

# The Chatter

CMHA Grey Bruce  
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Chatter email  
Unionplacechatter  
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May 2024



Collingwood  
visit



Mary's farm  
fiddlehead  
spring on its way



Kite flying



Puck Pigs  
Our great hockey  
team  
Year end  
party



Donkey farm



Canadian Mental  
Health Association  
Grey Bruce  
Mental Health and Addiction Services

## May Happenings At Union Place

by Pat Reain

First off, some sad news: Larry Campbell has died. Larry was a faithful member of the yoga group & loved to sing his favourite song 'Born To Be Wild' at the music group gatherings at the Lutheran Church and at Karaoke. I shall miss him.

During Mental Health Week, May 6<sup>th</sup> to the 10<sup>th</sup>, I sat out in front of the CMHA door & sold sunflower seeds & made about \$100.00 for CMHA programming. There are still some for sale in the Cafe if you're interested.

We had a lovely day on May 1<sup>st</sup> at the falls and in the park in Collingwood. There was a beautiful nature mural on the washroom building at the park. We also went shopping. The next day, we went over to Mary's farm in Leith to pick fiddlehead ferns. Were they ever delicious! Some folks went to the donkey farm on May 3<sup>rd</sup>. We had a lovely spa day on the 7<sup>th</sup>. I wore the mask & got my fingernails done. Some members went to the Harmony Centre for a concert on the 9<sup>th</sup>, and we made lovely banana splits on Friday the 10<sup>th</sup>. Yummy! We printed birdhouses for Mother's Day on the 13<sup>th</sup>.

On the 14<sup>th</sup>, we crafted sweatshirts made from CDs, buttons & beads, or made jewelry. The next day, we had a BBQ lunch in the afternoon, April & Emily cooked up some scrumptious burgers & hot dogs. Some folks went to the YMCA in the morning of May 16<sup>th</sup>.

On the 21<sup>st</sup>, we did some acrylic painting - I did a flamingo & Emily hung them up on the wall. We cleaned up our garden beds for Union Place & Group Services over at the Food Forest on Thursday the 23<sup>rd</sup>. Lots of hard work by Brian & Emily filling wheelbarrows with dirt from a truckload Em's husband brought & transferring the dirt into the beds once we'd weeded them, and Rachel planted the lettuce & basil into the U.P. bed.

Some members went on a hike to Skinner's Bluff on Friday the 24<sup>th</sup>.



## Lawn Bowling

We are excited to share with you all that Union Place is the successful recipient of a lawn bowling grant for the 2024 season! A huge thank you goes out to The Community Foundation of Grey Bruce for making our wishes come to true to be able to offer lawn bowling every Wednesday for 12 weeks at no cost to our participants!!

Lawn bowling begins on Wednesday June 5th! If you are interested in participating please let April or Emily know so we can reserve your space! We have 20 spaces available.

This is the third year of lawn bowling, we would love to see some new faces come out and try the sport. It is friendly for all mobility levels!

## Poetry and art done by Anne Hofer

### Conversations entre moi puis toi

Mes desirs son ten haut...

Et en bas

Commes les pointes

De la lune croissante

Pis moi, puis toi

Sommes au milieu...

Berçons, berçons

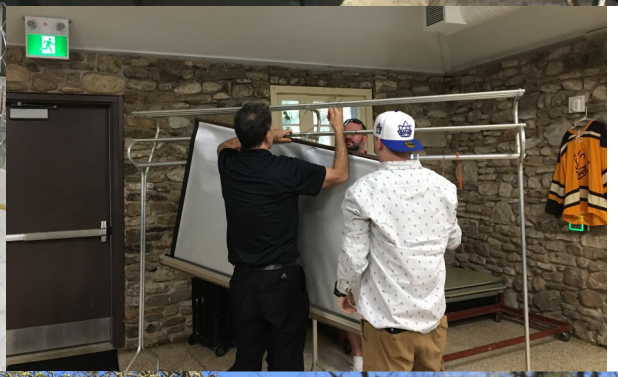


This is about two people being separated by language and therefore distance. The word 'pis' is the Quebec version of the word 'then' and 'puis' is the Parisienne French. So, not only the language keeps them apart but the distance, too. It's wistful because the moon is only a crescent and so, wishing upon the moon is almost pointless. They are stuck in the middle rocking, rocking.

