

CMHA Grey Bruce
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The Chatter

Chatter email
Unionplacechatter
@gmail.com

September 2024

Our wonderful sunflower

Sunflowers are symbolic of the sun; hence, their name is rather fitting. Most commonly, sunflowers have bright yellow petals reminiscent of the sun. And like the sun, sunflowers most often symbolize happiness and joy. As sunflowers made their way to Europe, their popularity grew, becoming a symbol of beauty and sustenance.

. THEY'RE NATIVE TO THE AMERICAS.

Like potatoes, tomatoes, and corn, the cheerful plants didn't originate in Europe. They were cultivated in North America as far back as 3000 BCE, when they were developed for food, medicine, dye, and oil. Then, they were exported to the rest of the world by Spanish conquistadors around 1500.

THEY TRACK THE SUN.

Sunflowers display a behavior called heliotropism. The flower buds and young blossoms will face east in the morning and follow the sun as the earth moves during the day. However, as the flowers get heavier during seed production, the stems will stiffen and the mature flower heads will generally remain facing east.



From
the Garden



Canadian Mental
Health Association
Grey Bruce
Mental Health and Addiction Services

Shallow lake bike ride



September Happenings at Union Place by Pat Rein

On Tuesday, Sept, 3rd we played cards and board games in the afternoon. Wednesday we didn't do lawn bowling, but went instead to the golf course in Chesley. Dee did really well, and I had the best game ever that I've played there. And Emily brought her golf clubs & she's a pro. On the 5th, a group of members rode their bikes to Shallow Lake around the old rail trails. Some members made some lovely clay magnets on Fri. & Mon. We enjoyed mindful breathing with Peter on the 10th. We had lawn bowling & a wonderful walk in Harrison Park on the 11th. We had some great cup cakes & scones which Emily made for our monthly birthday party on the 13th.

We did some crafting on both Mon. & Tue. Brian made a lovely charm bracelet. We wrapped up with our final lawn bowling session on Wed. & had a delicious gourmet breakfast in the afternoon. On Mon. Sept 16th, Kyle took us to the Flea Market in Southampton. We had a great outing to St. Jacob's market on the 19th. Wonderful weather & lots of good food. We had a really good gettogether with music and a BBQ in the Food Forest garden on the 20th.

Garden Happenings
at United Way
by Pat Resin



After many tries planting seeds in various beds, we finally got 3 sunflowers to bloom & the yellow heads appeared last week. Angus Cameron & I worked at the beginning of the season & now Rachel Oliver has joined me & been a great help at the end of the season. Angus had to move to Port Elgin.

Some sad news. Our long-time maintenance technician, Rob Roy died on Labour Day from cancer. His friends & sisters gave him a great send-off on Sept. 15th at the Harmony Centre. Rob was a wonderful help in the garden & had his own garden on the east side of the United Way building. His favourite saying was:

"Act your age, not your shoe size." I shall miss him.

The veggies grew really well this year, with lots of sun & rain. We're still waiting for the butternut squash to get bigger before we pick. Rachel's been faithfully picking & clearing up the tomato plants, arizula, & the peppers. We have both hot and bell peppers this year. We tried yellow pole beans this season, but they got too big too fast. The ordinary yellow beans finally came through without the rabbit chewing them off. Cayenne pepper was the solution.



Perfect apple pie

1 package Pillsbury

Filling

6 Cups thinly sliced peeled apples

3/4 cups sugar, 2 tbsp cinnamon

1/8 tsp nutmeg , 1 tbsp lemon juice

Heat oven to 400f place crust in pan as directed on back of package

In large bowl stir together filling ingredients.

Bake 40-50 minutes depend on covered with pastry or not and crust is golden brown or apples are tender.



All the wonderful baking that was done by the group for thanksgiving dinner Oct 8 .

ok we might have had a few tester. Really good!

Sheet Pan Libby's Pumpkin Bars

Tiffany

This is Libby's pumpkin bars recipe with homemade melt-in-your-mouth cream cheese frosting that is a perfect fall treat and holiday dessert.

