



Eagles Eye View Newsletter

Volume 4

Issue 6



High Hopes Club House Swap



In June on a Wednesday Eagles Nest Cubhouse took a trip to Waterville and visited the High

Hopes Clubhouse as part of a "Club House Swap".

I have to say our visit was more than I had hoped for. Alice, our director drove us a few hours away to High Hopes. The town of Waterville was a refreshing look into yet another Maine community that Clubhouse has grown with.

We saw a Comic Book Stores, a nice Bakery, and many fine businesses before we reached High Hopes.

A big open deck and ramp greeted us as we approached the large well kept building. A great sign stating High Hopes, as well as a fresh cut lawn and well trimmed bushes caught our attention.

Upon entering the large spacious club house. Members, Nick, Danny and I all met everyone with a smile. Everything was well organized, all the people were friendly and professional. Everyone was focused on their jobs and duties of the day.

The kitchen was industrial, with many people busy working and getting lunch ready. The crowd was a younger group than our club house. A refreshing site

to see young people working to build themselves back up into a healthy productive life.

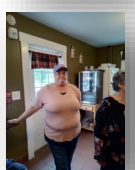
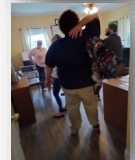
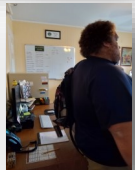
All the members showed great confidence in what they were doing, and we felt their clubhouse was unique from ours, just as valuable as ours, just different. I noticed a lot of art work hanging on the walls which always makes us feel at home.

As we went upstairs, that's where our members stayed most of the trip, Danny and Nick spent a lot of time learning how they did social media and outreach. Very nice equipment.

Alice went and talked to their director while I walked around taking pictures of all the areas.

At the end of the day, we made our way to a local bakery. Each getting a very unique item you wouldn't find in a normal bakery.

I was happy with Waterville. I'm very glad they have High Hopes to bless and keep their community healthy and whole.

