoon
24th- Goal Setting

Coffee, tea and snacks are provided!

31st- Social Time and a Walk
(dress for the weather)

Contact Janelle Surge for more details...
jsurge@peterborough.cmha.on.ca
705-878-3379



Reach4Recovery

Vocational Programming

Skills for Employment Group: Which includes topics such as Job Searching Strategies, Goal Setting, Employment Researching skills and Interviewing for Success Skills!

Speaker Series: Interesting guest speakers bring new topics to light.

Living With Addictions: Group design to educate and support for clients with living with addictions. Meets Thursdays 1:30-2:30.

Who I am Group: To examine our own self image and increasing our overall emotional wellbeing. Meets Tuesdays 1:30-2:30.

WRAP= Wellness Recovery Action Plan: The goals of WRAP are to teach participants recovery and self management skills and strategies for dealing with their mental health.

The REACH Centres Are Moving!

Where: 261 George Street, Second Floor, Suites 206 and 208

When: REACH@Charlotte Centre CLOSED January 6th, 2012
Re-opening January 10th, 2012 at new location (**261 George St., Suite 206**)

Why: To improve access to services by having Consumer Initiatives and Vocational Services under one roof.

To book a viewing of the new space or for more information contact:

REACH at Charlotte: (705) 741-1266

REACH at George: (705) 748-6711 x266

Dennis Hildebrand- Program Manager: (705) 748-6711 x306

Kitchen Ease



Chili Nachos To Warm You on Those Chili Winter Nights

Campbell's 2-Bean Chili

Or you can use any other favorite chili recipe you have

What You Need

- 1 pound ground beef
- 1 large green pepper, chopped (about 1 cup)
- 1 large onion, chopped (about 1 cup)
- 2 tablespoons chili powder
- 1/4 teaspoon ground black pepper
- 3 cups Campbell's® Tomato Juice
- 1 can (about 15 ounces) kidney beans, rinsed and drained
- 1 can (about 15 ounces) white navy beans, rinsed and drained
- Shredded Cheddar cheese

For toppings you may add

- Sour cream
- Sliced green onion
- Shredded Cheddar cheese* - a must
- Chopped tomato
- Guacamole

Instructions

- Cook the beef, green pepper, onion, chili powder and black pepper in a 10-inch skillet until the beef is well browned, stirring often to separate meat. Pour off any fat.
- Stir the tomato juice and beans in the skillet and cook until the mixture is hot and bubbling.
- Spread tortilla chips on plate, layer over top with 2-Bean Chili recipe or any other favorite chili recipe. Sprinkle with shredded cheddar cheese.
- Top the mixture with any of your favorite toppings—sour cream, green onions, cheese and tomato before serving.

The Mighty Snowman



- The average snowman Oops snowperson Weighs in at a whopping 112 pounds. No wonder we build up such a sweet building them.
- The First Snowman...was probably born in Europe. The snowman building activity dated back at least to the Middle Ages, (500—1500 AD) when records show that Europeans loved to build snowmen along the streets after the first snow.





**...And This Just In....
Frosty the Iconic Snowman
Has a Meltdown
Reporter—L.B. CMHA Gazette**

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It has been recently speculated that the jolly ol' snowman seen lately playing in the snow with the local children has become unstable.

In fact, he may be tending towards a manic-depressive illness. This was cited from our local NIMH spokesperson. Eyewitnesses report hearing the icon telling the children, "Let's run and, We'll have some fun now before I melt away."

He was followed on foot by some locally concerned folks at a rather high rate of speed and was later seen having a serious melt down. His belongings were in a disarray lying on the ground. It is noted that the children had already gone in for supper.

He was deemed to be too jolly by some, yet others just thought the children's joy was contagious. He likely had to get away from all the fun and frolic as the young ones were plum tiring him out. I miss him and hope he manages to pull himself back together. This town is just not the same without him.



Please, No New Resolutions

January – yes another new year, the old is gone. I have pretty much given up on the concept of improving over my past years through the traditional New Year's Resolutions. We, at least, most I think want to be better people; otherwise we would not bother with THE LIST. Let's be honest, most die quickly as we know, leaving us feeling defeated. They die in part because we do not come up with a concrete plan to make them work. We just quietly slip back into our old familiar patterns.

