

Poem by Marc Sharelove

Everyday I put on the shackles of my clothes
Naked no more I enter the labyrinth

Detached from the original
Separated from the true self
Camouflage, deception, decoration
To conceal the honesty, the revelation

I am but skin and a skeleton
Blood courses through my veins

Every day I seek to be entered
by the immutable greatness of mother
Provided for, cared for, all we could have hoped for
Yet we deny our place, deny our commonality
We endlessly attempt to place ourselves
above the mystery, cheapen the experience
Pretend we're at the pinnacle of existence
When we're simply pitifully empty of love

When we can love more than individuality
Hint - It's our true nature
We'll then return to the bosom
Of the communal, our shared universality
And give thanks to the perfection
That already is, once we end the futile
The futility of erecting barriers to our
Innate goodness and empathy.

We work so hard to bury in cash
Hoarding, bound by imaginary borders
The gift. The condition. The elemental.
We are but one family naked, shameless.



What did one toilet say to another?

You look flushed.

Resolutions & Alternatives

A Message from Kit Galatyne

Did you set a New Year's Resolution for yourself in 2023? How's that going?

By the end of January, you'll likely have failed or given up. That's not a judgement- it's a statistic. The vast majority of New Year's Resolutions don't make it to February.

You've been there - you know this. We all do, really.
So why do we keep trying a system that doesn't work?

New Year's Resolutions Suck.

Changing human behaviour is really hard- and a cycle of failed and abandoned Resolutions, is not the way.

Instead, to get what you hope Resolutions will give you (Positive life change), allow me to suggest a gentler idea:

Give yourself a Theme.

Instead of setting yourself up to fail with a Resolution, something like "I'm going to lose 10 pounds by next year," or "I'm going to read one book a week," a Theme would be something like: "Year of Reading," or "Year of Health"

If that sounds a bit broad, a bit vague- that's the point. For some things, precision matters- but for others, it doesn't.

When trying to build yourself into a better you, exact measurements don't matter; not really. What matters is the direction you're moving- even just slowing down a decline is a lot of work, and something to celebrate.

Life is a branching path. It's the trend of your decisions- some big, but most small- that makes up the way towards our goals.

Got some free time? It's the Year of Reading, so why not open a book instead of watching TV.

That's it: you were at a branch and went one way, instead of the other.

You can't plan the route and then fail to follow it, because there is no map of the future, and you can't predict what obstacles you'll encounter. At any moment, you are where you are and can only navigate from there.

If you encounter an obstacle, a broad Theme allows its meaning to adapt with you, without the guilt of having failed to meet goals you set when you didn't know what was coming.

A good Theme is broad, has a direction, but most importantly? It resonates with you.

For me, 2024 is going to be my Year of Giving.

Will you join me in setting a Theme?

Programming Updates:



What: Masquerade Party

Where: The Clubhouse

When: Thurs, January 4th -4-6 p.m.

What: Matinee Movie (Aquaman)

Where: Meet at The Clubhouse

When: Sat, January 13th -time TBA

What: Bowling

Where: Meet at The Clubhouse

When: Sat, January 28th - 1 pm



Sage (aka Kit) has been working tirelessly over the past few weeks on statistical work at the Clubhouse, specifically with our member database. This level of administrative work effectively builds our processes, so that we may be organized and efficient not only in our operations, but in our reporting to key partners.

Kit manages to balance being gainfully employed and being active in the development of Connections Place. We are so grateful to them for their enthusiasm and detail-oriented skillsets.

Recent Programming:

MLA Grace Lore and Minister Sheila Malcolmson visit.



Chocolate packaging with Paris Roka Candy!



Fired Up Ceramics!

Gingerbread Showcase

Art Submissions:

Angry Elf by: Yvonne T.



Collective Christmas Art Project



Hummingbird by: Sheri F.