You can contact Anne at [hofer.annem@gmail.com](mailto:hofer.annem@gmail.com)

[hofer.annem@yahoo.com](mailto:hofer.annem@yahoo.com)

The year end puck pigs party.  
Enjoyed by many



Mary's farm  
Fiddle picking

## Have a Hurculean Heart ( A Heart Like Hurcules )

### The Great True Spirit on A Hurculean Heart

Love yourself, fill your heart with love for yourself. Have kindness toward yourself.

Have respect for yourself. Be gracious towards yourself.

You are full of VALUE, WORTH, STRENGTH AND QUALITY!

YOU ARE CHERISHED. YOU ARE PRECIOUS. YOU ARE USEFUL. YOU ARE IMPORTANT.

YOU ARE TREASURED. YOU ARE DESIRED. YOU ARE EXCELLENT. YOU ARE GOOD.

YOU ARE TALENTED. YOU ARE CREATIVE. YOU ARE SMART. YOU ARE BRILLIANT.

YOU ARE RESOURCEFUL. YOU ARE "A" OKAY. YOU ARE TERRIFIC.

YOU HAVE A BEAUTIFUL QUALITY ABOUT YOU.

## KNOW ALL THESE THINGS ABOUT YOURSELF AND BELIEVE IT WITH ALL OF YOUR HEART!

TRUST WITH ALL OF YOUR ABILITY--YOU HAVE ENDLESS ABILITY  
AND STRENGTH.

HAVING THIS LOVE FOR YOURSELF WILL MAKE LIFE SIMPLER AND  
ONCE YOU HAVE THIS KIND OF LOVE FOR YOURSELF IT WILL BE  
SIMPLER TO LOVE OTHERS.

YOU HAVE THE ABILITY!

THE GREAT TRUE SPIRIT HAS YOU IN THE PALM OF HIS HANDS--  
HE'S GOT YOUR BACK!

By Julia Vukovic

## Billy Bishop Outing

An impromptu visit to  
the Billy Bishop Museum  
after the Tom Thompson  
Art gallery on May 22nd,  
2024.





**Collingwood  
and  
Thornbury outing**

**Shopping.  
Walking,  
BVO picnic**



**Kite flying**



# Grey Bruce Mental Health Walk-in Support

Walk-in for referrals, resources and/ or mental health support.  
Free. No appointment necessary. First come, first served.

Clinic Locations	Date & Time
<b>Hanover</b> <i>The Loft</i> 290 10 <sup>th</sup> Street	<u>Tuesday</u> 1:00 – 3:00 pm
<b>Durham</b> <i>West Grey Public Library</i> 453 Garafraxa Street South	<u>Thursday</u> 1:00 – 3:00 pm
<b>Meaford</b> <i>Meaford Library</i> 11 Sykes Street North	<u>Wednesday</u> 1:00 – 3:00 pm
<b>Warton</b> <i>Allied Health Building</i> 369 Mary St- Room 111	<u>Thursday</u> 1:00 – 3:00 pm
<b>Lion's Head</b> <i>Lion's Head Hospital</i> 22 Moore St- Board Room	<u>Tuesday</u> 1:00 – 3:00 pm
<b>Owen Sound</b> <i>The X Change</i> 825 2 <sup>nd</sup> Ave East	<u>Monday, Wednesday and Friday</u> 1:00 – 3:00 pm

Please do not attend if symptomatic of COVID-19 or if you have had known contact with a person with a case of COVID-19. Facemasks are encouraged.

GBHS Lion's Head | GBHS Markdale | GBHS Meaford | GBHS Owen Sound | GBHS Southampton

# BE KIND



Because  
compassion  
connects us all.

#CompassionConnects



## WE ASK BECAUSE WE CARE



### We're Having a Feedback Blitz!

Have you completed a survey yet?

- From May 15th, 2024 to June 28th, 2024, CMHA Grey Bruce is collecting client feedback!
- Your feedback will be used to influence positive changes in our programs and service delivery.

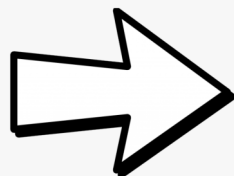


- To complete a survey for each program you're involved in, ask your worker or a secretary, or scan the QR code - it takes less than 10 minutes!