To make my improvements stick, I have SLOWLY been adopting positive changes. I purposely schedule a progress report. I often check throughout the week in order to keep an even keel. With pen and paper in hand, and or my Outlook Calendar open, I peek in the rear view mirror to see what really did not work in the past. And then, I look to where I'd like to be at the end of my life, with at least some semblance of sanity left intact, dementia notwithstanding.

I think I have opened up a big can of worms here. I initially planned on a very short exposition on a few ways to kick off a new year on the right foot, and as usual, it is turning into much more. Did I mention I failed the précis portion of high school English class? At any rate, it appears as though Frolicking Frosty has stolen my bulleted, punchy, and more succinct version. I have no options but to expand. So consider this just the prelude. Looking at the end in sight, seriously, this is turning more into my story of recovery really than just a 'how to improve your year'. As I write now, the little square on the bottom left of my screen indicates a flip to page four.

My thoughts are rather jumbled still as I try to work out the finer details. "Construction ahead, please prepare to be patient." Besides, taking another month to get my thoughts collected to figure out exactly



W r i t e r s n o o k



where I'm going with this is paramount. I have so many angles and more ideas are popping up. Bunny trails abound! I'm not a neat and tidy packaged gift!

One of my pet projects suggested this topic for submission for this month's newsletter. We'll set her aside till later. Really, it should have been a no brainer for me, but for some reason, the obvious did not smack me in the forehead. On first suggestion, I thought ah, everyone is sick of the topic of the new year, it's been highly overdone.

But then I became intrigued by the thought of sharing MY version to the kick off of what could be your best year yet.....No grand delusions here on my part, at least I don't think so. My slant is going to focus on the making it work for those who are at times more challenged, such as myself. It will be a kind of a nuts and bolts help to make it stick from one who has been there and collected all the t-shirts and other souvenirs.

"So what's your big secret that I have missed smarty pants? What makes you the expert?" Well, first of all, thanks for the compliment, but I am hardly an expert. I'm just a sojourner like everyone else. I just want to share some of my hard learned lessons with others. I have heard, "why try and learn from your own mistakes when you can learn from others that have gone on before you." Learn from my jungle!

I guess I should explain where this is all going and lay a little ground work. Maybe I should add a Table of Contents and an Index. Heaven help me! I've taken editorial license here. It's turning into a three – four part miniseries. I promise to be more organized! Did I just make a New Year's Resolution...To be continued. . Maybe!....

Hope you are having.....

A HAPPY
NEW YEAR

INFORMATION ZONE

What is the Day of Pink?

April 11th marks the International Day of Pink. It is a day where communities across the country, and across the world, can unit in celebrating diversity and raising awareness to stop homophobic, transphobic & all forms of bullying.

The International Day of Pink was started in Nova Scotia when 2 straight high school students saw a gay student wearing a pink shirt being bullied. The 2 students intervened, but wanted to do more to prevent homophobic & transphobic bullying. They decided to purchase pink shirts, and a few days later got everyone at school to arrive wearing pink, standing in solidarity. The result was that an entire school stopped homophobic & transphobic bullying.

The message was clear: anyone can bully, anyone can be victimized by bullying, but together we can stop it.

Each year on the second Wednesday of April, millions of people wear pink to remember that positive actions make a difference. And that the change starts with each one of us.

In British Columbia, the Day of Pink 2012 is celebrated on February 29.

Be a DayofPink Ambassadors

- Wear pink on April 11, 2012!
- Register as an individual or group (and win cool prizes!)
- Get Free Resources or Order Supplies and T-shirts!!
- Find out more about activities you can do in your school, community, business or organization.
- Learn about the causes of discrimination and what you can do to solve this problem.
- Become a Day of Pink Ambassador



DayofPink Ambassadors

Do you think you could be the lead on the DayofPink in your school, organization or community? Why not become an Official DayofPink Ambassador? DayofPink Ambassadors are regional volunteers who act to spread the word about the DayofPink, distribute resources and support local initiatives. Email us at: Info@DayOfPink.org

Why should you participate?