★★★★★ 4.60 from 142 votes

PREP TIME
15 mins

COOK TIME
25 mins

TOTAL TIME
40 mins

COURSE
Desserts

CUISINE
American

SERVINGS
48 Bars

CALORIES
209 kcal

EQUIPMENT

- Angled Icing Spatula
- Jelly Roll Pan 10"x15"

INGREDIENTS

Pumpkin Bars

- 15 ounce Can of Libby's Pumpkin Puree or similar brand
- 2 cups All-Purpose Flour
- 1 1/2 cups White Sugar
- 1 cup Butter softened
- 4 Large Eggs
- 1 teaspoon Baking Soda
- 2 teaspoons Baking Powder
- 2 teaspoons Ground Cinnamon
- 1 teaspoon Pumpkin Pie Spice
- 1/2 teaspoon Salt

Cream Cheese Frosting

- 5 cups Confectioners' Sugar
- 8 ounces Cream Cheese softened
- 1/4 cup Butter softened

- 1 teaspoon Pure Vanilla Extract

Topping Ideas

- Sprinkles of Cinnamon
- Fall Colored Sprinkles
- Mini Pumpkin Candies

INSTRUCTIONS

1. Preheat oven to 350 degrees Fahrenheit. Line a 12"x17" half-sheet baking pan with parchment paper. Spray the sides of the pan with cooking spray. This size gives a slightly shorter bar about 3/4" thick after baking, like I have in the photos above.

Note: You can also use a 10"x15" jelly roll pan for a slightly taller bar.

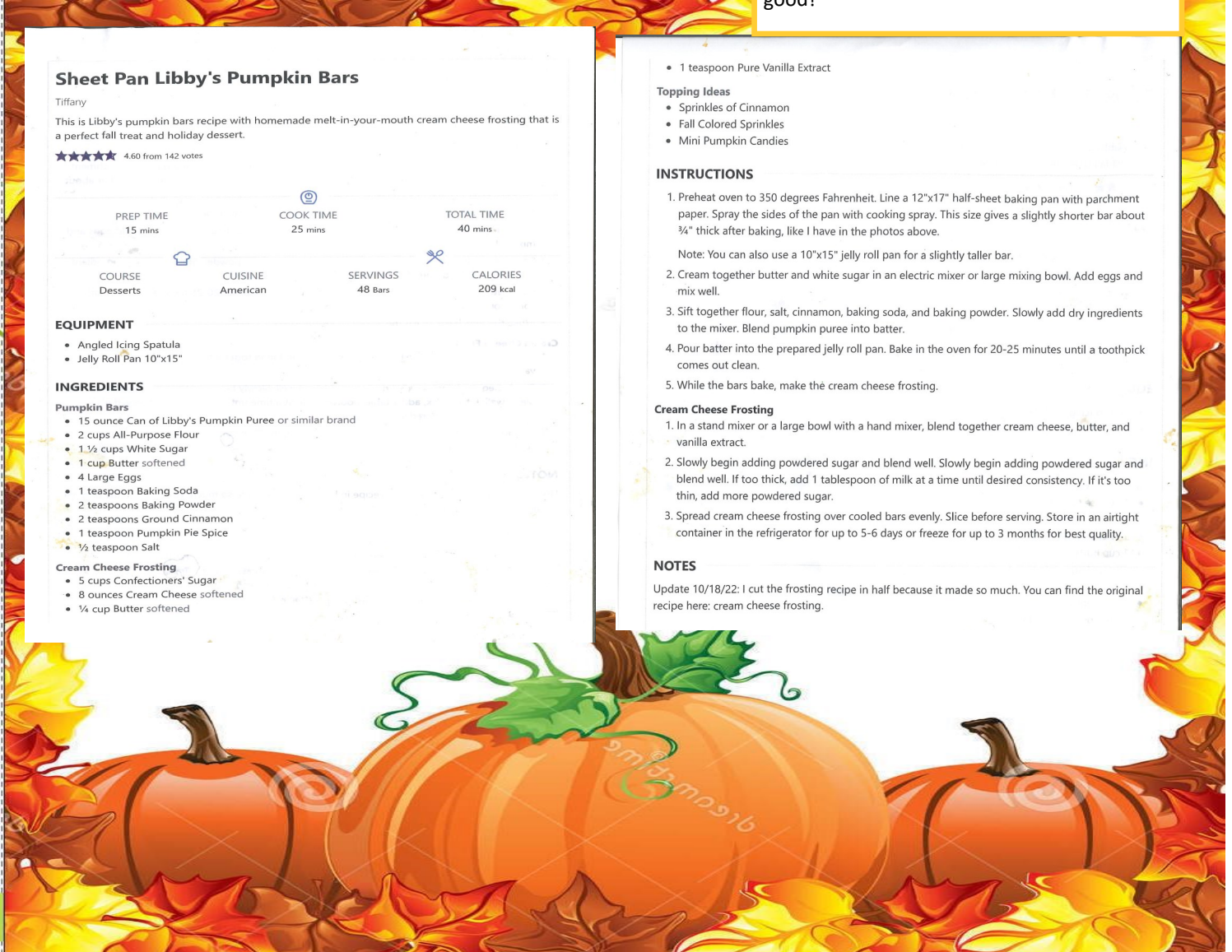
2. Cream together butter and white sugar in an electric mixer or large mixing bowl. Add eggs and mix well.
3. Sift together flour, salt, cinnamon, baking soda, and baking powder. Slowly add dry ingredients to the mixer. Blend pumpkin puree into batter.
4. Pour batter into the prepared jelly roll pan. Bake in the oven for 20-25 minutes until a toothpick comes out clean.
5. While the bars bake, make the cream cheese frosting.