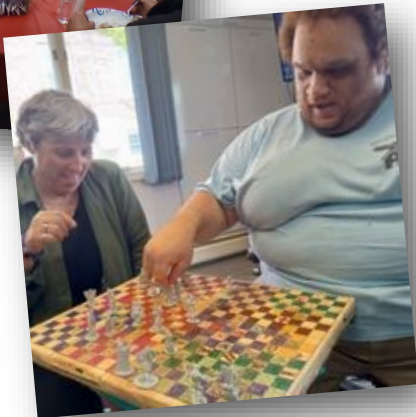


1	High Hopes
2	Lunch Menu
3	Poem—Ocean
4	The Reformed Vase
5	Nerd Corner—Review
6	Our Clubhouse
7	Events Calander

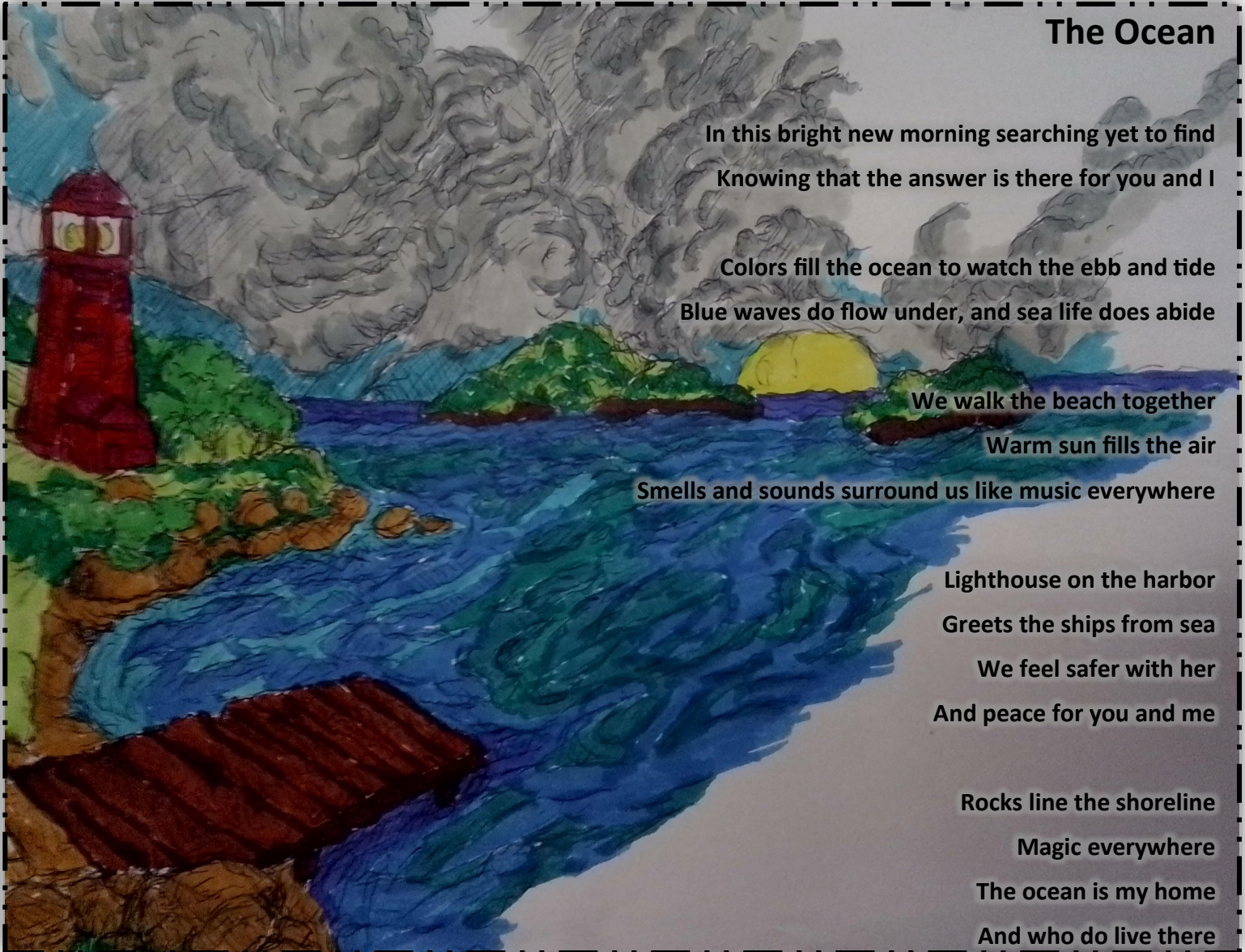


ENC Lunch menu, June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
3 Pizza	4 Mac & Cheese	5 Shepherds Pie	6 Beans & Hot Dogs	7 Leftovers
10 Tuna Casserole	11 Chicken Nuggets	12 Whole Chicken	13 Pork Tenderloin	14 Leftovers
17 Eggs & Sausage	18 Whole Chicken Vegetables	19 Shrimp Scampi	18 Beef & Gravy	19 Leftovers
22 BBQ Chicken & French Fries	23 Lasagna & Garlic Bread	24 Chicken Legs & Potatoes	25 Chop Suey	26 Leftovers
29 Spaghetti	30 English Muffin Pizzas			



A POEM BY JANE:



The Ocean

In this bright new morning searching yet to find
Knowing that the answer is there for you and I

Colors fill the ocean to watch the ebb and tide
Blue waves do flow under, and sea life does abide

We walk the beach together
Warm sun fills the air
Smells and sounds surround us like music everywhere

Lighthouse on the harbor
Greet the ships from sea
We feel safer with her
And peace for you and me

Rocks line the shoreline
Magic everywhere
The ocean is my home
And who do live there





By Andrew York, Jessimine
and Eric St.Pierre
Edited by Laura Hoard,
Jerry

A Reformed Vase:

We are all fragile, made of earth and clay.

We can be broken.

We can be remade.

The unseen scars become the glue that hold us together.

We have lost our old form, our old beauty.

Scars that never fade away, but make us who we are.

Yes, we are broken. Like so many people who have lived in this world.

With careful work we have rebuilt ourselves to be filled with water and to again have purpose, to have value to ourselves and others.

Life giving plants can now grow and give warmth to the world around us.

Together our strength is as members.

We are not alone in our brokenness.

We are not alone in being remade.



The Unbroken Chain:

Like a chain, each new member is a new link.

Building on the confidence and strength of previous members.

The more links we have the longer the chain.

The chain represents strength.

Each link is a person.

Our resolution.

Each link binds the chain and makes it whole again.

Nerd Corner: Review of Murtagh by Christopher Paolini.



So for Nerd Corner this month I am going off the tv show or movie path. I am going to review a book. This is a novel based on a childhood favorite series. I am reviewing Murtagh by Christopher Paolini.

This is the 5th published novel under the Eragon banner. I am an avid reader and own the 1st 4 books in the series (Eragon - Inheritance) . From what I understand this book takes place one year post Inheritance. I am diving into how reading and relaxation play a role (at least in my life) with mental health. So this is my review on Murtagh by Christopher Paolini and dive into reading & relaxation and its effects on mental health .

Murtagh: So this is a direct continuation taking place one year after the events of Inheritance aka book four in the cycle. This is a standalone novel filling in the blanks with Murtagh's and Thorns adventure and his past.