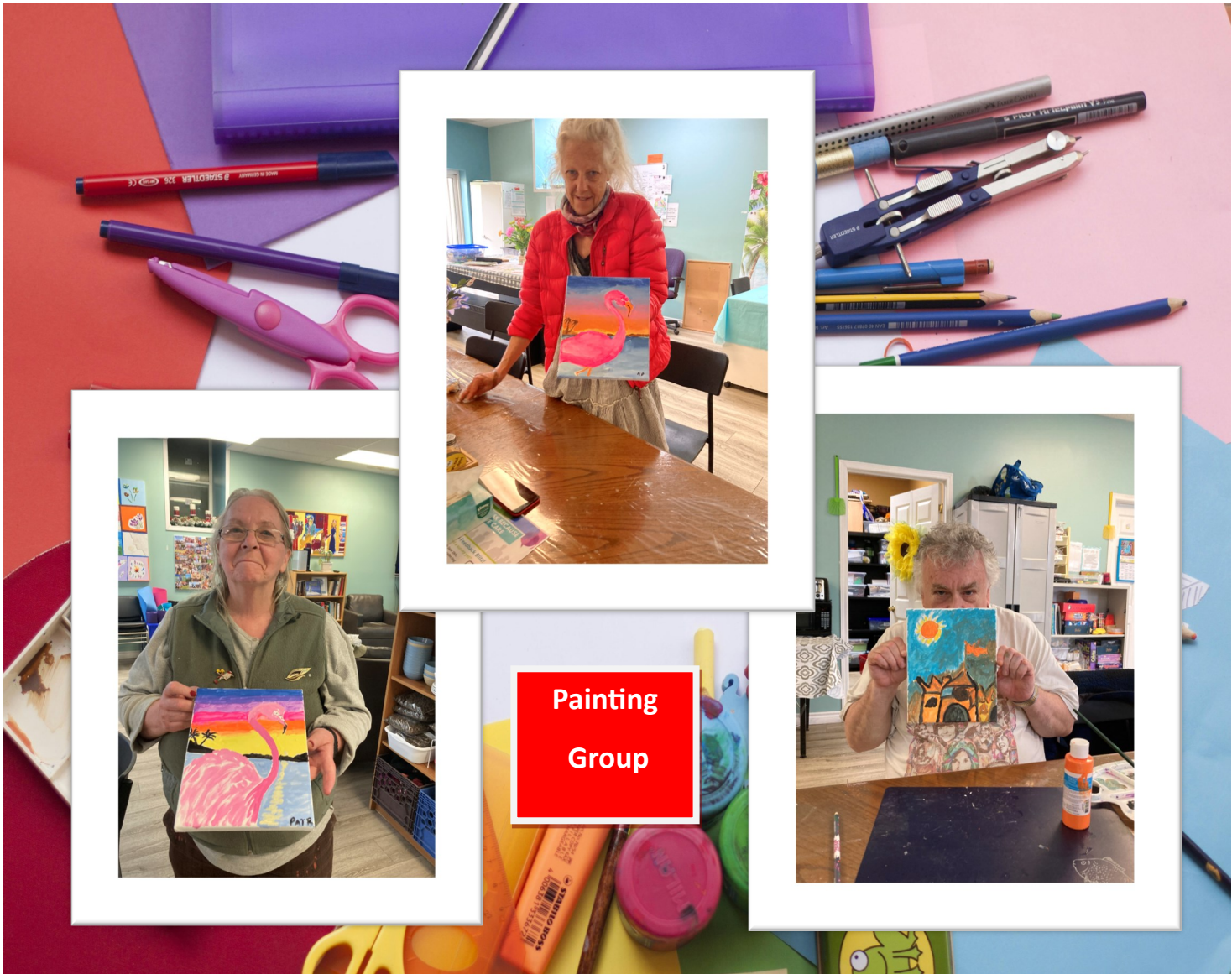
For assistance in filling out the survey, please contact us by telephone at 519-371-3642 ext. 2115 or by email at [feedback@cmhagh.org](mailto:feedback@cmhagh.org)

Stop by Union Place Tuesday June 11th during drop in to complete an in-person survey.

Your feedback matters!







IN LOVING  
*Memory* 



“Born to be wild”

**Larry Campbell**

November 03, 1955 - March 30, 2024

In loving memory of Larry Campbell, Patricia Réain has donated \$100 in his honour to go towards Union Place programming.



### Mother's Day

If she could come back this way,  
to heaven I pray.

Mom has gone,  
but by memory carries on.

Eternal choice remember her soothing voice,  
For if I could once again be tied to her apron strings.

For just a moment in time, give me a sign,  
Thank you for the life you have giving me.

Happy Mothers day .

From your grateful son.

Carry on carry on.