Cream Cheese Frosting

1. In a stand mixer or a large bowl with a hand mixer, blend together cream cheese, butter, and vanilla extract.
2. Slowly begin adding powdered sugar and blend well. Slowly begin adding powdered sugar and blend well. If too thick, add 1 tablespoon of milk at a time until desired consistency. If it's too thin, add more powdered sugar.
3. Spread cream cheese frosting over cooled bars evenly. Slice before serving. Store in an airtight container in the refrigerator for up to 5-6 days or freeze for up to 3 months for best quality.

NOTES

Update 10/18/22: I cut the frosting recipe in half because it made so much. You can find the original recipe here: cream cheese frosting.



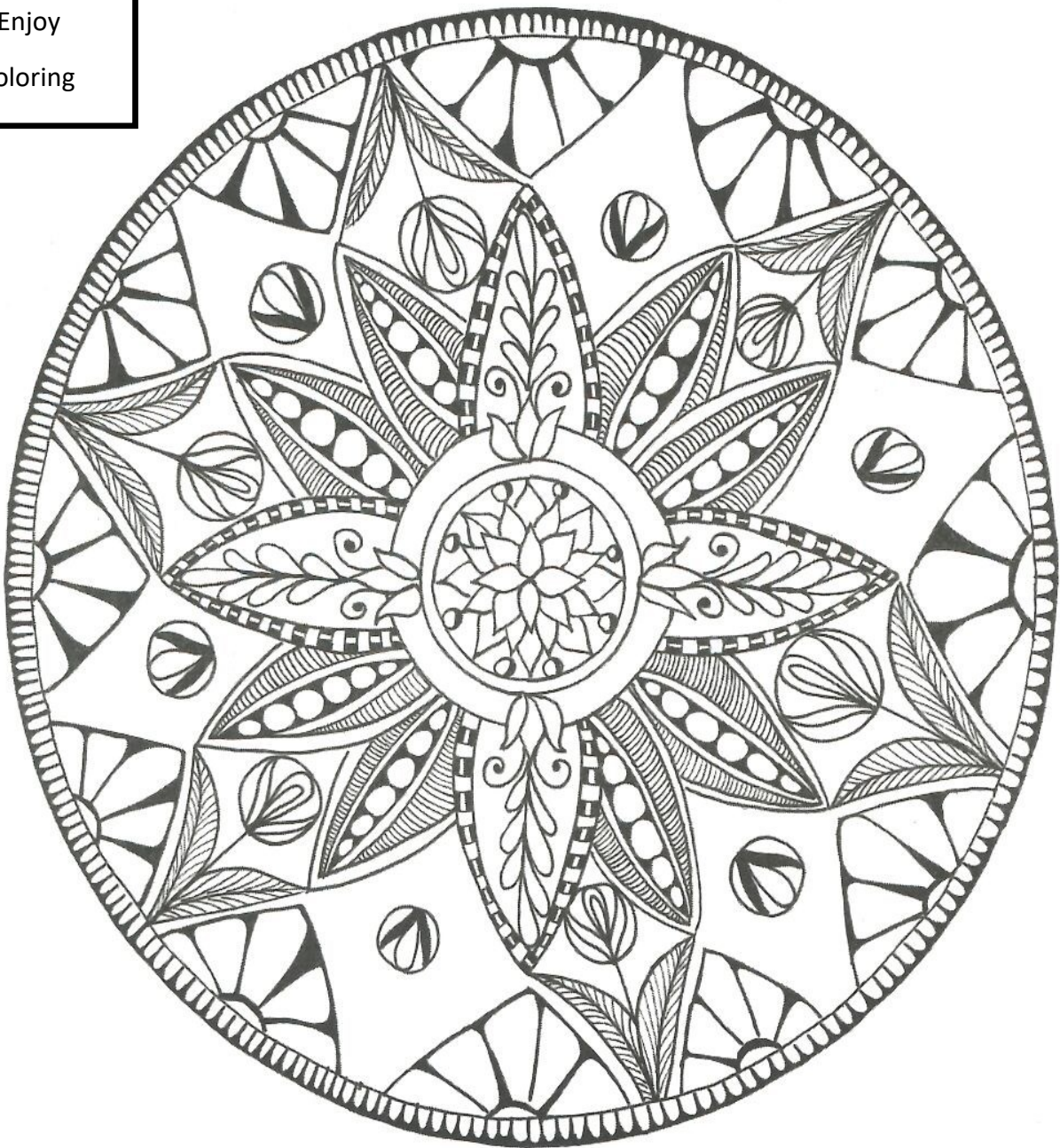
THOUGHT OF THE DAY:

IF YOU DON'T LIKE SOMETHING, CHANGE IT.

IF YOU CAN'T CHANGE IT, CHANGE YOUR ATTITUDE.

Maya Angelou

Enjoy
coloring





SEPTEMBER BIRTHDAYS THIS MONTH

CELEBRATE WITH A TEA PARTY