Which was not touched on in the original four because Eragon & Saphira were the main focus. He went through a lot as a teen in the King's court and his beginnings as a rider under him. This made me understand the changes, tortures and challenges he had to endure under Galbatoirix's reign. Especially his perspective on him being the only child of the Forsworn because he found out about Eragon's parentage. Things make a lot more sense about Galbatorix and the Forsworn. How they were manipulated into causing the fall of the riders & what led to the fall and destruction of an entire race and order. Also where they fled post the stealing of Shuriken. So much background and under-tone plot was clarified in this stand alone novel. Character context was given to both Murtagh and Thorn plus some much needed growth for them. PTSD definitely was shown in the flashbacks and dreams context. This was a good stand alone novel and sequel to the inheritance series . I can't wait to see where this goes and how the series will continue. I give this a 9.10/10

Reading and Relaxation as it relates to mental health: I started reading at a very young age and I love it till this day . So I will take a comfort book (which can range from Little Women to any fiction novel) and just escape into the world on the page. How it relates to mental health is it's an escape and a way for my mind to wonder. I can dive into a Tolkien or any fantasy or sci-fi novel and I can see the places in my minds eye. I also write my own novels which I have had the ideas for years and I take inspiration from those novels.



Written by Danny Schaeffer

“Our Clubhouse”



Eagles’ Nest Clubhouse (ENC) can be many things to many people. A place of belonging, a place to share our talents, a place to simply be ourselves without fear of judgment. Our time at ENC is valuable, each and every connection meaningful. To us the name of our clubhouse isn’t important. It’s just the name to the building we all gather in. We are the important part, the members, and even the staff. ENC is about getting out of isolation, joining a community of like-minded people with similar stories and struggles. Confidence, self worth, the feeling that we can be more than what we thought we could be. Everyone gets something out of clubhouse, no matter what it is.

We are a member run peer support program with the desire to go beyond our self-imposed limits. It is the members who are fortunate to have this place to meet in. What we get done matters, and more importantly that we know it matters and why. We aren’t serving ourselves and looking only at what we as individuals can get out of this, we’re growing the Eagles’ Nest for everyone. We care about everyone, it’s only natural.

We have a work order day to help us get into a routine, but it’s not only to get things done. Our work is temporary but the members are forever. Our devotion and support to each other, as well as the fact that we also want to better ourselves in the long run. This happens when we come in and know what we do has an impact. Our contributions matter. When we go to college we are there as lone warriors focusing on our futures, but at Eagles’ Nest we are a unit that pulls together under the good guidance of staff and leadership.

The captains can’t fight the battles for us, they train us so we can step up and fight for ourselves. The goal in my opinion is for staff to keep stepping back and for members to keep stepping up. To follow the guide lines of Clubhouse with the supervision of staff who have our backs in all this. We run Clubhouse as a unit, each member with their very own unique gifts and talents to bring to the table. We cover each others weaknesses with strengths of our own with no one left behind. We all have purpose and value.

Written By Andrew

Edited By Laura and Alice

JUNE 2024: COMMUNITY EVENT CALENDER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Computer Tutor APPT 9:30 and 11:00	4 Messy Art 10:00am Tuesday Readers 2:00pm Computer Tutor APPT 1:00 and 3:00	5 Farm Drop 2:00pm Friends of the :Library Meeting 3:00pm Yoga for Begin- ners 5:30pm	6 Club Game Night	7	8Hancock County Genealogical Soci- ety 10:00am Games for Grown- Ups 10:00am
9	10 Computer Tutor APPT 1:9:30 and 11:00	11 Messy Art 10:00am Computer APPT 1:00 and 3:00	12 Farm Drop 2:00pm Wild heart Screen- ing 6:00pm	13 Club Game Night Caregivers Sup- port Group 2:00pm (In person) Book a Month Club 5:00pm Between the Co- vers Book Club 6:30pm	14 Pop-up LEGO 2:00pm	15 Fiber Arts Group 10:00 am Mystery Book Discussion 12:30 pm
16	17 Computer Tutor APPT 9:30 and 11:00	18 Messy Art 10:00am Computer Tutor APPT 1:00 and 3:00	19 Farm Drop 2:00pm	20 Club Game Night Caregivers Sup- port Group 2:00 pm (Virtual) Union River Stamp Club 5:30pm	21	22 Community Crafts 10:00am
23	24 Computer Tutor APPT 9:30 and 11:00	25 Messy Art 10:00am Computer Tutor APPT 1:00 and 3:00 ENC Ice-cream Social		27 Club Game Night Author Talk with Teri Eagles Nest Board Meeting	28 OHI Pride Day	39 Summer Reading Kick—off Party 10”00am Fort Knox Super Hero Day
30						