Love you from Rob Appleby

*Thank you April from Rob*



# Together we move!



PRESENTED BY



## Getting active and feeling good is for everyone.

### Event

CMHA Grey Bruce Summer Baseball with Group Services Owen Sound

### Location

St George's Baseball Diamond on 10th Street East, Owen Sound.  
Situated behind St George's Church at 1049 4th Ave E, Owen Sound, ON  
N4K 5P7

### Date

First Game starts June 4th 2024, followed by games June 11th, 18th and  
25th

### Time

Meet at 2pm and game starts 2:15pm



## Help our community be named Canada's Most Active and win \$100,000!



- ✓ Track your activity.
- ✓ Win awesome prizes.
- ✓ Support your community.



Your organization's  
logo

Additional support provided by



# Rachel's Corner

## Spring Flowers

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

JONQUILS  
SWEET WILLIAM  
CROCUS  
WYSTERIA  
DAHLIA  
TULIPS  
CARNATIONS  
DAFFODILS  
CREPE MERTLE  
FORSYTHIA  
HYACINTH  
LILAC  
LAVENDAR  
PANSY  
LILLY  
DAISYS  
IRIS

Play this puzzle online at : <https://thewordsearch.com/puzzle/1732/>

John O'Donohue

"When one flower blooms, spring awakens everywhere."

Audrey Hepburn

"To plant a garden is to believe in tomorrow."



Welcome  
to  
donkey farm



# Plants time



# THANK YOU

For all your donations

## St. Andrew's Church

St. Andrew's Church has provided us with more delicious sandwiches again this month. We were also the recipient of some fresh home-made biscuits. Mmm mmm good.

## Good Sam's Coffee House

We thank the coffee house for sharing fresh produce and homemade cookies with us!

## Pat Reain

3 days a week box of Timbits + money

## The Community Foundation Grey Bruce

We are grateful to be the recipients of a \$2000 grant that will allow 20 people to participate in lawn bowling for 12 weeks this summer!



Canadian Mental  
Health Association  
Grey Bruce  
Mental Health and Addiction Services

# June 2024

## Union Place Activity Calendar


Call to Sign up 519-371-3642

April (ext. 1214) Emily (Ext. 1024)

### Daily Activities:

Walking Group 9:00 am

Drop in 9:30-11:30am unless otherwise

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>1:30</p> <p>Movie and Snacks</p>	<p>4</p> <p>2:00</p> <p>Baseball and BBQ at St. George's Park</p>	<p>5</p> <p><b>No Drop in Today</b></p> <p>9:30</p> <p>Lawn Bowling</p>	<p>6</p> <p>1:30</p> <p>Picnic Lunch Preparation</p>	<p>7</p> <p>12:00</p> <p>Picnic Lunch at Harrison Park</p>
<p>10</p> <p>1:30</p> <p>Portrait Painting</p>	<p>11</p> <p>11:00</p> <p>Mindful Breathing</p> <p>1:30</p> <p>Members meeting and (program planning and updates)</p>	<p>12</p> <p>9:30</p> <p>Lawn Bowling</p> <p>1:30</p> <p>Show and Share</p>	<p>13</p> <p>1:30</p> <p>Members Lunch: Wraps and garden salad \$2</p>	<p>14</p> <p>1:00</p> <p>Yoga in the garden</p> <p>2:00</p> <p>Music in the garden</p>
<p>17</p> <p>9:30</p> <p>Fathers Day mingle (indoor mini golf)</p> <p>1:30</p> <p>Movie and Snacks</p>	<p>18</p> <p>1:30</p> <p>Navigating Public Transit</p> <p>Stops to be determined</p>	<p>19</p> <p>10:30 (departure)</p> <p>Sauble Beach Camp Day</p> <p>Picnic, games and shopping</p>	<p>20</p> <p>No Afternoon Group</p> 	<p>21</p> <p>1:15</p> <p>meet at Union Place</p> <p>Hike (Walters Creek)</p>
<p>24</p> <p>1:30</p> <p>Jewelry Making: Charm Bracelets or keychains</p>	<p>25</p> <p>2:00</p> <p>Baseball at St. George's Park</p>	<p>26</p> <p>9:30</p> <p>Lawn Bowling</p> <p>1:30</p> <p>Monthly Birthday Party</p>	<p>27</p> <p><b>Drop in ends at 10:30</b></p> <p>10:30 Departure</p> <p>Trip to Earth Bound Gardens and shopping in Wiarton</p>	<p>28</p> <p>1:30</p> <p>Ted and Graces Ice Cream Social \$2</p>