Time to
Celebrate



FUN &
GAMES

One of the great happening in this time of year is Back to school :

For young and old hopefully you never stop learning!

School Life

| | | | | | | | | | | | | | |
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LUNCH BOX
GLITTER
SCISSORS
BLACKBOARD
ERASER
PENS
SHARPENER
COMPASS
GLUE STICK
JOURNAL
NOTEBOOK
PENCIL CASE
PENCILS
CRAYONS
MARKERS
BACKPACK
HOMEWORK
BOOKS

Play this puzzle online at : <https://thewordsearch.com/puzzle/37/>





Daniel Photo

Good Sam's Coffee house

We thank the coffee house for sharing.
Fresh produce and baked Goods

Pat Reain

3 days a week box of Timbits +
money

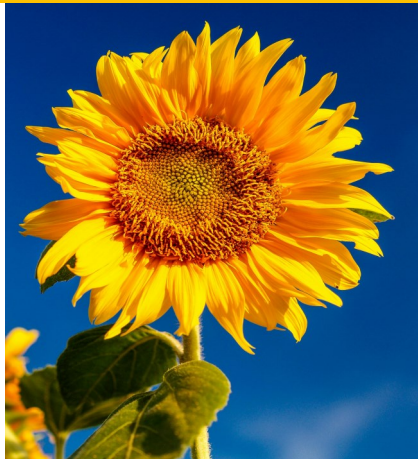
Thank you
For all your donations

Autum change
Autum fall plants stand tall,
Cold days ahead,
Clean out those flower beds,
The leaves are weeping, bare trees seeking ,
The last good buys,
Get out those pumpkin pies and those home fries.
Comfort food will rise.