Have you ever seen a friend hurt because of discrimination? Have you been hurt yourself? Discrimination comes in many forms including racism, sexism, homophobia, transphobia, ableism, agism and anti-semitism just to name a few. These social diseases create barriers, bullying, harassment, hate and violence. No one should have to experience the negativity created by discrimination. DayofPink is more than just a symbol of a shared belief in celebrating diversity - it's also a commitment to being open minded, accepting differences and learning to respect each other.

Other days of action

Spirit Day (oct 20)

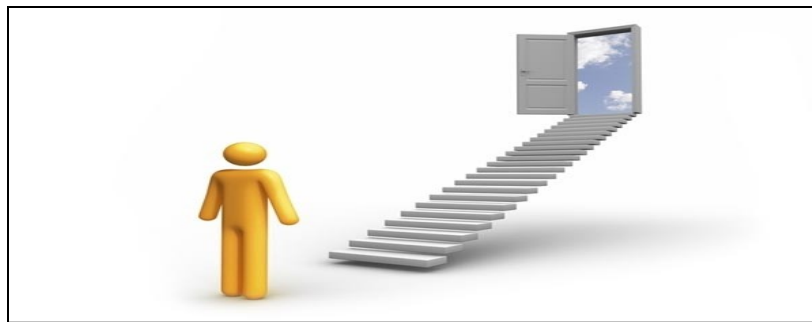
Trans Day of Remembrance (nov 20)

International Day against Homophobia (may 17)

Source: <http://www.dayofpink.org/en/information-zone>

Looking for Work?

- Are you currently receiving ODSP?
- Are you out of work or underemployed?
- Would you like someone to help reduce the stress of finding a job?
- Looking at taking your first step?



We will help you...one step at a time.
Services are provided on a one-to-one basis

**PLEASE CONTACT VICKIE OR VALERIE at
MAKING IT WORK**

**TO LEARN HOW WE CAN HELP
(705) 748-6711 ext. 222/245**

SUDOKU

Solution from
game on page 5

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



CANADIAN MENTAL HEALTH ASSOCIATION
Peterborough Branch

**EMPLOYMENT
ONTARIO**



PROJECT CHRISTMAS CHILD – 2011- Update

The Reach Centre –Consumer Initiatives and Vocational Services – completed its second Project Christmas Child, providing 15 wonderful gift bags to the children of our clients! We would like to thank the following businesses and people for their generous donations:

Wild Rock
Urban Point
T.S.C.
Toy Shop of Peterborough
Dieter's No Frills
Cherished Events
CMHA staff

Lock 19 residents
Kent Book Store (Lindsay)
Home Outfitters - staff
Hair Emporium
Chapters
Lindsay Sportsline
The Bargain Shop (George St) staff
and customers CMHA staff



The Best snowman making weather is when the temperature is hovering around the freezing mark

I was 35 when I built my last snowman....Looks like I'm overdue.

The Biggest Snowman...

was created in Bethel, Maine, USA in 2008, The snowman was 122 ft 1 inch tall. The local residents hedged bets as to how long it would take to melt.....15 weeks was the answer!



Check out the details @ <http://bethelmainesnow-woman.com/>

How Many Words Can You Make from the Word

SNOWMAN Answers from game on page 11?

WOMANS	MANOS	WON	MAN
WOMAN	SWAN	SAW	MA
MAWN	MOANS	OWN	NAOS
MOWN	MONAS	SOW	ANON
MAWS	NOMAS	NAW	OM
MOWS	AWNS	WAN	MO
SWAM	MASON	WOS	AM
MOW	AWN	WO	NANS
MAW	MANS	SOM	NONA
SNAW	MOAN	OW	SON
SNOW	MANO	AW	ONS
SOMAN	MONS	NONAS	NOS
OWNS	NOMA	MAS	OS
SAWN	SOMA	NAM	NO
SOWN	NOMS	NOM	SO
WONS	MOAS	MOS	NA
NOWS	NOW	MOA	AN
WANS	WAS	MON	ON
		OMS	AS

More than you thought?