By Rob Appleby



Pat's secret fertilizer
That keeps our gardens
growing so well Thank
you PAT



FERTILIZER

$\frac{1}{3}$ rd container of coffee grounds

10 handfuls of eggshells, crumpled

2 cups of EPSOM salts

2 cups of sugar (white)

$\frac{1}{2}$ bag of MIRACLE GROW or
plant food

Mix together vigorously.

Dig it into the soil around your
veggies.

Rachel's Corner

I love Canada because it has four seasons and each season has its own beauty and love.

Autumn, the season of crisp air and vibrant colors, is a time of transition and beauty.

As the leaves change from lush greens to fiery reds and golden yellows, it's hard not to be captivated by the enchanting scenery.

With autumn comes first day school and its excitement . . . Finally you know the business of summer is over.

So curl up with a book, your favourite sweater and a wonderful warm cup of hot chocolate.

Fall here enjoy



Autumn

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

HARVEST
CHILLY
THANKFUL
WHEAT
MAZE
RED
COLORS
MAPLE TREE
GEESE
SWEATER
ORCHARD
PUMPKIN
PEAR
BROWN
HAY
LEAVES
RAKE
OCTOBER
APPLE
ORANGE

Play this puzzle online at : <https://thewordsearch.com/puzzle/817/>



The Great True Spirt

Say I AM before every word:

STRONG, COURAGEOUS, TRUSTING,
TRUSTWORTHY, BOLD, CONFIDENT,
FEARLESS, VIBRANT, JOYFUL, ENERGET-
IC, WORTHY OF LOVE, RESPECTED, RE-
SPECTFUL, VALUABLE, LOVED, LOVEA-
BLE, LOVING, DESERVING, BEAUTIFUL,
GOOD, GRACIOUS...

The Great True SApirit is a great encourager. Post these words in your home somewhere where you can read them out loud to yourself regularly.

You will get feeling good about yourself!

TRUST THE GREAT TRUE SPIRIT.

By Julia Vukovic



Canadian Mental Health Association
Grey Bruce
Mental Health & Addiction Services

October 2024

Union Place


Daily Activities:

Walking Group 9:00 am

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

Call to Sign up 519-371-3642

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| | 1. Movie: Ghostbusters Afterlife 1:00pm | 2. No afternoon groups today | 3. Fall Centerpiece Craft \$5 1:30 pm | 4. No afternoon groups today |
| 7. Thanksgiving Prep 11:00am | 8. No drop in today Member Lunch: Thanksgiving Dinner \$2 1:00pm | 9. Union Place Closed today for staff meeting | 10. No afternoon groups today | 11. The Broken Bowl Project at Daisy's Clay House: Halloween Theme \$10 1:30pm |
| 14. Closed Thanksgiving | 15. Mindful Breathing 11am Thrift Shopping for Costumes 1:00pm | 16. Nintendo Games 1:30pm | 17. Keppel Croft Gardens 12:30pm departure | 18. Broken Bowl Project Phase 2 1:00pm at Union Place |
| 21. Crafting Halloween centerpieces for party 1:30pm | 22. Williamsford Walk & Pie Company Visit 12:00pm | 23. Halloween T-shirts (bring your own black shirt) 1:30pm | 24. Monthly Birthday Party Theme: Fall Fair 1:30pm | 25. Hike: Palisades 1:00pm (5.4km level: hard) |
| 28. Christmas crafting 1:30pm | 29. Hike: Clearview Loop 1:30pm (3.4km easy) | 30. Halloween Party Prep 1:30pm | 31. No Drop in Today Halloween Party at St. Andrew's (basement) 12pm-3pm |  |